

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

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

The Point

April 2003

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

1821 Sacramento Street
San Francisco CA 94109-3528
(415) 674-1821
From Marin call (415) 499-0400
Fax (415) 674-1801
www.aasf.org
aa@aasf.org

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
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.

April Fool

By Steve S.

The First of April is All Fools' Day, a day traditionally celebrated by mischievous children and adults alike. On this day we play pranks on one another. Sometimes these are elaborate hoaxes and sometimes it's a simple surprise that gives us amusement. One year, as a child, I opened up some teabags and replaced the tea inside with instant coffee. Other similar substitutions I've heard of range from the disgusting-filling the sugar bowl with salt-to the elaborate-spreading rumors in advance to catch the victim with disinformation-to the kindhearted-arranging a surprise visit from a loved friend or relative. The one thing all April Fools' pranks have in common is the element of surprise-the sudden realization that things are not what we thought they were.

My last drink was sometime around five o'clock in the morning on March 31st 1996. I arrived at a meeting still drunk that morning and slowly came to clarity through the day. I went to sleep that night and when I woke up the next morning someone had emptied out my life and replaced it with a new one.

I heard a comedian once say that on April first someone had broken in to his home, stolen everything he owned, and replaced it with an exact replica. That's exactly how I felt that morning. Something had changed, but I could not say what it was or list the missing items on a police report.

As it turns out many things were not what I thought they were. Among the items stolen from me on April first and replaced with a similar-looking replacement were my pride, my independence, and my self-sufficiency.

I thought that March 31st was just the end of my drinking. Then God jumped out from around the corner shouting "April Fool!" The world was not what I had thought it was.

I started to go to meetings (almost) every day and to not drink in between (or during) meetings. It was suggested that I listen to the people with more time sober than myself. I read A.A. literature and took service commitments. People trusted me with the keys to meeting places. My life started to get better and I started to think that I might be starting to understand this strange new world I inhabited.

Approaching my fourth sobriety anniversary, I was still going to meetings, still not drinking in between (or during) meetings, still reading program literature, still listening to people with more time than me. I thought I had a pretty good idea what was going on in my life. I had a good job and a pretty girlfriend. I lived in an apartment with hardwood floors and a view of downtown San Francisco.

(Continued on page 6)

April 2003....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <u>FIRST WED</u> Intercounty Fellowship Board (IFB) 1187 Franklin at Geary First Unitarian Church 7 pm	3	4	5 Central Office Archives Committee Central Office, 1821 Sacramento San Francisco 10 am Business Meeting, 11 am work day
6	7 <u>FIRST MON</u> Spirit of SF Committee Central Office, 1821 Sacramento San Francisco 7 pm	8 <u>SECOND TUE</u> Bridging The Gap 1111 O'Farrell, 6:30 pm SF General Service 1111 O'Farrell, SF Orientation: 7 pm Meeting: 7:45 pm Marin H&I Lagunitas & Shady Ln Ross 7 pm	9 <u>SECOND WED</u> 12th Step Committee Central Office, 1821 Sacramento San Francisco, 6:30 pm	10	11	12 PI/CPC Speaker Workshop Central Office, 1821 Sacramento San Francisco 10 am
13	14 <u>SECOND MON</u> SF Public Information Committee Central Office, 1821 Sacramento San Francisco 7 pm	15 <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm	16	17 <u>THIRD THU</u> Website Committee Central Office, 1821 Sacramento San Francisco 6:15 pm	18	19
20 <u>THIRD SUN</u> Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm	21 <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	22 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	23 <u>FOURTH WED</u> Seven Seas Steering Committee Meeting 215 Leidesdorff 12th Step Workshop Central Office, 1821 Sacramento San Francisco 6:30 pm	24 <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, 1751 Sacramento / Van Ness San Francisco Orientation: 7:15 pm Regular Meeting: 8 pm	25	26 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon
27 <u>LAST SUN</u> Living Sober Convention Committee 1668 Bush San Francisco 5:30 pm	28	29	30 <u>LAST WED</u> IFB Orientation Central Office, 1821 Sacramento San Francisco 6:30 pm	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.		

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.
April 5 - 6	CNCA Pre-Conference Assembly, McCormack Hall, Solano County Fairgrounds, 900 Fairgrounds Drive, Vallejo
April 12	PI / CPC Speaker Workshop, Central Office, 1821 Sacramento at Van Ness, SF CA 10 a.m.
April 18 - 20	31st North Shore Roundup, Hyatt Regency Hotel, Vancouver British Columbia Canada www.northshorERoundup.com
April 23	12th-Step Workshop, Central Office, 1821 Sacramento at Van Ness, SF CA 6:30 p.m.
May 10	15th Annual Los Angeles Area Women's Luncheon, Hilton Torrance - South Bay, Torrance, CA
May 9 - 11	14th Annual Mountain High Conference, Pinecrest Christina Conference Center, Twin Peaks, CA www.mountainhighconf.com
May 16 - 18	19th Tri-State Annual Roundup, Riverside Resort Hotel & Casino, Laughlin, NV www.tristate-roundup.com
May 17	CNCA Post-Conference Assembly, Cloverdale Citrus Fairgrounds, 1 Citrus Fair Dr, Cloverdale, CA 95425
May 23 - 25	Monterey Bay Area Roundup 2003, Monterey Convention Center, Monterey, CA
May 23 - 25	Indian Wells Valley A.A. Roundup, Desert Empire Fairgrounds, Ridgecrest, CA www.freewebs.com/iwvroundup
May 29 - June 1	SouthEast Regional Conference of Young People in A.A., Jackson, TN www.sercypaa.org
July 3 - 6	19th Annual South Bay Roundup, Torrance Marriot, Torrance, CA www.southbayroundup.org
July 16-20	47th Florida State Convention, The Registry Resort Naples, Florida www.floridastateconventionofaa.com

April 2003

April Fool	1
March 2003 Calendar	2
Coming Events	3
This Month in A.A. History	3
Meeting Changes	4
PRAASA: What the heck is it?	4
Group Speakers / Flyers	5
Spaghetti Feed	6
Dear Alky	7
One Members Experience	8
Literature Review.....	8
January 2003 Group Contributions	9
Spotlight on The 9th Step Promises	10
IFB Minutes	11-12
How It Works in NYC	13
Recent Deaths	13
Honors and Memorials	14
IFB Summary 56	14
January 2003 Financial Statement	15

CONTENTS



This Month in AA History

April 1938

Alcoholic Foundation formed.



April 1939

The book Alcoholics Anonymous is published.

(4730 copies)



April 1940

Joy Farm, first rehabilitation home for alcoholics,
opens near Kent, Connecticut.



April 1946

Long form of Twelve Traditions is established.
Prior name "Twelve Points Assure our Future."



April 1973

Distribution of the book Alcoholics Anonymous
reaches one million mark.



MEETING CHANGES

NEW MEETINGS

Mon	8:00 pm	South of Market	MONDAY SPEAKER 164 Sixth St. / Natoma
Wed	1:15 pm	Ingleside	SOBER ST CITY 50 Phelen Ave., City College - Student Union Basement (DI wh); does not meet June - August
Wed	6:00 pm	South of Market	THE RIGHT DIRECTION 407 Ninth St. / Harrison, Harbor Lights (CC wh)
Thu	6:30 pm	San Rafael	MARIN STEPS & TRADITIONS Osher Marin JCC, 200 N. San Pedro Road (Di ST)
Fri	12:00 pm	Civic Center	THE PEPPER GROUP 505 Polk St. / Golden Gate, Veterans Center
Sat	9:30 am	Financial	GUIDE TO GROUP SERVICE MANUAL STUDY 215 Leidesdorff/Commercial, Seven Seas (CI Di)
Sat	11:00 am	Financial	OPPORTUNITIES & CHOICES 215 Leidesdorff/Commercial, Seven Seas, (Di)
Sat	1:00 pm	Financial	CONCEPTS & SERVICE GROUP STUDY 215 Leidesdorff/Commercial, Seven Seas (Bk CI Di)
Sat	2:30 pm	Financial	AROUND THE ROOM DISCUSSION 215 Leidesdorff/Commercial, Seven Seas (Di)

MEETING CHANGES

Wed	7:15 pm	San Rafael	STEPS TO THE SOLIUTION Alano Club, 1360 Lincoln / Maple (was at Holy Innocents Church)
Thu	8:30 pm	Park Merced	PARKSIDE GROUP 777 Brotherhood Way (was at 3201 Ulloa / 33rd Ave.)
Thu	5:45 pm	Parkside	SUNRISE SUNSET WOMEN'S STEP, now meeting at 2685 38th Ave. / Wawona (was at 3201 Ulloa / 33rd.)
Fri	11:00 pm	Outer Sunset	HOT JAVA 1396 La Playa, now meeting at 11:00 pm (was 10:00 pm)
Sat	8:00 pm	Inner Richmond	GARDEN VARIETY 7th Ave. / Geary Now meeting at 8:00 pm (was 8:30 pm)

NO LONGER MEETING

Mon	12:00 pm	Financial	NOONERS (was at 57 Post / Montgomery)
Tue	12:05	Financial	WOMEN'S A.A. (was at Old Saint Mary's)
Wed	12:05	Richmond	REBELLION DOGS (was at 420 29th Ave.. / Clement)
Wed	6:00 pm	South of Market	MOSCONE CENTER SFTR WORK (was at 88 Perry / Harrison & 3rd St.)
Thu	7:30 pm	San Geronimo	SAN GERONIMO WOMEN'S STAG (was At Cultural Center, 6350 Sir Francis Drake Blvd.)

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!**

PRAASA! What the Heck is it?

By Irene K.

The 36th Annual PRAASA conference occurred in Reno, NV the weekend of March 7-9 and was attended by over 1,100 alcoholics from the Pacific Region states – California, Oregon, Washington, Arizona, Nevada, Idaho, Alaska and Hawai'i.

PRAASA, the Pacific Region Alcoholics Anonymous Service Assembly, takes place every year right before the General Service Conference, which is staged every April in New York City. It is not a recovery conference but a service assembly. Though there are a couple of regular AA meetings, most of the conference is spent in panels or roundtables discussing issues that affect local AA service committees as well as AA as a whole.

Delegates from all 17 Pacific Region areas were present as well as the Pacific Region Trustee and three employees from GSO in New York. The rest of the attendees were those in General Service positions such as GSRs and DCMs and those of us representing Intergroups. San Francisco and Marin AA were well

represented at the assembly and we all returned enthusiastic, more informed about service issues and, of course, ever grateful for our blessed sobriety.

During the weekend, we discussed the Grapevine (both English and Spanish language editions) and when/if they will be self-supporting; whether we should put the entire Big Book online on the AA.org website; if we need a new pamphlet on AA, Religion and Spirituality; AA on the internet; how to better cooperate with professionals; and many other topics of interest to AA as a whole.

I was able to attend the Intergroup and Newsletter Roundtable discussions with Maury P., our Central Office Manager. We participated in lively debate and got a few new ideas to bring back to The Point committee. It was invaluable, not to mention fun, for us all.

PRAASA 2004 will be held in Irvine, CA. All are welcome to attend. ↑

Group Speakers for April 2003

TUESDAY DOWNTOWN

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

DATE	SPEAKER	HOME GROUP	Sobriety
4/1	Tom M.	Brewerytown Fairmont NUTS Group, Philadelphia	3/6/80
4/8	Mary B.	Come and Get It	1/24/94
4/15	TBA		
4/22	Sheila H.	Tuesday Night Richmond Group	2/13/94
4/29	Ignacio O.	Buena Vista Breakfast	9/14/95

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
4/4	Reality Farm	Larry D.	Mission Terrace
4/11	Each Day A New Beginning	Wickie S.	High Noon Friday
4/18	12th Step Committee	Earl D.	Artists & Writers
4/25	Serenity Seekers	Irene K.	Bernal Big Book

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
6 April	Wayne B.	San Mateo
13 April	Nancy H.	San Bruno
20 April	Chris S.	Foster City
27 April	Coleen R.	San Bruno

FIRESIDE GROUP

1011 Garfield/Junipero Serra Friday 8:30 p.m.

April 25th - Diane C. - 29 years

Intercounty Fellowship of Alcoholics Anonymous

12th-Step Workshop

Wednesday, April 23 at 6:30 p.m.

Central Office

1821 Sacramento at Van Ness

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

To help educate and inform the Fellowship, members of Alcoholics Anonymous will share their 12th-step work experience. If you are interested in serving in this capacity, please join us for the workshop.

Both San Francisco and Marin Counties are seeking men and women willing to share their experience, strength and hope through 12th- step work.

Call Maury P. at (415) 674-1821
if you have any questions!!
E-mail: aa@aasf.org



*The Spirit
of San Francisco*

Spring Fling fundraiser

Open Speaker Meeting (free)

Dancing with live DJ \$8

Saturday, April 26

meeting at 7:30pm
dance to follow



7 Seas Club

215 Leidesdorff Alley
1/2 a block from the Transamerica Pyramid

415-566-3845 www.spirit-sf.org

The Spirit of San Francisco is a National
AA Convention with Al-Anon participation

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.

Spaghetti Feed


By David M.

Marin Teleservice held its annual Spaghetti Feed this past month and thanks to all the hard work from the "spaghetti committee" and the excellent turnout by the fellowship, the event was a great success. The day started out at 3:30 when the first crew showed up to setup and start cooking. While the sauce cans were being opened and chairs and tables were wheeled out from the closet, 20 pounds of spaghetti were thrown into a pot. Teleservice has learned a thing or two about spaghetti feeds in the nine years they've been doing this; mainly to bring something to stir 20 pounds of spaghetti. Tradition has it that a nine iron was used in the first year to stir the spaghetti and, although that wasn't required this year, there was a nine iron present in the kitchen for the sake of tradition and a good story. By 5:30 everything was ready; the tables were set, the drink stand was open for business (first drink free), the spaghetti was cooked to perfection and people were beginning to line up in anticipation. Fresh garlic and onions had been chopped, bread had been cooked, and the salad prepared. Let's eat!! The buzz in the room grew, as everyone settled in to enjoy their meal, with attendees talking and laughing with each other, confirming the A.A. adage that we are not a glum lot.

After dinner, as everyone enjoyed the potluck desserts, an esteemed panel made up of experienced Teleservice members, assembled on stage to answer questions submitted in an Ask-it-Basket. The questions ranged from

"Can I use my cell phone for online shifts?" to "What if I can't find someone to go with me on a Twelfth Step Call?" The panel's wisdom, coupled with their sense of humor, made the question and answer portion of the evening extremely enjoyable and informative.

At 8:00 the AA meeting began. The speaker, Joe G., has been a volunteer in Marin Teleservice since its inception. In fact we learned that the first shift ever in Marin was his on a Friday night in June 1989. He spoke eloquently on his personal history of drinking and recovery and touched on the importance Teleservice has played in his sobriety. The meeting wrapped up at 9:00 and by 10:30 the tables and chairs had been put away, the pots washed and the floor mopped. Another successful Spaghetti Feed was in the books.

Historically the Spaghetti Feed served as a Fund Raiser as there was considerable concern as to whether or not Marin Teleservice could meet all its bills. Today Teleservice is fully self-supporting and now the annual event's main goals (other than not losing money) are to keep Teleservice in the forefront of peoples minds throughout the year, and to recruit new volunteers which ensures that when a suffering alcoholic calls, the phones will be answered 24 hours-a-day, seven days-a-week by a recovered alcoholic. Although the term fundraiser is no longer used, the event still raises funds, which allows Teleservice to make a considerable contribution to Central Office. 

April Fool *(Continued from page 1)*


Trouble was, I was afraid of losing the things I had. Everything seemed out of my control and I felt like a fraud. I listened to the people with more sober time, and all I heard was that everything was good.

I met a fellow who shares my sobriety anniversary. He was at the time coming up on his first anniversary, and after I shared about how afraid and alone I felt, he reached out and introduced himself after the meeting. Right then, I realized that once again, the April Fools' joke was on me. Listening to people with more time than myself may have been good for me as a newcomer, but with a couple years behind me, I couldn't afford to tune out people with less time sober. Things were not what I thought they were.

As I continued to go to meetings, I noticed what I'd been missing. People sober for six months, 90 days, even 30 or fewer days--were sharing about what they were doing to stay sober and live life on life's terms that day. In their sharing there was never any of what my sponsor calls

"alcoholwasm," where it's all about how good things are today and how all the problems are in the past once sobriety rolls around. I don't know about anyone else, but I need to hear what tools other people are using today to keep living life without escaping into a bottle.

Don't get me wrong. I still get a lot from old-timers sharing, but I think I finally started to understand what the old-timers mean by "the newcomer is the most important person in the room." Things are not what I thought they were.

This has become a recurring theme for me, and as I approach my sobriety anniversary, I try to remain open to the April Fool pranks that my Higher Power sets up for me. When I remain humble and relaxed I can find out that things are not what I thought they were and laugh and learn from them. When I try to hang on to my old ideas - even ideas that have served me in recovery - I make myself the butt of the April Fool pranks. 

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 just over four years now. I recently completed steps 4 through 8 with my sponsor, and I'm beginning to make amends (step 9). On my 8th step list are two members of AA that I have wronged. I've already made amends to one of them, but it didn't go too well, and now I'm nervous to make amends to the second person. The problem was that the first person didn't seem to trust my motives about making amends, feeling like I was only doing it because I "had" to. How do I deal with making amends to fellow members of AA?

Signed,

Reluctant Amender

Dear RA,

I can understand the feeling this AA member had and I don't think that feeling is unique to recovering alcoholics. Those outside of the program can mistrust our motives as well for the very reason you mentioned.

There's no way out of the need to make amends, but there is a lot of room for creativity in how we deliver them. I have found it very helpful to speak to *all* people in simple, everyday language when I make amends. So, instead of saying "I need to make amends to you for this..." I say "I'm really sorry I said that to you the other day" or "I was wrong to assume that you already knew that." It's a subtle difference but I think a significant one. AA jargon can really be a turn-off during an intimate conversation. Using everyday language shows that we are communicating as equals - fellow human beings - and not "making amends" in some clinical "AA way."

Good luck,

Alky

Dear Alky,

I have fifteen years sober and have always been very diligent about staying away from any all narcotic painkillers in sobriety. However, I have surgery scheduled in the next few months and it is almost certain I will need to take a narcotic painkiller after my surgery. I am very reluctant to do this and wonder if I should just choose to suffer through the pain. Help!

Signed,

Sweating it out in the Mission

Dear Sweating,

You are right to identify this as a potentially slippery slope. Over the years I have heard several members state that they relapsed over painkillers that were prescribed by well-meaning doctors and, at first, taken as prescribed. The problem in each case was that the alcoholic, at some point, began to over-medicate - he no longer followed the doctor's directions.

I have also seen examples in meetings of individuals, like you, who were very concerned and took precautions. They spoke about it at the group level. They frequently spoke with their friends and sponsors about taking the medication (and their feelings about taking



the medication). They were honest with their doctors about their alcoholism and their reluctance to take any narcotic painkillers. And most importantly, they always followed doctors' orders and did not over-medicate. That takes a great deal of discipline and self-honesty and it isn't easy, but it can be done.

Some health problems and issues post-surgery can be incredibly painful and you may very well need a narcotic painkiller. Only your doctor can decide this. If you practice HOW (honesty, open-mindedness and willingness) during this time, you should come out of it sober, wiser, and able to pass on your ESH (experience, strength and hope) to others in similar circumstances.

In sobriety,

Alky

Dear Alky,

I always hear "the men stick with the men and the women with the women" and the suggestion that if you are a woman you should have a woman sponsor. I've always found this a bit strange as I'm a lesbian, and having a female sponsor may actually confuse matters!

Signed,

Sober Grrrrrl

Dear Sober Grrrrrl,

Good point. I agree that the suggestion you mentioned works well for the straight population and perhaps not-so-well for the gay or bi-sexual populations. Remember that it is only a suggestion and does not apply to everyone. Sounds like you've already learned that for yourself.

The general rule, as far as I can see it, is to find a sponsor where there will be minimal entanglements, complications and blurred boundaries. It's hard enough working with a sponsor when the relationship is simple, why complicate it unnecessarily?

If an AA member is feeling attracted to her sponsor, I would suggest that she speak with a trusted friend about it. She may find she needs to bring up the issue directly with the sponsor. The crush may diminish if aired and boundaries can be re-set, or if reciprocated, the lovebirds can become a new couple and the sponsee can go find a new sponsor.

Best,

Alky 

If you have a question for Alky, please send it to:

**Alky C/O Central Office
1821 Sacramento St.
San Francisco, CA 94109-3528
OR E-Mail it to: ThePoint@aasf.org**

Stay in the Middle of the Lifeboat

By Anonymous

After I had been sober for a few months, my sponsor "suggested" that I get a commitment. I had only months before returned to Alcoholics Anonymous from a six-month relapse after being sober for over fourteen years. I was a mess. The fear of people and the shame of relapse had a death grip on me, but I promised my sponsor that I would be willing to go to any length to stay sober.

After a couple of weeks he asked me to what meeting I had committed myself to service. My lame response was that there were not any commitments available in the meetings I had been attending. "Everybody raised their hands before I could raise mine." Truthfully, I was scared to raise my hand in a meeting. Drawing any attention to myself chilled me to the core. He did not understand how just picking up a chip was an experience in terror. Sheer mortifying terror. I felt I had presented my case flawlessly, and he would drop the issue. What could he reasonably say? I had tried

Then he reasonably asked, "Did you ask the people who volunteered if there was anything you could do to help them?"

I froze. "But I always help picking up coffee cups and putting away chairs."

Good, he said, but not good enough. *Why do I have to get a service commitment, anyway? They will laugh at me for thinking I am good enough for a commitment. I will make a mistake and that will confirm my stupidity.*

So, I figured that I would start small. I would raise my hand

when the secretary asked for volunteer to bring the sweets. *Then I will probably have to say my name because nobody knows me. Gosh, I hate this.* I did it and sure enough I had to say my name aloud. I wanted to disappear.

So the next Tuesday night came and it was time for me to be the sweetie. I got off work at six-thirty that evening in Noe Valley, caught the unpredictable 49 bus to my house in Potrero Hill, changed from my suit and tie, ran down the hill to catch the 22 Fillmore to Fell Street so I could run down that hill to Divisadero for the meeting at eight. I did not know that I needed to be there a little earlier than usual.

I got off the bus at Fillmore and Fell at seven-forty in a panic. I ran down to Divisadero. I hadn't bought any cookies because I was in such a rush from work. (Never mind I could have bought them on my lunch hour.) I went to a gas station and spent thirty dollars on Hostess Twinkies, Ho Ho's and Sno Balls. My mouth was dry and I was sweating all over. I hurried into the meeting space at five to eight. There were already cookies there. Someone had gone to get them because they didn't think I was coming. *Oh, God. I screwed up bad. How could I...? These guys hate me. I am the worst. I'll never get it right.* As soon as the meeting was over, I left the meeting. I was so embarrassed, I went to a different meeting for the next three weeks, and it took me several months to let go of it.

My sponsor laughed when I told him how horrible I thought I was, and he continued providing unconditionally loving

(Continued on page 12)

Literature Review: As Bill Sees It

By Tom L.


Sobriety sucked, and two months of intense group therapy at Kaiser's chemical dependency recovery program left me hungering for another way to address my lifelong fear of people, places and things. So long as it was not a way that I had concocted - after all - my way did not work.

My new way out became AA, the experience, strength and hope of a wonderful sponsor, and a vast fellowship of AA members primarily based in my home group. This group was based on readings contained in the book "As Bill Sees It."

The first hurdle, or rather, my fear that Bill's pithy plain speak helped me jump, was the acknowledgement of acceptance of a power greater than myself. Since I could not see, touch, or smell, let alone feel, I had always rejected faith in a God. In "As Bill Sees It" on page 225, The Answer in the Mirror helped me, along with listening to members, shares, to feel at home in that room, really for the first time in my

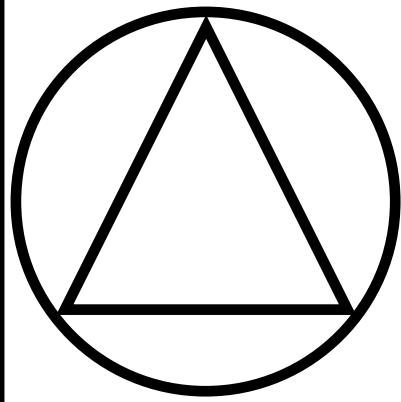
life. The Coming of Faith on page 51 also helped let me identify with all the other members to one degree or another, being brought to my knees, a great leveling device, a common experience defying all social and economic strata. I was and am not unique and different.

Page 31, In God's Economy, taught me to be forgiving of myself for my past failures in attempting to achieve sobriety. In other words, to lighten up! In forgiving myself, it occurred to me that I could and should forgo blaming others and myself for all my problems, live and let live, warts and all if you will. After all it was not up to me to judge. I believe we all do the best we can - even if it or that effort does not measure up to "my standards." I no longer feel alone and afraid. In short, I guess I have joined the human race and am now capable of loving and being loved.

"As Bill Sees It" can be purchased at Central Office, 1821 Sacramento/Van Ness, SF, for \$6.00 hardcover, \$5.60 soft cover 

AA Group Contributions - January 2003

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	Amount	Group	Amount	Group	Amount
FELLOWSHIP CONTRIBUTIONS		SF- GROUP CONTRIBUTIONS, cont.		SF - GROUP GRATITUDE, cont.	
Brisbane Breakfast Bunch Su 11am	\$24.00	Endless Summer F 8:30pm	\$57.30	Friday Big Book F 12pm	\$51.07
Central Office Donation Box	\$73.73	Fireside Chat Th 8pm	\$148.08	Light Brigade Discussion Su 7pm	\$12.25
Central Office Donation Box	\$37.57	Friday At Five F 5pm	\$64.27	Monday Beginners M 8pm	\$47.75
Deer Park Discovery Group F 8pm	\$2.24	Friday At Five F 5pm	\$71.00	Monday Men's Stag M 8pm	\$19.25
IFB January 2003	\$89.05	Friday Smokeless F 8:30pm	\$122.51	Parkside Th 8:30pm	\$28.00
Mission Fellowship X-mas Potluck	\$30.00	Friendly Circle Su 7:15pm & 8:30pm	\$1,210.23	Sober & Centered F 7pm	\$20.04
Spirit of SF NYE Event	\$191.06	Friendship Group W 8pm	\$84.60	Thursday Beginners Th 8pm	\$24.85
Sunday Step Study Su 4pm Pacifica	\$30.00	Haight Street Blues Tu 6:15pm	\$25.65	Total SF - GROUP GRATITUDE	\$926.43
Total FELLOWSHIP CONTRIBUTIONS	\$477.65	Happy Hour F 6:30pm	\$60.00	TOTAL JAN. CONTRIBUTIONS \$15,299.84	
MARIN - GROUP CONTRIBUTIONS		High Noon Wednesday W 12:15pm	\$45.00		
11th Step Meeting M 8pm	\$189.41	High Noon Wednesday W 12:15pm	\$52.80	CORRECTION: There was an error in the Annual 2002 Group Contributions Report. The BYOL Group, which meets at 12:10 pm on Wednesday, contributed \$126.00. This information was not included in the report.	
Blackie's Pasture Sa 8:30pm	\$286.00	High Sobriety M 8pm	\$203.40		
Crossroads Su 12pm	\$750.00	Higher Power Lunch Group Th 12:10pm	\$51.46		
Mill Valley Daily 7am	\$405.59	Hilldwellers M 8pm	\$120.00		
Monday Blues M 6:30pm	\$121.88	Keep It Simple Sa 8:30pm	\$124.36		
Noon Hope F 12pm	\$83.08	Like A Prayer Su 4pm	\$20.00		
Novato Big Book Tu 12pm	\$196.00	Living in the Solution F 6pm	\$310.16		
On Awakening Daily 5:30am	\$140.00	Living Sober with HIV W 6pm	\$94.06		
Six O'Clock Sunset Th 6pm	\$90.00	Meeting Place Noon F 12pm	\$66.62		
Sunday Night Mill Valley Smokeless Su 7:30pm	\$10.00	Mid-Morning Support Su 10:30am	\$244.99		
Survivors M 12pm	\$46.50	Mid-Morning Support Su 10:30am	\$385.00		
Terra Linda Group Th 8:30pm	\$300.00	Mid-Morning Support Su 10:30am	\$1,000.00		
The Extra Support Group F 8:30pm	\$67.17	Monday Beginners M 8pm	\$190.82		
Thursday Night Speaker Th 8:30pm	\$500.00	New Highs W 1:30pm	\$75.57		
Tuesday Smokeless Tu 8:30pm	\$1.28	New Hope Big Book M 6:30pm	\$54.37		
Wednesday Mid-Week W 6pm	\$86.29	Newcomers Tu 8pm	\$158.27		
Women's Big Book Tu 10:30am	\$75.00	No Reservation M 12pm	\$57.13		
Working Dogs W 12:05pm	\$200.00	Parkside Th 8:30pm	\$120.00		
Total MARIN - GROUP CONTRIBUTIONS	\$3,548.20	Pax West M 12pm	\$295.81		
MARIN - GROUP GRATITUDE		Pure & Simple Group Su 6pm	\$17.00		
M. V. Original Smokeless Th 8pm	\$89.00	Pure & Simple Group Su 6pm	\$22.86		
Terra Linda Group Th 8:30pm	\$117.58	Richmond Big Book Study Th 7:30pm	\$100.00		
Total MARIN - GROUP GRATITUDE	\$206.58	Rise-N-Shine Su 10am	\$58.00		
SF- GROUP CONTRIBUTIONS		Saturday Matinee Sa 2pm	\$60.00		
AA Step Study Su 6pm	\$150.04	Seven Seas Su 3pm	\$36.00		
Acceptance Group M 5:30pm	\$55.00	Sober & Centered F 7pm	\$46.80		
As Bill Sees It Sa 11am	\$127.60	Sunday Morning Gay Men's Stag Su 10:30am	\$689.33		
Beginners Step Study Sa 6:30pm	\$81.86	Sunset 9'ers Th 9am	\$63.00		
Beginners Warm Up	\$60.00	Thursday Afternoon Step Study Th 1:30pm	\$113.31		
Blue Book Special Su 11am	\$48.85	Thursday Beginners Th 8pm	\$73.95	Total SF- GROUP CONTRIBUTION	
Brokers Open Book Tu 1:30pm	\$63.51	Too Early Sa 8am	\$253.80		
Brokers Open Book Tu 1:30pm	\$153.44	Tuesday's Daily Reflections	\$39.10		
Buena Vista Breakfast Su 12pm	\$126.70	Women's AA W12:05pm	\$51.00		
Castro Discussion W 8pm	\$234.60	Total SF - GROUP CONTRIBUTION	\$10,140.98		
Common Welfare Th 8pm	\$136.53	SF - GROUP GRATITUDE			
Creative Alcoholics M 6pm	\$107.40	Castro Discussion W 8pm	\$123.00		
Design For Living Sa 8am	\$378.29	Common Welfare Th 8pm	\$58.85		
Each Day A New Beginning M 7am	\$256.00	Each Day A New Beginning M 7am	\$102.00		
Each Day A New Beginning Su 8am	\$225.89	Fireside Chat Th 8pm	\$50.50		
Each Day A New Beginning Tu 7am	\$388.91	First Place Daily	\$31.55		
Each Day A New Beginning W 7am	\$408.75	Friday All Groups F 8:30pm	\$357.32		

We will comprehend the word serenity and we will know peace

By Peter W.

When I was an active drinker, I had no comprehension of serenity or peacefulness. What I experienced through alcohol was either euphoria—getting high and losing my inhibitions; or anesthesia—calming my frazzled nerves and deadening my senses. It never occurred to me that I could relax and be quiet without a drink, much less make decisions or take action. When I confronted troubles in my life (fear, anger, hostility, or envy related to family, money, job issues, and relationships), my strategy was to “think my problems through” with a glass of Scotch in hand, not realizing that the biggest problem was the stuff in the glass! Needless to say, I rarely solved anything, and many problems grew worse over time. When I sobered up, it was a challenge to learn the new strategy found in the seemingly simple language of the Serenity Prayer: accepting what I cannot change, changing what I can, knowing the difference between the two.

The authors of the Big Book were careful to specify in this promise that we will comprehend the word serenity, not live in a constant state of serenity; that we will experience peace, not that we will always be peaceful. In my practice of the program, serenity and peacefulness are standards against which I can measure my emotional state at any given time. Since I now have some experience of serenity and peace, I will sometimes sit back and realize how far from these ideals my current condition is. It can be startling, even frightening, to see how far I can regress into emotional responses that I’m supposed to have given up long ago. When I’m in a particularly black mood, it’s tempting even to think that the promise of peace and serenity is a hoax.

I’m going through a career transition as I write this. I recently retired from a company where I was employed in a really good job that paid well and was generally very satisfying. Since I still need to work, I find myself in the job market for the first time in almost 20 years. The economic picture is not very good, and there have not been a lot of new prospects. So I send out resumes, and nobody responds. I talk to my network of contacts, and there are no leads. And what’s my reaction? Fear, anger, hostility, envy. I get depressed and very difficult to live with (just ask my partner!). Sometimes I don’t feel very much like a person who has been sober for more than 25 years. But at least to-

THE FOURTH PROMISE

day I don’t try to solve my problems with a glass of Scotch. Instead, I say the serenity prayer. In other words, I ask for help, however grudgingly. Then I move to Step 11 and do some inventory to try to find out what can be changed and what cannot. Finally, I start taking action that will lead me back to the path of serenity and peace. I may not be very enthusiastic about any of this at first, but it always helps to get back in motion, and soon I realize that the alternatives (doing nothing, stewing in my discomfort) are not acceptable today.

In promising that we will comprehend the word serenity and we will know peace, the authors of the Big Book were not offering us a rose garden. Remember that the promises begin with the caveat “*If we are painstaking* about this phase of our development” (that is, clearing up the wreckage of our past) and they conclude with another qualification: “They will always materialize *if we work for them.*” This means that we have to take action if we expect results.

In frustrating situations like my current job hunting, taking action usually means revisiting some AA basics. I have to remember that none of us is perfect, but that we have tools in the program to correct a situation that begins to get out of hand. You know the tools—they are the same ones I started with. They work just as well for me today as they ever did:

- Call my sponsor.
- Go to a meeting.
- Work the steps.
- Talk to a newcomer.
- Get a service commitment.
- Pray.

Will these actions get me a new job? No, but they will help me stay serene in the face of a job market that I cannot change. They will remind me that I can do the footwork to explore new alternatives and be open to all the possibilities. Above all, they will show me peace and serenity in the fact that I’m not alone in this or in any part of a sober life.

The Ninth Step Promises appear on pages 83 and 84 of the Big Book

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
Star of the Sea Church - 180 Harrison Ave., Sausalito, CA
Wednesday February 5, 2003

1. Meeting opened with the serenity prayer at 7:15pm.
2. Meeting called to order: Statement of Purpose: Ben N, IFB Chair, read Statement of Purpose.
3. Roll Call: Joe G., Recording Secretary, called the roll.
4. Introduction of new members: New members were introduced,
5. A.A. Anniversaries: Dave, 18 months; Zoe B., 8 years; Maury P., 14 years.
6. Review of Agenda: The agenda was approved.

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	P	Julie H.	Terra Linda	P
Clay K.	Cocanuts	A**	Justin S.	High Noon Wednesday	P
Craig W.	Fireside Chat -T Tue S	A*	Leslie F.	How It Works-Sat	P
Dan C.	Tiburon Haven	P	Li L.	Work in Progress	P
Dan L.	Artists & Writers	A**	Lindsey B.	Walk of Shame W 7:30pm	A**
Danny F.	Each Day A New Beginning	P	Lisa M.	Friday All Groups	P
David B.	Beginner's Warmup W 6pm	P	Mark C.	Sunday Night Candlelight	P
David C.	Sunday Friendship	A*	Mollie B.	Joys of Recovery Tue 8pm	P
David P.	Sunset 9'ers	P	Norma W.	Friendship Group	P
Dick T.	Attitude Adjustment Hour	P	Pat M.	Sat As Bill Sees It	P
Doug F.	No Reservation	P	Paul C.	Waterfront	P
Doug S.	As Bill Sees It - Thursday	A*	Paul S.	Sunday Support	A*
Ellie C.	Big Book Basics	P	Ray M.	Sunday Rap	P
Frank B.	Each Day A New Beginning - Sunday	P	Sam W.	Monday Night Stag	A*
Geoff R.	High Noon Saturday 12:15	A**	Samuel S.	Too Early	P
Gretchen F.	Hot Java F 10pm	R	Shain T.	High Noon Thursday & Friday	A*
Irene K.	Bernal Big Book	P	Smithy B.	Ten Years After	P
Janet B.	Thursday Night Women's	A*	Steven B.	Too Early	P
Jason A.	Midnight Meditation Sa 12am	A*	Steven S.	Tuesday Downtown	P
Jason S.	Sesame Step	A**	Tim Mc.	Join the Tribe Tue 7pm	P
Jay H.	Gay Beginners	P	Timothy G.	7AM As Bill Sees It	A*
Jean C.	First Place Fellowship	A*	Todd M.	Rule 62 W 10pm 2900 24th St.	P
Jim D.	Happy Joyous & Free	A**	Tom K.	Common Welfare	P
Jocelyn R.	Sunset 9'ers Tue 9am	R	Zoe B.	Mill Valley 7am - Daily	P

New IFB Reps Present

Robert R.	Hot Java
Russell G.	Regroup
Stephen R.	Valencia Smokefree
Tom W.	Sunday Morning Gay Men's Stag

Non-IFB Liasons Present

David M.	Marin Teleservice
Georgia L.	H&I
Todd M.	San Francisco General Service
Gerardo C.	San Mateo General Service

7. Approval of January 2003 Minutes: Minutes were read and approved.
8. IFB Reports:
 - a. Chair's Report: Ben N. reported that we are in the market for a new special worker. Applications must be received by February 21st. No further report.
 - b. Treasurer's Report: Pat M. reported that gratitude month has put us over the top. We are meeting our expenses. Income for December was up and our expenses were down. Dick T. asked about the prudent reserve. Danny F. asked how many months represented prudent reserve. A discussion followed about the prudent reserve and the budget. Tom K. stated that if you are concerned about money or the budget, you are encouraged to attend the budget committee meeting. This was Pat's last meeting as IFB Treasurer. Thank you, Pat, for your service.
 - c. CO Manager's Report: Maury announced that all regular phone shifts are currently covered. The Central Office will be closed on Monday, February 17th. The next meeting of the 12-Step Workshop Committee is Wednesday, February 12 at 6:30pm. Maury will be attending the Pacific Region Alcoholics Anonymous Service Assembly, March 7th - 9 in Reno, NV.
 - d. COC Report: Smithy B. reported. The Central Office Committee asked for IFB approval to advertise the job opening for a new special worker at the Central Office on the website. This was approved.

9.Special Orders of Business (Action Items):

a. Treasurer Election: Smithy introduced the recommended candidate for Treasurer to the IFB: Patrick M. He then addressed the group and presented his qualifications. A motion was made to approve Patrick's nomination. A vote was taken with 27 for approval, 4 opposed, 1 abstention. Patrick nomination as Treasurer was approved by the IFB.

b. COC Election: The nominating committee presented their candidate for the Central Office Committee: Joe G. A motion was made to approve the nomination. A vote was taken, 27 for approval, 0 opposed, 3 abstentions. Joe's nomination to the COC was approved.

c. Budget Approval: Bill R. presented the new budget. This is an operating budget only. After discussion, a motion was made to approve the budget. A vote was taken, 28 for approval, 1 opposed and 2 abstentions.

d. Operations Manual: Discussion was held over until next month's meeting.

10. Ad Hoc Committee Reports:

a. Literature Review Committee: Frank B. reported. The Guide for Group Service is completed. Frank announced that the committee is now reviewing individual pieces of literature.

b. Bylaws Review Committee: No report.

c. The Point Committee: Irene K. reported. The Point is not self-supporting. Please encourage members to send in individual subscriptions to help support The Point. Irene K. is the new chair of the Point Committee and she announced that they need writers for articles.

d. Orientation Committee: Ellie C. reported. The next IFB orientation will be February 26th at 6:30pm at the Central Office. The Orientation Committee meets the last Wednesday of each month.

e. Website Committee: No report.

f. Schedule Committee: Li L. reported. The Schedule Committee is going to try to start the new schedule format in April. The committee needs support. Graphic art experience is really needed.

g. Special Needs: No report.

h. 12 Step Workshop: Lisa M. reported. The next committee meeting is February 12th at the Central Office at 6:30pm.

11. IFB Standing Committee Reports:

a. Teleservice: Russell G. reported for Tim H. San Francisco Teleservice needs two new coordinators and a new chair person.

b. PI/CPC: Debra D. submitted a written report. The next monthly meeting of PI/CPC is the second Monday in February at the Central Office at 7:00pm.

12. Group Rep Reports:

a. Paul C. from the Waterfront Group announced there will be a birthday party for Frank B. on February 9th.

b. Zoe B. from the Log Cabin Group from Marin, asked a question about procedure. Discussion followed.

13. Non-IFB Liaison Reports:

a. General Service, SF: Todd M. reported. There was a financial surplus in CNCA. The pre-conference assembly will be April 5th and 6th in Vallejo. The post-conference assembly will be May 17th in Cloverdale.

b. General Service, Marin: Mark C. reported. Mark reported on the panel 53 theme. Sharon B. gave a report to Marin General Service. Marin County Young People's business meeting will be February 23rd. Mark C. also announced all positions are filled for district officers.

c. Teleservice, Marin: Dave M. reported. Marin County Teleservice will be having its annual Spaghetti Feed Fundraiser and Speaker Meeting, February 22nd. All shifts are filled and we are self-supporting.

d. PI/CPC, Marin: No report given.

e. Bridging the Gap: A written report was submitted. The new chair for BTG is Ritchie R. and new contact information is 415-252-9650.

f. H&I: Georgia L. reported. She brought a financial statement from H&I. She announced H&I needs coordinators. They need help. Next meeting is Thursday, February 27th.

g. Spirit of San Francisco: No report given.

h. Others: Zoe B. asked what has happened to the Special Needs Committee? At this time the Special Needs Committee is not meeting.

14. Housekeeping: None.

15. Old Business: None.

16. New Business: None reported.

17. Reading of the 12 Traditions and practice of the 7th Tradition: Irene K. read the 12 Traditions. The basket was passed. \$96.30 was collected.

18. Adjourn with the Serenity Prayer: Ben N adjourned the meeting at 9:15 pm.

Respectfully submitted,

Joe G, IFB Recording Secretary 

The IFB meetings are held in Marin on a quarterly basis. The months that the meetings will take place in Marin are: February, May, August, and November.

The location is Star of the Sea Church, 180 Harrison Ave., Sausalito, CA. Please call Central Office for more information. (415) 674-1821

The next IFB meeting is Wednesday, April 5th. See calendar on p. 2 for details

(Continued from page 8)

support as I, eaten up with self-hatred, continued my search for a service commitment. I had to get one because I now knew how self-centered fear actually had the power to remove me from the fellowship of Alcoholics Anonymous. I had seen that by my fear of returning to that Tuesday night meeting.

A few weeks after the sweetie experience, I volunteered to be the breakdown person at my Wednesday meeting. *Cool, I won't have to talk to anyone. I can do this.*

Almost immediately I would experience what it means to be a member of an A.A. group. I was learning to talk to people again. My confidence was growing as I contributed responsibly to the group. I was so glad to be home again to feel the brotherhood that I had known, loved and needed during my fourteen years in the program before my relapse. I had a long way to go. The relapse had damaged me and my life considerably. But now, through service to Alcoholics Anonymous, I was back "in the middle of the life-boat."

How It Works in NYC

By Irene K.

I had the pleasure of visiting AA's General Service Office (GSO) in New York City in February. I also had the privilege of meeting the GSO Staff, the employees who fill the ten rotating positions that must be filled by AA members. This was one of the biggest surprises – GSO is mostly staffed by non-alcoholics! Out of 83 GSO employees, 10 are alcoholics and 73 are non-alcoholics.

The ten AA members on the rotating Staff are manager-level and work the various service "desks" including Public Information, Cooperation with the Professional Community, Regional Forums and Conventions, and Corrections. GSO takes the "spirit of rotation" seriously – these ten employees rotate into new desk positions every two years. The General Manager position is also a two-year rotation, currently held by Greg M., a past trustee from the Pacific Region. AA's founders strongly believed that if individuals rotated frequently there would be less risk of being seduced by power, prestige or money. Salaries and benefits are all conference-approved and there are no deviations from that schedule. (The next rotation is scheduled for July of this year.)

Many of GSO's activities revolve around the yearly conference which is

attended by delegates from the US and Canada, as well as trustees and GSO staff. All of the business that concerns AA as a whole is discussed at the conference, which takes place each April in New York City. The rest of the time the GSO staff is very much a "correspondence" office that answers our letters, phone calls and emails. GSO has a ten-day turnaround policy on all correspondence.

I spoke with Staff who have stayed the night through to answer our questions, who often take work home at night, and who put in many hours above and beyond the call of duty as their labor of love to AA. They travel about once a month to various conferences around the US and Canada and are frequently called on to speak, either telling their personal recovery stories or informing a group on the latest developments at GSO.

If you are ever in New York City, it is worth taking time to visit this AA "Mecca." The office is located at 475 Riverside Drive at 119th Street in Morningside Heights, just north of the wonderful and bustling Upper West Side. Fridays are a good time to go – there is an AA meeting that takes place at GSO in the conference room at 11 AM and you are welcome to attend and meet the GSO staff for yourself. ↑

CENTRAL OFFICE BOOK STORE Announces New Arrivals in May

EXPERI- ENCE, STRENGTH and HOPE

An anthology of all stories from the first, second and third edition of the Big Book that do not appear in the Fourth Edition. \$8

TWELVE CONCEPTS Window Shade

The concepts describe the principles followed by the larger A.A. organization in world service.

Same size as the Twelve Steps and Twelve Traditions Window Shades. \$29

DES LA TINIEBLAS HACIA LA LUZ

Spanish Translation of stories from the Fourth Edition of the Big Book. \$4.60

The Point will print the names of any members who have recently died and whose names have been sent to us. Unlike the **Honors** section, which appears elsewhere, **Recent Deaths** is for information only and a one-time listing is not dependent upon a contribution being made in the name of the deceased.

Recent Deaths

Michael M. - 22 years

CENTRAL OFFICE BOOK STORE
1821 Sacramento Street
San Francisco, CA 94109

CONTRIBUTIONS

to the Central Office were made
through March 21, 2003
honoring the following members

ONGOING MEMORIALS

*Bob
R. W.*

ANNIVERSARIES

Eric S. - 2 years
Eileen M - 3 years
Jaime G. - 5 years
Bob B. - 6 years
Danny F. - 18 years
Lyle W - 28 Years
Ann R. - 29 years
Diane C. - 29 years
Gayle D. - 30 years

Endless Summer
Josh - one year
Allanna - one year.

Thanks to all who
honor their sobriety
through giving!

TUESDAY DOWNTOWN MEETING TIME CHANGE

Effective April 15, 2003

Beginners Meeting:
7:00 - 7:45pm

Chip Meeting
8:00 - 9:00 pm

*Please join us in carrying the
message 1111 Gough Street
St. Mary's Church
Free Parking*

SUMMARY

March 2003 IFB Meeting

The following is an unofficial summary of actions, information, upcoming business, and service opportunities discussed at the March 2003 IFB meeting. It is provided for your convenience and is not intended to be the complete or approved minutes.

1. Business conducted.

- a. Ben N. announced that the IFB had received a delinquency notice from the IRS concerning our taxes for the year 2002. He stated we are working with a CPA to correct the issue.
- b. The operations manual for the IFB is being reviewed by members of the COC.
- c. There is a vacancy on the COC and four members of the IFB made themselves available to serve.
- d. Patrick gave his first Treasurers report. In January, income is ahead of the budget. Costs are in line with the budget.
- e. Maury gave a report. The interviewing process for a new special worker for the Central Office is under way.
- f. A motion was made to permanently schedule 4 meetings of the IFB in Marin during the months of Feb, May, Aug, and Nov. This motion carried.
- g. The COC discussed the possibility of upgrading the software and equipment for the Central Office.
- h. The schedule revision committee presented information on outsourcing the printing of the new schedule for San Francisco. A motion was made to run a pilot printing of the new schedule for 7500 copies. This motion carried.

2. Information.

- a. The literature review committee is attempting to reduce the words in the 12 Concepts.
- b. The Point committee needs support. Irene K. asked people to help pay for The Point through individual subscriptions.
- c. The orientation committee will meet on March 26 at the Central Office at 6:30. Contact Ellie C. for more information.
- d. The Website committee met last month. They need help. Contact Sam S. for more information.
- e. The next 12 step workshop is April 23rd at 6:30 at the Central Office.
- f. The S.F. Teleservice committee has several openings. The Chair, Information Chair, and several coordinator are rotating out.
- g. Debra D was elected chair of PI/CPC in San Francisco. The next speaker workshop is April 12th at 10 a.m. at the Central Office.
- h. Steve S. reported that the Tuesday Downtown meeting is not self-supporting. He provided some financial information. Please support the meeting if you can.
- i. Todd M. gave report for San Francisco General Service. The CNCA sent a \$3,000 surplus to General Service in New York. There is still \$812.16 outstanding from the stolen treasury. Groups are encouraged to research uncashed checks.
- j. Marin Teleservice. Dave M. reported. Marin is working with S.F. Teleservice concerning the 12 step worker list.
- k. Bridging the Gap. Doug S. reported. The next orientation is March 11 at 6:30 at St. Marks Church.
- l. The Spirit of San Francisco. Chris F reported. The next convention is Oct. 10th at the Ramada Inn in San Francisco. They need lots of people to help!

Financial Statement

JANUARY 2003 - Intercounty Fellowship of AA

	Jan 03	YTD
Ordinary Income/Expense		
Income		
Group Contributions	\$14,220.90	\$14,220.90
Individual Contributions		
Honorary Contributions	\$189.00	\$189.00
Individual -Unrestricted	\$1,205.00	\$1,205.00
Individual Contributions - Other	\$500.00	\$500.00
Total Individual Contributions	\$1,894.00	\$1,894.00
Gratitude Month		
Gratitude Month -Individual	\$20.00	\$20.00
Gratitude Month-Groups	\$1,078.94	\$1,078.94
Total Gratitude Month	\$1,098.94	\$1,098.94
Newsletter Subscript.	\$64.00	\$64.00
Sales - Bookstore	\$7,677.58	\$7,677.58
Total Income	\$24,955.42	\$24,955.42
Cost of Goods Sold		
Cost of Books Sold	\$5,352.06	\$5,352.06
Total COGS	\$5,352.06	\$5,352.06
Gross Profit	\$19,603.36	\$19,603.36
Expense		
Employee Expenses		
Wages & Salaries	\$8,035.88	\$8,035.88
Employer Tax Expenses	\$1,121.00	\$1,121.00
Benefits/Pension	\$614.00	\$614.00
Total Employee Expenses	\$9,770.88	\$9,770.88
Bank Charges		
Cr Card Fees	\$46.42	\$46.42
Bank Charges - Other	\$17.60	\$17.60
Total Bank Charges	\$64.02	\$64.02
Equipment Lease	\$565.10	\$565.10
Filing/Fees	\$126.70	\$126.70
Insurance	\$110.67	\$110.67
Internet Expense	\$21.45	\$21.45
Miscellaneous Expense	\$1.00	\$1.00
Office Supplies	\$342.83	\$342.83
Postage		
Bulk Mail	\$200.00	\$200.00
Postage - Other	\$74.00	\$74.00
Total Postage	\$274.00	\$274.00
Shipping	-\$13.65	-\$13.65
Printing	\$1,077.41	\$1,077.41
Rent - Office	\$3,458.75	\$3,458.75
Rent - Other	\$75.00	\$75.00
Repair & Maintenance	\$383.91	\$383.91
Security System	\$33.50	\$33.50
Telephone	\$536.38	\$536.38
Training	\$40.00	\$40.00
Utilities	\$164.26	\$164.26
Uncategorized Expense	\$0.00	\$0.00
Total Expense	\$17,032.21	\$17,032.21

	Jan 03	YTD
Net Ordinary Income	\$2,571.15	\$2,571.15
Other Income/Expense		
Other Income		
Interest Income	\$77.74	\$77.74
Total Other Income	\$77.74	\$77.74
Other Expense		
Depreciation Expense	\$105.42	\$105.42
Total Other Expense	\$105.42	\$105.42
Net Other Income	-\$27.68	-\$27.68
Net Income	\$2,543.47	\$2,543.47

We'd like to thank all the volunteers who keep Central Office running! We have an excellent pool of members who serve in a variety of ways, from answering the phones to getting this newsletter out. If you are interested in a service position call Central Office or see the Calendar on p. 2 and attend a service meeting of your choice. Remember: Service keeps you sober! And we couldn't do it without help from the SF & Marin Fellowship.



The Point
Subscription Form
\$6.00 for one year — 12 issues!!!
(Please circle one)

NEW RENEW GIFT

PLEASE MAKE CHECK PAYABLE TO:
INTERCOUNTY FELLOWSHIP OF ALCOHOLICS
ANONYMOUS

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MAIL THIS FORM & PAYMENT TO THE
Central Office 1821 Sacramento St.
San Francisco CA 94109-3528 ☎(415) 674-1821

April 2003

ISSUE 403