

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

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

The Point

June 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.

Founders' Day

by Jeff O.

Founders' Day commemorates the beginning of Alcoholics Anonymous, formed in 1935 in Akron by an Akron physician, Dr. Robert H. "Dr. Bob" Smith, and New York City entrepreneur Bill Wilson. While most usually think of this celebration as held in Akron, AA groups and organizations in other locations, including San Francisco, celebrate Founders' Day too.

Founders' Day grew out of a series of yearly member meetings (formalized in 1945), and is held as close as possible to June 10, the day Dr. Bob took his last drink

Why does Founders' Day celebrate June 10, 1935, Dr. Bob's sobriety date, instead of Bill's sobriety date of December 11, 1934 six months earlier? The answer is that June 10, 1935 marks the first time Bill had successfully helped one recover by sharing his experience, after futilely pursuing drunks for six months. Both were now "free men." Therefore, June 10, 1935 is honored as the date when AA really began. This sharing underscores the "mutual give and take" which is at the very heart of all AA twelfth step work today. The importance of this milestone, commemorating the co-founders' meeting, is simply the idea of two alcoholics talking each other's language. This seemed to prove that one alcoholic could affect another as no nonalcoholic could. The core of the program decades later still remains equally as personal. Recovery begins each day when one alcoholic shares with another.

While we in AA are repeatedly awestruck at the simplicity of the spiritual program of action for recovery outlined in the Alcoholics Anonymous basic text, many of us are equally amazed about how much fascinating information one can learn about Alcoholics Anonymous.

Along those lines, General Service Representatives for AA groups, for example, are often asked the question, "Why bother?" That is, why bother participating in functions or service beyond the AA group, let alone learn AA history? What difference would it make? How could it affect our individual recovery? As we slowly become aware of AA history, and subsequently observe its application, many of us are often reminded of its relevance today. Without this fundamental understanding, AA would cease to exist.

We AA members could take notice and begin to learn our roots; noting remarkably high recovery rates in AA's earliest years. For example, group records indicate that in Cleveland, Ohio there was a 93 percent success rate for recovery in the early 1940's.

How did they stay sober? The original members of AA, between 1935 and 1939

(Continued on page 6)

June 2003....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>FIRST MON</u> Spirit of SF Committee Central Office, 1821 Sacramento San Francisco 7 pm	3	4 <u>FIRST WED</u> Intercounty Fellowship Board (IFB) 1187 Franklin at Geary First Unitarian Church San Francisco 7 pm	5	6	7
8	9 <u>SECOND MON</u> SF Public Information Committee Central Office, 1821 Sacramento San Francisco 7 pm	10 <u>SECOND TUE</u> Bridging The Gap 1111 O'Farrell, 6:30 pm SF General Service 1111 O'Farrell, SF Orientation: 7 pm Meeting: 8 pm Marin H&I Lagunitas & Shady Ln Ross 7 pm	11 <u>SECOND WED</u> 12th Step Committee Central Office, 1821 Sacramento San Francisco, 6:30 pm	12	13	14
15 <u>THIRD SUN</u> Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm	16 <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	17 <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm	18 <u>THIRD WED</u> Literature Review Committee Central Office, 1821 Sacramento San Francisco 6:30 pm	19 <u>THIRD THU</u> Website Committee Central Office, 1821 Sacramento San Francisco 6:15 pm	20	21 Central Office Archives Committee Central Office, 1821 Sacramento San Francisco 10 am Business Meeting, 11 am work day
22	23	24 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	25 <u>FOURTH WED</u> Seven Seas Steering Committee Meeting 215 Leidesdorff San Francisco 7 pm <u>LAST WED</u> IFB Orientation Central Office, 1821 Sacramento San Francisco 6:30 pm	26 <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	27	28 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon
29 <u>LAST SUN</u> Living Sober Convention Committee 1668 Bush San Francisco 5:30 pm	30			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.
June 4	2003 Annual Business Meeting, First Unitarian Universalist Church, San Francisco, CA
June 13-15	NCCAA 56th Annual Summer Conference, Parkside Hall, San Jose, CA
June 13-15	Sunset Round-Up, Holiday Inn Beachside, Key West, Florida www.sunsetroundup.com
June 14	The Steps We Take, Speaker Step Workshop, 285 Miller Avenue Church, Mill Valley, CA 415.331-1994
July 3-5	Western Roundup/LIVING SOBER 2003, Bill Graham Civic Auditorium, San Francisco, CA www.livingsober.org
July 3 - 6	19th Annual South Bay Roundup, Torrance Marriott, Torrance, CA www.southbayroundup.org
July 4-6	Whitewater Rafting & Camping Trip, American River, CA www.PleasantHillAA.com
July 11-13	Tehachapi Mountain Round-Up, Indian Hill Ranch Campground, Tehachapi, CA www.tehachapiroundup.com
July 16-20	47th Florida State Convention, The Registry Resort, Naples, FL www.floridastateconventionofaa.com
July 20	Broads Without Booze—Women's Luncheon and Speaker Meeting, United Irish Cultural Center, San Francisco, CA
July 25-27	Freedom in Sobriety, La Quinta Inn, Tacoma, WA
August 22-24	11th Annual Payson Round-Up, Sharp Creek Campground, Payson, AZ
Sept. 25-28	8th Annual National Archives Workshop, Westin Hotel, Fort Lauderdale, FL www.aanationalarchivesworkshop.com
Nov. 4-11	42nd Annual Hawaii Convention, Hawaii Convention Center, Honolulu, HI

June 2003

Founders' Day	1
June 2003 Calendar	2
Coming Events	3
This Month in A.A. History	3
Meeting Changes	4
A New Face at Central Office	4
Group Speakers / Flyers	5
Dear Alky	7
But Do You Walk the Walk	8
Literature Review	8
Spotlight on the Ninth Step Promises	9
Group Contributions	10
IFB Meeting Summary	12
Honors, Memorials and Recent Deaths	13
What's Next	14
Financial Statement	15

CONTENTS



This Month in AA History

June 10, 1935

Alcoholics Anonymous is born in Akron, Ohio when Dr. Bob took his last drink. Henceforth, June 10 came to be known as Founders Day.



May 1938

First two chapters of the Big Book written.



June 5, 1939

New York Times gives the book, Alcoholics Anonymous, a good review.



June 1941

Serenity Prayer is brought into A. A.



June 1946

Membership in A. A. exceeds 24,000.



June 1947

A. A. Preamble published in the Grapevine.



MEETING CHANGES

NEW MEETINGS

Wed 12:00 pm	Sausalito	HIGH AND DRY The Sausalito Sailing Club, at the foot of Napa St. (Di)
Wed 6:00 pm	South of Market	THE RIGHT DIRECTION 409 Ninth St. Harbor House (Bk SD wh)
Thu 6:00 pm	Excelsior	THE THREE LEGACIES 9 Persia at Mission St. (SD ST)
Fri 9:30 am	San Rafael	LIVING SOBER GROUP 16 Ritter St. / 3rd St.

MEETING CHANGES

Tue 7:00 pm	Cathedral Hill	TUESDAY DOWNTOWN BEGINNERS 1111 O'Farrell / Franklin, ST. Mark's (was at St. Mary's)
Tue 8:00 pm	Cathedral Hill	TUESDAY DOWNTOWN 1111 O'Farrell / Franklin, St. Mark's (was at St. Mary's)
Wed 8:00 pm	Laguna Honda	SOBER 5150'S 250 Laguna Honda Blvd. Near Forest Hill Station (was at 501 Laguna Honda Blvd.)
Wed 8:00 pm	Noe Valley	WALK OF SHAME 455 Fair Oaks / 25th St. (was at 930 Gough at 7:30pm)
Thu 8:00 pm	Tenderloin	BACK 2 BASICS 301 Eddy / Jones (was on Friday at 7:30 pm)

NO LONGER MEETING

Sun 7:30 pm	Pacific Heights	ALTA PLAZA CPMC Buchanan & Clay, Conference Center, Main floor
M-F 1:30 pm	San Rafael	1:30 RELEASE TENSION 1360 Lincoln / Maple
Fri 8:30 pm	Western Addition	SOBER, SANE & SENSIBLE 1519 Ellis St.

REPORTED MISSING

Mon 8:30 pm	Ross	ROSS - SAN ANSELMO St. John's Church, Lagunitas Rd. at Shady Lane
-------------	------	---

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!**


A New Face at Central Office

Lauren H. has joined us here at Central Office as our Special Worker. What Special Worker means exactly, no one is really sure, but her job description includes tasks like running the bookstore, ordering supplies and editing and stuff. We welcome Lauren to Central Office and look forward to seeing just how special she really is.

She comes to us after 15 years of staying sober and running around the country. She is known by some for her disappearing act, but you will all get to know the new and improved and more stable Lauren. You will come to rely on her like you would the love of your dog.

Lauren first got sober in New York City at the tender age of 22 where she spent the next three years going to meetings and clubs and hanging out with other sober people. In the summer of 1991 she shaved her head and moved west to

San Francisco, which she has called home ever since, though she has done extensive traveling around the United States for the last five years, working jobs between traveling. She has attended AA meetings in almost every state in the nation. She also has extensive service experience including District Treasurer in Juneau, Alaska.

A big reason we hired her is for her organizational ability, her first and foremost qualification. (She is about as anal-retentive as we could find.) She has spent time doing technical writing and has held many jobs dealing with the public and, God knows, she'll need a lot of patience dealing with you alcoholics all day long. Good thing we are paying her to stick around. We are awfully glad to have her. She should do a great job keeping things running smoothly and efficiently in the bookstore and assisting the Central Office Manager. 

Group Speakers for June 2003

TUESDAY DOWNTOWN

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

DATE	SPEAKER	HOME GROUP	Sobriety
June 3	Tijanna E.	Saturday People of Color	3/2/94
June 10	Harold A.	Serenity Seekers	9/23/96
June 17	Juliet H.	Danville Young People	8/11/86
June 24	Clint B.	Boys Night Out	8/20/98

THREE LEGACIES MEETING

9 Persia @ Mission,
Thursday, 6:00 pm

DATE	TOPIC	SPEAKER	Sobriety
June 5	Tradition Six	Jeff C.	8/29/90
June 12	Step Four	Chuck G.	11/01/93
June 19	Step Five	Mike L.	11/24/00
June 26	Concept Six	Irene K.	8/10/89

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
June 6	Amazing Grace	Don O.	
June 13	Keep Coming Back	Chuck S.	Sesame Step
June 20	A is for Alcohol	Michele F.	Broker's Open Book
June 27	TBA	Marilyn H.	A Vision For You

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
June 1st	Louise/Jess F	Millbrae
June 8th	Ted L.	S. San Francisco
June 15th	Karen T.	Belmont
June 22nd	Russ K.	S. San Francisco
June 29th	Dee M.	S. San Francisco

Broads without Booze !

Women's Luncheon and Speaker Meeting of Alcoholics Anonymous

Speaker: Susan M. of Santa Rosa
When: Sunday, July 20th, 12 Noon

Lunch promptly at 12:00; meeting starts at 2:00 pm.

(If only coming to the meeting, please arrive
no earlier than 1:45 pm to allow the luncheon to finish)

Where: United Irish Cultural Center
2700 45th Avenue (near Sloat)

San Francisco, CA



Street parking should be easy.

Lunch costs \$18.50 and includes tax and tip

Please make your check payable to Jude H.

Mail no later than June 30th to

Jude H., 41 Duncan St., SF, CA 94110

Please indicate your choice of entrée:

Breast of Chicken with Lemon Butter and Caper Sauce,
Yankee Pot Roast, Cheese Lasagna (Vegetarian) with vegetables.
Also includes green salad, fresh vegetables, potatoes/rice, rolls &
butter, dessert (chocolate mousse) with coffee & tea.

For more info, contact

Gerry at 650-356-0986 (gerryh@vzavenue.net)

Jude at 415-341-1447 (judesjava@yahoo.com)

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.

Founders Day *(continued from page 1)*

went to only one meeting per week. They got well and they recovered. How? There was no 90-in-90 back then. There were no conventions, retreats or treatment centers, as we know them today. The answer is in the basic text of "Alcoholics Anonymous." The design for living described within its pages is probably the most sane way of living possible.

A momentary look at history and a fleeting glance at Founders' Day gives us a poignant feeling about how this all started.

Fate, or divine intervention, led to an unintentional meeting between local surgeon Dr. Robert Smith and New York stockbroker William Wilson, both alcoholics who struggled to overcome their addiction for years. The two forged a friendship and later a 12-step recovery program that became the foundation for Alcoholics Anonymous. Founders' Day commemorates the beginning of this society.

The original format of Founders' Day was a two week event in Minnesota. This format lasted only four years through 1947. Since then, Founders' Day appears to have proliferated to various events around the country commemorating AA's initial stages. A cursory look back at the original Founders' Days, however, doubtless provides a vision of what spending time with some "good old timers" might have entailed.

In these original Founders' Days, attendance was by invitation only. Polly F.L. recalled, "You were asked for one week and there were about 40 people to each shift in the last year." She thought it stopped because it was not open to all, and against AA policy. "Dr. Bob played bridge all the time," she recalled, "and those lucky enough to play the game saw more of him. He took walks and wasn't aloof at all. He was very approachable if you wanted to talk to him."

Ernie and Ruth G. stayed with Dr. Bob and Anne (his wife) during one cold April, sleeping in their coats in an unheated cabin. On one particularly bitter morning, Dr. Bob sprinkled his chest with water and said that was to be the extent of his sprucing-up for that day.

Today, the legacy of Bill and Dr. Bob endures in historic sites treated as virtual shrines by AA members—and rightly so, according to Founders' Day committee member Bob, of Akron. "Akron is really the mecca of Alcoholics Anonymous, and Founders' Day is a pilgrimage for people who want to see where it was all born," he said. Touching his heart, he said, "To walk into Dr. Bob's house, what you feel right here is such an overwhelming feeling of peace and serenity. You can't describe it." The white clapboard house, restored to reflect Dr. Bob's tenure, is open for tours year-round. The place is mobbed by the faithful, passing under a

"Welcome Home" banner, on Founders' Day weekend.


"Remembering helps recovery," Dan said. So does gratitude. "You very seldom see a grateful person getting drunk," he said with a wink. He has come to Founders' Day nearly every one of the 24 years he has been sober, to renew old friendships and meet new friends. "They're people who talk the same language," he said. "Folks who know what only other drunks know."

Featured speaker and prominent lawyer, David, told of a former lifetime of drinking that stretched from rural North Carolina to the White House during the Kennedy administration. As co-author of early civil-rights legislation, he joked, "If you don't have adequate civil rights, blame me. I wrote the bill in a blackout." On a serious note, he stressed a theme of responsibility. "I am not responsible for my drinking," he said. "I am responsible, with the help of God, for my sobriety." He closed his remarks by thanking AA for helping him to be free, borrowing the famous quotation, "free at last, thank God almighty," from the late Rev. Dr. Martin Luther King Jr.

A sense of dead men talking resumed early Sunday morning with the motorcade and gravesite memorial service when a tape of Dr. Bob's last public appearance in 1950 was played for the crowd. Few seemed to find it eerie when Dr. Bob's deep voice boomed over the loudspeaker, saying, "I get a big thrill out of looking over this vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago played an infinitely small part in making this meeting possible." This was, after all, Dr. Bob, one of the men who brings them here, year after year. They gather shortly after sunrise and slowly, almost instinctively as the crowd grows, surround his grave in tightly packed circles of gratitude and joy.

"Look around you," said Dog of the Sober Survivors, who credits his first Founders' Day three years ago with putting him on the road to sobriety. "Every one of these people is a miracle that 'normal' people have written off and Dr. Bob was one of those two men who showed us the way."

Founders' Day is a reminder of where and how this all began many years ago. Because of this cog in a series of unplanned events, perhaps inspired by divine intervention, millions of alcoholics around the world have a solution. Coincidence? Perhaps. Or, maybe AA's pioneering was, as many AA members fondly say, "God being anonymous."

"Whenever a civilization or society declines (or perishes) there is always one condition present—they forgot where they came from." - Carl Sandburg 

Dear Alky

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

Dear Alky,

I have been sober for three and a half years now and have had a sponsor since I was about six months sober. Things worked out well at the beginning, but now I'm beginning to think I need a new sponsor. My sponsor only has one year more of sobriety than I do and doesn't seem to really have "what I want" anymore. How do I let go of my old sponsor gracefully and get a new one?

Signed, Restless, Irritable and Discontent

Dear RID,

Good questions! I wouldn't worry too much about how much time your sponsor has as we all know quantity of days doth not necessarily make for a good quality of sobriety. Have you already discussed your discontent with your current sponsor? Have you spoken about this with a couple of trusted AA friends? If you have done all you can in this regard and still feel a change is necessary, then change you must. Your recovery is ultimately your responsibility – do what you need to do to get the help you need.

I've heard of a million ways not to fire a sponsor as well as a few that seem reasonable. This is a great opportunity to practice being honest, forthright and, yes, kind – in a difficult and potentially touchy situation. My main piece of advice is to keep the focus on yourself and on what your needs/wants are, not on his real/perceived defects of character. I think it's entirely reasonable to look for another sponsor and confirm the new person as your sponsor, and then go and break the news to the current/soon to be ex-sponsor. Some more sensitive types may prefer to know in advance of the looking. Use your best judgment.

As with all things in AA and life, it's best to do some writing, talking and praying for guidance from your HP. This is great material to practice new communication skills, take care of your own well-being, and yet still look out for the well-being of the ex-sponsor.

Thanks for writing and good luck, Alky

Dear Alky,

I go to meetings where often times non-AAs are walking in and out, making all kinds of noise, eating all the cookies, drinking loads of coffee, and at times starting shouting matches or worse, fist fights. Our group is distressed. How do we handle this?

Signed, Cranky

Dear Cranky

As with most situations in life, it's a good idea to use the Serenity Prayer Test – what can be changed and/or what needs to be accepted? It sounds like you may be one of several or many in your group who are irritated by this situation. It could very well be that



certain disruptive individuals are working against the common welfare of the group (Tradition 1), but the real question is, what can you *do* about it?

It's always better to get a group conscience instead of waging a one-person war (we call that self-will run riot), so a good place to begin is in the group's business meeting. How about proposing a plan of action, for example – writing a new announcement or request into the format; making it a closed meeting; coming up with an action plan of who will do what (and who will back-up who) the next time there's a disturbance.

Of course, you can also change by choosing to attend different meetings.

Lastly, and it always seems our last option, is acceptance. You may choose not to pursue the matter and just pray for guidance, acceptance, love and tolerance. Any way you slice it, you'll be doing the right thing. That's what's so great about sobriety.

Good luck, Alky

Dear Alky,

I am a secretary at a meeting and therefore sign court slips for people who have been "sentenced to AA." How do I handle a person who comes in halfway through the meeting (or later) and still wants their slip signed?

Signed, Reluctant Signer

Dear RS,

You are in a dilemma common to all secretaries in AA. Please read the suggestions above to Cranky. Perhaps a business meeting would be the place to start. Ask for guidance from the group on how to handle late arrivals. Come up with a group policy on the topic and write it into the meeting format. That way, the onus is not on you, personally, to play the bad guy – you are just abiding by an informed group conscience.

Of course, you can try to wing it and make personal choices about the matter. I've seen several thick skinned AAs try that. They say something like, "Sorry, I don't sign court slips unless you are here at the start of the meeting." This could ruffle some group feathers, though, so, being the cautious AA member that I am, I suggest going to the group first.

Good luck, 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**



You Talk the Talk...but Do You Walk the Walk?

by Kent G.

You might recall that line. It's from Stanley Kubrick's Vietnam classic, *Full Metal Jacket*, during the mouth-joust between jaded warmonger, Mother, and wisecracking newbie, Joker. I'd give you Joker's comeback. But it doesn't matter. His line won't keep me alive in the mire of alcoholism. Mother's will.

All my work in A.A. can be measured against those words. Reciting the Serenity Prayer and sharing at meetings, I'm certainly talking the talk. But do I truly feel a loving Higher Power in my heart? Am I serene, my mind still? Am I observing with humility and humor the gift of life as it unfolds before me? Am I accepting of that which I cannot change, living in the wisdom of the moment?

Or, am I bent because homeless dudes are hoarding the cookies and the chick in front of me is crinkling cellophane and that guy is hella longwinded and I'll never have another job as good as the one I lost and no woman will ever love me as well as the one who left me eons ago and my dad died too young and my mom thinks I'm a sponge and the war was wrong and the war was right and I'm too wide for my height and my teeth are crooked and if one more bleeping cabbie tailgates me I swear I'll. . . .call my sponsor.

He: "How much service are you doing?" Me: "Well, uh, you know. . . I'm going to lots of meetings." He: "And how's that working for you?" Me: "I'm twitchy and resentful." He: "Fellowshipping is not enough." Me: "I knooowww."

He suggests I pick *at least* one meeting per week where I play the host. I'm to arrive early and stay late, do setup and cleanup, welcome newcomers and trade numbers. On that day, I'm to ensure my fellows have been *served* from the banquet of Alcoholics Anonymous.


I'm told to actually *dial* the numbers I've received. Every day I'm to call a guy with less sobriety than me. I'm told to keep at least two commitments, humble ones. Making coffee is superb. Cleaning up barf in a rehab, even better. I am advised that serving as secretary should only be a small part of my service diet, as sitting front and center with a pen in my hand nourishes my ego.

I'm reminded that since I'm not currently employed (by humans), I get to earn a Graduate Degree in A.A. I can do Tele-service and H&I. I can join the 12th Step List at Central Office, where I can also fold schedules, answer the phones and clean the toilet. I can suit up and show up.

To not drink, I can talk the talk. To get *sober*, I have to walk the walk.

When I cheerfully do even a percentage of these suggestions, I *quiet my chattering mind*. I crawl into someone else's raging alcoholic head and see anew why I don't like the view. I get my hands dirtied, proving I'm not unique, no better or worse than anyone. I start to see people not as threats to avoid nor enemies to engage, but as fellow travelers on this little blue ball, very many of which are having a bumpier ride than I.

Service lets me act not from ego, but from Spirit. My prayers come naturally and get answered, which gives me a new point of reference. I ask to be happy, joyous and free, and damn if it doesn't happen some when I clean a toilet. I dwell on the past less. I fear the future less. I get to be here, now. Hey, if an ego-maniacal spaz like me can get relief, so can everybody.

Service. I think I'll try some today. 



Literature Review: Serenity-A Companion for Twelve Step Recovery

by Doug F.

The preface of this book opens with a series of questions: "What are the gods in your life? What is most important to you? Is it your sexuality, money, work, power, alcohol or other drugs, relationships or activities? Do any of these dominate your thinking, your emotions or your actions?" And states that *Serenity* "can assist you in restoring these addictive and compulsive areas of your life to proper balance and perspective."

Serenity is not a book that everyone will want to read. For those with a Christian religious background or curiosity, however, it can be a valuable tool in exploring and expanding the spirituality often lost in organized religion. It relates the Twelve Steps of Alcoholics Anonymous to the New Testament as well as the Books of Psalms and Proverbs—all of

which are contained in this paperback. In addition, there are numerous quotes from the Big Book and other AA sources. As the title implies, it is strictly a companion, not a substitute for 12 Step literature.

Written by psychologist, Dr. Robert Hemfelt, and by Dr. Richard Fowler whose multi disciplinary background is diversified in education, counseling and administration, *Serenity* provides a written commentary and recovery meditations about each step. The discussion about the step is from a recovery viewpoint; whereas, the seven meditations refer to Biblical passages, thus providing one for each day of the week. Numerous additional biblical references are given for

(Continued on page 14)

That feeling of uselessness and self-pity will disappear by C.D.

Even when I was drinking, I was not a person you'd think had a problem with feelings of uselessness and self-pity. I was a productive citizen with every reason to be self-respecting. I went to an excellent college and graduated with honors. I had a good job and a promising career, and I worked hard. I was cute and had no problem getting a date. I functioned. And I was cool—not in a charismatic, desirable way, maybe, but frosty and distant. I had a well-developed knack for making it seem like I didn't have time for you, or like I knew more about most things than I cared to say. It was just, I liked to say, that I kept a lot in reserve.

Mostly what I was keeping in reserve was the dead certainty that I was a worthless worm, a liar, and a fraud on the verge of discovery—and the fact that I was a daily, secret, black-out drinker. All my achievements were just a cover, as far as I was concerned. In other words, feelings of uselessness and self-pity were actually the foundation of my personality, and hiding these feelings—or trying to escape them with drinking—was the motive for all I did, especially when it came to personal relationships.

I found people frightening and treacherous; relationships were confusing and they always seemed to go bad. Looking back, this is not surprising. I think 97% of every relationship I ever had before I got sober (and this includes the time before I started drinking) was conducted in my head and my head was a confusing, treacherous, frightening place. Sooner or later in every relationship, I would need to get out—by whatever means necessary. I was incapable of giving friends time or telling them the truth, preferring work, the bottle, lies, and indifference over trust and shared experiences. My isolation looked cool and deliberate from the outside, and of course the friends withdrew in return.

Feelings of uselessness and self-pity were my allies in this process. How better to stay out of relationships than to feel that I'm useless and should just stay out of people's lives? Poor me. So I would go off again to drown my loneliness and dream that it would be different the next time. It never was, and it never could be until I could start acting like a friend to myself and others. This meant finding and facing facts, and telling the truth no matter how risky it felt—skills Alcoholics Anonymous teaches to those who care to learn them.


My habits of uselessness and self-pity kept me from a realistic assessment of my own worth, enabling me to keep

damaging myself with alcohol and lies. AA's program aims to correct this sort of distorted belief. Right before the promises, on page 83, the Big Book announces, "As God's people we stand on our feet; we don't crawl before anyone." As we work, we find our right size and start trying to live up to our spiritual capacity, and this feels really good.

THE SIXTH PROMISE

But how do we do it? I believe the twelve steps of AA are a pretty complete set of instructions for attaining and maintaining the spiritual fitness upon which we gain a daily reprieve from alcoholism. Though I'm no real authority on that; I have been stalled on the eighth step for months, mired in unwillingness (I look at certain people on the list and

say, "No way!"; I rarely remember to pray to become willing). But I have had relief come from working the earlier steps, particularly one through five, going to meetings, taking service commitments, and maintaining contact with my sponsor and other AA friends. By "relief," I mean experiences of most of the promises coming true in my life—sometimes for just a little while, and not always full force, but materializing, coming into focus. (When they go back out of focus, I find they rematerialize when I do more footwork.)

Personally, I can seek relief from feelings of uselessness and self-pity by performing useful actions that benefit others. Until the worthless, self-centered feelings are lifted (and I believe they can be, if I am painstaking), I cling to the words of my sponsor, who says, "If you want self esteem, do esteemable acts. Act your way to right thinking," and it works. For example, it's hard to write this article. I don't feel qualified; I don't have a good program patter about the ninth step and the promises; I'd rather be doing just about anything else than trying to make sense of all this. So at the moment, that feeling of uselessness and self-pity is riding shotgun, but I know from experience gained in sobriety that the feeling loses its potency when it no longer dictates my acts and useful, esteemable acts give the lie to the feeling, weakening it still further. I'm probably less than halfway through, and if I'm not quite amazed, I'm surely grateful that the tools to make this change in my attitudes and habits exist, however clumsy I am at grasping them. Relief is at hand. 

The Point's Spotlight on the Ninth Step Promises continues next month.

AA Group Contributions - March 2003

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	Mar. 2003	YTD	Grat. Mo.	Group	Mar. 2003	YTD	Grat. Mo.
FELLOWSHIP GROUP CONTRIBUTIONS				SAN FRANCISCO CONTRIBUTIONS, cont.			
Brisbane Breakfast Bunch	\$35.00	\$79.00		Acceptance Group M 5:30pm		\$55.00	
Central Office Donation Box	\$58.70	\$244.00		Afro Ameican Fr 8pm		\$82.04	
Deer Park Discovery Group F 8pm		\$2.24		All Together Now Th 8pm	\$119.79	\$119.79	
IFB February Meeting	\$90.00	\$275.35		Amazing Grace M 7pm		\$258.00	
Marin Teleservice	\$1,000.00	\$1,000.00		As Bill Sees It Sa 11am	\$20.00	\$147.60	
Marin Teleservice Spaghetti Feed	\$95.00	\$95.00		Bernal Big Book Sa 5pm	\$516.47	\$516.47	170.73
MCYPAA	\$9.18	\$9.18		Beginners Step Study Sa 6:30pm		\$81.86	
Mission Fellowship X-mas Potluck		\$30.00		Beginners Warm Up		\$60.00	
Spirit of SF NYE Event		\$191.06		Big Book Basics F 8pm		\$187.19	
Sunday Step Study Su 4pm Pacifica		\$30.00		Big Book Study Sun 11am		\$88.67	
Unidentified Group		\$60.00		Blue Book Special Su 11am	\$36.00	\$84.85	
TOTAL FELLOWSHIP GROUP CONTRIBUTIONS	\$1,287.88	\$2,015.83	\$0.00	Brokers Open Book Tu 1:30pm		\$153.44	\$63.51
				Buena Vista Breakfast Su 12pm		\$126.70	
MARIN CONTRIBUTIONS				Castro Discussion W 8pm		\$234.60	\$123.00
11th Step Meeting M 8pm		\$189.41		Castro Monday Big Book M 8pm		\$107.83	
12 & 12 Study Sa 8:15am	\$100.00	\$100.00		Civic Center Nooners M 12pm		\$134.00	
7am Urgent Care Daily 7am		\$100.00		Cocoanuts Su 9am	\$78.00	\$78.00	
Attitude Adjustment Hour Daily 7am	\$955.00	\$955.00		Common Welfare Th 8pm		\$136.53	\$58.85
Blackie's Pasture Sa 8:30pm		\$286.00		Creative Alcoholics M 6pm		\$107.40	
Crossroads Su 12pm		\$750.00		Design For Living Sa 8am		\$578.29	
Day At At Time Daily 6:30am	\$600.00	\$600.00		Each Day A New Beginning M 7am		\$256.00	\$102.00
Experience, Strength & Hope Sa 6pm		\$130.00		Each Day A New Beginning Su 8am		\$225.89	
Gratitude M 12pm	\$153.00	\$223.00		Each Day A New Beginning Tu 7am		\$388.91	
Happy Hour Th 6pm		\$130.00		Each Day A New Beginning W 7am	\$122.18	\$530.93	
Island Group Th 8pm	\$42.00	\$42.00	162.00	Each Day A New Beginning Th 7am	\$146.05	\$146.05	
Intimate Feelings Sa 10am		\$50.00		Early Start F 6pm	\$378.78	\$378.78	
Mill Valley 7AM Daily 7am		\$1,346.09		Embarcadero Group We 12:10pm	\$23.00	\$23.00	
Mission Fireside Group W 8:30pm	\$40.00	\$40.00		Endless Summer R 8:30pm	\$55.73	\$198.26	
M. V. Original Smokeless Th 8pm		\$0.00	\$89.00	Eureka Valley Topic M 6pm	\$292.99	\$292.99	
Monday Blues M 6:30pm		\$121.88		Federal Speaker Su 12pm		\$151.55	
Monday Night Meeting M 8pm		\$50.00		Fell Street F 8:30pm		\$105.23	\$78.43
Monday Night Stag M 8pm		\$425.00		Fellowship of the Spirit Su 1:30pm		\$150.00	
Noon Hope F 12pm		\$83.08		Fireside Chat Sa 9pm		\$205.86	
Noon Tu 12pm		\$352.08		Fireside Chat Th 8pm		\$148.08	\$50.50
Novato Big Book Tu 12pm		\$196.00		First Place Daily			\$31.55
Novato Spirit Discussion Fr 12pm	\$191.35	\$191.35		Friday All Groups F 8:30pm			\$357.32
On Awakening Daily 5:30am		\$140.00		Friday Big Book F 12pm	\$99.44	\$99.44	\$51.07
Rise N Shine Su 10am	\$55.00	\$55.00		Friday At Five F 5pm		\$135.27	
San Anselmo Fireside Meeting Su 8pm	\$81.12	\$81.12		Friday Lunchtime Step F 12pm		\$140.00	
Serendipity Sa 11am	\$240.00	\$240.00		Friday Smokeless F 8:30pm		\$122.51	
Sisters in Sobriety Th 7:30pm		\$90.00		Friendly Circle Su 7:15pm & 8:30pm		\$1,210.23	
Six O'Clock Sunset Th 6pm		\$90.00		Friendship Group W 8pm		\$84.60	
Sober Mom's F 11:30am		\$74.73		Greenhouse Meditation Sa 5pm	\$100.00	\$100.00	
Sunday Night Mill Valley Smokeless Su 7:30pm		\$10.00		Golden Gate for Seniors Tu 1:30pm	\$117.50	\$205.10	
Survivors M 12pm		\$286.00		Goodlands Su 2pm	\$45.76	\$45.76	\$36.10
Terra Linda Th 8:30pm		\$375.00	\$117.58	Haight Street Blues Tu 6:15pm		\$25.65	
TGI Tuesday Tu 6pm	\$39.00	\$39.00		Haight Street Explorers Th 6:30pm	\$120.00	\$120.00	
The Extra Support Group F 8:30pm		\$67.17		Happy Hour F 6:30pm	\$60.00	\$120.00	
Thursday Night Speaker Th 8:30pm		\$500.00		High Noon Friday F 12:15pm	\$267.49	\$457.76	
Tiburon Haven Su 12pm	\$160.00	\$160.00		High Noon Tuesday Tu 12:15pm	\$118.00	\$342.43	
Tiburon Tuesday Beginners & Closed		\$763.00		High Noon Thursday Th 12:15pm	\$229.20	\$229.20	
Tuesday Smokeless Tu 8:30pm		\$1.28		High Noon Wednesday W 12:15pm	\$76.00	\$283.80	
Wednesday Mid-Week W 6pm		\$86.29		High Sobriety M 8pm		\$203.40	
Wednesday Night Candlelight W 8pm		\$77.00		Higher Power Lunch Group Th 12:10pm		\$51.46	
Wednesday Noon W 12pm		\$236.00		Hilldwellers M 8pm		\$120.00	
Women's Big Book Tu 10:30am		\$75.00		Home Group	\$127.20	\$127.20	
Women's Step Study Group M 12pm		\$146.02		Huntington Square W 6:30pm	\$355.29	\$355.29	
Working Dogs W 12:05pm		\$200.00		Join the Tribe Tu 7pm		\$62.70	
TOTAL MARIN CONTRIBUTIONS	\$2,656.47	\$10,153.50	\$368.58	Joys of Recovery Tu 8pm		\$554.40	
				Keep It Simple Sa 8:30pm		\$124.36	
SAN FRANCISCO CONTRIBUTIONS				Light Brigade Discussion Su 7pm			\$12.25
7AM Grab Bag M 7am		\$55.00		Light Steppers Su 7pm	\$180.00	\$180.00	
AA As You Like It Tu 5:30pm	87.84	\$87.84		Like A Prayer Su 4pm		\$20.00	
A is for Alcohol Tu 6pm		\$60.00		Living in the Solution F 6pm		\$310.16	
A Vision For You Su 6:30pm		\$26.11		Living Sober with HIV W 6pm		\$196.34	
AA Step Study Su 6pm		\$150.04		Luke's Group W 8pm		\$63.60	

AA Group Contributions 2003 continued

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties			
Group	Mar. 2003	YTD	Grat. Mo.
SAN FRANCISCO CONTRIBUTIONS, cont.			
Midnight Meditation Sa 12pm		\$33.90	\$43.75
Mocha Group Th 12:10pm	\$24.00	\$53.01	\$80.75
Monday Beginners M 8pm		\$190.82	\$47.75
Monday Men's Stag M 8pm			\$19.25
Monday Monday 12:15pm	\$217.27	\$217.27	
Monday Steps & Traditions M 12:10pm	\$55.20	\$55.20	
New Big Book Study Sa 11am		\$250.00	
New Highs W 1:30pm		\$75.57	
New Hope Big Book M 6:30pm	\$45.60	\$141.11	
Newcomers Tu 8pm		\$158.27	
No Reservation M 12pm		\$57.13	
Noon Smokeless Th 12pm		\$124.20	
Parkside Th 8:30pm	\$60.00	\$180.00	\$28.00
Pax West M 12pm		\$295.81	
Pure & Simple Group Su 6pm		\$39.86	
Richmond Big Book Study Th 7:30pm		\$100.00	
Rise-N-Shine Su 10am		\$58.00	
Saturday Matinee Sa 2pm		\$60.00	
Seacliff Th 8:30pm		\$43.26	
Serenity House Groups	\$300.00	\$300.00	
Serenity Seekers M 7:30pm		\$412.20	
Sesame Step Tu 7:30pm		\$194.55	
Seven Seas Su 3pm		\$36.00	
Sober & Centered F 7pm		\$46.80	\$20.04
Stonestown Group M 8pm	\$159.01	\$159.01	\$73.50
Sunday Bookworms Su 7:30pm		\$60.00	
Sunday Morning Gay Men's Stag Su 10:30am		\$689.33	
Sunday Rap Su 8pm		\$57.00	
Sunday Wawona Su 8pm	\$320.00	\$320.00	
Sundown W 7pm	\$156.00	\$156.00	
Sunset 9ers F 9am		\$179.00	
Sunset 9ers Th 9am	\$110.47	\$275.47	
Sunset 9ers Tu 9am		\$13.32	
Sunset 9ers Sa 9am	\$1,166.10	\$1,166.10	\$160.55
Sunset 11ers	\$20.00	\$20.00	
Sunset 11ers Mon 11am	\$80.00	\$80.00	
Ten Years After Su 6pm		\$269.61	\$102.75
Thursday Afternoon Step Study Th 1:30pm	\$60.00	\$173.31	
Thursday Beginners Th 8pm		\$73.95	\$24.85
Thursday Night Women's Th 6:30pm	\$121.63	\$121.63	
Too Early Sa 8am	\$182.92	\$436.72	
Tuesday's Daily Reflections		\$39.10	
Unidentified Group		\$52.80	
Unidentified - Starbucks	\$21.00	\$21.00	
We Care Tu 12pm	\$120.00	\$120.00	
We Really Do Meditate Sa 10:30am		\$96.00	
Women's AA W12:05pm		\$51.00	
Women's Kitchen Table Tu 6:30pm		\$311.00	
Work in Progress Sa 7pm		\$156.00	
TOTAL SAN FRANCISCO CONTRIBUTIONS	\$7,296.87	\$23,231.32	\$1,736.50
TOTAL ALL CONTRIBUTIONS	\$11,241.22	\$35,400.65	\$2,105.08

District Six San Francisco General Service

Invites you, the SF Bay Area Fellowship of Alcoholics Anonymous, to two exciting events

Tuesday, June 10, 2003

at the

Urban Life Center
1101 O'Farrell Street
(between Gough and Franklin)

6:30 pm

Grapevine Representative Workshop

Des T., the Executive Editor of the Grapevine, will be in town from New York and will join us for a special workshop for Grapevine Representatives in the SF Bay Area. If you are currently a Grapevine Rep or interested in becoming one, please make a point of attending this informative workshop.

8:00 pm

Northern California Delegate's Report from the 53rd General Service Conference

"Living the A.A. Principles through Sponsorship"

Conference members met in New York recently and spent much time discussing matters important to the Fellowships they represent. Our delegate, Doug G, will be in San Francisco the evening of June 10th to give his report from the 53rd General Service Conference.

Conference members are delegates from 93 areas in the U.S. and Canada, trustees, A.A. W.S., and Grapevine directors, and staff members of the General Service Office and the Grapevine.

All are invited to attend.

This is an evening you won't want to miss!

ATTENTION!! GROUP TREASURERS

Due to a car break-in and theft on 12/05/2002, some checks written to SF General Service have been lost. The break-in was promptly reported to the Police. We have not had any reports of checks being cashed, and they were stamped "SF GENERAL SERVICE" which should make individual cashing impossible. Please reconcile their checking accounts with checks that may still be uncashed from that time frame. Any questions – call Timojhen 415.337.0143. Thanks.

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
First Unitarian Universalist Church, 1187 Franklin/Geary, San Francisco, CA
Wednesday, May 7, 2003

The following groups have registered Intergroup Representatives. Those marked "P" attended the most recent IFB meeting. If your group was not represented, consider electing an Intergroup Representative (IFB) and /or an alternate so your group's voice is heard.

Intergroup Rep	Group		Intergroup Rep	Group	
Ben N.	Sunset Speaker Step	P	Lindsey B.	Walk of Shame W 7:30pm	A*
Beth L.	High Noon Tuesday	R	Lisa M.	Friday All Groups	A*
Bill R.	Early Start	P	Mark C.	Sunday Night Candlelight	A**
Charles M.	Federal Speaker	P	Mollie B.	Joys of Recovery Tue 8pm	R
Dan C.	Tiburon Haven	A*	Patrick M.	Treasurer	P
Danny F.	Each Day A New Beginning	A**	Norma W.	Afro-American Group	P
David B.	Beginner's Warmup W 6pm	P	Paul C.	Waterfront	A*
Dick T.	Attitude Adjustment Hour	P	Paul S.	Sunday Support	R
Doug F.	No Reservation	P	Ray M.	Sunday Rap	P
Doug S.	As Bill Sees It - Thursday	A*	Robert C.	Cocoanuts	R
Ellie C.	Big Book Basics	A*	Robert R.	Hot Java	P
Frank B.	Each Day A New Beginning - Sunday	A*	Rudi D.	Sunset 9ers	A*
Irene K.	Bernal Big Book	A*	Russell G.	Regroup	P
Janet B.	Thursday Night Women's	P	Sam W.	Monday Night Stag	A*
Jason S.	Sesame Step	A*	Samuel S.	Dignitaries Sympathy	A*
Jay H.	Gay Beginners	P	Scott M.	Friendly Circle Beginners	A*
Jean C.	First Place Fellowship	P	Smithy B.	Ten Years After	P
Jeremiah P.	All Together Now	A*	Steve R.	Valencia Smokefree	P
Joe G.	Wednesday Beginners Meeting	P	Steve B.	Too Early	A*
Julia W.	Friendship Group	A*	Steven S.	Tuesday Downtown	P
Julie H.	Terra Linda	P	Tim M.	Join the Tribe Tue 7pm	P
Justin S.	High Noon Wednesday	A**	Todd M.	Rule 62 W 10pm 2900 24th St.	A*
Kristine F.	Castro Discussion	A*	Tom K.	Common Welfare	A*
Lesley F.	How It Works-Sat	A*	Tom W.	Sunday Morning Gay Men's Stag	P
Li L.	Work in Progress	P	Zoe B.	Mill Valley 7am - Daily	P

New IFB Reps Present

Greg S. Keep Coming Back P

Non-IFB Liaisons Present

Dave M. Marin Teleservice P
Georgia L. H&I P

P = Present; A = Absent; R = Resigned; X = Proxy. The * above indicates an absence; more than one indicates the number of consecutive absences.

A Board member who has three consecutive absences from IFB meetings is no longer a member of the Board, as stated in the Bylaws.

May 2003 IFB Meeting

SUMMARY

The following is an unofficial summary of actions, information, upcoming business, and service opportunities discussed at the May 2003 IFB meeting. It is provided for your convenience, and it is not intended to be the complete or approved minutes. For a complete copy of the minutes, contact the Central Office.

Summary of IFB meeting held on Wednesday, May 7, 2003 at the Star of the Sea Church in Sausalito.

A. Business Conducted:

1. Chairs report: Ben N. announced that the annual business meeting will be held at 7:00 pm on June 4, 2003. The regular IFB meeting will be held directly afterwards.
2. Treasurers report: Patrick M. gave his report with a written statement.
Net income at the end of March is ahead of budget. YTD income is ahead of budget. The IRS has forgiven the late penalty

(Continued on page 13)

(IFB Summary, continued from page 12)

on our 2002 tax return.

3. Central Office Managers report: Maury P. gave her report. Lauren, the new special worker, is doing a great job. We need phone volunteers for the summer.

There are three shifts available right now. Contact Lauren at the Central Office if you can take a shift or serve as a substitute.

4. COC report: Smithy gave her report. The COC discussed who should get The Point for free. We agreed to offer Dental coverage for both employees. We are going to research salary range for both employees. We agreed to reduce the price of the third edition big book in large print to \$3.15. We decided to schedule and conduct a Secretaries/Treasurers workshop.

5. The Point: Maury announced that our chair had to resign, and we need a new Chairperson. The committee is trying to increase awareness of the newsletter as well as the number of subscribers.

6. Orientation committee: Bill R. reported. The Orientation committee meets the Wed. before the IFB meeting at 6:30 pm at the Central Office. All new IFB representatives are encouraged to attend.

7. Schedule Committee: Li L. reported. The new schedule is still not ready. There was discussion on whether the IFB should hire someone to help produce the schedule. Additionally, we are seeking volunteers with desktop publishing experience. Please contact the Central Office if you can be of service.

B. Information:

1. 12th step committee: Maury P. reported. The committee met on April 9th. A workshop was held on April 23rd. 19 people attended; 10 joined the 12th step list. The committee is well organized, and has experienced excellent participation. It meets on the second Wednesday of each month at 6:30 P.M. at the Central Office. All are welcome to join.

2. The special events committee will meet next month. Contact Bill R. at the Central Office if you want to get involved.

3. SF Teleservice: Russell G. reported. The Teleservice Chair, Information Chair, and at least one Coordinator are rotating out. Please attend the monthly business meeting (3rd Monday at 6:30 pm) if you can help or are in need of a service commitment.

4. PI/CPC: A written report was submitted. PI/CPC is very active. All are encouraged to attend the regular monthly meeting on the 2nd Monday at the Central Office at 7:00 P. M.

5. Tuesday Downtown: Steve S. announced that the meeting has moved to St. Marks Church at Geary and Franklin. Meeting times have been changed as well.

6. Marin Teleservice: Dave M. gave report. Marin Teleservice is presently reviewing its operational guidelines. There is a new liaison position being discussed for Marin Teleservice to attend 12th Step committee meetings. There will be a picnic in July, but no date has been set.

7. Bridging the Gap: A written report was submitted. BTG meets alcoholics being released from treatment and correctional facilities and accompanies them to their first meetings outside. The committee is active and all are encouraged to participate in their regular monthly meeting, May 13th at 6:30 P.M. before the regular monthly meeting of GSR at St. Mark's church at 1111 O'Farrell.

8. H & I: Georgia L. reported. There are 75 H & I meetings in San Francisco every week. If you want to get involved, the orientation meeting is at 7:15 pm. at the Old First Church (1751 Sacramento at Van Ness). The regular meeting follows at 8:00 pm. Both are on the last Thursday of each month.

9. Spirit of San Francisco: A written report was submitted. The convention will be held Oct. 10 - 12 at the Ramada Plaza Hotel. The committee needs help. It meets on the first Monday of every month at the Central Office at 7:00 P.M.

There was nothing further and the meeting closed at 8:30.

The next meeting of the IFB will be June 4th at the First Unitarian Church in San Francisco at 7:00 pm.

CONTRIBUTIONS

to the Central Office were made
through May 18, 2003
honoring the following members

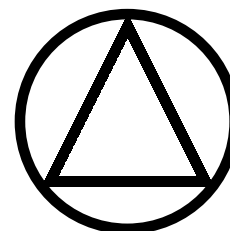
ONGOING MEMORIALS

Bob
R. W.

ANNIVERSARIES

Bob R.—2 Years
Kent G.—2 Years
Lauren H.—15 Years
Pat M.—15 Years
Walt B.—17 Years
Julie H.—20 Years
Ken M.—31 Years
Ann W.—34 Years
Nina S.—41 Years

Endless Summer
Jeff—1 Year
Max—1 Year
Mark—3 Years
Barnaby—4 Years
Suzane—4 Years




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

What's Next

by Anonymous

I remember coming up on my first year of sobriety as a time of anticipation, excitement, and a little nervousness about what the future in my AA would bring. I worked very hard those first 11 months and made willingness and honesty my main mantras during that time. The open-minded part came and went a lot of the time...it still does. I worked the Steps as thoroughly as I could and took the program very seriously. As I got closer to the 12-month mark, I became depressed and worried that it all would be over and I would have nothing else to work on after the 12 Steps were done. I remember asking myself, "What's next?" That had been a common refrain in my life as I would be interested in something new for a while, become adept and then bored with it, and then say, "What's next?" I soon feared that I would feel the same way with my *new*, exciting program of AA and give it all up. Well, that didn't happen because as my first year of sobriety came and went, I found myself with more service


commitments and was carrying the message to other alcoholics by sponsoring and sharing my story as never before. My Higher Power had a plan for me and that plan was not to go back to an old habit. Sometimes my pride and ego come around and I think that I have a good program and know pretty much everything there is to know to stay sober. That is a tenuous place for me and I could find myself at the jumping off point again real soon and this time jump. Humility always comes back to me when I hear a heartfelt story of help from a newcomer or a chronic relapser that is embarrassingly coming back to the rooms for another try. My "what's next?" is to be there for them. I have recently celebrated my second year of  sobriety and know that, one day at a time, my "what's next?" resides in the miracle of AA and to help my fellow alcoholics.

(Serenity, *continued from page 8*)

each step. All referenced passages are highlighted in the biblical text and cross-referenced to the Step.

For example, in the discussion of Step Two, the authors reference the oral tradition of AA that first, *we came*, then *we came to* and finally *we came to believe*. They point to the "strong Christian tradition that each person must come to an individual knowledge of God." They talk about the fact that for some people, the spiritual conversion is dramatic, but for most people it is a gradual process. This reminds me of one of my favorite quotes from Chapter One, entitled "Bill's Story," in which he says, "God comes to most men gradually..." p.14

Correspondingly, one of the meditations for Step Two deals with Psalm 142 in which David is surrounded by his enemies and takes refuge in a cave, but he then calls out to God whom he realizes is greater than his enemies and asks for help. Verse seven states in part, "Bring my soul out of prison." Here the authors draw the parallel that addictive behavior makes us feel like our souls are imprisoned. The final line of the verse states, "For You shall deal bountifully with me." Similarly, the authors encourage the reader to "turn to God for strength, comfort and restoration to sanity."

I enjoyed this text and found it helpful in developing a closer relationship with my Higher Power. It accomplished its stated purpose and helped me achieve a better balance and perspective. I found the references to Proverbs particularly refreshing and sometimes amusing. For example, one of the references is Proverbs 26:12 "Do you see a man wise in his own eyes? There is more hope for a fool than for him." 

AA Founders Day Celebration and

Spirit Summer BBQ

Saturday, June 14th

Lindley Meadows in Golden Gate Park

John F. Kennedy Drive at 30th Ave (off Fulton)

Food and Fellowship
Fun for the Whole Family !!!

BBQ 11 – 4 PM

Open Speaker Meeting at 1 PM

POTLUCK

Please bring a dish or something to BBQ and share. Games, charcoal, and tableware are provided. Drinks will be for sale.

The Spirit of San Francisco
(415) 566- 3845
info@spirit.sf.org
map and directions at www.spirit-sf.org

Financial Statement

MARCH 2003 - Intercounty Fellowship of AA



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



June 2003

ISSUE 603