

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

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

# The Point

July 2003

A publication  
of the Intercounty Fellowship  
of Alcoholics Anonymous

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## The Point

is published monthly to inform  
A.A. members about business and  
meeting affairs in the Intercounty  
Fellowship of Alcoholics  
Anonymous (San Francisco and  
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Fellowship Board, the Central  
Office, or *The Point* Editorial  
Committee. Letters and articles to  
help carry the A.A. message are  
welcomed, subject to editorial  
review by *The Point* Committee.

## The New Meeting Schedule Is Here!

by Li L.

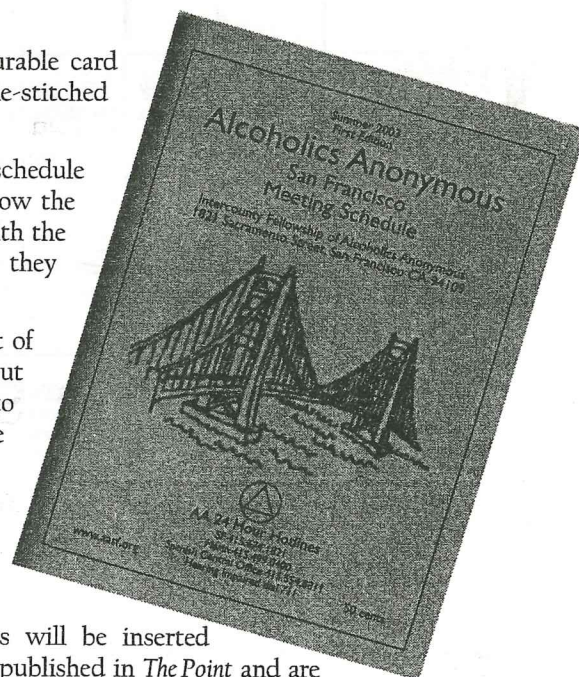
Beginning this month, the Intercounty Fellowship Board and Central Office introduce the new booklet format for the San Francisco meeting schedule, designed to be more readable, more durable, and easily expandable as the Fellowship grows.

- ➡ It measures 5 × 3½ inches.
- ➡ It consists of 68 pages, plus a durable card stock cover, and comes saddle-stitched (stapled in the middle).
- ➡ A combined San Francisco/Marin schedule is possible in the future, but for now the Marin Fellowship will continue with the old format. With fewer meetings they aren't so pressed for space.
- ➡ The new schedule is sold at a cost of 50¢. The schedule will come out quarterly, so no member needs to spend over \$2.<sup>00</sup> a year. The Schedule Committee suggests to groups that the schedule be sold to regular attendees at cost but given away at no charge to new members and visitors.

- ➡ Errata sheets for meeting changes will be inserted monthly. Meeting changes are also published in *The Point* and are available on the website, [www.aasf.org](http://www.aasf.org)
- ➡ A professional printer is producing the schedule so that Central Office no longer has to function as a printing establishment. All costs will be recouped. An initial run of 7500 has been produced.

Please be aware that this is still in the experimental stages. If this change proves unworkable, or a burden to the Fellowship, we can always revert to the old format or come up with something else. Your feedback to the committee is welcome and encouraged. Please contact us at [schedule@aasf.org](mailto:schedule@aasf.org).

Li L.  
Chair, Schedule Committee



# July 2003....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> <u>FIRST WED</u> Intercounty Fellowship Board (IFB) 1187 Franklin at Geary First Unitarian Church San Francisco 7 pm	<b>3</b>	<b>4</b> <b>CENTRAL OFFICE IS CLOSED</b>  <b>HAPPY 4TH OF JULY!!</b>	<b>5</b>
<b>6</b>	<b>7</b> <u>FIRST MON</u> Spirit of SF Committee Central Office, 1821 Sacramento San Francisco 7 pm	<b>8</b> <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	<b>9</b> <u>SECOND WED</u> 12th Step Committee Central Office, 1821 Sacramento San Francisco, 6:30 pm	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <u>SECOND MON</u> SF Public Information Committee Central Office, 1821 Sacramento San Francisco 7 pm	<b>15</b> <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm	<b>16</b> <u>THIRD WED</u> Literature Review Committee Central Office, 1821 Sacramento San Francisco 6:30 pm	<b>17</b> <u>THIRD THU</u> Website Committee Central Office, 1821 Sacramento San Francisco 6:15 pm	<b>18</b>	<b>19</b>
<b>20</b> <u>THIRD SUN</u> Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm	<b>21</b> <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	<b>22</b> <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	<b>23</b> <u>FOURTH WED</u> Seven Seas Steering Committee Meeting 215 Leidesdorff San Francisco 7 pm	<b>24</b> <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	<b>25</b>	<b>26</b> <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon
<b>27</b> <u>LAST SUN</u> Living Sober Convention Committee 1668 Bush San Francisco 5:30 pm	<b>28</b>	<b>29</b>	<b>30</b> <u>LAST WED</u> IFB Orientation Central Office, 1821 Sacramento San Francisco 6:30 pm	<b>31</b>	<p><b>Secretaries: Please make these announcements to your groups</b></p> <p>This calendar lists local AA service and conference planning <i>meetings</i>, as well as any local AA related events of which the Central Office has been notified. Please call Maury at the Central Office (674-1821) by the 15th of the previous month if you would like your event listed. Coming Events are listed on next page.</p>	

# 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 <b>bold</b> ; flyers of <u>current</u> local events, if available, are printed as space allows.
July 3-5	<b>Western Roundup/LIVING SOBER 2003, Bill Graham Civic Auditorium, San Francisco, CA</b> <a href="http://www.livingsober.org">www.livingsober.org</a>
July 3-6	19th Annual South Bay Roundup, Torrance Marriott, Torrance, CA <a href="http://www.southbayroundup.org">www.southbayroundup.org</a>
July 4-6	Whitewater Rafting & Camping Trip, American River, CA <a href="http://www.PleasantHillAA.com">www.PleasantHillAA.com</a>
July 5	Midsummer Night's Dance, First Congregational Church of Oakland, Oakland, CA
July 11	East Bay Intergroup First Friday Speaker Meeting, First Congregational Church of Oakland, Oakland, CA
July 11-13	Tehachapi Mountain Round-Up, Indian Hill Ranch Campground, Tehachapi, CA <a href="http://www.tehachapiroundup.com">www.tehachapiroundup.com</a>
July 16-20	47th Florida State Convention, The Registry Resort, Naples, FL <a href="http://www.floridastateconventionoffaa.com">www.floridastateconventionoffaa.com</a>
<b>July 20</b>	<b>Broads Without Booze—Women's Luncheon and Speaker Meeting, United Irish Cultural Center, San Francisco, CA</b>
July 20	San Gabriel/Pomona Valley Central Office Fund Raiser Golf Tournament, Jurupa Hills Golf Club, Riverside, CA
July 25-27	Freedom in Sobriety, La Quinta Inn, Tacoma, WA
<b>July 26</b>	<b>Spirit 2nd Summer BBQ, Golden Gate Park, San Francisco, CA</b> <a href="http://www.spirit-sf.org">www.spirit-sf.org</a>
August 1-3	11th Annual Foothill Roundup, Occidental College, Los Angeles, CA
August 22-24	11th Annual Payson Round-Up, Sharp Creek Campground, Payson, AZ
Sept. 11-14	18th Annual Northern California Big Book Seminar, Doubletree Hotel, Sacramento, CA
Sept. 25-28	8th Annual National Archives Workshop, Westin Hotel, Fort Lauderdale, FL <a href="http://www.aanationalarchivesworkshop.com">www.aanationalarchivesworkshop.com</a>
October 10-12	52nd Southern California AA Convention, Riverside Convention Center, Riverside, CA <a href="http://www.aasocal.com">www.aasocal.com</a>

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## This Month in AA History

1934

Ebby has last drunk and prison sentence before attending Oxford Group. Tells Bill about it in November



1935

Bill W. and Dr. Bob begin visiting drunks in Hospitals and Institutions



July 15, 1937

First documented use of the name Alcoholics Anonymous



1939

Controversy over 12-Stepping alcoholics outside of hospital visits



1976

First Living Sober Conference for GLBT Alcoholics held in San Francisco



# MEETING CHANGES

## MEETING CHANGES

Sun 8:00 am Duboce Park  
Fri 7:30 pm Noe Valley  
Tue 5:30 pm Castro

EACH DAY A NEW BEGINNING Davies Medical Center, North Tower Auditorium, Level B (was at 1874 Market)  
FRIDAY NIGHT WOMEN'S MEETING 601 Dolores/19th (was at 7:15 pm)  
AA AS YOU LIKE IT 1800 Market/Octavia, Room 302 (was at 1874 Market)

## REPORTED MISSING

Wed 7:10 pm Terra Linda  
Thu 12:00 pm Corte Madera

YOUNG & RESTLESS Kaiser Hospital Staff Break Room—Office Bldg. 2, Park Lot A  
CONSCIOUS CONTACT 2 Tamalpais Drive, Holy Innocents Church

**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!**

## 4<sup>th</sup> Step Retreat

I recently attended a 4<sup>th</sup> Step Retreat for gay men in the beautiful North Country of Sonoma County. The retreat was located at St. Dorothy's (very appropriate name) in the town of Camp Meeker, an old resort town of the 1800's. The drive up there was nice and relaxing—a perfect way to get centered for a weekend of 4<sup>th</sup> Step work. It was raining when we arrived and it made me think of the peace and calmness that the country can bring, especially with rain and fog added to the experience.

The retreat center was laid out on the side of rolling hills and spread out in different lodges for meeting and sleeping. The lodges were immense wood structures that made me think of how it must have been back when this area was young.

We checked in, got settled and started with the meetings, workshops and group meals that resulted in a bonding experience in different ways to which many of us are accustomed. The opening meeting alone was a great experience. A room of about 75 guys sharing their experience, fears, and hopes of conquering a 4<sup>th</sup> Step made the anxiety in me dissipate. We weren't required

to do a 4<sup>th</sup> Step at all during the weekend and could attend all or none of the meetings and workshops that the weekend entailed. For many of us, it was a weekend of relaxation and a chance to get away from the City.

*A weekend focused on  
writing a 4<sup>th</sup> Step was  
just what I needed*

I attended all of the meetings and workshops because it was my first time at a retreat like this and I also wanted to do a 4<sup>th</sup> Step around some personal issues I needed to address. A weekend focused on writing a 4<sup>th</sup> Step was just what I needed to get this done. There were

others that were writing their very first 4<sup>th</sup> Step and still others that were there just to extend the Hand of A.A. Overall, it was a very relaxing and rewarding weekend.

I went home on Sunday feeling refreshed, rejuvenated, and proud of myself for accomplishing something that is very important for my continued sobriety. I also felt a little depressed that the weekend was over and that life on life's terms would be waiting for me as soon as I crossed the Bridge. I do feel that I was able to deal with life a little differently after this retreat and am sure I will attend again next year.



## Group Speakers for July 2003

### TUESDAY DOWNTOWN

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

DATE	SPEAKER	HOME GROUP	Sobriety
July 1	Neil M.	First Place	2/6/74
July 8	Gretchen F.	Monday Night Stonestown	5/18/97
July 15	Kristi F.	Artists & Writers	1/1/97
July 22	Greg H.	First Place	7/31/91
July 29	Diane C.	Caledonia Group, Sausalito	3/7/74

### THREE LEGACIES MEETING

9 Persia @ Mission,  
Thursday, 6:00 pm

DATE	TOPIC	SPEAKER	Sobriety
July 3	Tradition Seven	TBA	
July 10	Step Six	Ken D.	6/01/87
July 17	Step Seven	Bob K.	5/13/88
July 24	Step Eight	Ted R.	1/1/85
July 31	Concept Seven	Ben N.	8/07/80

### 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
July 4	Diamond Heights	Tom C.	Cocoanuts
July 11	As Bill Sees It	George C.	In Btwn Fellowship
July 18	Like A Prayer	Wendy McN.	Walk of Shame
July 25	Keep Coming Back	Judith L.	2900 24th St.

### BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
July 6th	Dave	Lincoln Park
July 13th	Michelle	Big Book Basics
July 20th	Chuck G.	Sunset 9ers, Sat.
July 27th	Russell	San Francisco

## Broads without Booze !

### Women's Luncheon and Speaker Meeting of Alcoholics Anonymous

Speaker: Susan M. of Santa Rosa  
When: Sunday, July 20<sup>th</sup>, 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 45<sup>th</sup> 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 30<sup>th</sup> 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 15<sup>th</sup> of the month preceding publication. Please call Maury at Central Office, 674-1821.



# 12th Step Workshop

by Michele F.

*"What do I do if the suffering alcoholic just wants to complain?"*

*"Who screens these 12<sup>th</sup>-Step-call requests, anyway?"*

*"What if I can't find another sober alcoholic to go with me?"*

These are just some of the questions asked at the last Twelfth-Step Workshop on April 23<sup>rd</sup> at Central Office. The Twelfth Step Workshop is a quarterly meeting sponsored by the Twelfth Step Committee, at which A.A.'s can share their experience, strength, and hope about in-person Twelfth Step calls. Ted R. spoke at the most recent Workshop, and about twenty-five A.A.'s were on hand to ask questions and offer suggestions. Ted stressed that his sponsor had urged him to work with newcomers early on, saying, "If not you, who?" Ted said: "If my sponsor had been too busy to talk to me, I might have died drunk." He also shared that his sponsor informed him that he most likely would make 'mistakes' on 12<sup>th</sup>-Step calls, but that perhaps this was better than letting fear of not doing it perfectly prevent a sober A.A. from making him or herself available to a suffering alcoholic who asks for help.

Julie, from Marin Teleservice, contributed to the discussion with some basic questions she uses to find out how serious the alcoholic requesting help is: "Do you have a desire to stop drinking?" and "Do you want to go to a meeting of Alcoholics Anonymous?" She emphasized keeping it simple, especially if the suffering alcoholic is still under the influence.

As in previous workshops, certain suggestions were repeated—have a car or a friend with a car; bring another sober alcoholic along with you—but so too was the point that there are no 12<sup>th</sup>-Step-call rules. As Maury P., Central Office Manager, stated, "If Bill W. had waited for another person to go with him to visit Doctor Bob, we might not be here today." Also suggested was a familiarity with Chapters 7-10 in the book *Alcoholics Anonymous*, as well as with the Twelve Traditions.

*"So, how do I get to make one of these Twelfth Step visits?"* Forms were available to sign up for the Twelfth Step list, and the connection and distinction between the Twelfth-Steppers and the Teleservice volunteers was discussed. The two committees work together but are separate entities, which can be confusing for A.A.'s who have no experience with either. In addition, the 12<sup>th</sup> Step committee has only been reconvened in San Francisco for a year, and committee members at the workshop stated that it is a work in progress, and it welcomes input from all A.A.'s with regard to carrying the message.

*Need another commitment?* How about signing up to be 'on call' to make an in-person 12<sup>th</sup>-Step call for a three-hour shift, once each month? Also discussed was the 12<sup>th</sup>-Step Committee's 'Pilot Program,' which aims to make that connection between a willing 12<sup>th</sup>-Stepper and the suffering alcoholic happen a little faster, at least from 6 to 9 pm. This way, the Teleservice representative can forgo what is often a long process of dialing 12<sup>th</sup>-Steppers on the 12<sup>th</sup>-Step List to find one who's actually available, and instead can just pass the information along to whoever has signed up for that particular 12<sup>th</sup>-Step shift. If the program takes off, additional hours may be added. As of the April Workshop, about half the shifts were filled.

All in all, the 12<sup>th</sup>-Step Workshop is an extremely informative meeting for anyone curious about making a 12<sup>th</sup>-Step call, as well as a suggested step in the process of getting on the 12<sup>th</sup>-Step list. If you have questions about making calls, or if you have experience you would like to share, please come to the next workshop, scheduled for Wednesday, July 23<sup>rd</sup>, at 6:30 pm at Central Office.

And if you would like to find out about the on-call pilot program, or how to sign up to be on the 12-Step list, call Maury P. at 671-1821.

***The Intercounty Fellowship of Alcoholics Anonymous invites you to the next***

**12<sup>th</sup> Step Workshop**  
**Saturday, July 26,**  
**2003**  
**10:00 a.m.**  
**1821 Sacramento St.**  
**San Francisco, CA**

***"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 Twelfth Step experience. If you are interested in serving in this capacity, please join us for the workshop.

Both San Francisco and Marin are seeking men and women willing to share their experience, strength and hope through 12<sup>th</sup> Step work.

# Dear Alky

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

Dear Alky,

I keep hearing about the "Seven Year Itch." What is it? Does it really exist? What do I do if I get it?

Signed,

Seven Year Old

Dear Seven,

In my experience, the "Seven Year Itch" in A.A. is more than a myth, more than a movie and more than a marital twitch. I, and many other people I know, have experienced it in some form.

In my case, at about 5 or 6 years sober, things were going great for me, thanks to A.A. and sobriety. I became complacent. Then I became "bored"—restless, irritable and discontent, especially when it came to A.A. This also was the case with others I know.

I had some long-term service commitments I continued to fulfill and I "forced" myself to attend meetings and stay in touch with other A.A.s. Eventually, the "Seven Year Itch" passed and things were okay again in my program.

Good luck,

Alky

Dear Alky,

How often do I have to do a 4th Step inventory? I've already done it once.

Sign me,

Stepping Carefully

Dear Stepping,

Good question! This touches on an endless debate: how best to work the Steps, and what to do about the Steps already done.

There seem to be two camps: those that go through the all Twelve Steps and start over at One, and those who believe that once Steps Four and Nine are done properly that there is no need—some say no way—to do them again. This latter group asserts that if we have done our Fourth Step thoroughly, that all further inventories are Tenth Steps. Similarly, when we finish making amends we'll never have to make amends again. If we don't cause any new harm we won't have to make more amends. Right?

I take an even more extreme position than these "Ten-Eleven-Twelve's." I think that once we've gone through all Twelve Steps that there is only one step to work: the Twelfth.

The point of the Steps is to bring about a profound change in our personalities. We have a spiritual awakening as the result of these steps. And what do we do? We practice these principles in all our affairs. Perhaps I'm indulging in sophistry, but bear with me. If "these principles" are the Steps, then continuously practicing the



Twelfth Step means we practice the other eleven, too. Or, as my sponsor once told me, we don't *practice* the steps, we *live* the steps. Sitting down with my sponsor and "working a step" by itself doesn't keep me sober, it helps me to bring that spiritual tool into everyday life.

So ultimately it comes down to semantics. What works best for you in your recovery as you go about practicing these principles? If there comes a time when you need to do a major inventory, does it matter whether you call it a Fourth Step or a big Tenth Step? It matters only that you do it.

So how often should you actually do a major inventory? As often as you need. People vary, but most recovering alcoholics do a major inventory if they feel out of balance, if serenity is slipping away, if character defects are popping up, when there are major changes in their lives or major decisions to be made.

Dear Alky,

I am not a newcomer and also not an old-timer. Things that come up with me in sobriety are things I feel I should know how to deal with. I know I don't know everything, but I'm afraid to ask. How do I approach this fear of not knowing something?"

Signed,

A.A. Teenager

Dear Teenager,

It sounds like you are seeing time as a tool. Just because you have time does not mean that you can go back to life without using the tools of A.A. None of us is God but we can have a relationship with a power greater than ourselves. The 3<sup>rd</sup> step suggests we turn our lives over to that power instead of relying on ourselves. We all need to practice the tools of the program, no matter how much time we have.

The next time you are in a meeting thinking that you should know everything, share about it. Raise your hand, talk about what is going on, go over to that newcomer and get their phone number, talk to your sponsor.

All of our experience is valid; share it with the group. You'll probably find that not only can others relate to you, but that sharing about it decreases the feeling that you should know it all.

Take it one day at a time. 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](mailto:ThePoint@aasf.org)



# How Service Commitments Changed My Life

by Sidney J.

When I came to Alcoholics Anonymous I had low to no self-esteem. When I looked in the mirror I saw an ugly, chubby, plain girl—a lazy, unemployed, pimple-faced kid (I was nineteen years old then). I was also immobilized by fear—the fears of people, of what the future held, of failure. I used to wake up wishing that I'd killed myself the night before. This was self-hatred and I responded to it by hurting myself. I found many ways to do this. I scarred my flesh with razor blades, made myself sick attempting suicide, engaged in reckless promiscuity, gambled money I did not have (bouncing rent checks so I could play on the casinos a little longer), and I wallowed in self pity, spending hours in my head.

But every day that I stayed sober I changed. I began to pick up friends, abilities, skills, self-esteem from doing estimable acts. I started to feel hope. I came to believe that I could be happy and productive and that I had something to offer the world.

I picked up service commitments in Alcoholics Anonymous. Service commitments have taught me that I could show up when I thought I could not, that I could be responsible and reliable and that I could manage money without stealing it or squandering it. Most important, perhaps, is that service to the A.A. program showed me that I was useful and that I could actually commit to something.

In early sobriety, I was incapable of attending school or holding a job. I lived on disability for depression and a few other long-winded diagnoses. My world was very small. I drank coffee, lots of coffee, chain smoked, paced my apartment, slept, slept,

slept and went to A.A. meetings. Getting involved in A.A. expanded my world. I began working and playing. I have held jobs, traveled all over the world and gone back to school. I learned how to surf, water ski, meditate and do yoga. I began to participate in my life. Ha! I crossed over from passive spectator to active participant.

As my faith grew stronger the fear lessened. A few months ago I decided to volunteer one night a week at a local club house for clean and sober folks. I work a couple of nights a week serving beverages, cleaning and simply chatting with whomever sits at the bar. This service commitment to my sober brothers and sisters is huge for me! I used to think it was impossible for me to do anything that asked me to show up more than once. This new commitment is my baby step out into the world, yet again. I am allowing myself to be seen. I give myself permission to be seen.

How can I explain my fear of leaving my world, my apartment, to interact with others and to be relied upon? It has indeed been a battle, but one where surrender is the only way to win.

I have made so many friends by serving A.A. members at the club. People come and hang out before and after meetings. It is such a blessing. I meet newcomers and old-timers, and we all have something to give each other. And when all else fails, there is always Scrabble, hours and hours of Scrabble.

Thanks for all in the fellowship that have walked with me, and wept with me and loved me as I learned to love myself.



## Literature Review: The AA Group

by Lauren H.

If you're a service junkie, you will love this pamphlet. I picked up *The A.A. Group* for the first time just a few weeks ago. I never knew so much information was available about keeping our groups functioning. It answers all the questions that I never asked about the Traditions and how they translate into guidelines for A.A. groups.

It starts with the basic definition of a group as stated in Tradition Three but expands on Warranty Six, Twelfth Concept. I had barely heard of the Concepts, much less the Warranties! There are seven Warranties within the Twelfth Concept. This is a goldmine of information for service buffs looking to quote some obscure piece of literature to back up an argument.

*The A.A. Group* goes on to describe all you need to know about starting a group, the responsibilities of each service position, even naming a group. Believe it or not, it is suggested not to give a group just any name! Tradition Six holds us to remain unaffiliated with outside organizations, so we don't include the name of the church or institution in which our meeting is held.

Speaking of outside organizations, Tradition Eleven suggests we attract rather than promote and maintain personal anonymity in the media. A section in this pamphlet outlines the committees within A.A. that deal with the outside, whether it be informing the public about A.A. or helping those in other institutions utilize A.A.

An important part of service in A.A. is that it remain service and not turn to leadership. Tradition Two emphasizes God as our ultimate authority. There is a whole section about how the individual does service to keep the group going and that it is ultimately the group conscience that prevails.

For those who are not so familiar with A.A.'s structure, a description of our General Service Office tells what they do, how they serve us and how they really are us. It isn't like the President of the US, who you are completely powerless over. Here in A.A. we all have a say in how this organization runs. (If you want to stay in denial about A.A. being an organization, then don't read this chapter.)

(Continued on page 14)



# We will lose interest in selfish things...

by Sandra L.

"We will lose interest in selfish things and gain interest in our fellows."

When I came to Alcoholics Anonymous, I did not know that I was a selfish, self-centered, and self-seeking person. I just knew that I could not control my drinking. I felt helpless, hopeless, fearful, and powerless. I listened to speakers at meetings share how they took inventory of themselves and their character defects, how they cleared away the wreckage of their past by making amends to those they had harmed, and how they became willing to go to any lengths for victory over alcohol. They told me how it changed their lives. I heard how being of service to other suffering alcoholics made them stop thinking about themselves and their problems. When they did these things, they were no longer running on self-will. They were following God's will. This all seemed too much for me. I couldn't understand how my willingness to do this work would totally change me and my way of living in the world. I thought these speakers were overly zealous "converts". I couldn't see how any of this related to my drinking. How was service to God's will going to keep me sober?

One thing I did know when I came to Alcoholics Anonymous was that I was killing myself with alcohol. It ruled me. In the first weeks after I began sobering up, I did something unusual. I took directions from a fellow alcoholic and found a sponsor to take me through the Twelve Steps. When I began taking inventory of myself, looking at my resentments and fears and the harms I had done to others, patterns began to emerge. Where I believed I had been "wronged", "victimized", and "harmed", I began to see that I had a part in all these situations. My defects of character became glaringly obvious. Where I had blamed other people, places and things for my misfortunes, I saw that I had repeatedly behaved in selfish, self-centered, dishonest and inconsiderate ways. I had been stuck in these patterns of behavior. It was both a revelation and a relief to know this. Many years of therapy had not brought an understanding of my own willful behavior. I had been running on self-will, but I still had no clue what service to God's will meant.

It was during this time early in my sobriety that I was diagnosed with cancer. My reaction at first was one of anger. How was this my reward for finally sobering up? I

was definitely angry with God and very fearful for my survival. The reality of having cancer created a greater sense of urgency to work on my Fourth Step. I viewed my cancer as a symbol for all my resentments and fear. Having cancer had the effect of hastening my willingness to surrender to

God's will. I saw clearly that I was not in charge. Something much greater than me was running the show. Upon awakening every morning, I began asking God to direct my life, to help me stay sober, to help me see the truth, to help me be willing to surrender to the outcome He had chosen for me. For the first time in my life, I was really putting my life in God's hands. Every day when I asked God "to remove my

fear and direct my attention to what He would have me be ", I felt surrounded by love. I felt present with God. During the time of my treatment for cancer, I completed my Fourth and Fifth Steps. The result was amazing. As the cancer was leaving my body, so also was the burden of my past.

I didn't know the plans God had for me. My sponsor kept suggesting that service to others, turning my attention to someone else's suffering, would keep me out of self-centered thinking. She taught me this by her own service. She told me that she was grateful for the time spent working the Steps with me, that It kept her sober. I didn't understand this, until I made a commitment of service to a fellow alcoholic. My experience of cancer led me to offer help to another member of A.A. by lending support at her doctor's appointments and cancer treatments. During this time, I was challenged over and over to "lose interest in selfish things". I came face to face with someone losing her life, and I was learning the meaning of service, of unconditional love and acceptance. I had to confront my own defects of character daily. I had to continually let go of self-will, self-centeredness, selfishness, and in-consideration to be of real service. I found that my acts of service to her, even if it was inconvenient, uncomfortable, or challenging were teaching me what my sponsor and those speakers I heard at meetings had told me. When you surrender to God's will; when you "lose interest in selfish things and gain interest in your fellows", amazing miracles happen. By giving my attention to the suffering of others, I began to feel gratitude for my own life, and the many blessings I had overlooked. And I stayed sober. ↑



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

# AA Group Contributions - April 2003

## Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	April '03	YTD	Grat. Mo.	Group	April	YTD	Grat.
<b>FELLOWSHIP GROUP CONTRIBUTIONS</b>				<b>SAN FRANCISCO CONTRIBUTIONS, cont.</b>			
Brisbane Breakfast Bunch	\$23.20	\$102.20		AA Step Study Su 6pm		\$150.04	
Central Office Donation Box	\$58.22	\$302.22		A New Start F 8:30pm	306.37	\$306.37	
Deer Park Discovery Group F 8pm	\$27.56	\$29.80		A is for Alcohol Tu 6pm		\$60.00	
IFB February Meeting	\$84.38	\$359.73		A Vision For You Su 6:30pm		\$26.11	
Marin Teleservice		\$1,000.00		A Vision For You II Tu 7:15pm	\$66.00	\$66.00	
Marin Teleservice Spaghetti Feed		\$95.00		Alumni Group W 8:30pm	\$32.40	\$32.40	
MCYPAA		\$9.18		Acceptance Group M 5:30pm		\$55.00	
Mission Fellowship X-mas Potluck		\$30.00		Afro Ameican Fr 8pm		\$82.04	
Spirit of SF NYE Event		\$191.06		All Together Now Th 8pm		\$119.79	
Sunday Step Study Su 4pm Pacifica	\$60.00	\$90.00		Amazing Grace M 7pm		\$258.00	
Unidentified Group	\$56.00	\$116.00		As Bill Sees It Sa 11am		\$147.60	
<b>TOTAL FELLOWSHIP GROUP CONTRIBUTIONS</b>	<b>\$309.36</b>	<b>\$2,325.19</b>	<b>\$0.00</b>	Beginners Step Study Sa 6:30pm		\$81.86	
				Beginners Warm Up W 6pm	\$60.00	\$120.00	
<b>MARIN CONTRIBUTIONS</b>				Bernal Big Book Sa 5pm	\$300.00	\$816.47	170.73
11th Step Meeting M 8pm		\$189.41		Big Book Basics F 8pm		\$187.19	
12 & 12 Study Sa 8:15am		\$100.00		Big Book Study Sun 11am		\$88.67	
7am Urgent Care Daily 7am	\$100.00	\$200.00		Blue Book Special Su 11am		\$84.85	
Attitude Adjustment Hour Daily 7am		\$955.00		Brokers Open Book Tu 1:30pm		\$153.44	\$63.51
Awareness/Acceptance M 10:30am	\$136.00	\$136.00		Buena Vista Breakfast Su 12pm	\$51.84	\$178.54	
Blackie's Pasture Sa 8:30pm	\$222.45	\$508.45		CLAADAAGH Sa 8:15pm	\$60.00	\$60.00	
Caledonia Su 8pm	\$294.67	\$294.67		Castro Discussion W 8pm		\$234.60	\$123.00
Creekside New Growth Su 7pm	\$85.00	\$85.00		Castro Monday Big Book M 8pm	\$247.20	\$355.03	\$54.15
Crossroads Su 12pm		\$750.00		Civic Center Nooners M 12pm		\$134.00	
Day At At Time Daily 6:30am		\$600.00		Cocanuts Su 9am		\$78.00	
Experience, Strength & Hope Sa 6pm		\$130.00		Common Welfare Th 8pm		\$136.53	\$58.85
Freedoms Finders F 8:30pm	\$80.83	\$80.83		Creative Alcoholics M 6pm		\$107.40	
Gratitude M 12pm		\$223.00		Design For Living Sa 8am		\$578.29	
Happy Hour Th 6pm		\$130.00		Each Day A New Beginning M 7am	\$319.80	\$575.80	\$180.80
Happy, Joyous, and Free M-F 12pm	\$250.00	\$250.00		Each Day A New Beginning Su 8am		\$225.89	
Island Group Th 8pm		\$42.00	162.00	Each Day A New Beginning Tu 7am		\$388.91	
Intimate Feelings Sa 10am		\$50.00		Each Day A New Beginning W 7am		\$530.93	
Marin City M-F 6:30pm	\$150.00	\$150.00		Each Day A New Beginning Th 7am		\$146.05	
Mill Valley 7AM Daily 7am		\$1,346.09		Early Start F 6pm		\$378.78	
Mission Fireside Group W 8:30pm		\$40.00		Embarcadero Group We 12:10pm		\$23.00	
M. V. Original Smokeless Th 8pm			\$89.00	Endless Summer F 8:30pm	\$67.45	\$265.71	
Monday Blues M 6:30pm		\$121.88		Eureka Valley Topic M 6pm		\$292.99	
Monday Night Meeting M 8pm		\$50.00		Federal Speaker Su 12pm		\$151.55	
Monday Night Stag M 8pm		\$425.00		Fell Street F 8:30pm		\$105.23	\$78.43
Morning After Sa 10am	\$1,161.58	\$1,161.58		Fellowship of the Spirit Su 1:30pm		\$150.00	
Nativity Monday Night Big Book M 8pm	\$70.00	\$70.00		Fireside Chat Sa 9pm		\$205.86	
Newcomers Step M 7:30pm	\$339.00	\$339.00		Fireside Chat Th 8pm		\$148.08	\$50.50
Noon Discussion Th 12pm	\$156.50	\$156.50		First Place Daily			\$31.55
Noon Hope F 12pm	\$108.40	\$191.48		Friday All Groups F 8:30pm			\$357.32
Noon Tu 12pm		\$352.08		Friday Big Book F 12pm		\$99.44	\$51.07
Novato Big Book Tu 12pm		\$196.00		Friday At Five F 5pm	\$60.00	\$195.27	
Novato Spirit Discussion Fr 12pm		\$191.35		Friday Lunchtime Step F 12pm		\$140.00	
On Awakening Daily 5:30am	\$210.00	\$350.00		Friday Smokeless F 8:30pm		\$122.51	
Primary Purpose W 8:30pm	\$413.00	\$413.00		Friendly Circle Su 7:15pm & 8:30pm		\$1,210.23	
Rise N Shine Su 10am		\$55.00		Friendship Group W 8pm		\$84.60	
Ross-San Anselmo M 8:30pm	\$40.00	\$40.00		Garden Variety Sa 8pm	\$23.50	\$23.50	
San Anselmo Fireside Meeting Su 8pm		\$81.12		Gay Beginners Q&A F 7pm	\$108.00	\$108.00	
Serendipity Sa 11am		\$240.00		Greenhouse Meditation Sa 5pm		\$100.00	
Sisters in Sobriety Th 7:30pm		\$90.00		Gold Mine Group M 8pm	\$132.00	\$132.00	
Six O'Clock Sunset Th 6pm	\$135.60	\$225.60		Golden Gate for Seniors Tu 1:30pm		\$205.10	
Sober Mom's F 11:30am		\$74.73		Goodlands Su 2pm		\$45.76	\$36.10
Steps to Freedom M 8:30pm	\$222.50	\$222.50		Haight Street Blues Tu 6:15pm		\$25.65	
Streetfighters Sa 9am	\$40.00	\$40.00		Haight Street Explorers Th 6:30pm		\$120.00	
Sunday Night Mill Valley Smokeless Su 7:30pm		\$10.00		Happy Hour F 6:30pm		\$120.00	
Survivors M 12pm	\$36.80	\$322.80		High Noon Friday F 12:15pm	\$136.35	\$594.11	
Terra Linda Th 8:30pm		\$375.00	\$117.58	High Noon Tuesday Tu 12:15pm	\$108.00	\$450.43	
TGI Tuesday Tu 6pm		\$39.00		High Noon Thursday Th 12:15pm	\$205.80	\$435.00	
The Extra Support Group F 8:30pm		\$67.17		High Noon Wednesday W 12:15pm	\$108.00	\$391.80	
Three Step Group Sa 5:30pm	\$289.30	\$289.30		High Sobriety M 8pm		\$203.40	
Thursday Night Speaker Th 8:30pm		\$500.00		Higher Power Lunch Group Th 12:10pm		\$51.46	
Tiburon Haven Su 12pm		\$160.00		Hilldwellers M 8pm		\$120.00	
Tiburon Tuesday Beginners & Closed		\$763.00		Home Group		\$127.20	
Tuesday Smokeless Tu 8:30pm		\$1.28		Hoodlum Haven F 8pm	\$420.00	\$420.00	
Wednesday Mid-Week W 6pm		\$86.29		How It Works Sa 2pm	\$135.00	\$135.00	
Wednesday Night Candlelight W 8pm		\$77.00		Huntington Square W 6:30pm		\$355.29	
Wednesday Noon W 12pm		\$236.00		Join the Tribe Tu 7pm	\$69.00	\$131.70	
Women's Big Book Tu 10:30am	\$50.00	\$125.00		Joys of Recovery Tu 8pm		\$554.40	
Women's Step Study Group M 12pm		\$146.02		Keep It Simple Sa 8:30pm		\$124.36	
Working Dogs W 12:05pm		\$200.00		Light Brigade Discussion Su 7pm			\$12.25
<b>TOTAL MARIN CONTRIBUTIONS</b>	<b>\$4,591.63</b>	<b>\$14,745.13</b>	<b>\$368.58</b>	Light Steppers Su 7pm		\$180.00	
				Like A Prayer Su 4pm		\$20.00	
<b>SAN FRANCISCO CONTRIBUTIONS</b>				Living in the Solution F 6pm		\$310.16	
7AM Grab Bag M 7am		\$55.00		Living Sober with HIV W 6pm		\$196.34	
AA As You Like It Tu 5:30pm		\$87.84		Luke's Group W 8pm	\$47.00	\$110.60	

## AA Group Contributions 2003 continued

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties			
SAN FRANCISCO CONTRIBUTIONS, cont.			
Marina Discussion F 8:30pm	\$479.00	\$479.00	
Meeting Place Noon F 12pm		\$66.62	
Mid-Morning Support Su 10:30am		\$1,934.95	
Midnight Meditation Sa 12pm		\$33.90	\$43.75
Mission Terrace W 8pm	\$128.22	\$128.22	\$103.18
Mocha Group Th 12:10pm		\$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	
Monday Steps & Traditions M 12:10pm		\$55.20	
New Big Book Study Sa 11am		\$250.00	
New Highs W 1:30pm		\$75.57	
New Hope Big Book M 6:30pm		\$141.11	
Newcomers Tu 8pm		\$158.27	
No Reservation M 12pm		\$57.13	
Noon Smokeless Th 12pm		\$124.20	
One Liners Th 8:30	\$439.50	\$439.50	
Parkside Th 8:30pm		\$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	
Serenity Seekers M 7:30pm		\$412.20	
Sesame Step Tu 7:30pm	\$62.48	\$257.03	
Seven Seas Su 3pm		\$36.00	
Sober & Centered F 7pm		\$46.80	\$20.04
Sometimes Slowly Sa 11am	\$157.62	\$157.62	
Stepping Out Sa 6pm	\$120.00	\$120.00	
Stonestown Group M 8pm		\$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	
Sundown W 7pm		\$156.00	
Sunrise Sunset Women's Step Th 5:45	\$60.00	\$60.00	
Sunset 9ers F 9am	\$50.00	\$229.00	
Sunset 9ers Th 9am	\$21.30	\$296.77	
Sunset 9ers Tu 9am		\$13.32	
Sunset 9ers Sa 9am		\$1,166.10	\$160.55
Sunset II ers		\$20.00	
Sunset II ers Su 11am	\$60.00	\$60.00	
Sunset II ers Mon 11am		\$80.00	
Surf Tu 8pm	\$50.00	\$50.00	
Sutter Street Beginners Sa 6pm	\$1,043.05	\$1,043.05	
TGI Tuesday 6pm	\$25.20	\$25.20	
Ten Years After Su 6pm		\$269.61	\$102.75
Thursday Afternoon Step Study Th 1:30pm		\$173.31	
Thursday Beginners Th 8pm		\$73.95	\$24.85
Thursday Night Women's Th 6:30pm		\$121.63	
Too Early Sa 8am		\$436.72	
Tuesday's Daily Reflections		\$39.10	
Unidentified Group		\$52.80	
Unidentified - Starbucks		\$21.00	
Waterfront Group Su 8pm	\$180.00	\$180.00	
We Care Tu 12pm		\$120.00	
We Really Do Meditate Sa 10:30am		\$96.00	
Weekend Worker Sa 7am	\$54.00	\$54.00	
Women's AA W12:05pm		\$51.00	
Women's Kitchen Table Tu 6:30pm		\$311.00	
Work in Progress Sa 7pm		\$156.00	
<b>TOTAL SAN FRANCISCO CONTRIBUTIONS</b>	<b>\$5,994.08</b>	<b>\$29,225.40</b>	<b>\$1,972.63</b>
<b>TOTAL ALL CONTRIBUTIONS</b>	<b>\$10,895.07</b>	<b>\$46,295.72</b>	<b>\$2,341.21</b>



**Celebrate our 58 Year Anniversary**  
**Tuesday Downtown Meeting of**  
**Alcoholics Anonymous**  
 \*\*\*  
**July 29, 2003**  
**Refreshments @ 7:00pm**  
**Meeting @ 8:00pm**  
 \*\*\*  
**Speaker Diane C. Marin**  
 \*\*\*  
**St. Mark's Square**  
**1111 O'Farrell Street**  
*(Our New Meeting Place)*  
**No Beginners Meeting That Evening**  
**Free Parking, enter on Gough Street**



### Spirit 2<sup>nd</sup> Summer BBQ

Something this good has to come around twice a summer



**Saturday, July 26**

**Lindley Meadows in Golden Gate Park**

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



Food, Fellowship, and Fun for the Whole Family !!!

Volleyball, Music, Games

**BBQ 11 - 4 PM**

**1 PM - Open Speaker Meeting**

**\*\*\* POTLUCK \*\*\***

- 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](http://www.spirit-sf.org)

*The Point* extends apologies to Mid-Morning Support and Meeting Place Noon for erroneously omitting their contributions in the June issue. Mid-Morning Support contributed \$304.96 in March for a total of \$1,934.95. Meeting Place Noon had a total contribution of \$66.62.

### 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, June 4, 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	Li L.	Keep It Simple Sa 8:30pm	P
Bill R.	Early Start	A*	Lisa M.	Friday All Groups F 8:30pm	P
Dan C.	Tiburon Haven Su 12pm	P	Patrick M.	Treasurer	P
Danny F.	Each Day A New Beginning M-F 7am	P	Norma W.	Afro-American Group F 8pm	P
David B.	Beginner's Warmup W 6pm	P	Paul C.	Waterfront Group Su 8pm	P
Dick T.	Attitude Adjustment Hour Daily 7am	A	Ray M.	Sunday Rap Su 8pm	P
Doug F.	No Reservation M 12pm	P	Russell G.	Regroup	A*
Doug S.	As Bill Sees It - Th 8:30pm	P	Sam W.	Monday Night Stag M 8pm	P
Janet B.	As Bill Sees It - Sa 11am	P	Samuel S.	Dignitaries Sympathy W 8:15pm	P
Jean C.	First Place Fellowship	P	Scott M.	Friendly Circle Beginners Su 7:15pm	P
Jason S.	Sesame Step	R***	Steven B.	Too Early	A**
Jeremiah P.	All Together Now Th 8pm	P	Steve R.	Valencia Smokefree F 6pm	P
Joe G.	Wednesday Beginners Meeting W 7am	P	Steven S.	Tuesday Downtown Tu 8pm	P
Julie H.	Terra Linda Th 8:30pm	P	Tim McC.	Join the Tribe Tu 7pm	P
Julia W.	Friendship Group W 8pm	A*	Todd M.	Rule 62 W 10pm	P
Justin S.	High Noon Wednesday W 12:15pm	P	Tom K.	Common Welfare Th 8pm	P
Kristine F.	Castro Discussion W 8pm	P	Tom W.	Sunday Morning Gay Men's Stag	P
Lesley F.	How It Works Sa 2pm	P	Zoe B.	Mill Valley 7am - Daily	P
<b>New IFB Reps Present</b>					
AJ G.	High Noon Wed. (Alternate) W 12:15pm	P	Kate E.	The Reality Farm Th 8pm	P
Carol W.	Miracles Off 24 <sup>th</sup> Street W 7:30pm	P	Marc D.	Bernal Big Book Sa 5pm	P
David P.	New Hope Big Book M 6:30pm	P	Michelle C.	Big Book Basics F 8pm	P
David K.	Haight St. Blues Tu 6:15pm	P	Monika H.	Back To Basics Th 8pm	P
Gamin C.	Like A Prayer Su 4pm	P	Penelope P.	Amazing Grace M 7pm	P
Gary D.	Work In Progress Sa 7pm	P	Robert C.	Cocoonuts Su 9am	P
Grant D.	Ten Years After Su 6pm	P	Tedra M.	Sister's Circle Su 6pm	P
Joshua K.	High Noon Saturday Sa 12:15pm	P	Tom O'N.	Ross/San Anselmo Group M 8:30pm	P
<b>Non-IFB Liaisons Present</b>					
Dave M.	Marin Teleservice	P	Georgia L.	H&I	P
Peter M.	SF Teleservice	P	Paul P.	SF PI/CPC	
Mary B.	Spirit of SF	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.

## June 2003 IFB Meeting

*The following is an unofficial summary of actions, information, upcoming business, and service opportunities discussed at the June 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

Summary of IFB annual meeting on June 4, 2003.

#### Annual Reports.

1. Chairs Report. Ben N. submitted his report. We have hired a new special worker for the Central Office. Our Central Office Manager has made immense progress in organizing and updating the Central Office. We are in the process of updating our computer system. We have formed a special events committee. The Point committee has been rejuvenated. A schedule committee was formed, and a new schedule format has been adopted. A 12th step committee was formed and is very active. The Orientation committee for new IFB reps is providing excellent service. We are in good financial condition.
2. Treasurers Report. Patrick M. submitted his report. At the end of the calendar year, 2002, we have a surplus of nearly 9000.00 dollars. This surplus is from the Gratitude month donations. Without Gratitude month, we would not have had a surplus. Our overall expenses were down from the projected budget, but those expenses will be back in 2003. We have hired a new special worker, whose salary was not present in 2002. At present we are ahead of our budget for 2003, but this surplus will be spent as we are upgrading our computer systems at the Central Office. Overall we are in good financial condition.
3. Central Office Managers Report. Maury P. submitted her report. Maury attended the Nor-Cal CO Managers round table. Initiated formation of the 12th step committee. Worked with

(Continued on page 13)

(IFB Summary, continued from page 12)

the Point committee. Added additional workstation at the Central Office. Reorganized the phone volunteer schedule. Updated the volunteer manual. Organized volunteers to work at the living sober event. Helped create a new Central Office letter head. Re-established policy of all special orders to be paid for in advance, and began tracking sales to groups. Established a vendor account with a janitorial service. Cleaned up the data base. Completed a 6 month evaluation and annual evaluation, as well as a 6 month evaluation of special worker. Maury loves her job. We think Maury rocks.

4. Central Office Committee. Smithy B submitted her report. The COC has helped put a positive and stable structure in place at the Central Office. We added two COC members from Marin. We set criteria for the special worker job, and hired Lauren. We recommended the election of our new treasurer. We began the process of upgrading our computer system at the Central Office. Recommended a new set of salary ranges for the two Central Office Employees. Being on the COC has changed my life. This was Smithy's last report, and we thank her for her excellent service.

5. 12th Step Committee. Lisa M. gave report. The 12th step committee meets the 2nd Wednesday of every month at the Central Office at 6:30 pm. The committee has created a set of guidelines for 12 step volunteers and the committee itself. The committee has hosted three 12 step workshops and have begun working on a new pilot program. The committee has made contact with Marin Teleservice, and liaisons from San Francisco and Marin are attending each others committees.

6. The Point Committee. Maury M. gave report. The Point is a monthly publication provided by the IFB. Service and recovery articles are mixed with Central Office financial information. The Point committee this year agreed to give the Point to every literature person when they come to the CO to purchase literature. Moved the regular committee meetings to the 2nd and 4th Tuesdays to accommodate printing production. Researched information regarding production costs. Developed a worksheet to outline upcoming issues.

7. Website Committee. Sam S. gave report. The Website committee acquired the aasf.org Domain name. Enhanced the site's appearance. Posting of Monthly service committee meetings, suggested contributions to service entities, and contact info for other Bay Area Central Offices/Intergroups. Began training for transition to new Webmaster.

8. Literature Review Committee. Frank B. gave report. The Literature Review committee brought in the self-service bookstore. Brought in birthday chips, which are sold at a significant savings to the fellowship. Finished the guide to group service. Brought in new literature such as the book Experience, Strength, and Hope. This was Franks last report, and we thank him for his excellent service.

9. Schedule Committee. Li L. gave report. The schedule committee found that the meeting schedule format needed updating. The committee recommended that a new format be adopted. The Marin fellowship declined to participate. The new format will cost about .50 cents each. The new format will be printed outside the Central Office. The initial cost to print the first 7500 copies was 3750 dollars. The committee expects the new schedules ready for distribution on or around June 21, 2003. The committee will continue to work on this format and we can always use help. This was a huge undertaking, and a lot of hard work went into this committee by it's members.

10. Special Events Committee. Charles M. gave report. We have formed a committee to promote activities within the fellowship itself. This committee is just starting up, so please get involved.

11. Special Needs Committee. Sam S. gave report. The Special Needs Committee has recommended funding groups at up to 100% for ASL and will consider these requests on a group by group basis. Contacted secretaries of all groups to suggest that the group have one hearing impaired meeting per week. Had discussions with wheelchair bound members of the fellowship to get a sense as to whether the (wh) designation listed on the schedule, is accurate, complete, or helpful. The next meeting is June 25, at 5:30 PM at the Central Office.

12. Orientation Committee. Ellie C. gave report. The Orientation committee meets the last Wed. of every month and gives new members to the IFB an information packet containing the bylaws, AA guidelines, CO guidelines, CO operations manual, and the personnel policies handbook. This committee was active this year with good participation. We have stressed getting involved on other committees.

13. Nominating Committee. Ellie C. gave report. The Nominating Committee was activated when there was a vacancy on the COC. Nominations were made at the IFB meeting. Each of the nominees were interviewed by a member of the Nominating committee. The committee then presented the IFB with its recommendations. The IFB then votes on the recommended nominees.

14. PI/CPC Committee. Paul gave report. PI/CPC is an informative branch of AA. This committee has brought literature and information to schools, professional communities, and DUI classes. This year, the committee also attended conventions and worked with Hotel management. We have 4 workshops a year.

15. Teleservice Committee. Peter M. gave report. The Teleservice Committee meets on the third Monday of every month at the Central Office at 6:30 PM. There are 7 daily coordinators who oversee the volunteers for different days of the week. We have two new coordinators and a new committee chair. We are still in need of two new daily coordinators to complete the rotation of volunteers. We have a substitute roster in place of nearly 100 volunteers. We have 180 phone shifts per week. There are presently 17 open shifts.

#### Action Items.

These items were discussed and voted on at the regular monthly meeting of the IFB, directly after the annual meeting, on June 4, 2003.

1. The new roll was called by Joe G.

2. The nominating committee accepted new volunteers to replace rotating members. The new committee stands as Bill R, Ray M, Mark D, Jeremiah P, and Janet B. There was a motion to accept this committee as listed. The Motion passed without objection.

3. Salary ranges for the Central Office workers. The COC has recommended that the IFB increase the set of salary ranges for the office manager and the special worker. This was not a recommendation for salary increase at this time, but the ability to do so if necessary. These recommended ranges were set by a private consultant. Patrick M. described how these ranges were determined to the board. After discussion, a motion was made and seconded to accept the COC's recommendations on salary ranges for the Central Office Manager and the Special Worker. This motion passed 40 voting yes. 1 voting no. 0 abstentions. The Minority opinion was asked for and it was voiced. The vote did not change and the motion passed.

4. Computer upgrades at the Central Office. Tom K gave report. The COC has recommended to accept the proposal by a private consultant on the recommended computer and systems upgrades at the CO. As the IFB has many computer experts, a lengthy discussion ensued. After much discussion and review of the proposal, a motion was made and seconded to accept this recommendation and finance this upgrade. This motion passed with 37 voting yes. 1 voting no. 1 abstention. The minority opinion was asked for and was voiced. The vote did not change and the motion passed.

5. COC committee. Ben N. asked Joe G. to poll the membership of the IFB for availability for service on the COC. The following members made themselves available to serve: Dan C, David K, Sam S, Tim M, Kristine F, Paul C, Steven R, Gamin C, Li L, Todd M, Joe G.

The meeting was adjourned at 9:30 PM.

## CONTRIBUTIONS

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

### ONGOING MEMORIALS

Bob  
R.W.

### ANNIVERSARIES

Jerry L – 5 Years  
Pegeen C. – 25 Years  
Herman B. – 32 Years

Endless Summer  
Mark – 8 Years  
Mike – 11 Years

## MOVING PARTY!!

Greenhouse Meditation Meeting is Moving!

Please join us to celebrate at our last meeting at Laguna Honda Greenhouse, Laguna Honda Blvd at Woodside on:

Saturday, August 9<sup>th</sup>, 2003

Meditation Meeting: 5:00pm  
Refreshments: 6:00pm

## Recent Deaths

Michael McGovern

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

# Who's That Knocking At My \*%@#! Door?

by Bill S.

At two months sober I was sitting at the kitchen table one morning, sipping a perfectly brewed cup of coffee, reading a fresh morning paper, when my newfound “serenity” was interrupted by a loud KNOCK! KNOCK! KNOCK! at the front door.

My first reaction was annoyance—some uninvited, unwanted bonehead was disturbing my privacy, disrupting my sense of calm, invading my newfound State of Grace. Couldn't they read?! Couldn't they see the “NO SOLICITORS” sign on the door? What in the hell was wrong with them?!

**KNOCK! KNOCK! KNOCK!**

Insistent bastard! If I ignored them, sooner or later they'd go away. No way was I going to get up and see who it was. I had a sudden bad vibe (I was comfortable trusting bad vibes). A terrible premonition. What if it was somebody I didn't want to see? Somebody I owed money? Somebody wanting to sell me something? A neighbor wanting to borrow milk or salami? A Jehovah's Witness trying to save me? And just when I thought they had gone away—

**KNOCK! KNOCK! KNOCK!** Again, the \*%@#! knocking!

Okay, that was it! Curiosity outweighing self-righteous anger (yet still royally pissed), I rose from the table and stealth tip-toed to the door (when I was drinking I became a master of unobtrusive slinking and hiding out). I silently cursed, held my breath, and peered through the peep-hole.

Who did I see? Recognizing the face, I immediately unchained and opened the door. “Hi Bill,” said Tom the mailman, smiling. “Today's street cleaning and your car's parked on the wrong side of the street.”

Nonplussed, I checked my watch—I was five minutes from getting a ticket. Anger, resentment and fear drained away. I returned Tom the mailman's smile, thanked him, grabbed my keys and moved my car.

The KNOCK at the door that so quickly ignited me to fear and anger had merely been a good Samaritan trying to help—save me the cost of a parking ticket—and I had almost refused that help.

If I had been working my program, using the Steps as a tool kit for daily maintenance, I might have been able to identify the old patterns of self-sabotaging negative behavior— perhaps even

considered the possibility that the KNOCK on the other side of the door could be a good thing and not immediately jumped to the conclusion that it was bad.

When I sobered up in rehab I *UNCOVERED* my tendency to always expect the worst. I *DISCOVERED* that negative thinking was one of my character defects, yet I had been unable to *DISCARD* this character defect.

*UNCOVER, DISCOVER, DISCARD*... it's been eight years since that day and I'm still trying to uncover, discover and discard character defects. I guess I always will. But, if I'm working the Steps I've got a better shot at living in the “now,” at uncovering, discovering, and, most importantly, discarding old stinking thinking.

For me the goal is to lighten up, stop taking myself (and life) so damned seriously. To stop beating myself up. To be willing to forgive myself as well as others. Ultimately, it's about progress not perfection, right?

The only Step I can practice with absolute perfection is Step One, where I admitted I was 100% powerless over alcohol. All of the remaining Steps are ideals, goals by which I can measure my progress.

It's a lifetime job, but I can always turn to my “boss” or Higher Power for help in removing these defects of character. These days, if I find myself caving into fear and anger I try to stop and “count to 12” or recite the Serenity Prayer.

When I was drinking I always let my answering machine pick up all incoming phone calls (not that anybody actually wanted to talk to me); every time the phone rang I was filled with dread or anxiety. Now, if I'm home and the phone rings I always pick up. In fact, the phone rang while I was writing this—it was my wife calling to describe a beautiful piece of sculpture she was looking at in a museum. She wanted to share her experience with me. See? The phone rang and it was good news, not bad.

At this point in my sobriety, a knock at the door doesn't instantly translate into the trick part of “trick or treat.” These days I try to recognize both literal and figurative “knocks at my door” and respond to them as soon as I can.

Now, please excuse me. I've got to go knock on somebody's door.



(The A.A. Group, *continued from page 8*)

My favorite part of *The A.A. Group* is the section “What A.A. does not do.” It is a simple and straightforward list of thirteen things helpful when doing service. Some of the more interesting ones are: 1) We do not recruit members or furnish initial motivation for alcoholics to recover, and 2) we do not follow up or try to control its members. We can't make anyone get sober! It seems

obvious but I guess they felt the need to point it out. Then we all know that A.A. doesn't provide hospitalization or housing. And if you haven't had enough of the basics, the Steps, Traditions, long form Traditions, and Concepts are listed at the end.

*The A.A. Group* is your sponsor's dream come true—if you learn this much about service, then you'll be way too busy to drink.





# Financial Statement

APRIL 2003 - Intercounty Fellowship of AA

	Apr 03	Jan - Apr 03
Ordinary Income/Expense		
Income		
Group Contributions	\$10,895.07	\$46,413.30
Individual Contributions		
Honorary Contributions	\$78.00	\$731.00
Individual -Unrestricted	\$121.00	\$4,074.00
Individual Contributions - Other	\$0.00	\$59.48
Total Individual Contributions	\$199.00	\$4,864.48
Gratitude Month		
Gratitude Month -Individual	\$0.00	\$20.00
Gratitude Month-Groups	\$236.13	\$2,223.63
Total Gratitude Month	\$236.13	\$2,243.63
Newsletter Subscript.	\$54.00	\$280.00
Sales - Bookstore	\$7,679.96	\$25,589.87
Total Income	\$19,064.16	\$79,391.28
Cost of Goods Sold		
Cost of Books Sold	\$5,588.48	\$17,873.19
Total COGS	\$5,588.48	\$17,873.19
Gross Profit	\$13,475.68	\$61,518.09
Expense		
Employee Expenses		
Wages & Salaries	\$7,234.00	\$24,698.12
Employer Tax Expenses	\$736.15	\$2,920.39
Benefits/Pension	\$801.00	\$2,336.00
Retirement/Annuity Expense	\$0.00	\$0.00
Workers Comp Ins.	\$0.00	\$359.10
Total Employee Expenses	\$8,771.15	\$30,313.61
Bank Charges		
Cr Card Fees	\$31.10	\$190.09
Bank Charges - Other	\$3.50	\$56.00
Total Bank Charges	\$34.60	\$246.09
Equipment Lease	\$565.10	\$2,260.40
Filing/Fees	\$0.00	\$126.70
Insurance	\$100.55	\$412.32
Internet Expense	\$0.00	\$238.35
Miscellaneous Expense	\$0.00	\$66.88
Office Supplies	\$245.58	\$1,425.50
Postage		
Bulk Mail	\$200.00	\$400.00
Postage - Other	\$75.00	\$224.00
Total Postage	\$275.00	\$624.00
Shipping	\$36.78	\$42.22
Printing	\$0.00	\$1,077.41
Rent - Office	\$3,458.75	\$13,835.00
Rent - Other	\$75.00	\$300.00
Repair & Maintenance	\$214.98	\$963.89
Security System	\$33.50	\$134.00
Telephone	\$698.86	\$2,162.07

	Apr 03	Jan - Apr 03
Training	\$20.00	\$60.00
Utilities	\$187.25	\$724.38
Uncategorized E	\$0.00	\$0.00
Total Expense	\$14,717.10	\$55,012.82
Net Ordinary Income	-\$1,241.42	\$6,505.27
Other Income/Expense		
Other Income		
Interest Income	\$82.24	\$240.52
Total Other Income	\$82.24	\$240.52
Other Expense		
Depreciation Expense	\$105.42	\$421.68
Total Other Expense	\$105.42	\$421.68
Net Other Income	-\$23.18	-\$181.16
Net Income	-\$1,264.60	\$6,324.11



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**July 2003**

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