

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

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

The Point

October 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
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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.

Hospitals and Institutions: More on the Story

Steve S.'s editorial entitled "H&I: Hot Pink Cans, Hot Issues", which led the August issue of *The Point*, brought forward a situation, real or imagined, that has been talked about in AA meetings, business meetings, meetings before the meetings, the meetings after the meetings, coffee shops, brunch tables, and lunch tables regarding the literature accounting and inventory management of Northern California Hospitals and Institutions (H&I). The story, however, is not the result of any "investigative reporting" by *The Point* committee; it is not an expose. It acknowledges both documented and anecdotal curiosities and concerns that have been expressed by members of the San Francisco/Marin AA community.

"H&I: Hot Pink Cans, Hot Issues" brought reactions from the undercurrent boiling to the surface; *The Point* received letters and comments of both praise and criticism from local members for publishing the article, and I appreciated every opinion on this "inside issue". Similar to the AA Grapevine Statement of Purpose, *The Point*, in addition to reporting the business of the IFB, is most surely a forum for the varied and divergent points of view that exist in the AA community. Within the bounds of friendliness and good taste, *The Point* will mirror the movement and growth of local AA and enjoy freedom of expression on all matters pertaining directly to it. Of one thing we can be sure, in Alcoholics Anonymous we all have a voice. And when we get together and share our truths, out of it, always, a solution comes.

Please read the article below by the newly

elected General Chairman of the Northern California H&I Committee. Here, she shares her own experience and the history of the AA service committee that started right here in the Bay Area. Here we are humbly reminded that this hand of AA has been responsible for over fifty-seven years and has grown internationally to carry the message to countless individuals who, without it, might never know a daily reprieve from alcoholism. Such a success could not have been remotely possible if the members in service were not practicing the Steps and Twelve Traditions in their daily lives. We are grateful for Marcel's dedication to openness and answers and thank her for her contribution.

THE HISTORY OF H&I AND HOW WE FUNCTION

My name is Marcel A., and I am an alcoholic. I am the newly elected General Chairman of the Northern California Hospital and Institution Committee, and I would like to share my experience with you. First I want to thank you for taking the time to read this article. Having an accessible avenue to obtain information and communicate our thoughts is an essential component in establishing an amenable relationship in a community; H&I is available to answer your questions and listen to your concerns.

When we speak of the Northern California Hospital & Institution

(Continued on page 6)

October 2003....

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

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 current local events, if available, are printed as space allows.

- October 3-5 NCCAA 56th Annual Fall Conference, Redding Convention Center, Redding, CA
- October 4 12 Step Worker Seminar, St. Isabella's Parish Center, San Rafael, CA
- October 10-12 52nd Southern California AA Convention, Riverside Convention Center, Riverside, CA www.aasocal.com
- October 10-12 Spirit of San Francisco, Ramada Plaza Hotel, San Francisco, CA www.spirit-sf.org**
- October 16-19 13th Annual National/International Native American AA Convention, Hilton Burbank Airport & Convention Ctr, Burbank, CA
- October 18 Unity Day 2003, St. Marks Church, San Francisco, CA**
- October 25 Sunlight of the Spirit, 8th Annual AA Women's Sobriety Celebration, Aldersgate United Methodist Church, Chico, CA
- November 1 3rd Annual Every 5 Years Traditions Workshop, Fort Mason, Rm. C260, San Francisco, CA**
- November 6-9 42nd Annual Hawai'i Convention, Hawai'i Convention Center, Honolulu, HI www.lava.net/~hconv
- November 7-9 19th Annual Santa Barbara Convention, The Elks Lodge, Santa Barbara, CA www.sbaaconvention.com
- November 21-23 Yosemite Summit Conference, Curry Village, Yosemite National Park, CA
- November 27-30 WACYPAA 7, San Diego Marriott Mission Valley, San Diego, CA www.wacypaa.org

October 2003

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This Month in A.A. History—Oct.

- 1936
Bill C., a young Canadian alcoholic, former attorney, & compulsive gambler, who had stayed at Bill's house for nearly year, committed suicide
- 1938
Bill believed the name Alcoholics Anonymous first appeared in discussions during this time
- 1939
1st central committee formed - 7 men/5 women in Cleveland
A.A. articles printed in the Cleveland Plains Dealer
- 1940
Total A.A. membership 1,433, 30% from Cleveland, 47% from surrounding Ohio communities
- 1943
Bill W. starts 1st major A.A. tour
- 1944
National Committee for Education on Alcoholism [N.C.E.A.] became National Council on Alcoholism - received enthusiastic support from the four month old Grapevine



MEETING CHANGES

New Meetings

None

Meeting Changes

Tue	6:15 pm	Mission	WOMEN WHO DRANK TOO MUCH 483 Guerrero St. (was 6:00pm)
Sat	3:30 pm	Marina	3:30 STEP/TRADITION 2118 Greenwich St. (was called 3:30 Smokeless)
Wed	8:00 pm	Bolinas	BOLINAS STEP STUDY 3 Brighton Avenue, Calvary Presb. Church (was Bolinas Discussion, Add SS, Remove Di)
Tue	8:00 pm	Stinson Beach	STINSON BEACH BIG BOOK STUDY Community Church, Belvedere Ave. (was Step Study, Remove SS, Add BB)
Thu	7:30 pm	Financial	DOWNTOWN MEN'S GROUP 555 California St., enter on Montgomery (was Mission Men's Group at 3075 21st St. at 8pm)
Fri	12:00 pm	Castro	MEETING PLACE NOON 1930 Market, Rm. 227 (was 1800 Market)

No Longer Meeting

Fri	12:10 pm	Inner Sunset	PARNASSUS NOON 521 Parnassus, 4th Fl
Thu	4:00 pm	Tenderloin	TIME TO START LIVING 1751 Sacramento St./Van Ness

Reported Missing

Tue	7:00 pm	Treasure Island	FOGWATCH 497 Avenue I/4th St.
Sun	1:30 pm	Laurel Heights	FELLOWSHIP OF THE SPIRIT 3700 California, Bothin Conf. Rm. B

Service Meeting Changes

3rd Sun	11:00 am	San Rafael	MARIN COUNTY YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS 1360 Lincoln (was at 1535 Grant Ave., Novato at 4pm)
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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!

Hey! The Fall 2003 San Francisco Meeting Schedule is now available at Central Office!

You Gotta Have Faith by Anonymous

I recently attended a meeting where the topic was on Faith. The speaker said during his share that he sometimes has it, sometimes he doesn't. He wanted us to share about how we keep our faith and what we do about it if we feel it waning.

Well, it made me think about a passage I've read that talks about someone virtually reeking with spirituality but somehow feels that he or she can't get the "spiritual angle". He definitely had it. I feel that my faith came on pretty slowly, but developed very quickly when I let it in. I don't really know how that happened, either—it just did. I was at the bottom of my emotional barrel and came to AA just to listen. I heard a lot of things in those meetings. The "God thing" kept creeping into the conversations and I didn't know what to think. Actually, I did, and it wasn't full of open-mindedness, that's for sure. After awhile, though, I heard that the concept of God wasn't the same thing I was raised with. It was all about a Power greater than myself and that this was all according to me and how I understood it to be. What a great concept! I listened more about this concept from others in the rooms and slowly let it come in to my slowly opening mind. I then learned about hope and purpose and a real life. This does not come without doing some work, though. It's all about Faith and doing the work to maintain it. Faith of whatever kind is great and it keeps me sober today. That speaker was right on that day and I hope he realizes that his faith was there and can come in many forms. ↑

CONTRIBUTIONS

to the Central Office were made
through September 15, 2003
honoring the following members

ONGOING MEMORIALS

*Bob
R. W.*

ANNIVERSARIES

Linda B. – 11 Years
Andrea G. – 13 Years
Charles M. – 25 Years

Endless Summer
Willis – 1 Year
Kari – 1 Year
Liz – 2 Years
Mitzi – 3 Years
Russ – 3 Years
Brian F. – 6 Years

Group Speakers for October 2003

TUESDAY DOWNTOWN

1101 O'Farrell, St. Mark's (basement), San Francisco
Tuesday, 8:00 pm

DATE	SPEAKER	HOME GROUP	DOS
10/7	Murphy	7:30 Eye Opener Half moon Bay	2/23/90
10/14	Peter M.	Nursery Group III Walnut Creek	10/30/89
10/21	Kelly L.	Bellflower Big Book, Laguna Nigel	9/26/84
10/28	Paul N.	Thursday Night Burlingame Men's	7/27/85

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
5 Oct.	Stan	Wed. 180 Poplar
12 Oct.	Merry Z.	Wed. 180 Poplar
19 Oct.	Paul B.	Brisbane
26 Oct.	Joanne W.	Foster City Living Sober

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

Meet the meeting!!

Name: Hilldwellers Monday Night Big Book
Day and Time: Monday, 8 p.m.
Location: Potrero Hill Neighborhood Center
Address: 638 DeHaro Street (at Southern Heights)
Began Meeting: 1986
Average number of members: 15-20
Notes: open, Big Book discussion, wheelchair accessible

Would you like our readers to meet your meeting???

Send us the information (Name, Day and Time, Location, Address, Date/Year Meeting Began, Average number of members, and any other pertinent information) via e-mail: thepoint@aasf.org. Essays of 200 words or less, including anecdotal and historical group information, are welcomed!

Recent Deaths

Helena B.

John J.—30 years

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

Flyers!!!

12th Step Worker Seminar Saturday, October 4, 2003 10 am—12 pm

Learn how to be of service to others
Marin County Teleservice, in cooperation with the 12th Step Committee of the IFB, brings you a hands on training on carrying the message to those who still suffer.

Please join us at St. Isabella's Parish Center
1 Trinity Way, San Rafael, CA

(behind school, across parking lot from church in Terra Linda:
Take 101 to M.T. Freites Parkway exit, U-turn off of M. T. Freites Parkway at Las Pavadas, Right on Trinity Way)

"Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

The Spirit of San Francisco 11th Annual AA Convention with Al-Anon participation

October 10 - 12, 2003

Nellie C., Kenwood, CA Beth H., Cary, NC
Jay P., Myrtle Beach, SC Doug M., Saskatchewan, Canada
Big Book workshops with Jay & Jeanette L., Modesto, CA

Talent Show Banquet Dance

Ramada Plaza Hotel

1231 Market Street, San Francisco, California

www.spirit-sf.org (415) 566-3845 info@spirit-sf.org
P. O. Box 423832, San Francisco, CA 94142

REGISTER ONLINE at WWW.SPIRIT-SF.ORG

SAN FRANCISCO GENERAL SERVICE
Invites YOU to

Unity Day 2003

Saturday, October 18, 2003

10:00 AM – 2:00 PM

St. Marks Church @ 1101 O'Farrell Street
between Gough and Franklin

Our Three Legacies: Recovery / Unity / Service

"these are the Three Legacies given to the whole membership of A.A. by its founders and their fellow old-timers. When this heritage was announced, at the St. Louis Convention in [July] 1955, celebrating A.A.'s 20th birthday, Doctor Bob was already gone. But Bill W. spoke for him and the other pioneers, as well as for himself, in turning over to all of us the responsibility for A.A.'s continuation and growth." c. 1969, A.A.'s Legacy of Service by Bill W., introduction

⇒ Attend orientation workshops

⇒ Sign up for service opportunities in AA

⇒ Hear presentations and personal stories about service

⇒ Get connected with the fellowship

Snacks and Coffee will be provided!

(Continued from page 1)

Committee, we are directly related to the *Ninth Tradition*: "AA may create service boards or committees directly responsible to those they serve." At present Northern California H&I services approximately 750 meetings per week and takes meetings into twenty-three prisons. The 2003-H&I budget calls for \$385,000 for books and literature and \$35,000 for the AA Grapevine in both English and Spanish. The figure amounts to about \$12.70 per meeting, or the cost of one Big Book, one 12&12 and a small handful of pamphlets. Much effort is spent in keeping expenses to a minimum. With the ever-rising cost of postage, shipping and storage, the cost of distributing the literature, tapes and Grapevines to all the areas in Northern California is a big expense and cannot be avoided.

In 1942 Warden Clinton Duffy of San Quentin Prison reviewed files and found that the recidivism rate was high among men with drinking problems. He contacted Warren T. from Richmond, who along with an inmate named Ricardo, held the first successful institution meeting. In June 1946 AA was invited into Folsom Prison. That same year the Northern California Council of Alcoholics Anonymous (NCCAA) was established. It became the communications link between the groups in Northern California and AA Headquarters in New York (later the General Service Office). Because of increasing interest from AA members outside the San Francisco area to participate in prison work, the committee resolved to become an autonomous committee of NCCAA, thus forming the Northern California Hospital & Institution Committee (H&I). As time went on H&I brought meetings to other facilities, including lock-down mental institutions, jails, detox units, juvenile halls and women's facilities.

Money from the "pink can" (as it is most often called in meetings) is used to purchase and distribute literature to institutions and other facilities. The "pink can" violates no AA Tradition. The money is from AA members for AA members. We are self-supporting through our own contributions. No member of H&I is paid for service or reimbursed for any expense incurred carrying the message into institutions regardless of the distance. It is not unusual for an H&I worker to drive well over 100 miles for a weekly or monthly institution meeting. These travel expenses are a personal contribution of the individual. One of the fears expressed early on in the implementation of the "pink can" was that it would subtract from the support of the meetings. This should not happen if the AA group secretaries announce (before the baskets are passed) both the importance of supporting your group (thereby supporting the AA service entities to which it contributes), and the purpose of the "pink cans." Also, the H&I Committee requests that the cans be passed

separately from the baskets to avoid any such confusion.

All of the H&I Committee's expenses and income are compiled and published each month. Any member of Alcoholics Anonymous can look at the complete books simply by asking the treasurer - Perry O. (650) 903-0321. The report of contributions is by county. Please provide a self-addressed envelope for receipts, as some handwriting may be difficult to read. Receipts will be forwarded to you along with the latest monthly financial statement and a self-addressed envelope for the next month's contribution. All groups in Northern California are encouraged to have an H&I representative at their local area committee. Any member of Alcoholics Anonymous is welcome to attend any Northern California H&I meeting whether at the local area or the General Meetings that are held in February, June and October each year (usually on the second Sunday).

I was first introduced to H&I while trying to detox once again, weighing eighty-five pounds and dying of alcoholism. A 250 pound giant from H&I shared the message of Alcoholics Anonymous and planted the seed of hope that night. I have had two to three service commitments in H&I for over fourteen years. I have participated in meetings in over seventy facilities and have gone into the prisons for thirteen years, seeing where the deadness and darkness of the disease of alcoholism can take you, but also having experiences that have made my heart sing.

I was at the Vacaville Institution around Thanksgiving one year, and we were talking about gratitude. A young man raised his hand and said, "I am grateful for quiet in the room tonight. I have been watching the flowers in the courtyard. I watch them open and close. That is like me. I open, but I still close." What a gentle expression of feelings from a man coming from a very violent world.

The true joy of happiness: Every day have something to do, somewhere to go, someone to call, someone to see, someone to love, but most important - every day have something to give to someone - Recovery, Unity and Service.

The Northern California Hospital and Institution Committee welcomes and appreciates the opportunity to answer questions and clarify misinterpretations. I want to thank all that participate in H&I service and encourage others to join us. I also want to thank all the other service entities and all who make the time to extend their hand to the still suffering alcoholic.

What a beautiful gift to be able to celebrate another day of life.

-Marcel A.

San Francisco - (415) 567-6871 ↑

Dear Alky

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

Dear Alky,

Why do meetings advertise their speakers in The Point? Isn't there a tradition about anonymity at the level of press?

-Befuddled

Dear Befuddled,

Yes, Tradition Eleven suggests that "we need always maintain personal anonymity at the level of press, radio and films." Tradition Twelve goes on to say that "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." *The Point* only publishes a speaker's first name, and maybe the first initial of the last name. This honors the Eleventh Tradition protecting the individual's anonymity and AA's integrity from development of a "star" system.

One could argue that publication of a speaker's last name in *The Point* wouldn't break anonymity because *The Point* is an AA publication – maybe like a closed meeting in print. In reality, a copy of *The Point* could be picked up and read by anyone, so we keep members anonymous.

For more on this tradition, see the AA pamphlet: "Understanding Anonymity." It traces the development of anonymity from the early years of AA, when celebrities thanked the Program publicly for their recovery and some entrepreneurs tried to exploit their connection with AA for profit. It answers questions about when and if you should reveal your AA membership to your family, spouse, boss or a friend who may have a drinking problem. You can even get answers to questions about anonymity on a web site or at a meeting online.

This pamphlet states, "Experience suggests that AA members use last names within the Fellowship, especially for election of group officers and other service jobs."

What do you think about this, readers? Should AA members use their last names within the Fellowship? Write to me and let me know. Best, Alky

Dear Alky,

A couple of months ago, you actively discouraged someone from attending other 12-step meetings. Don't those other fellowships exist for good reason?

-Curious

Dear Curious,

In my original response to 12 Steps Addict, I suggested that we let some time pass before we possibly get confused by joining other twelve step programs. Our lives change drastically when we first get sober and many of those changes are unfamiliar to us and may seem like problems. If we keep the focus on sobriety for the first year, many of those things work themselves out. We obtain a



clearer frame of mind to determine what outside help we may need, for example, those other 12 Step Programs. Imagine a young woman new to AA. After two months, she gains twenty pounds and thinks she needs to go to a program for overeaters. She probably does not, at least not yet. She takes it to her sponsor, who explains that she has been undernourished and when she started eating right and quit trying to live on alcohol and celery, her body did what it had wanted to do for a long time—reach a life-sustaining weight. The young woman is reminded to keep her eye on her eating habits and to let her sponsor know how that is going.

The Big Book says it takes a long time for our thinking and behavior to straighten out. My suggestion, from experience with myself and others, is to overcome self-destructive drinking before moving on to other problems. Some may need the support from another program. Clean house and trust God. The answers will come.

Love, Alky

(We have reprinted the original question which first appeared in February of this year, see below.)

Dear Alky,

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

-Signed, 12 Steps Addict

Dear 12 Steps Addict,

This issue is definitely best discussed with your sponsor from a purely practical matter—like me, you only have 24 hours in each day. How will you be able to effectively juggle four programs and still show up for life? If you can, my hat is certainly off to you!

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

Best, Alky

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

The Trusted Treasurer

By Kathleen C.

At the end of the meeting the Secretary looked out into the room. Are there any AA-related announcements? Oh yes, I think we have a treasurer's report. He nodded toward me. I stood up. "I'm Kathleen, your alcoholic treasurer." The group chuckled nervously. An alcoholic treasurer? What a concept! I gave my report and the secretary thanked me.

It is a miracle that any group trusts me with its money. When I was drinking the bank closed my checking account because I bounced too many checks. Now that I'm sober, am I automatically qualified to handle my AA group's money? Maybe. If I keep it simple. Collect the money after the meeting, count it and write the running total in the Secretary's book. Pay the rent. Buy literature or give money to the Literature person. Give the coffemaker money for coffee, creamer, cups and cookies. Send off the group's contributions periodically to San Francisco Central Office and General Service, New York General Service, the Coastal Area and Hospitals & Institutions.

What makes a good treasurer? Most groups require at least one year's sobriety, a job or a regular source of income such as a disability check, and a checking account. Every treasurer

handles the record keeping differently. I keep a running tally in the Secretary's book; others collect the money and put it in envelopes marked for rent, coffee and contributions, or according to their own system. One AA treasurer as she leaves the meeting pats her left hand pocket – "Seventh Tradition," then her right hand pocket: "H&I." That's her system. It works.

The Seventh Tradition says each group needs "bare running expenses plus a prudent reserve." If the group isn't bringing in enough to make its expenses I have to tell the members. At one meeting the treasurer announced that she couldn't pay the rent because there wasn't enough in the kitty. The members took a group conscience that she spend the prudent reserve: "That's what it's for." The next week she announced that she was able to pay the rent, "Thanks to the two generous members who put twenty dollar bills in the basket," and she didn't have to spend the prudent reserve after all.

Are there problems being treasurer? When I was treasurer for two meetings, I mixed up the books and had to make amends to both meetings, by putting enough of my own money in the

(Continued on page 14)

Daily Reflections

By Tracy R.


A recent addition to the selection of A.A. General Service Conference-approved literature is a book I use daily, called *Daily Reflections*. I first encountered this small volume when I went to treatment. We began each day with a morning meditation. I resented watching breakfast get cold while we sat silently after reading that day's selection although each small entry was rich with spiritual experience that I could occasionally in that moment aspire to until my attention turned to the aroma of food. I was not ready to understand or embrace the A.A. way of life, one day at a time.

I next encountered *Daily Reflections* at an A.A. meeting. It was amazing that people could actually spend an entire hour discussing two brief paragraphs. I needed to know more so I went to Central Office and purchased a copy for myself, because it wasn't right to steal one and just had to have my own. I looked up my sobriety date and my birthday like many people read their horoscopes, hoping to discover what makes me so special and different.

I kept going to meetings and hearing about the vital importance of meditation and had no clue about how to do it right. Very gradually I began to understand the purpose of this book as I began to grasp the suggestions on pages 86-87 of the Big Book. Although there are numerous different meditation practices, many A.A. members find their meditation is greatly enriched by the readings provided in *Daily Reflections*.

Each day a quote from A.A. Conference-approved literature such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It*, or *A.A. Comes of Age* is presented, followed by a personal reflection on the A.A. quotation written by an individual A.A. member. Unlike much of our basic literature, these reflections were not written by the co-founders, but were selected from submissions by members of the Fellowship and speak for themselves. Readers are given the gift daily of someone's personal experience in applying spiritual principles as they grow in sobriety.

The readings focus on our Three Legacies of Recovery, Unity and Service, and are thematically organized, something which was not apparent until I had been sober for some time. Within each month the reflections often center on the Step or Tradition of that month. Each day provides an opportunity to search for deeper understanding of a principle and a focal point for meditation and, when I remember, a practice to take to heart that day.

In 2002 A.A. World Services began publishing *Daily Reflections* in a large print edition. Perhaps you know someone who could use a spiritual tool to start their day before losing touch with serenity when searching for their reading glasses. In my experience, either size works when I start my day or start my day over again. 

Fear of people and of economic insecurity will leave us. By Liz G.

I had fear of people when I walked into my first meeting of Alcoholics Anonymous over eleven years ago. I also had tremendous fear of economic insecurity. I had good reason to be fearful. I was living in isolation and filth. My life consisted of sleeping, hiding all day, waitressing at night, drinking all my tip money and doing it all again the next day. Worst of all, I had no Power Greater than myself. As it says in the Big Book, "self reliance failed us miserably". I had been doing positive affirmations and spending money on seminars and health foods, all in an attempt to heal myself. Some day. Some day I was going to do it all in the right combinations and then people and money would be drawn to me like a magnet. I was going to be powerful.


Not only did I not have God in my life, I didn't know how to humbly be of real service to anyone. I was a darn good waitress for many years. I felt I transmitted genuine caring to my customers. Yet if they didn't tip me the way I thought I should be tipped, then I became an angry, judgmental victim. My fear of people and of economic insecurity would make me do strange things, even though my motives were good. If I could just make them like me, they would tip better and then I'd feel okay ("arranging the players"). I tried hovering over patrons to show my dedication. I tried being particularly entertaining. One time I put cellophane over the top of a glass of water and was going to *pretend* to trip and spill it on this grumpy business man. Much to my horror, the cellophane came undone and I dumped a huge glass of ice water all over crotch area of this guy's Dockers.

I didn't even know I had those "I'm a good person, now where's mine?" thoughts. It wasn't until I started acting as if I was humble by washing AA coffee cups and emptying ashtrays did I understand the spiritual principle of humility. These two promises (and many more) were the result of taking The Steps. God is my employer. The Steps deflated my ego (self-reliance) so I could trust God. I don't have to fear people because I have nothing to hide and may have something to give. I don't have to tear out into the world and start grasping whatever (or whoever) I may think will give me security at the time. If I can set out each day and take some action, any positive action toward where I think God is telling me to go, I'll be supplied with

all of the information I need. I need willingness and surrender. No original thoughts here.

Currently, I am as underemployed as I have been in my entire sobriety. Some say I should be scared, that the world is in bad shape economically. The difference for me now is that I have experiences that prove a loving God has a beautiful plan for all of us, should we seek it. I am not paralyzed with fear because I have watched many home group members get carried through rough spots only to watch them be set in places more fulfilling than anything they couldn't have conceived of. If I start looking for jobs based my

untempered instincts, such as fame and prestige; then I have good reason to be frightened. I'm relying upon self. Sometimes my ego thinks "if I don't go for the gold then maybe God will turn me into a sales rep for burlap sacks". God knows my gifts; he gave them to me and knows where they can be best used.

I have fear of people when I make them my Higher Power. Now that I am dating for the first time sober, I need to remember my relationship with God as being the most important. My self worth should not be hanging on whether or not "He" calls. I read this book that says the first thing one should do when they're attracted to someone is pray that God show you his ideas about that attraction. Fear pokes it's ugly mug into this deal too because I am afraid God is going to give me some "project" that I don't want. There is this one guy I see everywhere. I do mean everywhere. He's become the Where's Waldo? of my life. I panic every time. I know he's not stalking me. He's nice enough; he's just not my type. But I still panic. I'm afraid he's Mr. God's Will for me. My fearful prayer has been "Oh God, please? NO!" And then calm whispers, "Liz, first of all don't flatter yourself. You're not every man's type. Secondly, God has a kick tail plan for all of us. He won't leave you companionless. It's just not going to happen because you click your heels. Now go to a meeting and be of service to a newcomer". 

The Point's Spotlight on the Ninth Step Promises, which appear on pages 83 and 84 of the Big Book, continues next month.

AA Group Contributions - July 2003

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	July '03	YTD	Group	July '03	YTD
FELLOWSHIP CONTRIBUTIONS			Novato Spirit Discussion Fr 12pm		\$191.35
Brisbane Breakfast Bunch		\$157.50	On Awakening Daily 5:30am		\$350.00
Central Office Donation Box	\$70.47	\$463.55	Primary Purpose W 8:30pm		\$413.00
Deer Park Discovery Group F 8pm		\$29.80	Rise N Shine Su 10am		\$55.00
IFB Meeting	\$90.82	\$651.28	Ross-San Anselmo M 8:30pm	\$42.88	\$82.88
Marin Teleservice		\$1,500.00	San Anselmo Fireside Meeting Su 8pm		\$81.12
Marin Teleservice Spaghetti Feed		\$95.00	San Geronimo Valley Mon. 8pm		\$85.99
MCYPAA		\$9.18	Saturday Serenity Sa 8pm	\$232.65	\$232.65
Mission Fellowship X-mas Potluck		\$30.00	Saturday Women's Speaker Sa 6pm	\$75.00	\$75.00
Serenity Group - Alameda		\$44.13	Serendipity Sa 11am		\$240.00
Spirit of SF NYE Event		\$191.06	Sisters in Sobriety Th 7:30pm		\$90.00
Stinson Beach Fellowship		\$223.00	Six O'Clock Sunset Th 6pm		\$225.60
Sunday Step Study Su 4pm Pacifica		\$90.00	Sober & Serene Fri. 7pm		\$150.00
Unidentified Group		\$116.00	Sober Mom's F 11:30am		\$74.73
We Are Not St. Francis		\$15.00	Spiritual Testosterone Sunday Men's Stag 8:30am		\$200.00
TOTAL FELLOWSHIP CONTRIBUTIONS	\$161.29	\$3,615.50	Steps to Freedom M 8:30pm		\$222.50
MARIN CONTRIBUTIONS			Streetfighters Sa 9am	\$33.44	\$73.44
11th Step Meeting M 8pm		\$276.91	Sunday Night Mill Valley Smokeless Su 7:30pm		\$10.00
12 & 12 Study Sa 8:15am		\$100.00	Survivors M 12pm	\$62.92	\$474.92
7am Urgent Care Daily 7am	\$360.00	\$960.00	Terra Linda Th 8:30pm		\$700.00
Awakenings Sa. 8:30pm		\$180.00	T.G.I'm Sober M 6pm		\$161.61
Attitude Adjustment Hour Daily 7am	\$605.00	\$1,630.00	TGI Tuesday Tu 6pm		\$59.80
Awareness/Acceptance M 10:30am		\$136.00	T.G.I.F. F 6pm		\$42.60
Back to Basics Sun. 9:30am		\$100.10	The Extra Support Group F 8:30pm		\$217.17
Blackie's Pasture Sa 8:30pm	\$669.21	\$1,177.66	Three Step Group Sa 5:30pm		\$643.60
Caledonia Su 8pm		\$294.67	Thursday Night Speaker Th 8:30pm		\$1,330.00
Candlelight Meditation Mon. 7:30pm		\$110.00	Tiburon Beginners Tu 7:10pm	\$491.00	\$491.00
Creekside New Growth Su 7pm		\$85.00	Tiburon Haven Su 12pm		\$400.00
Crossroads Su 12pm		\$1,390.00	Tiburon Tuesday Beginners & Closed		\$763.00
Day At At Time Daily 6:30am		\$600.00	Tiburon Women's Candlelight W 8pm	\$33.51	\$33.51
Experience, Strength & Hope Sa 6pm		\$130.00	Tuesday Smokeless Tu 8:30pm		\$1.28
Friday Night Book Fr 8:30pm	\$162.50	\$162.50	Wednesday Mid-Week W 6pm		\$159.64
Freedom Finders F 8:30pm		\$80.83	Wednesday Night Candlelight W 8pm		\$77.00
Gratitude M 12pm	\$110.92	\$333.92	Wednesday Night Speaker Discussion W 7pm	\$36.00	\$36.00
Greenfield Newcomers Sun. 7pm		\$80.00	Wednesday Noon W 12pm		\$236.00
Happy Hour Th 6pm		\$130.00	Women On Monday M 7pm		\$64.61
Happy, Joyous, and Free M-F 12pm		\$250.00	Women on Wednesdays 7pm		\$65.27
Island Group Th 8pm		\$42.00	Women's Big Book Tu 10:30am		\$212.50
Intimate Feelings Sa 10am		\$50.00	Women's Step Study Group M 12pm		\$146.02
Inverness Sunday Serenity 10am		\$60.00	Working Dogs W 12:05pm		\$200.00
Keep It Simple Mon. 8:30pm		\$100.00	TOTAL MARIN CONTRIBUTIONS	\$3,344.53	\$24,737.45
Living in the Solution F 6pm		\$312.76	SAN FRANCISCO CONTRIBUTIONS		
Marin City M-F 6:30pm	\$100.00	\$250.00	7am As Bill Sees It Fri.		\$150.00
Marin Newcomers M 8:30pm		\$83.50	7AM Grab Bag M 7am		\$55.00
Marin Sober Group F 8pm		\$45.00	AA As You Like It Tu 5:30pm		\$87.84
Mill Valley 7AM Daily 7am		\$1,846.09	AA Step Study Su 6pm	\$177.95	\$327.99
Mill Valley Discussion Wed 8:30pm		\$87.00	A New Start F 8:30pm		\$306.37
Mission Fireside Group W 8:30pm		\$40.00	A is for Alcohol Tu 6pm		\$145.34
M. V. Original Smokeless Th 8pm		\$100.00	A Vision For You Su 6:30pm		\$26.11
Monday Blues M 6:30pm		\$121.88	A Vision For You II Tu 7:15pm		\$66.00
Monday Night Meeting M 8pm		\$50.00	Acceptance Group M 5:30pm		\$155.00
Monday Night Stag M 8pm		\$975.00	Afro American Fr 8pm		\$173.84
Morning After Sa 10am		\$1,161.58	All Together Now Th 8pm	\$95.79	\$368.07
Nativity Monday Night Big Book M 8pm		\$70.00	Alumni Group W 8:30pm		\$74.75
Newcomers Step M 7:30pm		\$483.60	Amazing Grace M 7pm	\$182.40	\$440.40
Noon Discussion Th 12pm		\$156.50	As Bill Sees It Sa 11am		\$147.60
Noon Hope F 12pm		\$248.58	Back to Basics W 8pm		\$25.57
Noon Tu 12pm	\$186.50	\$538.58	Beginners Step Study Sa 6:30pm		\$81.86
Novato Basics Tu 8pm	\$143.00	\$143.00	Beginners Warm Up W 6pm		\$120.00
Novato Big Book Tu 12pm		\$196.00			

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Group	July '03	YTD	Group	July '03	YTD
Bernal Big Book Sa 5pm	\$177.61	\$1,242.92	High Steppers W 7pm		\$374.67
Big Book Basics F 8pm		\$325.19	Hilldwellers M 8pm		\$120.00
Big Book Study Sun 11am	\$43.00	\$131.67	Home Group		\$127.20
Blue Book Special Su 11am		\$121.30	Hoodlum Haven F 8pm		\$420.00
Boy's Night Out Tues. 7:30pm	\$180.00	\$180.00	Hot Java F 11pm	\$150.60	\$150.60
Brokers Open Book Tu 1:30pm		\$153.44	How It Works Sa 2pm	\$99.06	\$234.06
Buena Vista Breakfast Su 12pm		\$178.54	Huntington Square W 6:30pm		\$355.29
CLAADAAGH Sa 8:15pm		\$60.00	Join the Tribe Tu 7pm		\$215.85
Castro Discussion W 8pm		\$234.60	Keepin' It Real Th 6pm		\$423.50
Castro Monday Big Book M 8pm		\$355.03	Joys of Recovery Tu 8pm		\$554.40
Civic Center Nooners M 12pm		\$134.00	Keep It Simple Sa 8:30pm		\$124.36
Cocoanuts Su 9am		\$198.00	Light Brigade Discussion Su 7pm		\$79.47
Come N Get It F 6:30pm		\$119.63	Light Steppers Su 7pm		\$180.00
Common Welfare Th 8pm		\$198.18	Like A Prayer Su 4pm		\$20.00
Compass Group W 9pm	\$206.00	\$206.00	Lincoln Park Sat. 8:30pm		\$279.00
Creative Alcoholics M 6pm	\$152.74	\$260.14	Living in the Solution F 6pm		\$310.16
Design For Living Sa 8am		\$721.29	Living Sober with HIV W 6pm		\$196.34
Each Day A New Beginning F 7am	\$692.02	\$692.02	Luke's Group W 8pm	\$59.67	\$170.27
Each Day A New Beginning M 7am	\$405.67	\$981.47	Marina Discussion F 8:30pm		\$479.00
Each Day A New Beginning Su 8am		\$225.89	Marina Dock Daily 7am		\$15.00
Each Day A New Beginning Tu 7am		\$388.91	Meeting Place Noon F 12pm		\$66.62
Each Day A New Beginning Th 7am	\$175.34	\$409.59	Mid-Morning Support Su 10:30am	\$278.19	\$2,725.21
Each Day A New Beginning W 7am		\$652.18	Midnight Meditation Sa 12pm		\$33.90
Early Start F 6pm		\$378.78	Miracles Off 24th St.		\$50.00
Easy Does It Tu 6pm		\$110.00	Mission Terrace W 8pm		\$128.22
Eleventh Hour Tu 1pm	\$100.00	\$100.00	Mocha Group Th 12:10pm		\$53.01
Embarcadero Group We 12:10pm		\$70.35	Monday at a Time Mon. 12:30pm		\$95.00
Endless Summer F 8:30pm	\$35.71	\$471.71	Monday Beginners M 8pm		\$190.82
Eureka Step Tu 6pm		\$101.70	Monday Men's Stag M 8pm		\$51.12
Eureka Valley Topic M 6pm		\$292.99	Monday Monday 12:15pm	\$132.00	\$349.27
Faith, Hope & Charity F 12pm		\$60.00	Monday Steps & Traditions M 12:10pm		\$55.20
Federal Speaker Su 12pm		\$151.55	Moscone Center After Work W 6pm		\$97.00
Fell Street F 8:30pm		\$105.23	New Big Book Study Sa 11am		\$250.00
Fell Street Step Su 8pm		\$13.70	New Highs W 1:30pm		\$75.57
Fellowship of the Spirit Su 1:30pm		\$150.00	New Hope Big Book M 6:30pm		\$141.11
Fireside Chat Sa 9pm	\$78.31	\$284.17	Newcomers Tu 8pm		\$200.51
Fireside Chat Th 8pm	\$204.35	\$352.43	New Life W 7pm		\$30.73
First Place Daily			New Wednesday High Noon		\$889.26
Friday All Groups F 8:30pm			No Reservation M 12pm		\$57.13
Friday Big Book F 12pm		\$99.44	Noon Smokeless Th 12pm		\$133.45
Friday At Five F 5pm		\$195.27	One Liners Th 8:30		\$439.50
Friday Knights		\$120.00	Parkside Th 8:30pm		\$180.00
Friday Lunchtime Step F 12pm		\$280.00	Pax West M 12pm	\$105.00	\$400.81
Friday Night Womens Mtg. F 7:15pm	\$25.47	\$25.47	Pinehurst Tues. 7:30pm	\$138.65	\$138.65
Friday Smokeless F 8:30pm		\$122.51	Pure & Simple Group Su 6pm	\$52.80	\$92.66
Friendly Circle Su 7:15pm & 8:30pm	\$355.55	\$1,565.78	Richmond Big Book Study Th 7:30pm		\$100.00
Friendship Group W 8pm		\$84.60	Rise-N-Shine Su 10am		\$58.00
Garden Variety Sa 8pm		\$23.50	Rose Garden Big Book Th. 12pm	\$45.00	\$195.00
Gay Beginners Q&A F 7pm		\$108.00	Saturday Easy Does It 12pm		\$565.32
Greenhouse Meditation Sa 5pm		\$200.00	Saturday Matinee Sa 2pm	\$60.00	\$180.00
Gold Mine Group M 8pm		\$132.00	Saturday Night Regroup Sa 7:30pm	\$315.00	\$315.00
Golden Gate for Seniors Tu 1:30pm		\$205.10	Seacliff Th 8:30pm		\$94.71
Goodlands Su 2pm		\$45.76	Second Chance Th. 2:15pm		\$70.17
Haight Street Blues Tu 6:15pm	\$283.43	\$309.08	Serenity House Groups	\$100.00	\$700.00
Haight Street Explorers Th 6:30pm		\$120.00	Serenity Seekers M 7:30pm		\$610.20
Happy Hour F 6:30pm		\$120.00	Sesame Step Tu 7:30pm		\$355.87
High Noon Friday F 12:15pm	\$67.72	\$741.37	Seven Seas Su 3pm		\$36.00
High Noon Thursday Th 12:15pm	\$79.92	\$657.12	Sinbar Sun. 8pm		\$240.00
High Noon Tuesday Tu 12:15pm	\$105.00	\$693.43	Sister's Circle Sun. 6pm		\$58.91
High Noon Wednesday W 12:15pm	\$158.80	\$685.60	Sober 5150's W 8pm	\$150.00	\$150.00
Higher Power Lunch Group Th 12:10pm		\$51.46	Sober & Centered F 7pm	\$93.63	\$140.43
High Sobriety M 8pm	\$94.95	\$298.35			

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IFB Meeting Summary

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

Regular Monthly Meeting—Intercounty Fellowship Board

1187 Franklin St., San Francisco, CA

Wednesday, September 3, 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	Intergroup Rep	Group
Ben N.	Past Chair	P	Jean C.	First Place Fellowship	P
Bill R.	Early Start	P	Jeremiah P.	All Together Now	P
Carol B.	Fireside Chat	A*	Joe G.	Beginners	P
Carol W.	Miracles Off 24 th St.	Alt.	Johnny G.	High Noon Tuesday	P
Dan C.	Tiburon Haven	A*	Joshua K.	High Noon Saturday	R
Danny F.	Each Day A New Beginning	P	Judi C.	Tuesday's Daily Reflections	P
Dan P.	Second Chance	P	Julia W.	Friendship Group	P
Dan Z.	Sunday Morning Gay Men's Stag	P	Julie H.	Terra Linda	P
David A.	Living Sober	P	Justin S.	High Noon Wednesday	R
David B.	Beginner's Warmup	P	Kate E.	Reality Farm	R
David B.	Federal Speaker	P	Kent G.	Midnight Meditation	A**
David K.	Haight St. Blues	P	Kim O.	Easy Does It	P
David P.	New Hope Big Book	A*	Kristine F.	Castro Discussion	P
Dick T.	Attitude Adjustment Hour	X	Leslie F.	How It Works	P
Doug F.	No Reservation	P	Li L.	Keep It Simple	P
Doug S.	As Bill Sees It - Thursday	P	Lisa M.	Friday All Groups	P
Erin B.	Sesame Step	A*	Lynnore G.	Walk Of Shame	P
Gamin C.	Like A Prayer	P	Marc D.	Bernal Big Book	P
Gary D.	Work In Progress	A*	Mary K.	High Noon F	P
Grant D.	Ten Years After	X	Maury P.	Office Manager	P
Greg S.	Keep Coming Back	P	Michael R.	Huntington Square	P
Janet B.	Thursday Night Women's	P	Michelle C.	Big Book Basics	P
New IFB Reps Present			Non-IFB Liaisons Present		
Guy K.	Creekside	P	Dave M.	Marin Teleservice	P
			Georgia L.	H&I	P
			Peter M.	SF Teleservice	P
			Dorian W.	San Mateo General Service	
			Deborah D.	SF PI/CPC	

P = Present; A = Absent; Alt. = Alternate; 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.

A. IFB Reports

Chair's Report: Danny F. reported he attended a few committee meetings this past month and plans to attend them all at some point in order to get more acquainted with each. The committee sign up sheets are posted; please sign up.

Treasurer's Report: Patrick submitted a written report and highlighted financial activity for July, which posted a deficit of \$1,249; however, year to date net income is \$1,581. Group contributions have slowed down; reps could mention this at meetings. Overall cash position is healthy.

Central Office Manager's Report: Maury reported that there's a steady pool of volunteers but subs are needed for phones, especially Tuesday through Friday; one year of sobriety is required. Maury will attend a Central Office/Intergroup Seminar in San Diego September 25-28.

Central Office Committee Report: Joe G. reported that

eight present and past COC members Attended a COC retreat on August 23 to discuss their experience working with the COC. The committee approved an order of 10,000 schedules. Tom K. resigned from the committee.

B. The Special Orders of Business (Action Item)

1. **Deborah D.**, chair of PI/CPC, presented a request for \$50 a quarter to help pay for meeting schedules. In the past, PI/CPC has passed out used outdated schedules to participants at their DUI classes, high school & middle school speaking events, and at conventions. PI/CPC doesn't have the budget to pay for as many schedules as they usually hand out. After discussion, a motion passed to give PI/CPC \$50 a quarter towards the purchase of meeting schedules. Deborah will report how this is working out after the first quarter.

2. **Danny F.** presented a request from All Groups to support an ASL union signer for the

meeting, which would be the only meeting in San Francisco and Marin with a signer. A raffle is conducted at every meeting and the money goes towards offsetting the cost of the signer. However, the meeting cannot continue to financially support this service. A motion passed to contribute a maximum of \$100/week to the cost of a signer for the next two months. The IFB is awaiting more information from the Special Needs Committee.

C. Ad Hoc Committee Reports

Literature Review Committee: No report.

The Point Committee: No report.

Orientation Committee: Bill R. reported that the next orientation will be Wednesday, September 24, at Central Office at 6:30 pm. He encouraged all new members to attend.

(Continued on page 13)

Group	July '03	YTD	Group	July '03	YTD
Sobriety and Beyond W 7pm	\$54.00	\$54.00	Sutter Street Beginners Sa 6pm		\$1,043.05
Sometimes Slowly Sa 11am		\$157.62	TGI Tuesday 6pm		\$25.20
South Park		\$83.05	Ten Years After Su 6pm		\$269.61
Step Talk Sun. 8:30am		\$113.18	Thursday Afternoon Step Study Th 1:30pm	\$60.00	\$233.31
Stepping Out Sa 6pm		\$180.00	Thursday Beginners Th 8pm		\$73.95
St. Francis Men's Group		\$61.49	Thursday Night Women's Th 6:30pm		\$248.15
Stonestown Group M 8pm		\$159.01	Too Early Sa 8am		\$794.16
Sunday Bookworms Su 7:30pm		\$153.00	Tuesday Night Step 7pm		\$30.00
Sunday Morning Gay Men's Stag Su 10:30am	\$554.57	\$1,243.90	Tuesday's Daily Reflections	\$67.02	\$106.12
Sunday Night 3rd Step Group Su 5pm		\$56.40	Twelve Steps to Happiness Fri. 7:30pm	\$66.00	\$66.00
Sunday Night Castro SD Su 7:30pm		\$469.24	Unidentified Group		\$52.80
Sunday Rap Su 8pm		\$57.00	Unidentified - Starbucks		\$21.00
Sunday Wawona Su 8pm		\$320.00	Valencia Smokefree F 6pm		\$221.77
Sundown W 7pm		\$318.00	Walk Of Shame W 7:30pm		\$62.85
Sunrise Sunset Women's Step Th 5:45		\$60.00	Waterfront Group Su 8pm	\$207.60	\$387.60
Sunset 9'ers Mon.		\$293.51	We Care Tu 12pm	\$105.06	\$225.06
Sunset 9'ers F 9am		\$229.00	Wednesday Sunrise Smokefree Wed. 7am	\$60.00	\$60.00
Sunset 9'ers Sa 9am	\$62.56	\$1,228.66	We Really Do Meditate Sa 10:30am		\$96.00
Sunset 9'ers Th 9am		\$406.44	Weekend Worker Sa 7am		\$54.00
Sunset 9'ers Tu 9am	\$99.32	\$202.64	West Portal W 8:30pm	\$155.15	\$155.15
Sunset 9'ers Wed.	\$138.00	\$138.00	Wits End Step Study T 8pm		\$32.19
Sunset 11'ers		\$20.00	Women's AA W12:05pm		\$51.00
Sunset 11'ers Su 11am		\$60.00	Women's Kitchen Table Tu 6:30pm		\$621.08
Sunset 11'ers Mon 11am		\$80.00	Women's 10 Years Plus Th. 6:15pm		\$255.00
Sunset 11'ers Tu 11am		\$25.00	Women Who Drank Too Much Tues. 6pm		\$88.68
Sunset Sobriety Th. 7:30pm	\$222.00	\$222.00	Work in Progress Sa 7pm		\$156.00
Sunset Speaker Step Su 7:30pm	\$116.00	\$116.00	TOTAL SF CONTRIBUTIONS	\$7,824.61	\$48,058.58
Surf Tu 8pm		\$50.00			
			TOTAL ALL CONTRIBUTIONS	\$11,330.43	\$76,411.53

(Continued from page 12)

Website Committee: No report.

Schedule Committee: Li L. reported that the new edition of the schedule is on the way to the printer and will be ready approximately September 8. The committee is considering a contract with the printer which would freeze the price of printing for one year.

12th Step Committee: Lisa M. reported that the committee completed a poster display that will be used at information tables. Steve from Marin has joined the committee. The next 12th Step Workshop will be held in Marin on October 4 at St. Isabella's Parish Center in San Rafael. The committee will attend Unity Day, September 20, in Marin and will have a table and will talk about 12th Step work and the pilot program which is organizing daily shifts from 6 pm to 9 pm to assist Teleservice with requests from newcomers. The next committee meeting is Wednesday, September 10, at 6:30 PM at Central Office.

Special Events Committee: Dave B. reported that the committee will meet briefly after the meeting to set a day and time for their monthly meeting which they will be held at Central Office.

Special Needs Committee: No report.

C. New Business

Proposed small group sharing on "What else can the IFB be doing to extend the hand of

"AA?" was postponed until October meeting.

D. IFB Standing Committee Reports

1. Teleservice: Peter M., chair for San Francisco, reported for Teleservice that 10% of their shifts

are without regular volunteers. At least one daily coordinator (Saturday) is needed. The next new

volunteer orientation is September 15, 6:30 PM, at Central Office and the regular business meeting will follow at 7 PM.

2. PI/CPC: Deborah D. reported that General Service Office sent PSAs around the country to radio and TV stations. They have asked local committees to follow up and see about getting the PSAs aired.

E. Non-IFB Liaison Reports

1. General Service, SF: Todd M. reported that GSO sent a delegate to the 50th Anniversary Convention of NA in San Diego to discuss ways the fellowships can continue to cooperate. The Fall Inventory Assembly will be in Calistoga on November 2. George S. was elected as new Alt.

DCMC. Thom D is the new PI/CPC liaison. Unity Day in SF is coming in October.

2. General Service, Marin: No report.

3. Teleservice, Marin: Dave M. reported that the 12th Step Workshop will be held October 4 at St. Isabella's Church in Terra Linda. Flyers will be

available; send Dave your e-mail address and he'll send you a copy of the flyer.

4. PI/CPC, Marin: No report.

5. Bridging the Gap: No report.

6. H & I: Georgia L. reported that the next monthly business meeting is September 25 at Old First Church at 8 PM, Sacramento/Van Ness with a new volunteer orientation at 7:15. There are 75 H & I meetings a week and the committee needs help. They need ten coordinators and there are five new meetings; this service is very rewarding. The committee has a new treasurer and will include a literature inventory with the monthly financial statements. Steering committee meets September 10 in Walnut Creek

7. Spirit of San Francisco: No report. The convention is October 10-12 at the Ramada Plaza Hotel.

The next IFB meeting will be held Wednesday, October 1, at the First Unitarian Universalist Church, at 1187 Franklin at Geary, in San Francisco, at 7PM.

IFB meetings are held in Marin on a quarterly basis. They take place in Marin in: February, May, August, and November. The location is Star of the Sea Church, 180 Harrison Ave., Sausalito, CA. Please call Central Office for more information. (415) 674-1821 See calendar on p. 2 for additional details

POINT IT OUT—Letters to the Editor

Dear Brothers & Sisters,

Just finished reading, cover to cover, the September issue of *The Point* and felt the urge to send along my opinions. I share them with you for your consideration and to appease my ego.

The lead article "Paradoxes in Paradise" would make one believe that the Big Book is some sort of factual text or scientific tome to be studied for educational enlightenment. The program of Alcoholics Anonymous, to my understanding, is one of suggestions for the those who want it. It is not meant to make us rigid and obsessed robots but caring, understanding and useful human beings.

"Dear Alky" outdid itself this month with an excellent and balanced reply to the letter from Mere Peer regarding consumption of "near beer." Keep it up but don't rest on your laurels.

Tip of the hat to Ben N. and Steve S. for a snapshot on the origins of the Serenity Prayer. Helps to know the origins of something that many of us apply to our daily lives.

A suggestion to Dara L., sober mom searching for "professional" child care at AA meetings. Many in AA, who are ill and unable to attend meetings, don't expect professional medical care at a meeting to assist them with their health problems but ask friends in the program to come over to their house to hold a meeting. Two or more alcoholics, together, has always constituted the minimum for a meeting in Alcoholics Anonymous. Another way is to reach out by mail to those unable to get to meetings due to illness, isolation or living/working situation, or distance from meetings through the Loners – Internationalist Meeting of AA.

All in all I'd say you have put out your best issue yet and wanted to thank you for allowing me to get together enough steam to compose this. Keep up the good work and improve.

Fraternally For Real Sobriety,

Charlie M.

Dear Charlie,

Our committee is small and sometimes weary, so we appreciate your praise and words of encouragement. By the way, if you know of anyone who would like to be our layout person send them to us!!

- Editor

Good Morning,

Perhaps before you print any articles your team should do some research. Regarding Ben's article "we do not discuss drugs in AA," he conveniently left out the beginning of the book which states's, "We of Alcoholics Anonymous are more than 100 men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics *precisely how we have recovered* is the main purpose of this book."

To take it further, in the 12X12, 3rd step, it describes a man who had problems other than alcohol. He never brought up the subject, stood by the steps and traditions and recovered from alcoholism. Never ONCE referring to his other problem.

Institutions seem to lump alcohol and drugs together which is a blatant lie. Alcoholics of our type need to set the record straight for the new members.

-Christopher C.

Dear Christopher,

On behalf of The Point committee, I thank you for your response to Ben W.'s thought provoking article on the cover of last month's edition of "The Point." Your opinion is certainly respected and I am glad to hear from you. To the right of the article on the cover is a small statement of purpose that may help to answer some of your concerns about The Point and its purpose in our AA community.

"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., not does publications 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 message are welcomed, subject to editorial review by The Point Committee."

The Point committee is a service group of the IFB of Alcoholics Anonymous. The participants and any contributors are not professional journalists. We meet twice monthly and consider everything that has been submitted for the articles that we need for our regular monthly columns like literature review and for our features. The members of the committee do everything they can to encourage people to contribute to The Point. Of course we cannot print everything.

Besides important information about the IFB, Central Office and area AA events, The Point is a source of entertainment and a resource for expression available to all members of Alcoholics Anonymous to share their individual experiences and thoughts about their recovery. Again, we seek, accept and compile written contributions from A.A. members in the community, so the only "team" we have is comprised of the same folks surrounding you at a meeting of Alcoholics Anonymous. And the same principle that gives you a right to disagree with what someone says in AA is guaranteed only by his or her right to say it. As you probably know from your knowledge of the Three Legacies, AA allows everyone a voice-everyone. Bill Wilson insisted on this, as does the General Service Conference of Alcoholics Anonymous.

We would like permission to print your response in the next issue, along with our reply. Please let us know if this is permissible. Additionally, should you like to contribute an article along the lines of the Paradoxes topic, or any other, please do. It will be a welcomed consideration for print in The Point. In service I remain...

Most kindly yours,


- Editor

If you have letters for our Editor, Kenny Ray K., please e-mail them to thepoint@aasf.org or snail mail them to The Point c/o Central Office, 1821 Sacramento St., SF CA 94109-3528.

Treasurer (Continued from page 8)

basket to make up the deficit. A homeless coffeemaker at one meeting asked for reimbursement but didn't have receipts. The Secretary agreed with me; no receipts, no reimbursement. The coffeemaker quit the commitment but neither of us drank over it. Once a church wanted to give the meeting a room, rent-free. I declined with thanks: Our group had to be self-supporting through its own contributions. We now pay twenty dollars a month. At another

meeting the coffeemaker was buying supplies out of her own pocket. I gave her cash and reminded her that the group needed to pay for its own refreshments.

If I do my job as an AA treasurer, then the group's money can help extend the hand of AA to the newcomer: the door is open, there's coffee in the pot and there are Big Books on the table. In AA, money and spirituality meet in the basket and being a Treasurer can be a spiritual experience. 

Financial Statement

JULY 2003 - Intercounty Fellowship of AA

	Jul 03	Jan - Jul 03			
Ordinary Income/Expense			Telephone	\$346.66	\$3,576.41
Income			Training	\$0.00	\$60.00
Group Contributions	\$11,330.43	\$76,529.11	Utilities	\$154.94	\$1,268.55
Individual Contributions			Uncategorized Expense	\$0.00	\$0.00
Honorary Contributions	\$40.00	\$971.00	Total Expense	\$14,183.59	\$97,331.95
Individual -Unrestricted	\$194.60	\$5,019.60	Net Ordinary Income	\$114.51	\$2,025.21
Individual Contributions - Other	\$0.00	\$59.48	Other Income/Expense		
Total Individual Contributions	\$234.60	\$6,050.08	Other Income		
Gratitude Month			Interest Income	\$49.26	\$441.83
Gratitude Month -Individual	\$0.00	\$20.00	Total Other Income	\$49.26	\$441.83
Gratitude Month-Groups	\$0.00	\$2,223.63	Other Expense		
Total Gratitude Month	\$0.00	\$2,243.63	Depreciation Expense	\$302.86	\$935.38
Newsletter Subscript.	\$186.00	\$772.00	Total Other Expense	\$302.86	\$935.38
Sales - Bookstore	\$9,249.35	\$47,796.81	Net Other Income	-\$253.60	-\$493.55
Total Income	\$21,000.38	\$133,391.63	Net Income	-\$139.09	\$1,531.66
Cost of Goods Sold					
Cost of Books Sold	\$6,702.28	\$34,034.47			
Total COGS	\$6,702.28	\$34,034.47			
Gross Prof-	\$14,298.10	\$99,357.16			
Expense					
Bad Checks	\$0.00	\$0.00			
Employee Expenses					
Wages & Salaries	\$6,750.00	\$44,948.12			
Employer Tax Expenses	\$701.89	\$4,891.30			
Benefits/Pension	\$897.00	\$4,475.00			
Retirement/Annuity Expense	\$0.00	\$0.00			
Workers Comp Ins.	\$0.00	\$366.43			
Total Employee Expenses	\$8,348.89	\$54,680.85			
Bank Charges					
Cr Card Fees	\$0.00	\$456.28			
Bank Charges - Other	\$39.00	\$108.10			
Total Bank Charges	\$39.00	\$564.38			
Equipment Lease	\$565.10	\$3,955.68			
Filing/Fees	\$0.00	\$316.14			
Insurance	\$100.55	\$713.97			
Internet Expense	\$0.00	\$238.35			
Miscellaneous Expense	\$179.06	\$245.94			
Office Supplies	\$245.16	\$2,181.67			
Postage					
Bulk Mail	\$100.00	\$705.15			
Postage - Other	\$152.30	\$517.16			
Total Postage	\$252.30	\$1,222.31			
Shipping	-\$18.80	\$132.29			
Printing	\$0.00	\$1,280.77			
Professional Fees					
Computer Consulting	\$0.00	\$250.00			
Total Professional Fees	\$0.00	\$250.00			
Rent - Office	\$3,458.75	\$24,211.25			
Rent - Other	\$230.00	\$680.00			
Repair & Maintenance	\$214.98	\$1,485.39			
Security System	\$67.00	\$268.00			

Point Committee meetings are for present and prospective committee members. The Point Committee meetings are working meetings and not to be used as a forum for voicing opinions on content or articles contained therein. The Chair has ultimate responsibility for managing the meetings. We welcome opinions and feedback and request that it be submitted to the Central Office in writing.

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October 2003

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