

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

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

# The Point

December 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  
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Fellowship of Alcoholics  
Anonymous (San Francisco and  
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are open to participation by all  
A.A. members. Nothing published  
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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.

## Holidaze

by Ben N.

The holidays are fast approaching. Great, right? It's the time of joy and good cheer, right? While true for some, the holidays can be a time for stress, fear and depression for many—pretty much the opposite of what it is supposed to be, I think. But...

Before I got sober, my mind was always full of plans and expectations. The plans were for others to do as I wanted them to do, and the expectations were that they would, in fact, do so. Of course, on the occasion, I would disrupt my plans and everyone else's by getting good and drunk. I never could tell when that was going to happen and neither could anyone else. It is pretty safe to say that no one had good expectations of me those days.

On those certain holidays when I did not get drunk, I would sit around, seething with my resentment and wallowing in my self-pity. I am not exactly sure why I behaved that way, but that is how I acted every other day, so, why should the holidays be any different?

Eventually, I dreaded seeing the holidays approach. I could not predict what to expect, but I knew it would not be pleasant. No matter what occurred, I knew I would find a large, unsightly lump of coal in my miserable stocking. And knowing that was cause enough for an increase in my premeditated practice of gloom, despair and agony.

But then, by a miracle, I finally got sober in AA. That happened in early August, one year. By the time I was sober sixty days, I was in a solid routine of going to several meetings a week—at least ten or twelve. I had a sponsor, I was taking the steps and I had made several friends in the program. It was the first time in my life I could recall not being mired in depression.

On Thanksgiving Day, I went to a morning meeting, and then to have dinner with my wife, parents and brothers and sisters-in-law. That evening, I was off to another meeting and fellowship with my AA friends. I had never had a better Thanksgiving.

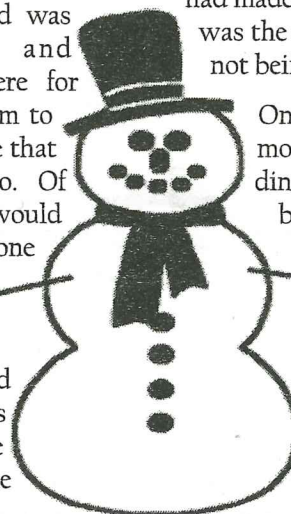
The Christmas and New Year holiday might be different, I secretly feared. But, I was

learning not to have expectations. I was learning not to plan out the lives of other people and not to arrange their comings and goings. I did not get carried away on a guilt-ridden buying spree to try to gift-away all my transgressions of the past year.

Somewhere in an AA meeting, I had already heard that each holiday was "just another day". Each holiday was another day to stay sober, one day at a time. I kept hearing not to "future trip" and, through some miracle, I was able to heed the advice.

Things rolled along pretty smoothly through December. I kept my routine of meetings, fellowship and service. There

(Continued on page 8)



# December 2003....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 <u>FIRST MON</u></b> Spirit of San Francisco Committee Central Office, 1821 Sacramento San Francisco 7 pm	<b>2 <u>FIRST TUE</u></b> Special Events Committee Central Office, 1821 Sacramento San Francisco 7:30 pm	<b>3 <u>FIRST WED</u></b> Intercounty Fellowship Board (IFB) 180 Harrison Ave., Sausalito 7pm	4	5	6
7	<b>8 <u>SECOND MON</u></b> SF Public Information Committee Central Office, 1821 Sacramento San Francisco 7 pm	<b>9 <u>SECOND TUE</u></b> 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>10 <u>SECOND WED</u></b> 12th Step Committee Central Office, 1821 Sacramento San Francisco 6:30 pm	11		
14	<b>15 <u>THIRD MON</u></b> 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>16 <u>THIRD TUE</u></b> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm	<b>17 <u>THIRD WED</u></b> Literature Review Committee Central Office, 1821 Sacramento San Francisco 6:30 pm	<b>18 SF H&amp;I</b> Old First Church, 1751 Sacramento/Van Ness, SF Orientation: 7:15 pm Regular Meeting: 8 pm	19	20
<b>21 <u>THIRD SUN</u></b> Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm	22	<b>23 <u>FOURTH TUE</u></b> Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	24	<b>25 MERRY CHRISTMAS</b>  Central Office Closed	26	<b>27 <u>FOURTH SAT</u></b> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon
<b>28 <u>LAST SUN</u></b> Living Sober Convention Committee 1668 Bush SF 5:30 pm	29	30	31	Visit our website at: <a href="http://www.aasf.org">www.aasf.org</a> . You'll find meeting schedules for Marin and San Francisco, our Service Meeting calendar, Trusted Service Registration and Group Information Forms and much more!!!		

# COMING EVENTS

<b>2003</b>	Call or visit the Central Office for copies of any flyers of interest to you or your group. Local events are in <u>bold</u> ; flyers of <u>current</u> local events, if available, are printed as space allows.
December 31	New Years Eve 2003, St. Mark's Church, Urban Life Center, San Francisco, CA <a href="http://www.spirit-sf.org">www.spirit-sf.org</a>
<b>2004</b>	<b>HAPPY NEW YEAR!!</b>
February 27-29	Spring Fling, Memorial Auditorium, Sacramento, CA <a href="http://www.sacspringfling.org">www.sacspringfling.org</a>
April 16-18	17th International AA Men's Conference, Marriott Oak Brook Hotel, Chicago, IL



## *Secretaries: Please make these announcements:*

Pages two and three list local AA service and conference planning *meetings*, as well as any local AA related *events* of which the Central Office has been notified. Please call Maury at the Central Office (674 -1821) by the 15th of the previous month if you would like your event listed.

## This Month in A.A. History December

1934

Bill's last drink was four beers then he entered Towns Hospital for the fourth time that year. He received the current Towns treatment of barbiturates, sedative and belladonna to reduce stomach acids. Bill then had a spiritual experience and at thirty-nine years old and was released from his obsession to drink.



1935

The first Group Conscience was held at Oxford Group meeting.



1937

Bill stretched out on his bed and wrote the Twelve Steps.



1939

AA reached out for the first time to alcoholics outside of the married, middle-class category.

First AA group to have met in a mental hospital.

First AA meeting to be held in a new member's home.



1940

Cleveland, Ohio had about thirty AA groups resulting from the article on AA in the Cleveland Plain Dealer.



1948

Dr. Bob's gave his last major talk in Detroit, Michigan.

## December 2003

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## MEETING CHANGES

**New Meetings**

Thu &amp; Fri 8:00 pm Bayview

STAYING SOBER 1601 McKinnon/3rd St. (Di)

**Meeting Changes**

Fri 7:00 pm Mission

AA PARA GAY Y LESBIANAS EN ESPANOL 418 Valencia St. (was Sunday)

Tue 7:30 pm South of Market

BOYS NIGHT OUT 450 Harrison St., enter on 1st, library (was 938 Valencia St.)

**No Longer Meeting**

Thu 8:30 pm Potrero Hill

POTRERO HILL STEP DISCUSSION 953 De Haro St.

Sun 8:00 pm Potrero Hill

POTRERO HILL SUNDAY NIGHT 953 De Haro St.

Tue 8:00 pm Mission

LIVING SOBER BOOK READING 2900 24th St.

Thu 8:00 pm Russian Hill

THURSDAY BEGINNERS 2041 Larkin St.

**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!**

## Going on Three

by Anonymous

Soon, I will be celebrating my third year of continuous sobriety, and as I did in the previous two years, I feel the need to reflect on what my life is like these days. I know that it is not suggested to share about one's birthday before it occurs, but one thing I have not been as a result of my sobriety is a total conformist.

So, as with every year since putting away the bottles, I have grown up a little more mentally, emotionally, and most importantly, spiritually. I have to say that, once I get over my ego and admit to my HP that I am powerless over most things in my life, there is a definite shift in my attitude, and things seem to go a little better. I feel lighter, and my mind is not so busy on many more occasions than when I am totally power-driving and taking on the world.

Where year one was about staying away from the bottle and learning how to live without it, and year two was about relearning virtually everything in my life, year three has been about my twisted relations with other humans.

I have realized that, for me, it is ok to possibly look into other 12-Step programs that deal with more personalized issues. I feel that AA is like an undergraduate course of study and the other programs are for more advanced learning. The ultimate goal, for me, is to get a master's or doctorate degree in humility and non-perfection—something this non-conformist can make sense of.

Today, I realize that I don't know everything and that I need to learn something every day, or I am not growing. I need to go to meetings, talk to my sponsor, give back in service, and be courteous and kind to other human beings in order to keep my place in AA. I can't think about forever, so I apply all of this to right now, in the moment, as I am writing this and as you are reading this. I am happy and amazed to be going on three and, one day at a time, my new life will continue opening to new possibilities. ↑

## CONTRIBUTIONS

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

### ONGOING MEMORIALS

**Bob**  
**R.W.**

### ANNIVERSARIES

Jill H. – 15 Years  
Paul P. – 18 Years  
Denise H. – 18 Years  
Linda L. – 20 Years  
Ben W. – 33 Years

Endless Summer  
Kirsten – 1 Year  
Nick – 1 Year  
Liz H. – 1 Year  
Joe – 2 Years  
Victoria – 2 Years  
Shawn – 3 Years  
Rick – 5 Years  
Linz – 6 Years



## Group Speakers for December 2003

### TUESDAY DOWNTOWN

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

DATE	SPEAKER	HOME GROUP	DOS
12/2	Bridgette N.	Friday Night YP	5/23/91
12/9	Terry W.	Mesquite Freedom, TX	10/21/95
12/16	Bill M.	Nursery Group III	6/03/67
12/23	Melanie J.	Parkside Group	3/03/96
12/30	Ed V.	Folsom Way of Life	1/04/97

### BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
Dec. 7	Tony	San Bruno
Dec. 14	Joanne K.	Brisbane
Dec. 21	Cecilia S.	Pacifica
Dec. 28	Pat K.	Brisbane

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.

## SERVICE OPPORTUNITIES !!!

The Point received a suggestion to create a space in the newsletter for service committees to inform the Fellowship of the many service opportunities that are available beyond the group level.

The Point will use this space each month for upcoming information about these wonderful opportunities to do 12th step work.

If you are already involved in one of AA's service committees, please remember to send us the information about positions that need to be filled!

*All information can be e-mailed to [thepoint@aasf.org](mailto:thepoint@aasf.org). Thanks!*

## Flyers !!!

### Annual Holiday Women's Sobriety Retreat

December 13th - 14th

White's Mansion - Mill Valley

Join your sisters in sobriety for a fabulous weekend at a mansion on Mt. Tam.  
Cozy beds, great food, meetings, hikes, fellowship and fun!

For info call (415) 331-3780

- or -

email: [ourretreat@earthlink.net](mailto:ourretreat@earthlink.net)

### Spirit of San Francisco New Years Eve Speaker Meeting with *Doug G. — from San Jose*

Spirit of San Francisco Presents

## NEW YEAR'S EVE 2003

dance your fine self through  
**4 DECADES IN 4 HOURS**

### DRESS AS YOUR FAVORITE DECADE!

8-9pm: Open AA Speaker meeting (FREE)

9-10pm: 1960s **hippie** dance mix

10-11pm: 1970s **funk** dance mix

11pm-12am: 1980s **NEW WAVE** dance mix

12-1am: 1990s **love** dance mix

## WEDNESDAY, DECEMBER 31, 2003

Saint Mark's Church, Urban Life Center  
1111 O'Farrell @ Gough

Limited free parking available. Mass transit accessible.

**TICKETS \$20**

The Spirit of San Francisco, PO Box 423832, SF, CA 94142  
email: [info@spirit-sf.org](mailto:info@spirit-sf.org), web: [www.spirit-sf.org](http://www.spirit-sf.org)

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

# Blue Christmas

by Cindy W.

Scene One: A television commercial shows three generations cozily sitting around a fireplace: Grandma reads a bedtime story to little Suzy as she holds baby Joe. Mom smiles lovingly and gratefully, tears brimming in her eyes, as she carries a tray of steaming hot chocolate from the kitchen. Dad makes a goofy face, and the whole family laughs with glee for the camera. Dad gets the shot: a real Kodak moment. Cut to the twinkling Christmas tree in front of a huge picture window, presents piled high...a perfect holiday season! For them, anyway...didn't you, mere weeks ago, sit around another painful dysfunctional family Thanksgiving table? Didn't you grit your teeth as your sister-in-law tipsily declared that her brother (your husband) is such an intolerable jerk that she doesn't understand how you can live with him? Didn't you recently finish another round of unsuccessful fertility treatments? Didn't you just bury your mother after caring for her for years through an extended illness?

*Life on life's terms includes the whole of human experience, which often can be very, very painful and difficult.*

Scene Two: Nobody has done much work today. Everyone is ready to break out of the office. It is only 2 p.m. and people are bringing in plates of fudge, sugary cookies, bottles of wine and champagne. It's time for the annual holiday office party! Everyone toasts with a glass of champagne (for you it is sparkling water) and cuts loose a bit as they imbibe. Joe Blow regales us with cute anecdotes involving his rascally kids, his ditzy wife and scheming mother-in-law. Well, it turns out he is partially human after all, but did you really want to know that? "Can't I have some champagne, just one glass?" you think. Anyway, you just ate 50 pounds of See's candies so you already feel like a baby elephant with a hangover...

Scene Three: Shop, shop, shop...thank God for the 99 Cents store. Your credit cards are maxed out, you have no idea where January rent is coming from...and why do we live in such a consumerist culture anyway? Who's idea was this! Will the economy ever recover? Will you still have your job come spring?

Scene Four: The only good thing about daylight savings time is the "fall back" part when you get an extra hour of sleep. You hate getting up in the morning. It is dark outside by the time you get home from work, and you are afraid to crank the heat against the cold as you remember last year's P.G.&E. bills. And what about New Year's? Did you accomplish anything this year? Have you finished that degree yet? Are you still stuck in that dead-end, low-paying job? "Is this all there is to sobriety?" you think to yourself as you cover your head with the pillow against your screeching alarm clock. "Is something wrong with me? Does my program completely


suck? Did I forget to make some crucial ninth step amends?"

The answer is...take heart! It's probably not your program. You may be suffering from depression, or a case of seasonal affective disorder. The holiday season can be a very stressful time for even the sturdiest so-called "normy." Life on life's terms includes the whole of human experience, which often can be very, very painful and difficult. As a courageous sober alcoholic, facing stress and turmoil without the "instant relief" of a drink that non-alcoholics can freely enjoy, we

must be extra gentle with ourselves at times when darkness seems to be all around. This is a time to use all the tools you have learned in the program. Perhaps you want to add an extra meeting or two, or call that newcomer you met Tuesday night and ask him or her to join you for a meeting and a cup of coffee. Maybe you could take a bubble bath or schedule a massage; you deserve the gift of self-care and self-love. Those upcoming vacation days can be used to revive your flagging spirits. Are you hungry, angry, lonely or tired? Do

you need extra rest, all day in bed with a good book? Is it time to start working another fourth step? Should you take your vitamins and add some protein to your fudge-and-cookie diet? Do not forget to check off the meetings in your schedule that you will attend immediately prior to and following any stressful events, such as parties or family gatherings. (And remember to always put your sobriety first...if things become too overwhelming for you, you can always leave!) Many people leave town for the holidays, and may need your help in taking over their service commitments while they are away. There are also lots of volunteer opportunities, both in and out of A.A.

A word about depression and seasonal affective disorder (SAD - a mood disorder characterized by depressive symptoms associated with winter months and seasonal variation of light): if your depression is debilitating, consider professional help. On page 133, our Big Book says, "A body badly burned by alcohol does not often recover overnight nor do twisted thinking and depression vanish in a twinkling. We are convinced that a spiritual mode of living is a most powerful health restorative...But this does not mean that we disregard human health measures...Try to remember that though God has wrought miracles among us, we should never belittle a good doctor or psychiatrist."

Most importantly, honor yourself for the hard work you've done this year to stay sober. It takes courage to live as a sober alcoholic, to face painful feelings and life situations. And when giving this holiday season, remember that your sobriety is the most important gift you can share with others. 

# Dear Alky

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

Dear Alky,

At this time last year I was not sober, but now that I am, I am worried about all the holiday food and drink, especially the drink. What should I look out for? Should I just stay away from the parties—I am still working on letting go of the PID (pitiful and incomprehensible demoralization) from last year!

**Haunted by the Spirits of Christmas Past**

Dear Haunted,

You are right to be concerned about the tricks in the holiday treats. Suggestions – If it smells like alcohol, it probably is. That goes for entrees and desserts as well as beverages. Entrees may be cooked in wine. Ask your host or hostess. Some people say alcohol vaporizes during the cooking process. If you can smell or taste the alcohol, it probably hasn't. Many holiday desserts are soaked in rum or brandy. If the cake appears damp, or has a sauce with a spirited aroma, you might want to decline. Be suspicious of bowls full of punch or eggnog. Sometimes they start out non-alcoholic and then some well-intentioned partygoer spikes them with alcohol or worse. More suggestions: take a sober friend with you to holiday gatherings; then you won't feel like the only one not drinking. Mark your glass or cup or keep it in your hand so you don't accidentally put down sparkling water and pick up champagne. Arrive late and leave early. Look for the parties that are not focused on drinking. Go to lots of meetings. And remember – we absolutely insist on enjoying life, so have fun!

Alky

\*\*\*\*\*

Dear Alky,

As part of my Ninth Step and for the first time in years, I am going to spend the holidays with my family and am concerned about getting sucked into the drama. How do I stay serene when everybody around me is dysfunctional?

**Level-headed**

Dear Level,

Keeping your sobriety when everyone around you is not sober (or maybe not even sane) is not easy. Talk to your sponsor before you go, and have phone numbers of AA friends you can call. If your visit takes you out of town, find meetings in the area and get away for a little while to be with your sober brothers and sisters. Concentrate your energy on the family members who are easier to be around. If there is a battle, stay neutral; don't take sides. Lower your expectations and then you won't be disappointed. Try to see your holiday companions as interesting people. Be kind. Pray for them. Remember the Ninth Step Promises – fear of people will leave us – and that goes for family too. Good luck!

Alky

\*\*\*\*\*



Dear Alky,

I have been sober for a while and my life is definitely getting better—but, I hate Christmas! I think I actually enjoyed it more when I was drinking. Now I am painfully aware of the stores lit up and open late, jammed with shoppers buying presents, spending tons of money — money I don't have. Everywhere I

see ads and TV commercials showing happy families gathered together. I don't have that either. I do have my sobriety, a job and a roof over my head and I am grateful for that, but sometimes it does not seem like enough when everybody else has so much. Bah humbug!

**Pity Patty**

Dear Pity,

We all have feelings sometimes of not being enough or having enough. The ads and commercials imply we are losers if we do not find a Lexus under the tree and look like Ken or Barbie. If you want to feel the real spirit of the season, here are some suggestions:

Sign up to help out at an Alcathon. You can party with sober AAs and be of service at the same time. If it is potluck, take some food and enjoy the festivities. If you want to feel an attitude of gratitude, go to a meeting at a recovery house or detox center. Call Central Office for times and locations. The residents will be grateful you showed up for their meeting and you will get a different perspective on how much you have. Don't put yourself down. If you did not drink today, you are a success. Share your success with another alcoholic.

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 Spirituality of Imperfection!

by Russ R.

Perhaps it is appropriate that *The Spirituality of Imperfection*, by Ernest Kurtz and Katherine Ketchum, is as interesting for its faults as it is for its strengths. This self-proclaimed “Search for Meaning” makes a lot of interesting points about how we look at ourselves as spiritual beings. For example: “All spirituality—but especially a spirituality of imperfection—involves the perceiving, embracing, and living out of paradox.” (P. 62) In this chapter (titled “A Sense of Balance”), they go on to provide excellent insight into becoming comfortable with behavior that we’ve always perceived as good or bad.


The book also provides a well-balanced menu of viewpoints from different denominations, all of which support the authors’ theory that the challenge of finding peace in sobriety comes in learning to enjoy the journey rather than focusing on the goals. The chapter called “Shared Vision, Shared Hope” provides excellent thoughts on the value of community in finding a spiritual life. “Spirituality is nurtured in community, the oneness with others that springs from shared vision and shared goal, shared memory and shared hope.” (p. 82)

The interesting thing about their approach is that they talk a lot about the value of stories. And they provide many examples. But after a while, this begins to feel like a marathon meeting where they call on the same speaker over and over again. The lessons are repetitive. And the stories follow a pattern. It’s impossible to overlook, even for someone who is not fine-tuned for political

correctness, that well over ninety percent of these stories are about men who are either on some spiritual journey, or in a monastery. Finally, they almost all end with a wise old mentor (always male) responding to a question with some pithy statement that causes the protagonist to suddenly see the light.

What is very scarce are stories of people in real-life situations. Stories of people who are dealing with personal tragedies. At the same time, many of the stories convey a strong message that materialism is always contrary to spirituality, which seems extreme. One story actually ends with a man who has become more spiritual by going shirtless. So I guess people in San Francisco are three times as sinful because we wear layers.

The book is also almost void of practical solutions. This is a book about thoughts, with very little sign of action. The last section of the book, called “Experiencing Spirituality,” has some excellent thoughts on prayer. But they offer few things people can actually do to find this elusive state. This is not a great resource for people who already think too much.

This book is probably best read in small doses to put the spiritual quest in perspective. But for the alcoholic who is looking for good solid guidance on how to become more spiritually minded, about living their way into better thinking rather than the other way around, there are much better resources available, most of them at Central Office. 

(Continued from page 1)

were a lot of Twelfth Step calls in those days, and it seemed that the number increased around the holidays. All of that was enough to keep me busy.

Christmas Day for me I started off with a morning meeting or two. Then I went back home to take care of family business. Surprise, surprise, I was not gloomy, miserable and disagreeable. And, best of all, I was not drunk! I actually celebrated this time with my family in good spirits. Better still, I had no expectations of what was supposed to happen the rest of the day. What a miracle that was.

Throughout the day, friends, family and my AA family visited our home. My sponsor came by with some of his AA friends and other AA folks dropped in. I was nervous and anxious about mixing my AA family with my “real” family, but everything went very well. They all got along fine with one another, and there was not a single drunken brawl or dramatic screaming or crying scene. All of us had fun, a whole lot of fun.

I finished that evening with another AA meeting that I attended with sponsor and company. That night I realized how wonderful it had all been. It was my first Christmas ever not riddled with depression, broken expectations and resentment. That was a gift and certainly no unsightly lump of coal! I still recall that night all these many years later.

New Year’s Eve was ahead of me. On New Year’s Eve, it is required to get drunk, right? Well, that was what I had always thought. I had never realized it was optional.

That first sober New Year’s Eve, my wife and I went to an AA dance with several of our AA and Alanon friends. Even if I had expectations about how the dance “should have been”, nothing, and I mean nothing ever could have prepared me for that experience. First off, everyone in the place was sober. That was sure new for me and New Year’s Eve. And, what is more, everyone was having a lot of fun. There were people there in every type of attire from torn jeans to tuxedos and everything in between. It was fantastic. No beer bottles over the head; no stabbings or shots fired.

I also spent a lot of time in AA meetings over the New Year holiday, attending not only my regular meetings but an “Alcathon” meetings, as well. It was my best New Year ever.

Over the years since that first one, I have had all sorts of holiday seasons. Some were spent with friends and family and AA, and some were spent alone. But, no matter how it was spent, I attended AA meetings and never once felt that self-pity and holiday depression.

I hope everyone has a great AA holiday season this year. 



# We will suddenly realize...

by Irene K.

Greetings to my friends in San Francisco. I guess I am considered a “guest” writer since my residence is now in New York City. But it was not so long ago that I roamed the streets (and meetings) with you, and so many of you are still held near and dear to my heart.

I am grateful that I have the opportunity to share one last time in this series. Earlier this year I was the coordinator of the Promises articles and enjoyed my service on The Point newsletter committee. I have not “found my place yet” in service in New York City and I miss the time spent at San Francisco Central Office hashing out themes, rehearsing responses, and disagreeing over editing techniques.

And what a perfect promise on which to write. During my last year in San Francisco I was jobless, broke and bored to tears. I felt far from my Higher Power and could find no evidence that a HP was looking out for me whatsoever. I did all the footwork I could think of to get a job, make money, pay my bills, stay busy, get a date, get serene (NOW!). None of my usual tricks worked. I was in hell – the proverbial “hallway” between that “one door closing and the other one opening.” It was an awfully long and painful hallway.

I went to meetings and complained, usually only internally. Then I tried in vain to “look for the silver lining.” I had fourteen years sober, why wasn’t God cooperating better with me? I was a “good A.A. girl.” I could hear myself, see my insanity, feel my hopelessness. I got honest about it all. And still, nothing changed.

A.A. members kept up the party line: “This too shall pass. God is arranging the perfect job for you.” Someone planted the seed that maybe God was working behind the scenes. Maybe I was not supposed to see, hear or feel God at work. I was truly supposed to.....trust. I thought about that, then dismissed it as absurdity.

After all, I had been hard at work in A.A. for many years. I was doing the steps with my sponsor, again. I was doing loads of service. I did as much job searching as my ever-changing mood allowed. I prayed, wrote, got hopeful, felt sorry for myself, cried, and begged God to change my life. Hadn’t I done enough – enough steps, enough service, enough amends, enough footwork?

After many months of agonizing nothingness, things changed and changed dramatically. Suddenly I had an interview in New York City, then a job offer, then a move across the country. I’ve since moved into a new apartment in this fabulous city and started a new, challenging job. So, after trudging along as a

snail for over a year – mentally, spiritually, emotionally, physically truly snail-like – it really *did* pass. Things really *did* change. My winter turned into springtime and the soil was rich and the flowers were blooming. How did it all happen so suddenly?


Truly, God was working in my life all along. There were so many forces at work while I was not looking – so many forces lining up a great job in a great city – and I had nothing to do with it. I had nothing to do with the timing and very little to do with the myriad successes and failures it took to get there. Powerless. God and/or all these crazy forces *were* hard at work and I did not know it, feel it, see it. Then, suddenly, there it was. Now I could know it, feel

it, see it. I realized, suddenly, that God had been in the picture all along. God had been *in charge* all along. (Somehow that one still surprises me.) And God moved along at God’s pace despite my begging, pleading, whining and quiet fuming. *Powerless*. But there is a Power....

I still do not understand it, and I may never understand it – why the universe does what it does, when it does. But my winter of discontent showed me, dramatically, that there are seeds under that barren, frozen wasteland, and they are germinating. I cannot see the action taking place below the soil – the roots expanding down and firmly grasping the Earth for sustenance. The shoot expanding up toward the sunlight. Then, whammo – it pops through and I see the green. I see life happening. But, it was happening all along, out of my view.

I have come to believe that God exists in the winter as much as in the spring. God is in the barren soil. God is in the lush forest. God is with me, in fact, in whatever state I find myself. Very accessible, this HP, and very democratic – available to me whether I’m happy or sad, getting my way or not getting my way, sober or not sober.

It becomes more and more clear to me that I had close to no humility my first several years of sobriety. In a cunning, baffling and powerful way, my brain still thought it was in charge of my life, future, destiny, sobriety. It has taken years in sobriety to see the error of that thinking – no, to *experience* the error of that thinking. The longer I am sober the more I can see my limitations. And the more I can honestly see and accept my limitations, the more I get the gift of amazement of God’s grace. I see that God, HP, the forces of the universe – they all do for me what I cannot do for myself, even when it’s happening out of my view.

All these years of looking for the silver lining has paid off – I now see it. 



# AA Group Contributions - September 2003

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	Sept. '03	YTD	Group	Sept. '03	YTD
<b>FELLOWSHIP CONTRIBUTIONS</b>			Novato Big Book Tu 12pm		\$196.00
Brisbane Breakfast Bunch	\$24.60	\$219.50	Novato Spirit Discussion Fr 12pm	\$109.35	\$353.90
Central Office Donation Box	\$31.47	\$563.35	On Awakening Daily 5:30am		\$560.00
Deer Park Discovery Group F 8pm		\$29.80	Primary Purpose W 8:30pm		\$413.00
IFB Meeting	\$87.90	\$839.12	Rise N Shine Su 10am	\$106.22	\$161.22
Marin Teleservice		\$1,500.00	Ross-San Anselmo M 8:30pm		\$82.88
Marin Teleservice Spaghetti Feed		\$95.00	San Anselmo Fireside Meeting Su 8pm		\$81.12
MCYPAA		\$9.18	San Geronimo Valley Mon. 8pm		\$85.99
Mission Fellowship X-mas Potluck		\$30.00	Saturday Serenity Sa 8pm		\$571.15
Serenity Group - Alameda		\$44.13	Saturday Women's Speaker Sa 6pm		\$75.00
Spirit of SF NYE Event		\$191.06	Serendipity Sa 11am	\$320.00	\$560.00
Stinson Beach Fellowship		\$223.00	Sisters in Sobriety Th 7:30pm	\$35.00	\$175.00
Sunday Step Study Su 4pm Pacifica	\$60.00	\$150.00	Six O'Clock Sunset Th 6pm	\$198.33	\$423.93
Unidentified Group		\$116.00	Sober & Serene Fri. 7pm		\$150.00
We Are Not St. Francis		\$15.00	Sober Mom's F 11:30am		\$74.73
<b>TOTAL FELLOWSHIP CONTRIBUTIONS</b>	<b>\$203.97</b>	<b>\$4,025.14</b>	Spiritual Testosterone Sunday Men's Stag 8:30am		\$200.00
<b>MARIN CONTRIBUTIONS</b>			Steps to Freedom M 8:30pm		\$563.79
11th Step Meeting M 8pm		\$276.91	Steps to the Solution Wed. 7:15pm	90.00	\$90.00
12 & 12 Study Sa 8:15am		\$100.00	Streetfighters Sa 9am		\$73.44
7am Urgent Care Daily 7am		\$960.00	Sunday Express 6pm		\$140.00
Awakenings Sa. 8:30pm		\$280.00	Sunday Friendship 7pm	68.90	\$68.90
Attitude Adjustment Hour Daily 7am	\$785.00	\$2,415.00	Sunday Night Mill Valley Smokeless Su 7:30pm		\$10.00
Awareness/Acceptance M 10:30am	\$62.40	\$198.40	Survivors M 12pm		\$474.92
Back to Basics Sun. 9:30am		\$100.10	Terra Linda Th. 8:30pm	500.00	\$500.00
Blackie's Pasture Sa 8:30pm		\$1,177.66	Terra Linda Night Stag Th. 8pm		\$500.00
Caledonia Su 8pm	\$286.00	\$580.67	Terra Linda Th 8:30pm		\$700.00
Candlelight Meditation Mon. 7:30pm		\$110.00	T.G.I'm Sober M 6pm		\$161.61
Creekside New Growth Su 7pm		\$85.00	TGI Tuesday Tu 6pm		\$84.60
Crossroads Su 12pm		\$1,390.00	T.G.I.F. F 6pm		\$42.60
Day At At Time Daily 6:30am		\$600.00	The Extra Support Group F 8:30pm		\$217.17
Experience, Strength & Hope Sa 6pm		\$212.50	Three Step Group Sa 5:30pm		\$643.60
Freedom Finders F 8:30pm	\$344.41	\$425.24	Thursday Night Speaker Th 8:30pm	\$537.00	\$1,867.00
Friday Night Book Fr 8:30pm		\$162.50	Tiburon Beginners Tu 7:10pm		\$491.00
Friday Night Unmanageables 8:30pm	144.00	144	Tiburon Haven Su 12pm		\$400.00
Gratitude M 12pm		\$333.92	Tiburon Tuesday Beginners & Closed		\$763.00
Greenfield Newcomers Sun. 7pm	\$80.00	\$160.00	Tiburon Women's Candlelight W 8pm		\$33.51
Happy Hour Th 6pm		\$212.50	Tuesday Smokeless Tu 8:30pm		\$1.28
Happy, Joyous, and Free M-F 12pm		\$250.00	Tuesday Twelve Step 6:30pm	20.00	\$20.00
Intimate Feelings Sa 10am		\$100.00	Wednesday Mid-Week W 6pm		\$224.69
Inverness Sunday Serenity 10am		\$60.00	Wednesday Night Candlelight W 8pm		\$77.00
Island Group Th 8pm		\$111.00	Wednesday Night Speaker Discusion W 7pm		\$36.00
Keep It Simple Mon. 8:30pm		\$100.00	Wednesday Noon W 12pm		\$236.00
Living in the Solution F 6pm		\$312.76	Wednesday Sundowners 6pm		\$56.00
Marin City M-F 6:30pm		\$250.00	Women On Monday M 7pm	\$41.00	\$105.61
Marin Newcomers M 8:30pm	\$122.50	\$206.00	Women on Wednesdays 7pm		\$65.27
Marin Sober Group F 8pm	\$77.50	\$122.50	Women's Big Book Tu 10:30am		\$212.50
Mill Valley 7AM Daily 7am		\$2,546.09	Women's Step Study Group M 12pm		\$272.54
Mill Valley Discussion Wed 8:30pm		\$87.00	Working Dogs W 12:05pm		\$200.00
Mission Fireside Group W 8:30pm		\$40.00	<b>TOTAL MARIN CONTRIBUTIONS</b>	<b>\$4,127.61</b>	<b>\$32,519.08</b>
M. V. Original Smokeless Th 8pm		\$100.00	<b>SAN FRANCISCO CONTRIBUTIONS</b>		
Monday Blues M 6:30pm		\$121.88	7am As Bill Sees It Fri.		\$150.00
Monday Night Meeting M 8pm		\$50.00	7AM Grab Bag M 7am		\$98.16
Monday Night Stag M 8pm	\$200.00	\$1,175.00	AA As You Like It Tu 5:30pm		\$87.84
Morning After Sa 10am		\$1,343.28	AA Step Study Su 6pm		\$327.99
Nativity Monday Night Big Book M 8pm		\$120.00	A New Start F 8:30pm		\$371.52
Newcomers Step M 7:30pm		\$483.60	A is for Alcohol Tu 6pm	\$66.62	\$211.96
Noon Discussion Th 12pm		\$156.50	A Vision For You Su 6:30pm		\$26.11
Noon Hope F 12pm		\$288.18	A Vision For You II Tu 7:15pm		\$66.00
Noon Tu 12pm		\$538.58	Acceptance Group M 5:30pm		\$155.00
Novato Basics Tu 8pm		143.00			

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Group	Sept. '03	YTD	Group	Sept. '03	YTD
Afro American Fr 8pm	\$67.05	\$240.89	Greenhouse Meditation Sa 5pm		\$200.00
Alamo Square Su 7pm		\$120.00	Gold Mine Group M 8pm		\$132.00
All Together Now Th 8pm		\$450.93	Golden Gate for Seniors Tu 1:30pm		\$205.10
Alumni Group W 8:30pm		\$74.75	Goodlands Su 2pm		\$45.76
Amazing Grace M 7pm		\$440.40	Haight Street Blues Tu 6:15pm		\$309.08
Any Lengths Sat. 9:30am		\$67.36	Haight Street Explorers Th 6:30pm		\$120.00
As Bill Sees It Sa 11am		\$147.60	Happy Hour F 6:30pm	\$44.18	\$164.18
As Bill Sees It Th. 6pm		\$123.85	Happy Hour Ladies Night Fri. 5:30pm	417.60	\$417.60
Back to Basics W 8pm		\$87.57	High Noon Friday F 12:15pm		\$741.37
Beginners Step Study Sa 6:30pm		\$81.86	High Noon Thursday Th 12:15pm	\$43.39	\$798.56
Beginners Warm Up W 6pm		\$120.00	High Noon Tuesday Tu 12:15pm		\$958.47
Bernal Big Book Sa 5pm		\$1,242.92	High Noon Wednesday W 12:15pm	\$32.10	\$823.04
Big Book Basics F 8pm		\$463.19	Higher Power Lunch Group Th 12:10pm		\$51.46
Big Book Study Sun 11am		\$131.67	High Sobriety M 8pm		\$298.35
Blue Book Special Su 11am		\$121.30	High Steppers W 7pm		\$374.67
Boy's Night Out Tues. 7:30pm		\$180.00	Hilldwellers M 8pm		\$420.00
Brokers Open Book Tu 1:30pm		\$153.44	Home Group		\$127.20
Buena Vista Breakfast Su 12pm		\$178.54	Hoodlum Haven F 8pm		\$420.00
Bushwackers Sat. 9am		\$60.00	Hot Java F 11pm		\$150.60
BYOL Wed. 12:30pm	30.00	\$30.00	How It Works Sa 2pm		\$234.06
CLAADAAGH Sa 8:15pm		\$60.00	Huntington Square W 6:30pm		\$355.29
Castro Discussion W 8pm		\$792.66	Join the Tribe Tu 7pm	\$125.16	\$341.01
Castro Monday Big Book M 8pm		\$355.03	Joys of Recovery Tu 8pm		\$554.40
Civic Center Nooners M 12pm		\$134.00	Keepin' It Real Th 6pm		\$423.50
Cocanuts Su 9am		\$318.00	Keep Coming Back Sat. 11am	805.70	805.7
Come N Get It F 6:30pm		\$119.63	Keep It Simple Sa 8:30pm		\$124.36
Common Welfare Th 8pm		\$198.18	Light Brigade Discussion Su 7pm		\$79.47
Compass Group W 9pm		\$206.00	Light Steppers Su 7pm		\$180.00
Creative Alcoholics M 6pm		\$260.14	Like A Prayer Su 4pm		\$20.00
Design For Living Sa 8am	\$163.07	\$884.36	Lincoln Park Sat. 8:30pm		\$279.00
Each Day A New Beginning F 7am	326.56	\$1,018.58	Live & Let Live Sun. 8pm		\$50.87
Each Day A New Beginning M 7am		\$1,129.47	Living in the Solution F 6pm		\$310.16
Each Day A New Beginning Su 8am		\$225.89	Living Sober with HIV W 6pm		\$311.34
Each Day A New Beginning Tu 7am	\$198.40	\$945.31	Luke's Group W 8pm		\$170.27
Each Day A New Beginning Th 7am		\$409.59	Marina Discussion F 8:30pm		\$479.00
Each Day A New Beginning W 7am		\$786.58	Marina Dock Daily 7am		\$15.00
Early Start F 6pm		\$526.70	Meeting Place Noon F 12pm		\$105.30
Early, Joyous & Free Th. 7am		\$60.00	Mid-Morning Support Su 10:30am	\$357.79	\$3,256.70
Easy Does It Tu 6pm		\$110.00	Midnight Meditation Sa 12pm		\$33.90
Eleventh Hour Tu 1pm		\$100.00	Miracles Off 24th St.		\$50.00
Embarcadero Group We 12:10pm		\$70.35	Mission Terrace W 8pm		\$128.22
Endless Summer F 8:30pm	\$49.13	\$520.84	Mocha Group Th 12:10pm		\$108.01
Eureka Step Tu 6pm		\$101.70	Monday at a Time Mon. 12:30pm		\$95.00
Eureka Valley Topic M 6pm	\$585.30	\$878.29	Monday Beginners M 8pm		\$190.82
Faith, Hope & Charity F 12pm		\$120.00	Monday Men's Stag M 8pm		\$51.12
Federal Speaker Su 12pm	\$323.79	\$475.34	Monday Monday 12:15pm		\$349.27
Fell Street F 8:30pm		\$105.23	Monday Night Big Book 9pm	483.07	\$483.07
Fell Street Step Su 8pm		\$13.70	Monday Steps & Traditions M 12:10pm		\$55.20
Fellowship of the Spirit Su 1:30pm	\$36.00	\$186.00	Moscone Center After Work W 6pm		\$97.00
Fireside Chat Sa 9pm		\$284.17	New Big Book Study Sa 11am		\$250.00
Fireside Chat Th 8pm		\$352.43	New Highs W 1:30pm		\$75.57
Friday Big Book F 12pm		\$99.44	New Hope Big Book M 6:30pm		\$196.37
Friday At Five F 5pm		\$195.27	Newcomers Tu 8pm		\$200.51
Friday Knights		\$150.31	New Life W 7pm		\$30.73
Friday Lunchtime Step F 12pm		\$280.00	New Wednesday High Noon		\$889.26
Friday Morning 12 Steppers 7am	60.00	\$60.00	No Reservation M 12pm		\$200.67
Friday Night Womens Mtg. F 7:15pm		\$25.47	Noon Smokeless Th 12pm		\$133.45
Friday Smokeless F 8:30pm	\$76.01	\$198.52	One Liners Th 8:30		\$439.50
Friendly Circle Su 7:15pm & 8:30pm		\$1,565.78	Parkside Th 8:30pm		\$180.00
Friendship Group W 8pm		\$324.24	Pax West M 12pm		\$423.81
Garden Variety Sa 8pm		\$23.50	Pax West Th. 12pm		\$144.06
Gay Beginners Q&A F 7pm		\$108.00			

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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

180 Harrison Ave., Sausalito, CA

Wednesday, November 5, 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	Guy K.	Creekside	A**	Michelle C.	Big Book Basics	P
Bill R.	Early Start	A	Janet B.	As Bill Sees It, Saturday	P	Monika H.	Back 2 Basics	P
Carol B.	Fireside Chat	A	Jean C.	First Place Fellowship	X	Nathan M.	Too Early	P
Carol W.	Miracles Off 24 <sup>th</sup> St.	P	Jeremiah P.	All Together Now	P	Norma W.	Afro-American Group	A
Dan C.	Tiburon Haven	A	Joe G.	Beginners	P	Patrick M.	Treasurer	A
Danny F.	Each Day A New Beginning	A	Johnny G.	High Noon Tuesday	P	Paul C.	Waterfront	A
Dan P.	Second Chance	P	Judi C.	Tuesday's Daily Reflections	P	Penelope P.	Amazing Grace	A
Dan Z.	Sunday Morning Gay Men's Stag	P	Julia W.	Friendship Group	A**	Ramona A.	Sunday 9'ers	A
David A.	Living Sober	P	Julie H.	Terra Linda	P	Randall J.	High Sobriety	X
David B.	Beginner's Warmup	P	Kim O.	Easy Does It	A	Ray M.	Sunday Rap	P
David B.	Federal Speaker	P	Kristine F.	Castro Discussion	A	Russell G.	Regroup	P
David K.	Haight St. Blues	P	Leslie F.	How It Works	A	Sam W.	Monday Night Stag	P
David P.	Cocoonuts	P	Li L.	Keep It Simple	P	Scott C.	New Hope Big Book	P
Dick T.	Attitude Adjustment Hour	P	Lisa M.	Friday All Groups	A	Steve R.	Valencia Smokefree	P
Doug F.	No Reservation	P	Lynnore G.	Walk Of Shame	P	Steven S.	Tuesday Downtown	P
Doug S.	As Bill Sees It - Thursday	A	Marc D.	Bernal Big Book	P	Tedra M.	Sisters Circle	A
Erin B.	Sesame Step	A	Mary K.	High Noon Friday	A**	Tim McC.	Join the Tribe	P
Gamin C.	Like A Prayer	A	Mary Ellen D.	A is for Alcohol	A	Todd M.	Rule 62	A
Gary D.	Work In Progress	P	Maury P.	Office Manager	A	Tom K.	Common Welfare	P
Grant D.	Ten Years After	P	Michael R.	Huntington Square	A	Zoe B.	Mill Valley 7am - Daily	P
Greg S.	Keep Coming Back	P						

New IFB Reps Present			Non-IFB Liaisons Present		
Lou H.	Mill Valley 7AM	P	David M.	Marin Teleservice Liaison	P
			Shannon L.	Marin General Service Liaison	P
			Peter M.	SF Teleservice	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.**

### A. IFB Reports

**Chair's Report:** Marc D. conducted the meeting for Danny F., who was absent, but who had submitted a written report that Marc presented. First item was a service position request for an IFB Liaison for the No. California Council of Alcoholics Anonymous (NCCAA), which meets six times a year. David B. volunteered for this position. Please give any feedback about the Spirit of San Francisco conference either to Peter M. or to Danny who will pass it along to the conference committee. The ideas for extending the hand of AA from the October 1 IFB meeting were handed out. Please let Danny or Marc know if there are any changes or corrections. An action item was presented asking if the IFB committee chairs would be willing to have their names and contact information included in *The Point*? It was decided that each chair should be asked individually.

**Treasurer's Report:** A written report was submitted but because Patrick M. was absent, discussion was tabled until December's meeting.

**Central Office Manager's Report:** Joe G. reported for Central Office in Maury P.'s absence. On October 2 Maury e-mailed an IFB roster with the

Committee Chairs to all IFB members. There is one correction to the list: please add Doug F. as chair of the Literature Review Committee. Also, see Joe for a copy if you didn't get one. Central Office currently has a great pool of phone volunteers and subs. Central Office will be closed Thanksgiving Day, Thursday, Nov. 27 and Friday, Nov. 28.

**Central Office Committee:** Joe G., chair, submitted a written report. The COC discussed Lauren's six month review and agreed to a pay increase. They agreed to pay a part time special worker for up to 30 hours of training in case either Central Office employee needs to temporarily leave their position. All funds collected from Gratitude month will be published monthly in *The Point*. The committee reviewed the budget proposal for 2004. The budget will be submitted to the IFB for approval.

### C. Ad Hoc Committee Reports

**Literature Review Committee:** Doug F., chair, reported that the committee has nearly completed revisions for the beginner's pamphlet. They are discussing putting together a packet of the kinds of literature

(Continued on page 13)

Group	Sept. '03	YTD	Group	Sept. '03	YTD
Pinehurst Tues. 7:30pm		\$138.65	Sunset 9'ers Wed.		\$138.00
Pure & Simple Group Su 6pm		\$92.66	Sunset 11'ers		\$20.00
Richmond Big Book Study Th 7:30pm	\$100.36	\$200.36	Sunset 11'ers Fri.		\$75.00
Rise-N-Shine Su 10am		\$58.00	Sunset 11'ers Su 11am		\$60.00
Rose Garden Big Book Th. 12pm	\$22.18	\$217.18	Sunset 11'ers Mon 11am	\$75.00	\$155.00
Saturday Afternoon Meditation Sa 5pm	\$100.00	\$100.00	Sunset 11'ers Tu 11am	\$27.35	\$52.35
Saturday Easy Does It 12pm		\$565.32	Sunset 11'ers Th.	\$75.00	\$75.00
Saturday Matinee Sa 2pm		\$240.00	Sunset Sobriety Th. 7:30pm		\$222.00
Saturday Night Regroup Sa 7:30pm	\$173.16	\$488.16	Sunset Speaker Step Su 7:30pm		\$154.46
Seacliff Th 8:30pm		\$162.00	Surf Tu 8pm		\$128.40
Second Chance Th. 2:15pm		\$70.17	Sutter Street Beginners Sa 6pm		\$1,043.05
Serenity House Groups		\$700.00	TGI Tuesday 6pm		\$25.20
Serenity Seekers M 7:30pm		\$1,185.20	Ten Years After Su 6pm		\$269.61
Sesame Step Tu 7:30pm		\$472.31	Thursday Afternoon Step Study Th 1:30pm		\$233.31
Seven Seas Su 3pm		\$36.00	Thursday Beginners Th 8pm		\$73.95
Sinbar Sun. 8pm	\$81.05	\$321.05	Thursday Night Women's Th 6:30pm		\$248.15
Sister's Circle Sun. 6pm		\$58.91	Too Early Sa 8am	\$391.02	\$1,185.18
Sober 5150's W 8pm		\$150.00	Trudgers Discussion Sun. 7pm		\$280.00
Sober & Centered F 7pm		\$140.43	Tuesday Night Step 7pm		\$30.00
Sobriety and Beyond W 7pm	\$105.87	\$159.87	Tuesday's Daily Reflections		\$106.12
Sometimes Slowly Sa 11am	\$62.73	\$220.35	Tuesday Downtown 8pm	\$300.00	\$300.00
South Park		\$83.05	Twelve Steps to Happiness Fri. 7:30pm		\$66.00
Step Talk Sun. 8:30am		\$113.18	Unidentified Group	\$110.18	\$162.98
Stepping Out Sa 6pm		\$180.00	Unidentified - Starbucks		\$21.00
St. Francis Men's Group		\$61.49	Valencia Smokefree F 6pm		\$325.80
Stonestown Group M 8pm	\$64.30	\$223.31	Walk Of Shame W 7:30pm		\$99.51
Sunday Bookworms Su 7:30pm	\$64.62	\$217.62	Waterfront Group Su 8pm		\$387.60
Sunday Morning Gay Men's Stag Su 10:30am		\$1,243.90	We Care Tu 12pm	\$119.59	\$344.65
Sunday Night 3rd Step Group Su 5pm		\$56.40	Wednesday Sunrise Smokefree Wed. 7am		\$60.00
Sunday Night Castro SD Su 7:30pm		\$469.24	We Really Do Meditate Sa 10:30am		\$96.00
Sunday Rap Su 8pm		\$57.00	Weekend Worker Sa 7am		\$54.00
Sunday Sober Sunday 11:30am	\$42.35	\$42.35	West Portal W 8:30pm		\$155.15
Sunday Wawona Su 8pm		\$320.00	Wits End Step Study T 8pm		\$32.19
Sundown W 7pm		\$318.00	Women's AA W12:05pm		\$51.00
Sunrise Sunset Women's Step Th 5:45		\$120.00	Women's Kitchen Table Tu 6:30pm		\$621.08
Sunset 9'ers Mon.		\$493.51	Women's 10 Years Plus Th. 6:15pm		\$255.00
Sunset 9'ers F 9am		\$229.00	Women Who Drank Too Much Tues. 6pm		\$88.68
Sunset 9'ers Sa 9am		\$1,228.66	Work in Progress Sa 7pm		\$213.59
Sunset 9'ers Sun.		\$90.00	<b>TOTAL SF CONTRIBUTIONS</b>	<b>\$6,265.59</b>	<b>\$60,040.38</b>
Sunset 9'ers Th 9am	\$59.91	\$550.80			
Sunset 9'ers Tu 9am		\$202.64	<b>TOTAL ALL CONTRIBUTIONS</b>	<b>\$10,597.17</b>	<b>\$96,584.60</b>

# **IFB Summary** (Continued from page 12)

that a new meeting needs and also a packet for newcomers, or they may decide to come up with a list of items to include. The next committee meeting is Wed., Nov. 19, at Central Office at 6:30 PM.

*The Point* Committee: No report. The Committee meets the second and fourth Tuesday at 5:00 PM at Central Office.

Orientation Committee: No report. The next orientation will be Wednesday, November 26, 6:30 PM at Central Office.

Website Committee: A written report was submitted and Dan Z. highlighted business items of the committee. Proposed new features of the web site were prioritized based on the importance to Central Office, feedback from the IFB and AA members in general, and technical difficulty and cost for implementation. The committee is now in the process of gathering ideas for general graphic design and presentation of the web site content. The next meeting will be Thursday, November 20, at 6:15 PM at Central Office.

Schedule Committee: No report.

12<sup>th</sup> Step Committee: No report. The next meeting is Wednesday, November 12, at 6:30 PM.

Special Events Committee: Dave B., chair, reported that the committee is

working on a "Mission Statement" which they will publish in *The Point*. The first planned event will probably be in February, maybe a Valentine's Day dance; they are also going to talk with the COC about a proposed secretary/treasurer workshop. They also want to explore with the web site Committee ways to publicize events, possibly with a link on the home page for Special Events.

Special Needs Committee: David P. reported that the committee is continuing to develop resources especially working on ASL and consulting with Deborah D., PI/CPC chair, to get the word out to the community. They want to settle this and address other issues such as needs for members with physical disabilities and childcare. The next meeting will be December 3, 5:30 PM, at Mel's Diner, 3355 Geary Blvd., San Francisco.

## D. IFB Standing Committee Reports

1. SF Teleservice: Peter M., chair, submitted a written report and informed us that the committee has a new e-mail address through Central Office: [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org). Teleservice is in need of new volunteers. They also need two daily coordinators for the Saturday and Sunday shifts. The next meeting is November 17 with orientation at 6:30 PM and the monthly meeting at 7:00 PM.

(Continued on page 14)



**IFB Summary** (Continued from page 13)

2. PI/CPC: A written report was submitted. Highlights: SF PI/CPC held a speaker workshop at 10 AM as part of the Unity Day on Saturday, Oct.

18. SF PI/CPC was asked to have a table at Spirit of San Francisco. Though they were pleased to carry the message, they objected to volunteers being asked to pay an admission fee to do AA service. PI/CPC wants discussion about this issue before they will participate in future Spirit of San Francisco events. The next regular committee meeting is the second Monday, Nov. 10, at 7:00 pm, at Central Office.

**E. Non -IFB Liaison Reports**

1. General Service, SF: A written report was submitted by Russell G. The fall inventory assembly was November 1 in Calistoga and the theme was "Area Inventory." Group treasurers are asked to put the group name and number on checks; their prudent reserve goal has been met. GSRs discussed topic - "The Negative Response to General Service."

2. General Service, Marin: no report.

3. Teleservice, Marin: Dave M. announced that in December Marin County Teleservice service positions roll over. There will be two introductory meetings to discuss these great service opportunities: November 18 and November 25 at 7:30 PM at the Alano Club, Lincoln Avenue. For additional information, check out the web site [www.marintelesevice.com](http://www.marintelesevice.com) and the ad, page 5, in *The Point*.


4. PI/CPC, Marin: No Report.

5. Bridging the Gap: No report.

6. H & I: No report.

7. Spirit of San Francisco: Peter M. thanked everyone for their help and participation with the October conference. Registration was a little down and probably next year's conference will again be scheduled for Labor Day week-end. That volunteers should not have to pay a registration fee was clarified and the registration policy will be reviewed and implemented for next year. Any comments or feedback about the conference, please see Peter. The committee is sponsoring a fundraiser on New Year's Eve 2003 8-9PM Open AA Speaker Meeting (Free) and 9PM to 1AM Dance Mix (Tickets \$20) at St. Mark's Church, Urban Life Center, 1111 O'Farrell @ Gough.



The next IFB meeting will be held Wednesday, December 3, at First Unitarian Universalist Church, 1187 Franklin at Geary, San Francisco, at 7 pm. 

# One Alcoholic Talks With Another

by Michele F.

"I need a commitment."

"Have you thought about signing up for a Twelfth Step Shift?"

"What's a Twelfth Step Shift?"

"That's where you pick one day a month, say, the third Tuesday, and call up the Teleservice Worker just after six in the evening and tell them you are available for the next three hours if the hotline gets a request for a Twelfth Step call."

"I thought they already had a list of people who are signed up for Twelfth Step calls."

"Sure, Central Office keeps a list of people who have volunteered to make Twelfth Step calls, but sometimes the Teleservice worker can spend half an hour trying to find a volunteer who's actually home and available to make the call. But the Twelfth Step Committee has started a schedule of volunteers, from six to nine p.m. every night, to go out on the Twelfth Step calls"

"Well, how often do requests come in?"

"I would not exactly say the phone lines are burning up with requests from the still suffering alcoholic, but we'd like to be able to quickly hook that person up with a sober member of AA."

"I don't know, man. Sounds like I'll just be waiting by the phone. Boringggg!"

"Well, it does have the potential to be a really mellow commitment, that's true. Some people hold meetings at their house while waiting for the phone to ring."

"That's cool."

"It's very cool. And some AA's are talking about having a bunch of regulars at an established meeting on call. One of them can take a call on a cell phone, grab a buddy, go pick up the alcoholic and bring him or her to the meeting or to fellowship afterward."

"Keep talking."

"Or you could just invite a bunch of your sober friends over for dinner or movies or cards or whatever, with the understanding that you all may be interrupted for some very intense Twelfth Step work."


"I keep hearing about how amazing it is to go on Twelfth Step calls."

"And if you sign up for a Twelfth Step shift you will start talking about them, instead of thinking that kind of service action is for some other AA, not you."

"All right, all right. How do I sign up?"

"Piece a cake. Just go to a Twelfth Step Workshop. They're held every three months at Central Office or in Marin. Call Maury at the Central Office to find out when the next workshop is."

"Okay, I will."

"And hurry, already, half of the month's days are full." As soon as all the six to nine shifts fill up they'll add another time slot." 

# Financial Statement

SEPTEMBER 2003 - Intercounty Fellowship of AA

	Sep 03	Jan - Sep 03
Ordinary Income/Expense		
Income		
Group Contributions	10,597.17	96,702.18
Individual Contributions		
Honorary Contributions	1,150.00	2,220.00
Individual -Unrestricted	1,108.00	7,389.60
Individual Contributions - Other	0.00	59.48
Total Individual Contributions	2,258.00	9,669.08
Gratitude Month		
Gratitude Month -Individual	0.00	20.00
Gratitude Month-Groups	0.00	2,223.63
Total Gratitude Month	0.00	2,243.63
Newsletter Subscript.	96.00	982.00
Sales - Bookstore	6,467.37	60,799.49
Total Income	19,418.54	170,396.38
Cost of Goods Sold		
Cost of Books Sold	4,937.46	44,248.12
Total COGS	4,937.46	44,248.12
Gross Profit	14,481.08	126,148.26
Expense		
Bad Checks	0.00	0.00
Employee Expenses		
Wages & Salaries	6,750.00	58,448.12
Employer Tax Expenses	543.15	5,977.60
Benefits/Pension	664.00	5,803.00
Retirement/Annuity Expense	0.00	0.00
Workers Comp Ins.	-305.35	661.42
Total Employee Expenses	7,651.80	70,890.14
Bank Charges		
Cr Card Fees	74.50	711.86
Bank Charges - Other	34.30	176.70
Total Bank Charges	108.80	888.56
Equipment Lease	691.58	5,212.36
Filing/Fees	0.00	316.14
Insurance	100.55	915.07
Internet Expense	9.95	248.30
Miscellaneous Expense	0.00	245.94
Office Supplies	646.76	3,071.36
Postage		
Bulk Mail	200.00	905.15
Postage - Other	0.00	604.16
Total Postage	200.00	1,509.31
Shipping	13.77	160.18
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	31,128.75
Rent - Other	50.00	730.00
Repair & Maintenance	150.00	1,785.39
Security System	0.00	301.50
Special Events	91.14	91.14

	Sep 03	Jan - Sep 03
Telephone	391.49	4,701.08
Travel	0.00	199.00
Training	0.00	60.00
Utilities	233.47	1,681.36
Uncategorized Expense	0.00	0.00
Total Expense	13,798.06	125,666.35
Net Ordinary Income	683.02	481.91
Other Income/Expense		
Other Income		
Interest Income	37.36	521.21
Total Other Income	37.36	521.21
Other Expense		
Depreciation Expense	105.42	1,146.22
Total Other Expense	105.42	1,146.22
Net Other Income	-68.06	-625.01
Net Income	614.96	-143.10

The Point Committee meetings are for present and prospective committee members. The Point Committee meetings are working meetings. They are not to be used as a forum for voicing opinions on content of the newsletter 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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**December 2003**

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