

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

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

The Point

January 2004

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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The Point

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Fellowship Board, the Central
Office, or *The Point* Editorial
Committee. Letters and articles to
help carry the A.A. message are
welcomed, subject to editorial
review by *The Point* Committee.

Shyness and Alcoholism

by Cindy W.

Last spring I took a course entitled, "The Psychology of Shyness and Self-Esteem." I took the class for personal "recovery" reasons—I have struggled with self-esteem issues since childhood. As we studied shyness, identifying it as a key element underlying low self-esteem, I began to realize just how much this character trait has affected my life.

Pick up a copy of our AA pamphlet, "The Twenty Questions...Are You an Alcoholic?" Question number three asks: "Do you drink because you are shy with other people?" And Question number nineteen: "Do you drink to build up your self-confidence?" Years ago when I took this test, I answered yes to both of these questions (along with most of the others!) It appears that shyness and low self-esteem are common traits for alcoholics.

I never actually labeled myself "shy." I knew that I was distrustful of people, had an intense fear of criticism, and though I pretended everything was fine, often experienced anxiety, and always felt like an outsider. As a child, I was considered the "not shy one" while my three sisters were labeled "shy." But because I was told I was "not shy" I felt there was something else very wrong with me, for which I didn't have a name. Later I began to call myself "neurotic" and "crazy."

In class we defined shyness as "an affective behavioral syndrome, characterized by social anxiety and interpersonal inhibition that results from the prospect or presence of interpersonal evaluation"...in other words, a fear (distrust) of people due to the fear of being negatively evaluated (criticized). Bingo! That's me. We further defined two types of shyness: the publicly shy person, and the privately shy person. The publicly shy is the one who doesn't say much, who tries to hide in the crowd, for fear of appearing inadequate ("I'm funny looking; I'll make a fool of myself.") The privately shy is harder to identify; they may even appear boisterous, but inside they *feel* inadequate and fear being "found out" ("If they knew the real me, they would know I'm a loser.") For both types, the primary characteristic is extreme self-consciousness (self-centeredness.) Besides the discomfort of the physical symptoms of anxiety (stomach butterflies, blushing, trembling, etc.), shyness can impair initiation and continuation of relationships as well as interfere with educational and occupational goals, resulting in disappointment, frustration and depression. At its most extreme, shyness may be clinically diagnosed as "social phobia" when it results in avoidant behavior and impairs a person's

(Shyness continued on page 6)

Central Office
Special Worker
Job Opening
See insert or visit our
website at www.aasf.org

January 2004....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Visit our website at: www.aasf.org.</p> <p>You'll find meeting schedules for Marin and San Francisco, our Service Meeting calendar, Trusted Service Registration Group Information Forms and much more!!!</p>				<p>1</p> <p>Central Office Closed</p> <p>Happy New Year!!</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6 <u>FIRST TUE</u> Special Events Committee Central Office, 1821 Sacramento San Francisco 7:30 pm</p>	<p>7 <u>FIRST WED</u> Special Needs Committee Diner, 1050 Van Ness Ave. 5:30pm Intercounty Fellowship Board (IFB) 1187 Franklin St., San Francisco 7pm</p>	<p>8</p>		
<p>11</p>	<p>12</p>	<p>13 <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</p>	<p>14 <u>SECOND WED</u> 12th Step Committee Central Office, 1821 Sacramento San Francisco 6:30 pm</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>18 <u>THIRD SUN</u> Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm</p>	<p>19 <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</p>	<p>20 <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm</p>	<p>21 <u>THIRD WED</u> Literature Review Committee Central Office, 1821 Sacramento San Francisco 6:30 pm</p>	<p>22 <u>FOURTH THU</u> WEBSITE COMMITTEE Central Office, 1821 Sacramento San Francisco 6:15 pm Marin PI Committee 1360 Lincoln Ave (Alano Club) San Rafael 7:15 pm</p>	<p>23</p>	<p>24 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon</p>
<p>25 <u>LAST SUN</u> Living Sober Convention Committee 1668 Bush SF 5:30 pm</p>	<p>26</p>	<p>27 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm</p>	<p>28 <u>LAST WED</u> IFB Orientation Central Office, 1821 Sacramento San Francisco 6:30 pm</p>	<p>29 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento San Francisco Orientation: 7:15 pm Regular Meeting: 8 pm</p>	<p>30</p>	<p>31</p>

COMING EVENTS

2004	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.
January 14	12th Step Workshop, Central Office, 1821 Sacramento St. San Francisco, CA 415.674-1821
January 18	PI/CPC Annual Meeting and Speaker Workshop, Fort Mason, Building C, Rm. 370, 415.674-1821
January 18	Pie & Ice Cream Social, St. Finn Barr Church, San Francisco, CA
January 31	A Bingo Extravaganza!, Old First Church, San Francisco, CA david@turnershouse.net
Feb. 13-15	ACYPAA Round-up, Oakland Marriott City Center, Oakland, CA www.acypaa.org
February 27-29	Spring Fling, Memorial Auditorium, Sacramento, CA www.sacspringfling.org
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.



January
2004

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This Month in A.A. Trivia January

1. Which one of our Co-founders had a dog named Roger?
2. Before we had cassette tapes and CDs, how did we listen to speakers at home?
3. AA gave the one-millionth copy of the Big Book to whom?
4. Which one of our Co-founders had tattoos?

again
recordings 3. Richard Nixon 4. Dr. Bob,
1. Dr. Bob 2. Record albums made from wire



MEETING CHANGES

New Meetings

Tue 7:30 pm San Rafael

HOPE STEP GROUP—100 Marin Center Drive #38 (Cl, SS)

Meeting Changes

Mon 8:00 pm Greenbrae

MONDAY NIGHT WOMEN'S GROUP — 1251 S. Eliseo St. (was 127 King St.)

Fri 8:30 pm Cathedral Hill

FRIDAY ALL GROUPS — 1101 O'Farrell St., Urban Life Center (was 1111 O'Farrell St., St. Mark's Church)

Mon 12:10 pm Financial

EMBARCADERO STEPS & TRADITIONS — 201 Spear/Howard (was Monday Steps & Traditions, added Di, wh)

Tue 12:10 pm Financial

EMBARCADERO REFLECTIONS — 201 Spear/Howard (was Tuesday Reflections, added Bk, Di)

Wed 12:10 pm Financial

EMBARCADERO AS BILL SEES IT — 201 Spear/Howard (was Embarcadero Group, added Bk, Di)

Thu 12:10 pm Financial

EMBARCADERO BIG BOOK 201 — Spear/Howard (was Mocha Group, added BB, Di, wh)

Fri 12:10 pm Financial

EMBARCADERO GRAPEVINE 201 — Spear/Howard (was Point Blank, added Bk, wh)

No Longer Meeting

Sat 10:00 pm Mission

LATE SATURDAY NIGHT — 2900 24th Street

Wed 1:15 pm Ingleside

SOBER AT CITY — CCSF Student Union

Fri 6:00 pm Novato

THE YOUNG AND THE RESTLESS — 1007 Simmons Lane, Pioneer Park

Reported Missing

Sun 7:30 pm South of Market

HAWKS PIPE GROUP — 450 Harrison St., Sailor's Union

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!

SERVICE OPPORTUNITIES !!!

A.A. Public Information/Cooperation with the Professional Community has but one ultimate goal, and it is the same as every A.A. group and type of service work: to carry the message to the alcoholic who still suffers.

PI/CPC attempts to reach the alcoholic indirectly, as well as directly, in three ways:

- A. Informing the general public about the A.A. program;
- B. Informing the "third party," whose work is or may be involved with the active alcoholic;
- C. Keeping the fellowship well-informed so that members and groups may carry the message more effectively.

*January is a great month to get involved with the Public Information committee.
The annual meeting is this month! See the flyer on page five for more information.*

CONTRIBUTIONS

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

ONGOING MEMORIALS

*Bob
R. W.*

ANNIVERSARIES

Lisa C. — 3 Years

Endless Summer

Alexis — 1 Year

Hans — 1 Year

Rebecca — 1 Year

Joanna — 1 Year

Steven — 1 Year

Liz — 2 Years

Aaron — 2 Years

Christina — 2 Years

Shannon — 5 Years

Armando — 5 Years

Leslie F. — 9 Years

Group Speakers for January 2004

TUESDAY DOWNTOWN

1101 O'Farrell, Urban Life Center, San Francisco
Tuesday, 8:00 pm

DATE	SPEAKER	HOME GROUP	DOS
1/06/04	Angie S.	Mid-morning support	05/20/92
1/13/04	Bob S.	Nursery Group III	09/02/83
1/20/04	Tamara B.	Folsom Big Book	05/29/89
1/27/04	Limbo B.	Folsom Big Book	01/01/91

FRIDAY ALL GROUPS

1101 O'Farrell, Urban Life Center, San Francisco
Friday, 8:30 pm
Signed for the hearing impaired

DATE	HOST GROUP	SPEAKER	HOME GROUP
1.2.04	Terra Linda	Jean C.	All Groups
1.9.04	Join the Tribe	Timojhen M.	Sesame Step
1.16.04	Seven Seas	Julia W.	All Groups
1.23.04	TBA	David S.	Sesame Step
1.30.04	TBA	Bryan H.	All Groups

FOUR FORTY NINERS

Slovenian Hall, Vermont & Mariposa
Friday, 8:00 pm

January Speaker Chair:
Brad P.

DATE	SPEAKER
Jan. 2nd	Don B., Pleasant Hill
Jan 9th	Group Inventory
Jan 16th	Diana G., Berkeley
Jan. 23rd	Dr. Gill A., Mill Valley.
Jan 30th	TBA

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
JAN. 4th	BILL F.	SAN BRUNO
JAN.11th	ADAM A.	BRISBANE
JAN. 18th	KAREN.	SOUTH SAN FRANCISCO
JAN.25th	JEFF P.	SAN CARLOS



Intercounty Fellowship of
Alcoholics Anonymous

Twelfth Step Workshop

Wednesday, January 14 at 6:30 p.m.
Central Office

1821 Sacramento at Van Ness

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

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

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



SPEAKERS WANTED!!

PI/CPC WILL HOLD IT'S
ANNUAL
MEETING
&
SPEAKER
WORKSHOP

Carry the AA message to schools, professional organizations, the medical community, drunk driving classes, and into jails and prisons.

PI SPEAKER WORKSHOP at 1:00PM

(Speaker requirement: two years of continuous sobriety in AA)

Sunday, January 18, 2004

Fort Mason, Building C, Room 370

(PI/CPC Annual Business Meeting to follow)

For further information, call the Central Office: 674-1821

(Shyness, continued from page 1)

daily functioning. Studies have indicated a correlation between social phobia and alcoholism. While alcohol is “the social lubricant” for the normal drinker, it’s a magic potion for the shy alcoholic. I remember when I first started drinking ...what a relief. I forgot the tangled mess of self-centered preoccupation on my imagined inherent inadequacies...for just a little while I seemed to escape from “the bondage of self.” Unfortunately, alcohol stopped working and drove me further into isolation.

The text we used in class was Philip G. Zimbardo’s “*Shyness – What It Is, What to Do About It*.” According to Zimbardo, the most characteristic trait of the shy person is extreme self-consciousness, or excessive preoccupation with self. I was reminded of page 62 in the Big Book: “Selfishness—self-centeredness! That, we think, is the root of our troubles.” It was interesting to realize that the emotional and cognitive manifestations of shyness mirror the experience of many alcoholics prior to their use of alcohol. Over and over, alcoholics report, “I felt I was inadequate, that I never fit in. I was lonely, sad, fearful, angry; I didn’t feel comfortable in my own skin.”


Just as with alcoholism, there are various theories of the origins of shyness: that it is inherited, that it is learned, that it originated in an overprotective or harsh family environment. Each theory has its advocates. My shyness derived from a combination of these factors. My Dad was an alcoholic, contributing greatly to the level of shame and anger I experienced. The predominant parenting technique was correction by severe criticism. My Mom was extremely shy. Did I inherit my shyness from my Mom and my alcoholism from my Dad? Did I develop a harsh internal critic due to child-rearing techniques? Did I learn to pick up a drink to solve my problems? For me, it doesn’t matter. What I need is a solution.

In “*Shyness*,” Philip Zimbardo states that the shy person is trapped in an inner mental world. Likewise, our Big Book states that “...the main problem of the alcoholic centers in his mind rather than his body.” For shyness and social phobia, a treatment considered highly effective is cognitive therapy. Cognitive therapy is based on the idea that beliefs lead to thoughts, which lead to emotions, which trigger

behavior. If beliefs and thoughts are distorted, then emotions and behaviors will likely be as well. Hence an examination of one’s major beliefs and thought distortions can lead to more accurate perceptions, helping to ease emotional reactions as we work towards learning new, more functional behaviors. As a member of AA, I realized that this is what we do when we work the Twelve Steps. Our program of recovery is based on the idea that we must change our attitudes and actions. We learn to do a written Fourth Step, listing our resentments and fears. This involves an honest assessment of the problem and identification of our role in contributing to it. With the help of our sponsor, we learn to identify various thought

distortions, such as blaming others, rationalization, magnification of our problems or minimizing our part. Then we get into action by taking responsibility for behavioral changes, which include forgiveness of self and others, making amends for past mistakes, practicing new principles such as honesty, tolerance, and

compassion. We learn to get out of our self-centeredness by working with others, and we learn new social skills by actively participating in the fellowship through friendship, service, and sharing at meetings. With new confidence and self-esteem gained by staying sober and continuing to practice our program, our lives begin to change.

I am not suggesting that the Twelve Steps are a cognitive/behavioral therapeutic method. I am only comparing it to that model, and I believe our program does include some of those elements, but transcends them. We know that in the end, “self-knowledge availed us nothing.” Our steps are spiritual in nature, which for me personally was the requisite missing link to a lasting sobriety, having had many years of therapy before I found AA and was finally able to stay sober. Like alcoholism, shyness is emotionally painful and distressing, but it does not have to be a life sentence. If you are a shy alcoholic, as I suspect many of us are, working the Twelve Steps can bring relief. The Ninth Step Promises tell us that fear of people will leave us. We can stay sober, and as an added benefit, we can begin to outgrow our shyness! 

Studies have indicated a correlation between social phobia and alcoholism. While alcohol is “the social lubricant” for the normal drinker, it’s a magic potion for the shy alcoholic.

Dear Alky

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



Dear Alky,

What is up with all the references to prayers in AA? I thought AA wasn't a religion, but I hear about the Third Step Prayer, the Seventh Step Prayer, and the Eleventh Step Prayer. Where are all these prayers and isn't that making AA a religion if it has official prayers?

Agnostic

Dear Agnostic,

You are right that AA is not a religion; it is a spiritual program. As it says in *Twelve Steps and Twelve Traditions*: "... Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. ... to get sober and to stay sober, you don't have to swallow all of Step Two right now. ... all you really need is a truly open mind." The main thing to remember is that there is a Higher Power and it isn't us.

Here are the prayers you asked about, and their opening lines: The Third Step Prayer is on page 63 of *Alcoholics Anonymous*, in *How It Works*: "God I offer myself to Thee – to build with me and to do with me as thou wilt. ..." If all the "thees" and "thous" bother you, just change them; it's only a suggestion. The Seventh Step Prayer is on page 76, in *Into Action*: "My Creator, I am now willing that you should have all of me, good and bad. ..." I love that part, that my Higher Power can get some usefulness out of my character defects. The Eleventh Step Prayer is in *Twelve Steps and Twelve Traditions*, at page 99: "Lord, make me a channel of thy peace – that where there is hatred, I may bring love ..." This is also known as the prayer of St. Francis. Every morning I try to say all of them, plus a Buddhist prayer I learned from a meditation teacher. A great way to start the day!

Sincerely, Alky

Dear Alky,

I have a co-worker who is also in AA. Three months ago she let me down by missing a deadline. She made an amends to me, apologized, and told me she would never miss a deadline again. Then she did it again. I covered for her, got my work done and talked to my sponsor. She told me not to rely on this person and to just do my work and move on. The problem is that she continues to miss deadlines and make my job harder. She apologizes and seems to believe that's enough. Why she doesn't get fired I don't know and I have turned that over, but I can't decide how to act toward her. What should I do?

Worker Bee

Dear Bee,

A common misconception about Step Nine is that to make amends means to apologize and nothing more. If you look up the word "amend" in the dictionary, it means "to correct" or "to improve" or "to remove the faults of." Somebody who apologizes but then continues the same behavior hasn't made an amends. So what do you do if your co-worker isn't working her program? Keep talking to your sponsor and pray to have your resentment removed. Think about praying for your co-worker too. Try to arrange not to work on projects with her. Keep turning it over to your Higher Power, but do the footwork to take care of yourself.

Fondly, Alky

Dear Alky,

The treasurer for my home group relapsed but he is still going to meetings and he didn't give up the commitment, even though our group conscience is that the treasurer be at least two years sober. He hasn't raised his hand as a newcomer or said anything at group level. What should I do?

Worried

Dear Worried,

Are you worried he won't stay sober or that he will abscond with the group's money? There are no rules in *Alcoholics Anonymous* about how much sobriety is required to be a treasurer, secretary, coffeemaker or any other commitment. AA's Second Tradition recommends that our Higher Power guide us, through the group conscience. You could ask him if he wants to tell the group about his relapse. But if he doesn't you should probably let it go, unless there is a problem with the treasury. Is the rent being paid? Is the coffee maker being reimbursed? Are the 60/30/5/5 contributions going out? If not, then you could raise it at group level. On the other hand, the treasurer's commitment may keep him coming to meetings. It would be a shame to take away that connection, without a good reason. One drunk's sobriety is more important than all the money in the world.

Yours, 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

Following is a list of the names and contact information for the IFB Officers and Chairpersons of most of the service committees.

If you are interested in doing service on a committee, or, if you wish to receive more information about a committee, please contact these committee chairs.

INTERGROUP OFFICERS:

CHAIR—

Danny F. dannyf112@earthlink.net

VICE CHAIR—

Marc D. 415.999-0290

TREASURER—

Patrick M. patrick_m30075@yahoo.com

RECORDING SECRETARY—

Janet B. 415.396-6125

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE—

Joe G. 415.350-0373

ORIENTATION COMMITTEE—

Bill R. 415.861-7355

LITERATURE COMMITTEE—

Doug F. 415.821-4049

SPECIAL EVENTS—

David B. David@turnershouse.net

SPECIAL NEEDS COMMITTEE—

David P. 415.606-6932

WEBSITE COMMITTEE—

Michael R. 415.392-0458

ARCHIVES COMMITTEE—

Ray M. ramus@prodigy.net

SF TELESERVICE COMMITTEE—

Peter M. sfteservice@aasf.org

SF PI/CPC COMMITTEE—

Deborah D. zorrah@well.com

12th STEP COMMITTEE—

Lisa K. 415.242-1004

The Committee

by Ben N.

The committee? When I hear that, I think of what is frequently heard in AA about “the committee in my head.” I certainly have a lot of experience with that, but it’s not the committee I have in mind now. I’m thinking of service committees in AA.

Our Intergroup Chair recently made the observation that “most of the work in AA is done in and by committees.” My experience would bear that out. Over the years, I have served on committees of many different types in AA. I have served on committees to put on conventions, 12th Step Committees, Teleservice Committees, AA newsletter committees, steering committees...Well, you get the idea; I have served on a lot of different types of committees.

Of course, each of those committees has different functions from the others. And, the committees all differ in size and degree of activity. That goes without saying. It’s the nature of the beast, so to speak. But, there’s one thing they all have in common: they each consist of a number of AA members who work cooperatively to achieve a task or goal that cannot be achieved by one or two people acting alone.

Another thing committees have in common is that the function they perform is a necessary function, necessary in fulfilling our primary purpose of staying sober and helping other alcoholics to achieve sobriety.

No matter how long an AA member has been sober or what his or her background and experience happen to be, there are committees that can benefit from that member’s service. Doing committee work also offers an opportunity for service with a “lower profile,” which many people prefer. And, best of all, committee work spreads out the responsibility and work among the members, not leaving it all up to one person.

Here in the San Francisco/Marin area, we have all sorts of committees that provide opportunities for service. To list a few, we have: Teleservice, 12th Step, *The Point*, Special Events, Special Needs, Website, Hospitals and Institutions, Bridging the Gap, Public Information/Cooperating with the Professional Community, Spirit of San Francisco Convention... I’m sure there are many more, and that they all offer the chance for gratifying service.

To find out more about what committees we have that are available for service, contact Central Office or ask your sponsor or others who have been around a while. I’ve enjoyed every committee I’ve served on, made lots of friends and stayed sober doing it. Give it a try.

You know you’re in AA when half the people
in your address book don’t have last names.



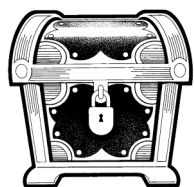
You know you’re in AA when the tape player
in your car has an AA speaker tape in it.



You know you’re an AA old-timer when you
own a Large Print edition of the Big Book.

TREASURES OF THE TWELVE & TWELVE

by Kenny K.



When published, the Big Book revealed the disease of alcoholism from the experience of the recovering alcoholic. Therein the Steps saw their first pages, and practical use of them to relieve was specifically shown. Of the Twelve Steps and Twelve Traditions, Bill wrote, “The book ‘Alcoholics Anonymous’ became the basic text of the Fellowship, and it still is. This present volume proposes to broaden and deepen the understanding of the Twelve Steps as first written in the earlier work.”

Remember the last time you dreamt of running your fingers through the precious filling of the treasure chest you had just found. Golden reflections of minted doubloons and coins, sparkling stones cut so perfectly to release ageless nature’s fire and priceless, one-of-a-kind artifacts forged with the care of a genius artisan – so much wealth to behold in an indefinable

moment of breathlessness. Spotting your favorite piece, you let the rest of the bounty slip from your hands. For that moment, it became the most beautiful of all these treasures. You admire it, adore it; you ponder its beauty, inspiration and its perfection.

Remember the last time you were reading your Twelve Steps and Twelve Traditions. You found just the phrase you were seeking, but not sure that you were even looking for it.

The Point is happy to introduce, ‘Treasures of the Twelve and Twelve.’ This twelve-month series follows previous offerings over the past several years: the Steps, Traditions and Concepts for World Service and Spotlight on the Ninth Step Promises. In this new series, members of the Fellowship share how they found hope, understanding, and serenity from simple, powerful phrases, sentences and questions presented us in the Twelve Steps and Twelve Traditions.

STEP ONE

My sponsor uses the Twelve Steps and Twelve Traditions to guide me in practical application of the Principles of the Twelve Steps. He told me to read Step One. (He’s really smart.) I read it and I read it again. I read it daily for over thirty days. I was newly sober again after having had fourteen years of continuous sobriety in Alcoholics Anonymous. (Please do not stop going to meetings, y’all.)

In the beginning, I just scanned really. I already knew this stuff, and this was just an exercise for me, anyway. Then one day, repetition brought its reward. From the first paragraph, “Every natural instinct cries out against the idea of personal powerlessness.” When I actually meditated on this sentence, I felt stunned. The absolute brevity of this sentence hit me hard. So my instincts were around long before I became a drunk. I was born with them, and they do not want to be numbed, nor can they be. So my problem, I began to understand, is how I transformed natural and instinctive responses into unforgiving demands placed upon life. “With glass in hand,” I poisoned my brain and body with booze, to live a cycle of shame and blame until the only way I could perceive was my own. This had to be undone, or I would never be sober or happy. By definition I could see this

would be a slow process.

In the text of Step One, a steady stream of absolutes hammered my denial. “Absolute humiliation... utter defeat... no enduring strength until we first admit complete defeat... devastating weakness and all its consequences... ultimately destroy ourselves... no such thing as the personal conquest of this compulsion by the unaided will... statistical fact... admission of hopelessness... fatal progression...” Describing my problem, the words just flew off the page, my eyes growing wider and wider where an understanding of my disease and the recovery solution was growing deeper and deeper.

Bill Wilson gets crafty by gingerly foreshadowing the nature of “the work.” I am convinced he knew we would be skimming by this paragraph. The last statements of Step One send me running to Step Two for some hope, he says, “Under the lash of alcoholism we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything...”

I was and I am. 

Excerpts reprinted from Twelve Steps and Twelve Traditions, pages 17 through 24, with permission of A.A. World Services, Inc.



A.A. On the Road: Come to Portland!

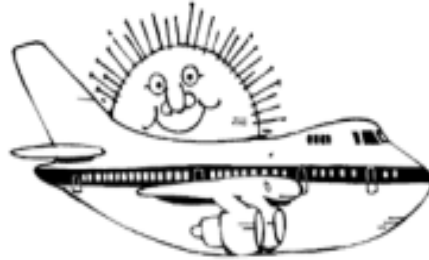
By Carol K.

Remember how AA began? Only a few months sober, Bill Wilson was traveling on business from New York to Akron, Ohio. Jittery and in fear business matters were not going well, Bill stood in the lobby of his hotel. At one end of the lobby a doorway opened into a cozy bar, filled with music and lively people. On the other side of the room was a directory of local churches. Wouldn't it be relaxing to sit in the bar among care-free people, sipping...ginger ale? Yeah, right! He opted instead to peruse the church directory, make a call, and find another alcoholic to talk to; that's how he met Dr. Bob. That fateful meeting took place in 1935. Today, a mere 70 years later, we sober alcoholics can travel safely, down the road, across the ocean, around the globe...on business or pleasure, and find A.A. meetings waiting for us practically anywhere we go.

In my opinion, the best plan is to find meetings before you leave home. How to go about doing that? Pay a visit to Central Office and pick up a free copy of the current directory, "*Central Offices, Intergroups, and Answering Services for*

the United States and Canada." Also available for \$1.80 is the "*International Alcoholics Anonymous Directory, Outside USA and Canada.*" There are also three booklets of listings for the Western United States, Eastern United States and Canada, of groups registered with AA World Services; these booklets list group names and a telephone number for a group contact person (usually the General Service Representative), available for just \$3.60 each. Online at the World Services website, www.aa.org, there is a list of Central Offices and Intergroups for the US and Canada, as well as international General Service Offices. Go to "Member Services," click the "Contact Local AA" tab, and follow instructions.

And if you travel locally or internationally on business or pleasure and have attended a meeting you'd like to share with prospective sober globetrotters, write to us at: Thepoint@aa.org. Meanwhile, we hope you enjoy the first installment of "AA On the Road."



Portland is a lovely small city in northern Oregon, bisected by the Willamette River and bordered by the Columbia River to the north. It is known for beautiful views of nearby Mt. Hood (when visible), lush green landscape, and...politeness! I once heard Portland described as a city pleased with being nice, and not aspiring to greatness at all. It fits.

My husband and I left San Francisco and moved here to Portland in August 2001. It was a good move for us, and we love Portland. I hesitate to recommend it to people as a place to move, though. Portland doesn't fit everyone! In fact, I'd say it is not a good fit for most people. And Portlanders like it that way.

First, there is the rain. Everything you have heard is true. It is relentless from mid-autumn to late spring. Going for 30 days without ever once seeing the sun is not unusual. Seasonal Affective Disorder is commonplace, and is particularly debilitating for people who suffer from depression. Plenty of people move away for this reason.

The weather people on TV get very excited whenever we achieve over 30 days of consecutive rain and are approaching the record. There is a perverse pride in the saturation of the Northwest. Today, I own "raingear", and lots of it.

The downturn in the economy has taken a terrible toll on Oregon and Portland in particular. Jobs are difficult to come by, and taxes are high. However, because Portland is not a mecca, there is usually plenty of parking. This brought me to tears when we first arrived. I still get choked up about it.

Portland loves visitors, and there is no sales tax at all. We would love for you to visit and spend your money! (Please, we need it so badly!) We have lots of Nice theater, Nice music, Nice art, Nice gardens...and Nice AA meetings. If you seek Greatness, Intensity, and Spectacular sights, however, try Seattle, a three hour drive to the north!

A.A. in Portland, Oregon:

<http://www.portland-aa.org/>

Hotline: 503-223-8569


(A.A. On the Road continued on page 11)

Who Moved My Cheese?

by Grant D.

Do you think that *The Point* should only review conference-approved literature? Or maybe you think that any work that inspires an alcoholic to stay sober and work a program should be considered for review? I believe both approaches are important. Building my program foundation on the Big Book and Twelve-by-Twelve (among others) has been vital to my sobriety. At the same time, my abilities to improve conscious contact with my Higher Power, to increase my understanding of the Steps, and to practice program principles have benefited tremendously from viewing my program through other lenses. Much of the self-help literature of the past fifty years draws liberally from ideas developed by the founders of AA. In some cases this non-approved literature has restated program messages so clearly for me that there was no mistaking the relevance of the message to my life - and so my program was reinforced. In other instances, the messages challenged my belief system, forcing me to evaluate my program and my path. Both circumstances strengthened my program and my practice of it.

Who Moved My Cheese? by Spencer Johnson, MD is a non-program book that helped me to examine how I practice my program on a daily basis. This short, simple (some would say simplistic) parable was a trendy self-help tool in the corporate world a few years ago and was pushed on dot-com workers losing their jobs. While no one would ever mistake this work for profound philosophy, it succeeds in conveying several basic program messages in ways that allow *this* drunk to view them from a new angle. The author uses 'cheese' as a metaphor for the things we seek in life: satisfying work, family, economic and emotional security, peace of mind, and connection with a Higher Power.

The characters in the story are faced with unexpected change; each deals with this in a different way. Several have the natural skills to adapt; they accept the change and move on with their lives. However, other characters lack these skills, and for them, adapting is far more difficult. The main protagonists are of this second type. Without the skills to meet their challenges, they face fear and self-doubt. They refuse to accept that old behavior no longer serves them. One steadfastly refuses to take any action and continues to live in denial and resentment. His fate is uncertain. The other, eventually motivated by fear and some inspiration he cannot explain, ventures into the unknown. His journey takes him along paths familiar to those in program. The book reinforces and presents in interesting new ways some of the messages that underpin recovery: letting go, turning it over, moving into action, keeping it simple, and the peace of mind that can come from acceptance of life on life's terms. I recommend this short, encouraging one-hour read to those who are looking for reinforcement of established program values for themselves or a sponsee. 

(Continued from page 10)

Carol's Portland Meeting Recommendations:

"Women's Night Out": Friday, 7:30 p.m. Northeast Portland Presbyterian Church, 1624 NE Hancock


This popular open women's meeting is located within walking distance of Lloyd Center Mall and the "MAX" public transit train. The meeting lasts from 7:30 until 8:45, with an ASL interpreter every third Friday of the month. The meeting usually takes place in a large, comfortable room with several couches and many folding chairs. If you want a comfy seat, come early! The speaker chairs the meeting, shares briefly, and then the room opens for discussion. Halfway through, there are announcements and chips to celebrate sobriety birthdays. Often an announcement will be made naming a cafe for socializing after the meeting. It is a friendly and diverse group, with lots of long-term sobriety as well as many newcomers.

"Tuesday Noon": Tuesday, 12:00 noon, Downtown Northwest Portland Standard Insurance Center

(Lower Level Conf. Rm.) 900 SW 5th

This high quality meeting is attended primarily by a loyal group of people who work downtown or are in town on business. This is a one-hour lunch meeting, and no beverages are provided; however, on the floor above is a good cafeteria where you can get beverages and your lunch to eat at the meeting. Seating is around a large conference table with overflow chairs at the perimeter of the room. If you want a good lunch seat, get there at least 5 minutes before noon. Due to late arrivals, it often fills up to capacity after it starts. There is a lot of long-term sobriety in the group. Centrally located, the meeting is easy to reach as long as you know where it is! Located at the bottom of the last escalator of the Standard Insurance Center at 5th and Taylor, the room is only identified by the circle and triangle symbol, taped on the door just before noon. There is almost no traffic outside of the conference room, so anonymity is assured. If you get there early, just wait. The secretary may blast in a minute before noon.

HIGHLY RECOMMENDED

(Introduction to "A.A. On the Road" by Cindy W.) 

AA Group Contributions - October 2003

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	Oct. '03	YTD	Group	Oct. '03	YTD
FELLOWSHIP CONTRIBUTIONS					
Brisbane Breakfast Bunch	\$44.40	\$263.90	Marin Newcomers M 8:30pm		\$206.00
Central Office Donation Box	\$54.60	\$617.95	Marin Sober Group F 8pm		\$122.50
Deer Park Discovery Group F 8pm	\$5.00	\$34.80	Marin Young People Fri. 8:30pm	\$145.66	\$145.66
IFB Meeting	\$86.49	\$925.61	Mill Valley 7AM Daily 7am		\$2,546.09
Marin General Service Unity Day	\$98.09	\$98.09	Mill Valley Discussion Wed 8:30pm		\$87.00
Marin Teleservice	\$700.00	\$2,200.00	Mission Fireside Group W 8:30pm		\$40.00
Marin Teleservice Spaghetti Feed		\$95.00	M. V. Original Smokeless Th 8pm		\$100.00
MCYPAA		\$9.18	Monday Blues M 6:30pm		\$121.88
Mendocino AA	\$20.00	\$20.00	Monday Night Meeting M 8pm		\$50.00
Mission Fellowship X-mas Potluck		\$30.00	Monday Night Stag M 8pm	\$681.00	\$1,856.00
Serenity Group - Alameda		\$44.13	Morning After Sa 10am		\$1,343.28
Spirit of SF NYE Event		\$191.06	Nativity Monday Night Big Book M 8pm		\$120.00
Stinson Beach Fellowship		\$223.00	Newcomers Step M 7:30pm		\$483.60
Sunday Step Study Su 4pm Pacifica		\$150.00	Noon Discussion Th 12pm		\$156.50
Unidentified Groups	\$673.34	\$789.34	Noon Hope F 12pm		\$288.18
We Are Not St. Francis		\$15.00	Noon Tu 12pm		\$538.58
Western Round-Up	\$2,231.51	\$2,231.51	Novato Basics Tu 8pm		\$143.00
TOTAL FELLOWSHIP CONTRIBUTIONS	\$3,913.43	\$7,938.57	Novato Big Book Tu 12pm		\$196.00
MARIN CONTRIBUTIONS			Novato Spirit Discussion Fr 12pm		\$353.90
11th Step Meeting M 8pm		\$276.91	On Awakening Daily 5:30am		\$560.00
12 & 12 Study Sa 8:15am		\$100.00	Primary Purpose W 8:30pm		\$413.00
7am Urgent Care Daily 7am	\$200.00	\$1,160.00	Rise N Shine Su 10am		\$219.22
Awakenings Sa. 8:30pm		\$280.00	Ross-San Anselmo M 8:30pm		\$82.88
Attitude Adjustment Hour Daily 7am		\$2,415.00	San Anselmo Fireside Meeting Su 8pm		\$81.12
Awareness/Acceptance M 10:30am		\$198.40	San Geronimo Valley Mon. 8pm		\$85.99
Back to Basics Sun. 9:30am	\$76.20	\$176.30	Saturday Serenity Sa 8pm		\$571.15
Blackie's Pasture Sa 8:30pm		\$1,177.66	Saturday Women's Speaker Sa 6pm		\$75.00
Caledonia Su 8pm		\$580.67	Serendipity Sa 11am		\$560.00
Candlelight Meditation Mon. 7:30pm		\$110.00	Sisters in Sobriety Th 7:30pm		\$175.00
Creekside New Growth Su 7pm		\$85.00	Six O'Clock Sunset Th 6pm		\$423.93
Crossroads Su 12pm		\$1,390.00	Sober & Serene Fri. 7pm	\$250.00	\$400.00
Day At At Time Daily 6:30am		\$600.00	Sober Mom's F 11:30am		\$74.73
Experience, Strength & Hope Sa 6pm		\$212.50	Spiritual Testosterone Men's Stag 8:30am		\$200.00
Freedom Finders F 8:30pm		\$425.24	Steps to Freedom M 8:30pm		\$563.79
Friday Night Book Fr 8:30pm		\$162.50	Steps to the Solution Wed. 7:15pm		\$90.00
Friday Night Unmanageables 8:30pm		\$144.00	Streetfighters Sa 9am	\$29.83	\$103.27
Gratitude M 12pm	\$146.75	\$480.67	Sunday Express 6pm		\$140.00
Greenfield Newcomers Sun. 7pm		\$160.00	Sunday Friendship 7pm		\$68.90
Happy Hour Th 6pm		\$212.50	Sunday Night Mill Valley Su 7:30pm		\$10.00
Happy, Joyous, and Free M-F 12pm		\$250.00	Survivors M 12pm		\$474.92
Intimate Feelings Sa 10am		\$100.00	Terra Linda Th. 8:30pm		\$500.00
Inverness Sunday Serenity 10am		\$60.00	Terra Linda Night Stag Th. 8pm		\$500.00
Island Group Th 8pm		\$111.00	Terra Linda Th 8:30pm		\$700.00
Keep It Simple Mon. 8:30pm		\$100.00	T.G.I'm Sober M 6pm	\$20.80	\$182.41
Living in the Solution F 6pm		\$622.92	TGI Tuesday Tu 6pm	\$21.60	\$131.40
Marin City M-F 6:30pm	\$90.00	\$340.00	T.G.I.F. F 6pm		\$42.60
			The Extra Support Group F 8:30pm	\$75.00	\$292.17

Contributions continued on p. 13

Group	Oct. '03	YTD	Group	Oct. '03	YTD
Three Step Group Sa 5:30pm		\$643.60	CLAADAAGH Sa 8:15pm	\$60.00	\$120.00
Thursday Night Speaker Th 8:30pm	\$520.00	\$2,387.00	Castro Discussion W 8pm		\$792.66
Tiburon Beginners Tu 7:10pm	\$323.50	\$814.50	Castro Monday Big Book M 8pm		\$355.03
Tiburon Haven Su 12pm		\$400.00	Civic Center Nooners M 12pm		\$134.00
Tiburon Tuesday Beginners & Closed		\$763.00	Cocanuts Su 9am		\$318.00
Tiburon Women's Candlelight W 8pm		\$33.51	Come N Get It F 6:30pm		\$119.63
Tuesday Smokeless Tu 8:30pm		\$1.28	Common Welfare Th 8pm		\$198.18
Tuesday Twelve Step 6:30pm		\$20.00	Compass Group W 9pm		\$206.00
Wednesday Mid-Week W 6pm		\$224.69	Creative Alcoholics M 6pm		\$260.14
Wednesday Night Candlelight W 8pm		\$77.00	Design For Living Sa 8am		\$884.36
Wednesday Night Speaker Discusion W 7pm		\$36.00	Each Day A New Beginning F 7am		\$1,018.58
Wednesday Noon W 12pm		\$236.00	Each Day A New Beginning M 7am	\$155.70	\$1,285.17
Wednesday Sundowners 6pm		\$56.00	Each Day A New Beginning Su 8am		\$225.89
Women On Monday M 7pm		\$105.61	Each Day A New Beginning Tu 7am		\$945.31
Women on Wednesdays 7pm		\$65.27	Each Day A New Beginning Th 7am		\$409.59
Women's Big Book Tu 10:30am	\$90.00	\$302.50	Each Day A New Beginning W 7am		\$786.58
Women's Step Study Group M 12pm		\$272.54	Early Start F 6pm		\$526.70
Working Dogs W 12:05pm		\$200.00	Early, Joyous & Free Th. 7am		\$60.00
TOTAL MARIN CONTRIBUTIONS	\$1,446.45	\$18,569.77	Easy Does It Tu 6pm		\$110.00
			Eleventh Hour Tu 1pm		\$100.00
SAN FRANCISCO CONTRIBUTIONS			Embarcadero Group We 12:10pm		\$70.35
7am As Bill Sees It Fri.		\$150.00	Endless Summer F 8:30pm	\$30.19	\$551.03
7AM Grab Bag M 7am		\$98.16	Eureka Step Tu 6pm	\$120.24	\$221.94
AA As You Like It Tu 5:30pm	\$172.11	\$259.95	Eureka Valley Topic M 6pm		\$878.29
AA Step Study Su 6pm		\$327.99	Faith, Hope & Charity F 12pm		\$120.00
A New Start F 8:30pm		\$371.52	Federal Speaker Su 12pm		\$475.34
A is for Alcohol Tu 6pm		\$211.96	Fell Street F 8:30pm		\$105.23
A Vision For You Su 6:30pm		\$26.11	Fell Street Step Su 8pm		\$13.70
A Vision For You II Tu 7:15pm		\$66.00	Fellowship of the Spirit Su 1:30pm		\$186.00
Acceptance Group M 5:30pm		\$155.00	Fireside Chat Sa 9pm		\$284.17
Afro Ameican Fr 8pm		\$240.89	Fireside Chat Th 8pm		\$352.43
After Work Mon. 6pm	\$23.65	\$23.65	Friday Big Book F 12pm		\$99.44
Alamo Square Su 7pm		\$120.00	Friday At Five F 5pm		\$195.27
All Groups (raffle) Fri. 8:30pm	\$25.25	\$25.25	Friday Knights		\$150.31
All Together Now Th 8pm	\$84.73	\$535.66	Friday Lunchtime Step F 12pm		\$280.00
Alumni Group W 8:30pm		\$74.75	Friday Morning 12 Steppers 7am		\$60.00
Amazing Grace M 7pm	\$107.80	\$548.20	Friday Night Womens Mtg. F 7:15pm		\$25.47
Any Lengths Sat. 9:30am	\$261.87	\$329.23	Friday Smokeless F 8:30pm		\$198.52
As Bill Sees It Sa 11am		\$147.60	Friendly Circle Su 7:15pm & 8:30pm		\$1,565.78
As Bill Sees It Th. 6pm		\$123.85	Friendship Group W 8pm		\$324.24
Back to Basics W 8pm	\$55.00	\$142.57	Garden Variety Sa 8pm		\$23.50
Beginners Step Study Sa 6:30pm		\$81.86	Gay Beginners Q&A F 7pm		\$108.00
Beginners Warm Up W 6pm		\$120.00	Greenhouse Meditation Sa 5pm		\$200.00
Bernal Big Book Sa 5pm		\$1,242.92	Gold Mine Group M 8pm		\$132.00
Big Book Basics F 8pm	\$103.50	\$566.69	Golden Gate for Seniors Tu 1:30pm		\$205.10
Big Book Study Sun 11am		\$131.67	Goodlands Su 2pm		\$45.76
Birthday Party Sharing Our Sobriety Sat. 7pm	\$36.40	\$36.40	Haight Street Blues Tu 6:15pm	\$165.27	\$474.35
Blue Book Special Su 11am		\$121.30	Haight Street Explorers Th 6:30pm		\$120.00
Boy's Night Out Tues. 7:30pm		\$180.00	Happy Hour F 6:30pm		\$164.18
Buena Vista Breakfast Su 12pm	\$155.00	\$333.54	Happy Hour Ladies Night Fri. 5:30pm		\$417.60
Bushwackers Sat. 9am		\$60.00	High Noon Friday F 12:15pm	\$262.24	\$1,003.61
BYOL Wed. 12:30pm		\$30.00			

Contributions continued on p. 14

Group	Oct. '03	YTD	Group	Oct. '03	YTD
High Noon Thursday Th 12:15pm	\$57.91	\$856.47	Potrero Hill Sunday Night 8pm	\$141.00	\$141.00
High Noon Tuesday Tu 12:15pm	\$171.01	\$1,129.48	Pure & Simple Group Su 6pm		\$92.66
High Noon Wednesday W 12:15pm	\$38.93	\$861.97	Richmond Big Book Study Th 7:30pm		\$200.36
Higher Power Lunch Group Th 12:10pm		\$51.46	Rose Garden Big Book Th. 12pm	\$15.97	\$233.15
High Sobriety M 8pm		\$298.35	Rule 62 Wed. 10pm	\$129.96	\$129.96
High Steppers W 7pm		\$374.67	Saturday Afternoon Meditation Sa 5pm		\$100.00
Hilldwellers M 8pm		\$420.00	Saturday Easy Does It 12pm		\$565.32
Home Group		\$127.20	Saturday Matinee Sa 2pm	\$60.00	\$300.00
Hoodlum Haven F 8pm		\$420.00	Saturday Night Regroup Sa 7:30pm		\$488.16
Hot Java F 11pm		\$150.60	Seacliff Th 8:30pm	\$17.06	\$179.06
How It Works Sa 2pm		\$234.06	Second Chance Th. 2:15pm		\$70.17
Huntington Square W 6:30pm		\$355.29	Serenity House Groups	\$200.00	\$900.00
Join the Tribe Tu 7pm		\$341.01	Serenity Seekers M 7:30pm		\$1,185.20
Joys of Recovery Tu 8pm		\$554.40	Sesame Step Tu 7:30pm	\$109.28	\$581.59
Keepin' It Real Th 6pm		\$423.50	Seven Seas Groups	\$60.00	\$60.00
Keep Coming Back Sat. 11am		\$805.70	Seven Seas Su 3pm		\$36.00
Keep It Simple Sa 8:30pm		\$124.36	Sinbar Sun. 8pm		\$321.05
Light Brigade Discussion Su 7pm		\$79.47	Sister's Circle Sun. 6pm	\$108.00	\$166.91
Light Steppers Su 7pm		\$180.00	Sober 5150's W 8pm		\$150.00
Like A Prayer Su 4pm		\$20.00	Sober & Centered F 7pm		\$140.43
Lincoln Park Sat. 8:30pm		\$279.00	Sobriety and Beyond W 7pm		\$159.87
Live & Let Live Sun. 8pm		\$50.87	Sometimes Slowly Sa 11am		\$220.35
Living Sober with HIV W 6pm		\$311.34	South Park		\$83.05
Luke's Group W 8pm	\$65.76	\$236.03	Step Talk Sun. 8:30am		\$113.18
Marina Discussion F 8:30pm		\$479.00	Stepping Out Sa 6pm		\$180.00
Marina Dock Daily 7am		\$15.00	St. Francis Men's Group		\$61.49
Meeting Place Noon F 12pm		\$105.30	Stonestown Group M 8pm		\$223.31
Mid-Morning Support Su 10:30am	\$220.48	\$3,477.18	Sunday Bookworms Su 7:30pm		\$217.62
Midnight Meditation Sa 12pm		\$33.90	Sunday Morning Gay Men's Stag Su 10:30am		\$1,243.90
Miracles Off 24th St.		\$50.00	Sunday Night 3rd Step Group Su 5pm	\$163.05	\$219.45
Mission Terrace W 8pm		\$128.22	Sunday Night Castro SD Su 7:30pm	\$219.60	\$688.84
Mocha Group Th 12:10pm		\$108.01	Sunday Rap Su 8pm		\$57.00
Monday at a Time Mon. 12:30pm		\$95.00	Sunday Sober Sunday 11:30am		\$42.35
Monday Beginners M 8pm	\$225.73	\$416.55	Sunday Wawona Su 8pm		\$320.00
Monday Men's Stag M 8pm		\$51.12	Sundown W 7pm	\$132.00	\$450.00
Monday Monday 12:15pm	\$121.87	\$471.14	Sunrise Sunset Women's Step Th 5:45		\$120.00
Monday Night Big Book 9pm		\$483.07	Sunset 9'ers Mon.		\$493.51
Monday Steps & Traditions M 12:10pm		\$55.20	Sunset 9'ers F 9am		\$229.00
Moscone Center After Work W 6pm		\$97.00	Sunset 9'ers Sa 9am		\$1,228.66
New Big Book Study Sa 11am		\$250.00	Sunset 9'ers Sun.		\$90.00
New Highs W 1:30pm		\$75.57	Sunset 9'ers Th 9am	\$158.84	\$709.64
New Hope Big Book M 6:30pm		\$196.37	Sunset 9'ers Tu 9am	\$166.93	\$369.57
Newcomers Tu 8pm		\$200.51	Sunset 9'ers Wed.		\$138.00
New Life W 7pm		\$30.73	Sunset 11'ers		\$20.00
New Wednesday High Noon		\$889.26	Sunset 11'ers Fri.		\$75.00
No Reservation M 12pm	\$51.60	\$252.27	Sunset 11'ers Su 11am		\$60.00
Noon Smokeless Th 12pm		\$133.45	Sunset 11'ers Mon 11am		\$155.00
One Liners Th 8:30		\$439.50	Sunset 11'ers Tu 11am		\$52.35
Parkside Th 8:30pm		\$180.00	Sunset 11'ers Th.		\$75.00
Pax West M 12pm		\$423.81	Sunset Sobriety Th. 7:30pm		\$222.00
Pax West Th. 12pm		\$144.06	Sunset Speaker Step Su 7:30pm	\$143.05	\$297.51
Pinehurst Tues. 7:30pm		\$138.65			

Contributions continued on p. 15

POINT IT OUT—Letter to the Editor

Hi.

I really enjoy reading The Point. Thanks. In the September 2003 issue Jeff O. reporting on the 2003 Assembly refers to three types of sponsorship: Recovery sponsorship is spiritual. Service sponsorship is principle based. Professional sponsorship is educational.

Could Alky or someone clarify what these types of sponsorship are and how they are different?

Friday High Noon


Dear Friday High Noon,

Great meeting and glad you enjoy The Point.

Most AAs think of sponsorship as the recovery variety. This is a spiritual relationship: one alcoholic helping another to work the 12 Steps.

After we have been sober a while we may want to take on a commitment outside a meeting, in General Service, for example. If you are a newcomer to this kind of service you should look for a service sponsor, someone who has experience, to show you the ropes and be available for questions.

Professional sponsorship is AA's way of reaching out the way Bill did when he called a doctor or a minister looking for a wet drunk to help – through Public Information, for example. AAs volunteer to speak to groups of doctors, lawyers or others with patients and clients who could benefit from the program of Alcoholics Anonymous. In each type of sponsorship we check in with another sober alcoholic while we carry the message to alcoholics still suffering.

Thanks so much for writing! 

The Intercounty Fellowship Board
Special Events Committee presents a:

BINGO
ganza!

Extrava-



Saturday, January 31, 2004

7:00 p.m. - AA Speaker Meeting

Danny F., I.F.B. Chair

8:00 p.m. – BINGO! (\$15.00 for 8 games)

Old First Church
Sacramento & Van Ness
San Francisco, CA

A chance to let go, have fun and support Central Office
More fun than you've had since you tried to marry
Virgil (or Virginia) in Vegas in a Blackout!
Aunt Earlene & Sister Pearlene's Deep Fried Fun!
Terrific Bingo Prizes!
Trailer Trash "Beauty" Contest
Bubba Eye for the Yuppie Guy Makeovers
Price is Kinda-Sorta Right

Get a carload of friends together 'cause, Darlin',
you don't have a thing to do that will match this!

Group	Oct. '03	YTD	Group	Oct. '03	YTD
Surf Tu 8pm		\$128.40	Waterfront Group Su 8pm	\$249.00	\$636.60
Sutter Street Beginners Sa 6pm	\$544.03	\$1,587.08	We Care Tu 12pm	\$120.01	\$464.66
Ten Years After Su 6pm		\$269.61	Wednesday Sunrise Smokefree Wed. 7am		\$60.00
Thursday Afternoon Step Study Th 1:30pm		\$233.31	We Really Do Meditate Sa 10:30am		\$96.00
Thursday Beginners Th 8pm	\$16.54	\$90.49	Weekend Worker Sa 7am		\$54.00
Thursday Night Women's Th 6:30pm		\$248.15	West Portal W 8:30pm		\$155.15
Too Early Sa 8am	\$228.22	\$1,413.40	Wits End Step Study T 8pm		\$32.19
Trudgers Discussion Sun. 7pm		\$280.00	Women's AA W12:05pm		\$51.00
Tuesday Night Step 7pm	\$24.00	\$54.00	Women's Kitchen Table Tu 6:30pm		\$621.08
Tuesday's Daily Reflections		\$106.12	Women's 10 Years Plus Th. 6:15pm		\$255.00
Tuesday Downtown 8pm		\$300.00	Women Who Drank Too Much Tues. 6pm		\$88.68
Twelve Steps to Happiness Fri. 7:30pm		\$66.00	Work in Progress Sa 7pm		\$213.59
Unidentified Group		\$162.98	TOTAL SF CONTRIBUTIONS	\$6,009.10	\$66,049.48
Unidentified - Starbucks		\$21.00			
Valencia Smokefree F 6pm	\$230.32	\$556.12	TOTAL ALL CONTRIBUTIONS	\$12,592.87	\$109,177.47
Walk Of Shame W 7:30pm		\$99.51			

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.

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

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A. IFB Reports

Chair's Report: Danny F. asked for another volunteer to join David B. as an IFB Liaison for the No. California Council of Alcoholics Anonymous (NCCAA) of General Service, which meets six times a year. Two volunteers are best. The Twelve Step Committee needs volunteer for its 12th Step Pilot Program (San Francisco only), which has daily shifts from 6 to 9 pm to assist Teleservice with 12th step calls. Reps should take this request back to their groups; this is a wonderful opportunity to carry the message.

Central Office Manager's Report: Maury P. reported that Peter M. was hired and trained as a part-time, temporary Special Worker and will fill in when needed. Trained COC members will also be used as temporary help when possible. The Holiday party for Central Office volunteers and IFB committee members will be Thursday, December 11, from 6 to 8 pm at Central Office. IFB members are asked to come and bring a potluck dish to share. Central Office will be closed on Christmas and New Years Day.

Central Office Committee: Joe G., Chair, informed the board that the COC discussed plans for the holiday party and ideas for the proposed secretary/treasurer workshop.

Treasurer's Report: Patrick M. submitted a written report of the balance sheet and profit and loss budget vs. actual through October. As of October we are running year to date 1.69% ahead of budget and have a healthy cash position. Patrick submitted the 2004 budget, which included a 7.6% increase to group contributions to balance the budget, and discussed the proposed budget line per line; the board voted to approve it.

C. Ad Hoc Committee Reports

Literature Review Committee: Doug F., Chair, reported that the committee has completed the pamphlet *For Beginners*. A Beginners Packet of literature will be put together to sell as one unit. They are considering a request to recreate the wallet card "Why We Were Chosen." Volunteers are needed

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(IFB Summary—Continued from page 16)

to write articles about AA literature for *The Point*. The next committee meeting is Wed., Dec. 17, at Central Office at 6:30 PM.

The Point Committee: Maury, acting Chair, talked about several new features—a monthly article on the steps from the “Twelve Steps and Twelve Traditions” and a feature called “AA on the Road”; written contributions are needed. The service articles for 2004 will begin by focusing on service at the committee level. Please consider writing an article. Also, encourage gift subscriptions and share your newsletter with your group. The committee meets the second and fourth Tuesdays at 5:00 PM at Central Office.

Orientation Committee: Bill R. reported that the December new member orientation will be cancelled. New members are encouraged to come learn about the IFB; literature will be given out at the next orientation Wednesday, January 28, 6:30 PM at Central Office.

Website Committee: Michael R. reported that they are working on the web site so the schedule can be downloaded and printed. The committee is gathering ideas for general graphic design and presentation of the web site content. The next meeting will be Thursday, December 18, at 6:15 PM at Central Office.

Schedule Committee: No report.

12th Step Committee: Lesley F. reported that the next 12th Step Workshop will be January 14 in lieu of the regular January committee meeting. Some people are rotating off the committee so new members are needed. There is no sobriety requirement for the 12 Step Pilot program but attending a 12 Step workshop is required.

Special Events Committee: Georgia L. standing in for Dave B. reported that the committee has finalized its Mission Statement and will publish it in *The Point*. They are planning a Special Bingo Event with a proposed date of January 31 and they are working with other members of the IFB to put together a Secretary/Treasurer workshop. Volunteers are needed. The next committee meeting is January 6 at 7:30 pm at Central Office.

Special Needs Committee: Dan P. reported that the committee is planning to write an article for *The Point* outlining special needs in the community and also a flyer for the hearing impaired to get the message out to the hearing impaired community. They are considering creating a hearing impaired awareness month.

D. IFB Standing Committee Reports

1. SF Teleservice: Peter M., Chair, submitted a written report and informed us that Teleservice is in need of new

volunteers. They also need one daily coordinator. Please let your groups know. The e-mail address through Central Office is sfteleservice@aasf.org. The next meeting is Monday, December 15 with orientation at 6:30 PM and the monthly meeting at 7:00 PM.

2. PI/CPC: A written report was submitted. Highlights: SF PI/CPC staffed an AA booth at the American Public Health Association convention November 17-20 at Moscone Center. The AA “Reach Out” spot ran on KGO Channel 7. The next regular committee meeting is the second Monday, Dec. 8, at 7:00 pm, at Central Office.

E. Non -IFB Liaison Reports

1. General Service, SF: Todd M. reported that General Service approved sending \$3,000 to GSO, approved a bid for the 2005 Fall Assembly at Solano County Fairgrounds, and reviewed the proposed 2004 budget for CNCA. GSO reports that the Grapevine is self-supporting for the first time in 11 years. The 2015 International Convention will be in Atlanta, Georgia. November was District Inventory; the 2003 District 6 Inventory will be kept on file at Central Office.

2. General Service, Marin: Shannon L. announced that their group discussed the Twelve Traditions and how to best “walk our talk” and carry the message. Some of the discussion centered on George E. Vaillant, M.D.’s article “About AA - Singleness of Purpose.”

3. Teleservice, Marin: Dave M. announced that there will be a steering committee meeting December 9 to accept nominations for the open service positions. December nominations will be ratified on December 16. Meeting will be held at the Alano Club, Lincoln Avenue.

4. PI/CPC, Marin: No Report.

5. Bridging the Gap: No report.

6. H & I: Georgia L. reported that people are stepping down and H & I needs help trying to get new H & I meetings started. Their next meeting is at Old First Church on December 18, with the Orientation at 7:15 pm and the regular meeting at 8 pm.

8. Spirit of San Francisco: Peter M. reported that Spirit of San Francisco will present New Year’s Eve 2003 with an Open AA Speaker Meeting (Free) from 8 to 9 pm and a Dance Mix (Tickets \$20) from 9 pm to 1 am at St. Mark’s Church, Urban Life Center, 1111 O’Farrell @ Gough.

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

SPECIAL NEEDS IN A.A.


Do you or someone you know want to go to AA meetings but can't, because meetings don't meet your special needs? Child-care? Interpreters for the deaf and hard of hearing? Braille books for the blind? Wheelchair accessibility?

The Special Needs Committee is here to serve you. The Special Needs Committee is part of the Intercounty Fellowship Board (IFB). The IFB recently funded an American Sign Language Interpreter for the Friday All Groups Meeting and needs help from all Marin and San Francisco AAs to spread the word that this service is available right now.

The Special Needs Committee also invites all AAs to let us know of meetings which are already reaching out to AAs with special needs – please tell us if your meeting has childcare, an interpreter for the deaf, reading materials for the blind and a wheelchair accessible meeting space.

If your meeting would like to become more available to AAs with special needs, please contact us and we will help you obtain the resources you need.


Or better yet, become an IFB Rep for your meeting and come to the monthly IFB Committee meetings. Participate in reaching out to the alcoholic who wants to come to AA meetings but may be discouraged. Help us guarantee that AA meetings are available to everyone.

Chairman, David P., 415-606-6932 

New Special Events Committee

For the past three months, a new IFB committee, the Special Events Committee, has been meeting with the goal of encouraging greater fellowship within San Francisco and Marin counties by organizing events and creating a means for groups to publicize their events. Much of our time has been spent brainstorming how to do this, and we are excited about the ideas and enthusiasm created so far. Our first event is planned for Saturday, January 31, 2004, at Old First Church, located at Sacramento & Van Ness in San Francisco. We will be having a fun event—a Bingo Extravaganza—that will begin with an AA Speaker Meeting; everyone is welcome! There is a flier in this issue of The Point (p. 15) with all the details.

Dave B. was elected Chairperson of our committee and Tedra M. is our Recording Secretary. We have members from both Marin and San Francisco on our committee and we are hoping to help with events that AA members will enjoy and find easily accessible. The Committee is currently also planning to work with other members of the IFB to put together a Secretaries/Treasurers' Workshop. Volunteers are needed for this event. (Chairs, Speakers, Outreach, etc.) The more experience we have, the better we can serve the fellowship. The proposed first workshop is for mid-March 2004. This will be a great chance to share your experience as a trusted servant!

Anyone interested in participating should contact Dave at 650.222-7227 or at david@turnershouse.net or attend the next Special Events Committee meeting to be held on Tuesday, January 6, 2004 at 7:30pm at Central Office, 1821 Sacramento St. near Van Ness. The Special Events Committee meets the first Tuesday of each month at Central Office. 

Special Events Committee Mission Statement

The Special Events Committee is an ad-hoc committee of the Intercounty Fellowship Board of Alcoholic Anonymous ("IFB").

This Committee was created to provide the IFB with suggestions and ideas in the form of special events (AA-related meetings, workshops, picnics, dances, etc.) designed to encourage fellowship and unity among AA groups in the San Francisco/Marin Fellowship and to generate interest and group participation in the IFB.

This Committee will design a system to coordinate AA-related special events in the San Francisco/Marin Fellowship to help prevent conflicting or competing events from occurring and to provide a system that facilitates communication and awareness between AA groups and members for all AA-related special events in the San Francisco/Marin Fellowship. This Committee will endeavor to support existing AA-related special events by serving as a centralized information point to increase communication between AA groups and the AA Fellowship as a whole.

**The Sinbar Group of
Alcoholics Anonymous will hold it's
annual Pie & Ice Cream Social**



This marks the meeting's 30th Anniversary!!

There will be a Speaker meeting at 8pm

Dessert and Ice Cream served at 9pm



January 18th, 2003 at 8:00 pm

415 Edna/Hearst at St. Finn Barr Church

Financial Statement

OCTOBER 2003 - Intercounty Fellowship of AA

	Oct 03	Jan - Oct 03		Oct 03	Jan - Oct 03
Ordinary Income/Expense					
Income			Rent - Office	7,042.50	38,171.25
Group Contributions	12,592.87	109,295.05	Rent - Other	50.00	780.00
Individual Contributions			Repair & Maintenance	214.98	2,000.37
Honorary Contributions	25.00	2,245.00	Security System	33.50	335.00
Individual -Unrestricted	401.00	7,790.60	Special Events	0.00	91.14
Individual Contributions - Other	0.00	59.48	Telephone	691.23	5,392.31
Total Individual Contributions	426.00	10,095.08	Travel	471.03	670.03
Gratitude Month			Training	0.00	60.00
Gratitude Month -Individual	0.00	20.00	Utilities	445.54	2,126.90
Gratitude Month-Groups	0.00	2,223.63	Uncategorized Expense	0.00	0.00
Total Gratitude Month	0.00	2,243.63	Total Expense	19,768.66	145,435.01
Newsletter Subscript.	150.00	1,132.00	Net Ordinary Income	-4,689.76	-4,207.85
Sales - Bookstore	7,444.45	68,243.94	Other Income/Expense		
Total Income	20,613.32	191,009.70	Other Income		
Cost of Goods Sold			Interest Income	35.93	557.14
Cost of Books Sold	5,534.42	49,782.54	Total Other Income	35.93	557.14
Total COGS	5,534.42	49,782.54	Other Expense		
Gross Profit	15,078.90	141,227.16	Depreciation Expense	105.42	1,251.64
Expense			Total Other Expense	105.42	1,251.64
Bad Checks	0.00	0.00	Net Other Income	-69.49	-694.50
Employee Expenses			Net Income	-4,759.25	-4,902.35
Wages & Salaries	6,833.34	65,281.46			
Employer Tax Expenses	549.53	6,527.13			
Benefits/Pension	664.00	6,467.00			
Retirement/Annuity Expense	0.00	0.00			
Workers Comp Ins.	0.00	661.42			
Total Employee Expenses	8,046.87	78,937.01			
ASL Expense					
ASL- Net- Fri All Grps	1,085.40	1,085.40			
Total ASL Expense	1,085.40	1,085.40			
Bank Charges					
Cr Card Fees	94.70	806.56			
Bank Charges - Other	30.00	206.70			
Total Bank Charges	124.70	1,013.26			
Equipment Lease	565.10	5,777.46			
Filing/Fees	0.00	316.14			
Insurance	100.55	1,015.62			
Internet Expense	0.00	248.30			
Miscellaneous Expense	0.00	245.94			
Office Supplies	829.67	3,901.03			
Postage					
Bulk Mail	0.00	905.15			
Postage - Other	75.00	679.16			
Total Postage	75.00	1,584.31			
Shipping	-7.41	152.77			
Printing	0.00	1,280.77			
Professional Fees					
Computer Consulting	0.00	250.00			
Total Professional Fees	0.00	250.00			

The Point
Subscription Form
\$6.00 for one year — 12 issues!!!
(Please circle one)
NEW RENEW GIFT
PLEASE MAKE CHECK PAYABLE TO :
INTERCOUNTY FELLOWSHIP OF ALCOHOLICS
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Central Office 1821 Sacramento St.
San Francisco CA 94109-3528 ☎(415) 674-1821



January 2004

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