

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

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

The Point

March 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.

Sober in Dublin

by Seamus M.



I arrived back in Dublin after an absence of 18 months—a tumultuous period in which I bottomed out badly in New York, found myself in Hawaii, then quit the bottle and joined AA in San Francisco.



My mother met me at the airport. She eyed me warily. I could tell that she wasn't quite sure what to expect. My escapades had worried her and my father. I had called from New York to inform them that I was going to Hawaii and was not going to complete my final year in college. Despite their protestations, I headed off without a doubt that if I returned to Dublin, I would end up in St. Patrick's psych ward for sure. My mother was confused when I called from San Francisco to tell her that my problem was alcoholism and that I had joined AA. She was concerned; she didn't quite trust this "AA thing" that had taken two of her sons. She would have preferred that I had taken the Pledge, "swore off" forever and returned to the Church.



On the bus heading home, I took it all in. Dublin was the same derelict and decrepit city of the late '80s that I'd left behind, but I had changed. Everything seemed to have a new quality, an extra dimension. I caught the smell of hops from Guinness's brewery that seemed to emanate over the entire city. I asked myself why I had never noticed it before. All my senses were alive, and I realized how dead I had been.

I had little to say to my Dad when I got back home. We made the usual chitchat. We discussed the flight, the weather, how so-and-so was doing. I was not about to try to describe and explain the major life changes that my time in America had wrought. We didn't have that type of relationship.

I couldn't wait to get into the city. I wanted to catch up with old acquaintances. "First things first"—I needed a meeting. With only six months of sobriety under my belt, I knew that I would surely be struck drunk. I called Dublin Central Office and got directions to a meeting on the North Side of the city near my college.

I made my excuses and headed into town. Meetings at Sherrard Street are held in a basement beneath the Pioneer Association's head office; I couldn't miss the place. After entering a small smoke-stench room, I was offered a cup of milky tea as the meeting got underway. This was not the AA I'd left behind in California. As a 21-year-old, I was at least a decade younger than the other five members present. The

(Continued on page 6)

March 2004....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 FIRST MON Spirit of San Francisco Committee Central Office, 1821 Sacramento San Francisco 7 pm	2 FIRST TUE Special Events Committee: Central Office, 1821 Sacramento San Francisco 7:30 pm	3 FIRST WED Special Needs Committee: Diner, 1050 Van Ness Ave., San Francisco, CA 6 pm Intercounty Fellowship Board Orientation 6 pm Meeting 7 pm 1187 Franklin St., San Francisco, CA 7 pm	4	5	6
7	8 SECOND MON SF Public Information Committee Central Office, 1821 Sacramento San Francisco 7 pm	9 SECOND TUE 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	10 SECOND WED 12th Step Committee Central Office, 1821 Sacramento San Francisco 6:30 pm	11	12	13
14	15 THIRD MON 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	16 THIRD TUE San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm	17 THIRD WED Literature Review Committee Central Office, 1821 Sacramento San Francisco 6:30 pm	18	19	20
21 THIRD SUN Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm	22	23 FOURTH TUE Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	24	25 FOURTH THU WEBSITE COMMITTEE Central Office, 1821 Sacramento San Francisco 6:15 pm Marin PI Committee 1360 Lincoln Ave (Alano Club) San Rafael 7:15 pm LAST THU SF H&I Old First Church, 1751 Sacramento San Francisco Orientation: 7:15 pm Regular Meeting: 8 pm	26	27 FOURTH SAT General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon
28 LAST SUN Living Sober Convention Committee 1668 Bush SF 5:30 pm	29	30	31			

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.
March 6	11th Annual Marin County Teleservice Spaghetti Feed, Masonic Lodge, 1010 Lootens Place, San Rafael, CA; 5:30pm: Doors Open, 6pm: Dinner, 7pm: Ask-it-Basket, 8pm: Speaker Meeting; \$5 suggested donation.
April 9-11	North Shore Round-Up, Hyatt Regency Hotel, Vancouver, BC, CANADA www.northshorroundup.com
April 16-18	17th International AA Men's Conference, Marriott Oak Brook Hotel, Chicago, IL
April 17	Dance The Night Away!, Women's Building, 3543- 18th St. 7pm Speaker Meeting/ Dance to Follow; Bake Sale.
April 23	Mission Fellowship Anniversary Meeting and Potluck, 2900 24th St. (see p. 10 for more details)
May 14-16	20th Annual Tri-State Round-Up, Riverside Resort Hotel & Casino, Laughlin, NV, www.tristate-roundup.com
June 4-6	Sunset Round-Up 2004, Holiday Inn Beachside, Key West, FL www.sunsetroundup.com

Secretaries: Please make these announcements:

Pages two and three list local AA service and conference planning *meetings*, as well as any local A.A. 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.



March
2004

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This Month in A.A. Trivia March

- 1. What is the name of the book written about Bill W.?**
- 2. Where was AA's first Central Office?**
- 3. When did AA first *come of age*?**
- 4. What was the "Stepping Stones"?**
- 5. What is Rule 62?**

1. Pass it On
2. New York's Grand Central Station
3. At the St. Louis convention in 1955
4. The name of Bill W. and Lois' first house
5. "Let's not take ourselves too seriously"



MEETING CHANGES

New Meetings

Thu	7:00pm	SF State	THURSDAY THUMPERS, 300 Stone Crest Dr., Junipero Serra Playground (Bk)
Thu	7:00pm	Inverness	THURSDAY NIGHT STAG, 12835 Sir Francis Drake Blvd., St. Columba Church (Me)

Meeting Changes

Sun	12:00pm	Castro	BE STILL AA, 150 Eureka St. (was 11:30am)
Sat	8:00pm	Mill Valley	SATURDAY SERENITY, 118 E. Strawberry Dr. off Tiburon Blvd. (was 240 Tiburon Blvd.)

No Longer Meeting

Tue	7:15pm	USF	A VISION FOR YOU II, 650 Parker/Fulton
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Reported Missing

Wed	8:00pm	Mission	GRUPO MISION, 2010 Mission St./ 16 St.
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Please Note:

The Central Office occasionally receives reports that meetings listed in our schedules are actually not there. Sometimes these reports turn out to be mistaken—and sometimes they are not. The office relies primarily on information that is given to us by AA groups, but when a group disbands, informing the Central Office is a common omission. **If you know anything about a meeting that is reported missing, please call the Central Office immediately (674-1821).** If we hear no objections during the month following publication here, the meeting will be assumed disbanded, and removed from the schedule.

Thank You!

SERVICE OPPORTUNITIES !!

STAY SOBER—JOIN H&I!

The purpose of the Hospitals and Institutions Committee of the Northern California Council of Alcoholics Anonymous (H&I) is to carry AA's message to the alcoholic who is confined. This committee has been in existence since 1946, and is one of the largest and oldest in the United States. Each week, San Francisco's H&I committee brings 76 AA meetings to alcoholics in (1) recovery facilities: Twelve Step programs, residential and drop-in outpatient centers, (2) community facilities: hospitals, psychiatric wards, senior centers, youth programs, and homeless shelters, and (3) institutions: jails, prisons and parolee halfway houses.

It takes a minimum of 11 volunteers to fulfill an H&I assignment: one Facility Coordinator, and ten Contact Chairs. The Facility Coordinator ensures that a facility is provided with AA literature. He or she also assigns two Contact Chairs to bring an AA meeting to the facility each week.

San Francisco H&I currently has many openings available for Facility Coordinators, Contact Chairs and Alternates. Six months of sobriety is suggested to take H&I meetings to recovery and community facilities; two years of sobriety and previous H&I experience are required for institution

work. The San Francisco H&I Committee business meeting is held the last Thursday of every month at 8 pm at Old First Church, 1751 Sacramento Street @ Van Ness. An orientation meeting is held at 7:15 p.m. for newcomers to H&I. The next H&I business meeting is March 25, 2004.

One hour of H&I service work once a month is a very small investment of time with a HUGE return in sobriety and spirituality. Feel free to e-mail Georgia L. at RedHedd@att.net if you have any questions about H&I.

DON'T JUST GET *The Point* — MAKE *The Point*!

Here's a great service opportunity for someone with Microsoft Publisher skills. Join *The Point* team and become a "layout person." It's fun, it's exciting and it's great service to the Fellowship.

This commitment only takes a few hours per month. For those with limited or rusty MS Publisher skills, there are free courses available to help get you up to speed. Contact Central Office at (415) 674-1821 for more information.

Step up, and Make *The Point*! 

Group Speakers for March 2004

TUESDAY DOWNTOWN

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

DATE	SPEAKER	HOME GROUP	DOS
03/02/04	Mary E.	Tuesday Downtown	12/05/80
03/09/04	Jeff T.	2nd Tradition Group San Jose	12/25/90
03/16/04	Virginia M.	San Francisco	03/07/79
03/23/04	Greg W.	Roseville Tuesday 12x12	09/16/95
03/30/04	Debby D.	Primary Purpose Group Dublin	02/08/76

SATURDAY NIGHT SPEAKER MEETING

215 Leidesdorff & Commercial
Saturday, 8 pm

DATE	SPEAKER	HOME GROUP	DOS
03/06/04	Kathy S.	Valencia Smoke Free Group	12/94
03/13/04	Ted R.	New Hope Big Book	01/85
03/20/04	Ben W.	Too Early	12/70
03/27/04	Mary Ellen H.	Mon. Blues, San Rafael	01/84

FRIDAY ALL GROUPS

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

DATE	HOST GROUP	SPEAKER
03/05/04	Show of Shows	Peg. L.
03/12/04	Stonestown SD	Robert C.
03/19/04	Tuesday Downtown	Tee
03/26/04	High Noon	Felicia H.

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	HOME GROUP
03/07	Abby	Common Welfare, SF
03/14	Cynny	West Portal Group, SF
03/21	Mark B.	Bushwacker's, SF
03/28	Maureen	Tuesday Night Women's, SF

FIRESIDE

1011 Garfield & Junipero Serra
Friday, 8:30 pm

Last Friday, 3/26/04 speaker/chip meeting with Sharon L.

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 email submission to: thepoint@aasf.org

CONTRIBUTIONS

to the Central Office were made through February 18, 2004 honoring the following members

ONGOING
MEMORIALS

Bob
R.W.
Curtis C.

ANNIVERSARIES

Chuck V. - 14 Years
Bill B. - 17 Years
Wickie S. - 17 Years
Tom M. - 22 years
Frederick R. - 43 Years

Endless Summer: Craig - 2 Years; Houston - 2 Years
Patty Ann - 3 Years; Dan I. - 4 Years
Steve - 8 Years; Duke - 9 Years

Recent Deaths

Anne K.
Don H.—22 years
Fred K.—28 years
Lucy F.

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

The Family Tradition

By Laurel D.

Wine is a staple at Italian dinner tables. Even children are allowed to drink wine—though it is watered down significantly.


My grandfather's family came from Italy in 1906 and settled in Butler, Pennsylvania, just outside of Pittsburgh. The large family lived in a modest house where the basement had two rooms. One room was the "card room," where my great-grandfather would play cards with his brothers and friends, always under the watchful eye of my great-grandmother and the intense curiosity of my grandfather, who, until this day can beat *anyone* at every card game there is. The second room in the basement was for winemaking. The family bought the grapes from a local grower, and everyone was involved in the mashing of grapes and monitoring of barrels. Wine was a great family tradition.

Every year at Christmas time, we received a package full of cookies and homemade family goodies, and two or three quarts of homemade wine. For as long as I can remember, the wine was a family delicacy. From a very young age, I was allowed sips. It tasted more like a sweet mildly grape-flavored liquor than a red wine. In the old days, there was white wine too, and its flavor was even milder. There really is nothing like homemade family wine. It was almost like comfort food or a thin tie to my Italian heritage.

Wine became one of my companions. Eventually wine was my only companion. Fortunately for me, I was guided to

AA where I found new companions. I found that my love of life overwhelmed my love of wine. Most of the time, I don't even think about wine—most of the time.

Now when I go home, there is only red wine at Christmas from the Pennsylvania Italian family. Everyone there has grown old (my grandfather is now 83.) The family tradition never made it to the third generation, let alone *my* generation. So the few bottles of wine we receive are even more precious, as they are the last vestiges of a far-away family and a long-gone time. Thusly, everyone in my family celebrates the wine. Even my mother, who never really drinks, partakes in the Christmas ritual. How that wine calls to me at times! It lulls me with stories of Italian hillsides and the faint smell of blueberries that grow wild all around Butler. It's the holidays after all; one little glass wouldn't hurt, right? It's the smallest thread to that huge family...just one little taste...right?

Usually I turn away from wine with little sadness in my heart, though it was my fondest drink. The family wine, however, cries when I turn my back to it. I walk away with a sort of heaviness, knowing that with God's grace, I won't be tied to my great Italian heritage in that way again. Instead, I will be satisfied with tasty recipes for pasta sauce and colorful stories to put me to sleep. Gratefully, I will awaken without a headache. 

(Sober in Dublin, continued from page 1)

chairperson shared for 10 minutes and opened it up to the room: no topic for discussion, no raised hands—a casual free for all.


About half way through the meeting, a well-proportioned 30-something biker made his entry. He walked straight to a member sitting in front of me and proceeded to hit him violently with his motorcycle helmet as he shouted some warning about staying "the f*** away" from his sister. When he left, the meeting proceeded like nothing had happened.

I left with a conviction that AA in Dublin just wouldn't work for me. This conviction was reinforced when I met up with an old drinking buddy. The same person, who less than a year earlier in New York, had expressed concern about my utter lack of control over alcohol and drugs, now urged me to "join the living" down at the bar. Without booze, I wasn't really living so far as Dublin was concerned.

Those first few days were tough, and all I knew to do was to make it to meetings. I gradually found my footing. I came to appreciate the casual manner of AA in Dublin, which is a

function of the Irish disdain for authority. I managed to find people who had stayed sober through their twenties. I began to identify at meetings in a way that I had never identified with stories in the States. I got a sponsor and continued my work on the 12 steps.

I gradually found that I could do all the things that a 22-year-old in Dublin does without drinking so long as I stayed close to meetings and the AA program. I made it through my final year in college. I fell in and out of love. I spent many late nights out clubbing, restlessly pursuing pleasure. A whole new world opened up to me as I grew a real appreciation for art and literature.

The greatest gift of all from the two years that I spent sober in Dublin was being able to build a new relationship with my parents, who came to trust my new way of life. Our relationship deepened when I decided to not question their beliefs or to explain myself to them but to listen to what they had to say. When I was leaving to immigrate to the States, I hugged my dad for the first time since I was a child. I noticed a tear in his eye and I realized he was proud of me. That is a memory no money can buy. 

Dear Alky

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

Dear Alky,

I went to a dance of another Twelve Step fellowship. I like the people, and they don't serve alcohol at their dances. It seems stupid that I am even asking—like, can I date outside my religion. When I was drinking, I also had problems like theirs, so maybe it would be good for me to be involved with this other program socially. I don't have a sponsor right now; so don't tell me to ask my sponsor.

Party Animal

Dear Party Animal,

We alcoholics absolutely insist on enjoying life. There is nothing wrong with mingling with members of other Twelve Step programs, or even with non-members. As sober AAs, we go to dances and social events whether or not alcohol is served, as long as we have a legitimate reason to be there.

If you go to dances hoping to make a drug connection, then that would *not* be a legitimate reason; but if you go because you like to dance and don't want to be tempted by alcohol, then great! Take a sober friend with you to the next dance and ask what they think.

By the way, get a sponsor. Somebody out there needs you to help keep him or her sober.

Enjoy life!

Alky

Dear Alky,

I have a sponsor, but in name only. She used to be really good, but now her life is better so she doesn't have time for the program or me. She's not going to meetings; she calls me back like a week after I call her. By then I forget what I called her about! I got mad at her once and she hung up on me. Should I fire her? She is also a friend of mine, or she was, which complicates things. I am really conflicted about this, because I want to help her stay sober the way she helped me when I first came in, but the way she is acting isn't helping me now.

Hung Up On

Dear Hung Up On,

Let me share something from my personal experience. About a year ago, a sponsee told me over the phone that she was going to work the Steps with someone else. In other words, she fired me. My feelings were hurt; we alcoholics are sensitive. I talked to my own sponsor and she suggested I pray for my former sponsee. I prayed and didn't call her for a while, but then started calling her now and then (Fridays mostly because I knew she sometimes slipped on weekends). Now we have coffee once in a while, talk on the phone every week or two and see each other almost every week at my home



group. We are closer friends than we were when I was her sponsor. We get along better, and hopefully we will both stay sober. In *Alcoholics Anonymous*, we read about the importance of working with others to keep ourselves sober, although there is nothing specific about sponsorship. In *Living Sober*, we read that sometimes sponsors have business or family obligations and aren't available. Maybe now that your sponsor has more of a life outside AA, she feels stressed and doesn't think she is doing a good job with you. Nobody is perfect. You don't have to stop being friends with her, just let her go, with love, and get yourself a new sponsor. But stay in touch with your old sponsor—she may need you.

Been there,

Alky

Dear Alky,

More and more of my sober friends are starting to go to church. Every time I turn around it seems like people who used to choke when they said "Higher Power" or "God" are checking out Sunday Mass or services of some kind. At the same time, they sometimes start skipping meetings. I asked one friend why she wasn't coming to a Sunday morning meeting any more, and she looked me in the eye and said she was going to church now. What about that? Can I go to church instead of meetings?

Church Lady

Dear Church Lady,

Being sober may help you to be a better Catholic or Jew or Protestant or Buddhist, but being a good Catholic or Jew or Protestant or Buddhist won't keep you sober. Remember all the upstanding churchmen and women whose drinking stories fill the pages of *Alcoholics Anonymous*? AA is not a religion, and sober people often find themselves returning to the church of their childhood or turning to a new faith to express their gratitude to their Higher Power. On the other hand, practicing a religion is not a substitute for working the Steps. With all the meetings in San Francisco and Marin, your friend should be able to find some that fit into her schedule. My suggestion to you is this: Go to church, *and* go to meetings.

Devotedly,

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—

Dan P. 650.589-6402

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—

Laura N. 415.931-2567

12th STEP COMMITTEE—

Lisa K. 415.242-1004

How H&I Changed My Life By Thomas R.

When I was asked to write about my experience with Hospitals and Institutions Committee service (H&I), pride and ego jumped up and shouted, "Here's your 15 minutes of fame!" Then, I went blank. I couldn't think of anything to say for several days. Finally, I did what I learned in AA: I asked for help, and I prayed.


H&I is a committee that carries the AA message to people unable to attend outside meetings: those confined in jails, prisons, psychiatric wards, detoxes and residential treatment centers. I didn't join H&I because I was a great humanitarian; actually, I joined for all the wrong reasons.

I was living in a residential treatment facility. With eight months sober, I went to the H&I orientation and business meeting. My plan was to get involved in order to gain "special recognition" from my counselor; that way, I could get her off my back! What I didn't know then was that H&I service was going to change my life.

My first commitment was at an adolescent psychiatric ward. The feelings I had after the meeting were mind-blowing; I felt like I was walking two feet off the ground. I was catapulted to a better conscious contact with a Power greater than myself. I couldn't wait for the next month's meeting! I continued to do service, and looked forward to every meeting experience. A couple of months went by and I had barely noticed, but God was doing for me what I could not do for myself as a P.O.D. (pissed off drunk): I was experiencing relief from my anger, fear and lack of trust.

Three weeks before my 1-year AA birthday, I was asked to leave my residential program. I was scared! I knew I didn't want to drink or do drugs, but what was I going to do? It was at this time that I was asked to do H&I at other psychiatric wards and detoxes. This commitment probably saved me: involvement with H&I gave me a reason to move forward instead of lapsing into old behaviors. I now had a reason and a passion to continue my sobriety, no matter what happened in my life. My enthusiasm for AA was growing every day, and so was I.

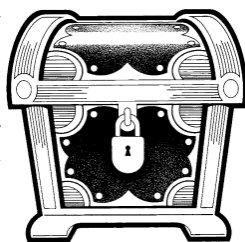
It's been two years since I started doing H&I service, and I now have the opportunity to go to the jails where I was once incarcerated—but this time I get to leave after the meeting. H&I brought me to another level of gratitude I never thought possible. There is nothing like the experience of someone coming up to you in an AA meeting and saying, "I remember you from the detox (or the jail)!" I cannot find words powerful enough to describe my feelings. I know that I was present while God spoke through me, planting the seeds of hope. I've had the realization that nothing works like one alcoholic helping another. I've also learned that often, we don't know *how* we may have helped someone, just by showing up. I could say more about my experience, but I would rather encourage you to experience H&I for yourself.

To become involved in H&I service, all you need is six months of continuous sobriety. Attend the monthly business meeting, held on the last Thursday of every month at the corner of Van Ness and Sacramento. I know there is an H&I commitment to fit *your* schedule. 

Treasures of the Twelve & Twelve

by Suzi K.O.

Step Three in the Twelve and Twelve begins by telling us that this is the first step to require more than just acceptance: "...it is only by action that we can cut away the self-will which has always blocked the entry of...a Higher Power...into our lives...faith alone can avail nothing." While the book states that all we need for Step Three is the key of willingness, we must apply ourselves wholeheartedly to the task of acting on that willingness, or acting "as if" we had that willingness.



The Twelve and Twelve says we made our beginning on Step Three when we entered the rooms of AA. But we may still cling to the idea of independence with regard to almost everything except alcoholism. We are perhaps concerned that we will disappear if we give our lives wholly to our Higher Power.

The idea of turning over some things while reserving others for our control alone is a tempting proposition. To use myself as an example, the plan looks something like this: I will turn over my drinking and my penchant for pills, but keep my work, home and marriage in my own hands. I will find a job where I do exactly what I want to do, when I want to do it, and for this I will receive an exorbitant salary. I will get my husband to do everything my way, and my cats to empty their own litter box. Traffic will part when I appear in its midst. I will have Britney Spears' rock-solid abs on my 40-year-old body by visualizing myself doing sit-ups.

When I become truly willing to do Step Three, and I turn my will and life over, then my daily activities become about doing my Higher Power's will instead of my own. It is easy to talk about, but how is such a thing to be done? The Twelve and Twelve reminds us that we started when we turned to AA for the solution to our alcohol problem. Once we start in AA, we find we also have problems in other areas. I am an alcoholic; I do everything alcoholically—if you tell me I look pretty today, I will ask you if I look ugly every other day.

By the time we reach Step Three, we have experienced the "bone-crushing juggernaut" of ruin; it is clear where self-will has gotten us. We awaken to a whole new world, faced with the tornado's destruction of our personal lives left in our wake. We are overtaken by guilt, remorse, bitterness, resentment, and financial insecurity. Filled with morbid reveries of the devastation we have wrought, we wonder how it will be possible to right what we have torn asunder. The Twelve and Twelve reminds us that our "...lone courage and unaided will

cannot do it." We must "now depend upon Somebody or Something else." Here we may find the group, or even a single AA friend, as useful as anything else. From them, we can receive reassurance that it is possible to climb out of our hole:

"He relies upon the assurance that his many troubles...can be solved, too. Of course, the sponsor points out that our friend's life is still unmanageable even though he is sober, that after all, only a bare start on A.A.'s program has been made...That is just where the remaining Steps of the A.A. program come in. Nothing short of continuous action upon these as a way of life can bring the much-desired result."

It is only possible to commence upon the other Steps of AA when one has fully applied oneself to the continuing practice of Step Three; this is the proper application of the will. The Twelve and Twelve tells us that, after examining its damage in our own lives, we may be surprised that there is any value to human will whatsoever; we begin to think that our will serves

no purpose. This is not at all the case. There are some things only our personal will can do. I alone make the decision to exert myself towards right action: "All of the Twelve Steps require sustained and personal exertion to conform to their principles and so, we trust, to God's will."

The biggest epiphany I ever had in AA was realizing what was my job, and what was not. It is my job to do the next right thing in front of me—everything else is someone

The biggest epiphany I ever had in AA was realizing what was my job, and what was not. It is my job to do the next right thing in front of me—everything else is someone else's job, and not subject to my will...

else's job, and not subject to my will (and consequently need not be a source of anxiety, fear and resentment for me.) It is my job to skip the 37th re-run of Law and Order and go to a meeting. It is someone else's job to make sure my bills arrive at their destinations once I have put them in the mail. It is my job to put my hand out to newcomers. It is someone else's decision to hire me for the job I want. It is my job to follow my sponsor's direction. It is someone else's job to monitor how other people drive, park, and otherwise behave in their automobiles.

"Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us."

Excerpts reprinted from Twelve Steps and Twelve Traditions, pages 34 through 41, with permission of A.A. World Services, Inc. 



A.A. On the Road: Ireland

By Abby L.

I guess the idea to go to Ireland for a late summer vacation began when I met Elizabeth. We became friends quickly and easily while we both volunteered at a soup kitchen. Elizabeth showed us photos of her beautiful stone house way up in the northern-most tip of County Donegal. She stayed five months in Fanad, and seven months in San Francisco.

The plan was to fly to Dublin, then take a bus five hours north to visit Elizabeth. From there, we took another long bus ride from Letterkenney to Galway.

Before we left San Francisco, I asked an Irish friend, Charlie L., for a schedule of meetings in Ireland. We landed in Dublin and stayed in a very lively area known as Temple Bar. Right across the street from our quaint lovely hotel was a film institute that showed free movies outdoors in the evening and hosted a beautiful farmers market by day.

Next to the square was a Friends Meeting House. My partner, Marc, noticed a crowd of people congregating outside. "I bet they have AA meetings there," he said. Sure enough, they had two per week. We went to one on Saturday night. The secretary, Art, was so friendly; he asked me to share, and then we all went out to a fabulous café and exchanged e-mail addresses.

While we were in Galway, we attended a large meeting where the majority of people had mental health issues.

There were several people who had hit unusually hard bottoms, and some who had even been in San Francisco. They were eager to talk to us after the meeting. That was the most difficult dialect to understand, because most of them spoke Gaelic as their first language.



Our best experience was in the small seaside town of Bray. We called the name listed in our meeting schedule, and Sean with 23 years sober was at the other end of the telephone. In 20 minutes, he arranged for lovely Claire to pick us up and take us to a small meeting in a beautiful old church. Sean could not attend that evening but planned to pick us up the following morning for a large AA meeting where again I was asked to be the speaker. We met a man named Paddy with 42 years of sobriety who was well up in his 80's. Paddy told us colorful stories about the beginning of AA in Ireland.

It is always fun to go to meetings away from home, but it proved especially helpful and interesting attending meetings in Ireland. Everyone told us before we left that we would have to drink in Ireland because everything happens in the pubs! We were able to stay sober and we enjoyed our trip so much, plus we could remember everything so much better than if we'd been drinking! I highly recommend seeing Ireland in early September. The only advice would be to rent a car— and don't forget to go to meetings! ↑



DANCE THE NIGHT AWAY!

**AA Meeting and Dance
At the Women's Building,
3543-18th St.**

**On Sat. April 17th, 2004
Meeting at 7:00 PM
Speaker, Lord H.
DJ Dance to follow**

Also featuring a:

BAKE SALE AND

HALF & HALF RAFFLE



**\$10 donation at the door, no one will be
refused for lack of funds**

Donations of baked goods welcomed!!!

Please contact: Terri K, 415-647-0627



**To volunteer to help at the event
and/or to donate baked goods**

We need your help!

**Proceeds of dance and bake sale go to startup fund
for the Alano Club of San Francisco**

Living Sober

By Danny F.

Living Sober is a paperback book published by A.A. World Services, Inc. Its 88 pages describe "...methods we have used for living without drinking." The 31 brief chapters each deal with a specific topic especially helpful to newcomers, including: "Staying away from the first drink," "Changing old routines," "Eating or drinking something—usually, sweet," "Availing yourself of a sponsor," "Getting plenty of rest" and "Going to A.A. meetings".

When I first got sober, meetings scared me, the Steps scared me, and people scared me. I went to one meeting a week and couldn't stay sober. Then I got a sponsor. He suggested I get a Big Book and start reading it. I got it—but I couldn't read it. The chapters were too long, and there was way too much talk about God. Plus, there was my "little problem": I was not able to sit still and focus long enough to get through an entire chapter. I told my sponsor all of this, and he suggested that I try reading the book *Living Sober*. I got it, and this time, I was able to read it. The chapters were short, there was almost no talk of God, and working the Twelve Steps wasn't even mentioned until the next to the last chapter. The book was filled with practical suggestions for how to stay sober

one day at a time. For some reason (unknown to me), I was willing to apply some of these suggestions. Finally, I was able to not drink, one day at a time.

The book's preface states, "So not drinking at all—that is, staying sober—becomes the basis of recovery from alcoholism. And let it be emphasized: Living sober turns out to be not at all grim, boring, and uncomfortable, as we had feared, but rather something we begin to enjoy and find much more exciting than our drinking days. We'll show you how." Along with the fellowship of AA, the support and guidance of a sponsor, going to meetings, and working the Steps, the concise and practical suggestions contained in *Living Sober* helped me to begin my journey of living that has lasted for 22-plus years.

I recently re-read *Living Sober*. It had been 15 years since I'd last picked it up. To my surprise, the experience, strength, and hope offered in this little book is as pertinent to my life today as it was in my early days of recovery.

Pick it up. Try reading it. You might like it! ↑



A Fundraiser for
Living Sober / Western Roundup 2004
July 2 - 4
Bill Graham Civic Auditorium

Rummage Sale

Saturday, March 20
10 am—4 pm
Sidewalk @ Ellard Hall, Most Holy Redeemer
100 Diamond @ 18th Street

Next Event: Spring Fling Drag Thing
Saturday, May 1st.

Www.LivingSober.Org
415.978.2478

Mission Fellowship Anniversary Meeting

Come and help us celebrate
our fourth birthday

Friday, April 23, 2004

Roast Chicken
Potluck 7:30 PM

Speaker Meeting and
Raffle 8:30 PM

2900 24th Street
at Florida Street

AA Group Contributions - December 2003

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Group	Dec. '03	YTD	Group	Dec. '03	YTD
FELLOWSHIP CONTRIBUTIONS			Mill Valley 7AM Daily 7am		\$3,146.09
Brisbane Breakfast Bunch	\$38.60	\$343.26	Mill Valley Discussion Wed 8:30pm		\$87.00
Central Office Donation Box	\$52.41	\$670.36	Mission Fireside Group W 8:30pm		\$40.00
Deer Park Discovery Group F 8pm		\$34.80	M. V. Original Smokeless Th 8pm		\$100.00
IFB Meeting	\$90.00	\$1,110.51	Monday Blues M 6:30pm		\$121.88
Marin General Service Unity Day		\$98.09	Monday Night Meeting M 8pm		\$50.00
Marin Teleservice		\$2,200.00	Monday Night Stag M 8pm	\$84.67	\$2,504.64
Marin Teleservice Spaghetti Feed		\$95.00	Morning After Sa 10am		\$1,343.28
MCYPAA		\$9.18	Nativity Monday Night Big Book M 8pm		\$120.00
Mendocino AA		\$20.00	Newcomers Step M 7:30pm		\$483.60
Mission Fellowship X-mas Potluck		\$30.00	Noon Discussion Th 12pm		\$372.50
Serenity Group - Alameda		\$44.13	Noon Hope F 12pm	\$191.70	\$479.88
Spirit of SF NYE Event		\$191.06	Noon Tu 12pm		\$538.58
Stinson Beach Fellowship		\$223.00	Novato Basics Tu 8pm		\$143.00
Sunday Step Study Su 4pm Pacifica	\$60.00	\$210.00	Novato Big Book Tu 12pm		\$196.00
Unidentified Groups	\$394.32	\$1,375.61	Novato Spirit Discussion Fr 12pm	\$94.58	\$448.48
We Are Not St. Francis		\$15.00	Novato Wed. Noon	\$78.00	\$78.00
Western Round-Up		\$2,231.51	On Awakening Daily 5:30am	\$245.00	\$805.00
TOTAL FELLOWSHIP CONTRIBUTIONS	\$635.33	\$8,901.51	Primary Purpose W 8:30pm		\$413.00
MARIN CONTRIBUTIONS			Rise N Shine Su 10am		\$219.22
11th Step Meeting M 8pm		\$276.91	Ross-San Anselmo M 8:30pm		\$142.88
12 & 12 Study Sa 8:15am		\$100.00	San Anselmo Fireside Meeting Su 8pm	\$60.48	\$141.60
7am Urgent Care Daily 7am		\$1,160.00	San Geronimo Valley Mon. 8pm		\$85.99
Awakenings Sa. 8:30pm		\$280.00	Saturday Serenity Sa 8pm		\$571.15
Attitude Adjustment Hour Daily 7am	\$935.00	\$3,350.00	Saturday Women's Speaker Sa 6pm		\$75.00
Awareness/Acceptance M 10:30am		\$198.40	Serendipity Sa 11am		\$560.00
Back to Basics Sun. 9:30am		\$176.30	Sisters in Sobriety Th 7:30pm		\$175.00
Blackie's Pasture Sa 8:30pm		\$1,177.66	Six O'Clock Sunset Th 6pm	\$229.21	\$653.14
Caledonia Su 8pm		\$580.67	Sober & Serene Fri. 7pm		\$400.00
Candlelight Meditation Mon. 7:30pm		\$110.00	Sober Mom's F 11:30am		\$74.73
Closed Women's Step Study Tues. 3:30pm	\$152.03	\$152.03	Spiritual Testosterone Sunday Men's Stag 8:30am	\$200.00	\$400.00
Creekside New Growth Su 7pm		\$85.00	Steps to Freedom M 8:30pm	\$415.59	\$979.38
Crossroads Su 12pm		\$1,617.50	Steps to the Solution Wed. 7:15pm	\$46.00	\$136.00
Day At At Time Daily 6:30am		\$600.00	Streetfighters Sa 9am		\$103.27
Experience, Strength & Hope Sa 6pm		\$212.50	Sunday Express 6pm		\$140.00
Freedom Finders F 8:30pm		\$425.24	Sunday Friendship 7pm		\$68.90
Friday Night Book Fr 8:30pm		\$162.50	Sunday Night Mill Valley Smokeless Su 7:30pm		\$10.00
Friday Night Unmanageables 8:30pm		\$144.00	Survivors M 12pm		\$566.12
Gratitude M 12pm		\$480.67	Terra Linda Th. 8:30pm		\$800.00
Greenfield Newcomers Sun. 7pm		\$160.00	Terra Linda Night Stag Th. 8pm		\$500.00
Happy Hour Th 6pm		\$212.50	Terra Linda Th 8:30pm		\$700.00
Happy, Joyous, and Free M-F 12pm	\$250.00	\$500.00	T.G. I'm Sober M 6pm	\$26.00	\$208.41
High & Dry Wed. 12pm		\$50.00	T.G.I. Tuesday Tu 6pm		\$154.60
Intimate Feelings Sa 10am		\$175.00	T.G.I.F. F 6pm		\$42.60
Inverness Sunday Serenity 10am	\$65.00	\$125.00	The Extra Support Group F 8:30pm		\$292.17
Island Group Th 8pm		\$111.00	Three Step Group Sa 5:30pm		\$643.60
Keep It Simple Mon. 8:30pm		\$100.00	Thursday Night Speaker Th 8:30pm		\$2,387.00
Living in the Solution F 6pm		\$622.92	Tiburon Beginners Tu 7:10pm		\$814.50
Marin City M-F 6:30pm		\$340.00	Tiburon Haven Su 12pm		\$400.00
Marin Newcomers M 8:30pm		\$206.00	Tiburon Tuesday Beginners & Closed		\$763.00
Marin Sober Group F 8pm		\$122.50	Tiburon Women's Candlelight W 8pm		\$33.51
Marin Young People Fri. 8:30pm		\$145.66	To Thine Own Self Be True Tues. 12pm		\$40.50

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Group	Dec. '03	YTD	Group	Dec. '03	YTD
Tuesday Smokeless Tu 8:30pm		\$1.28	Creative Alcoholics M 6pm		\$260.14
Tuesday Twelve Step 6:30pm		\$20.00	Design For Living Sa 8am	\$237.27	\$1,121.63
Wednesday Mid-Week W 6pm	\$54.82	\$279.51	Each Day A New Beginning F 7am	\$395.54	\$1,414.12
Wednesday Night Candlelight W 8pm		\$77.00	Each Day A New Beginning M 7am		\$1,285.17
Wednesday Night Speaker Discussion W 7pm		\$36.00	Each Day A New Beginning Su 8am		\$225.89
Wednesday Noon W 12pm		\$236.00	Each Day A New Beginning Th 7am		\$409.59
Wednesday Sundowners 6pm		\$56.00	Each Day A New Beginning Tu 7am	\$199.84	\$1,348.78
Women for Women Wed. 12pm		\$120.00	Each Day A New Beginning W 7am		\$786.58
Women On Monday M 7pm	\$45.65	\$151.26	Early Start F 6pm		\$526.70
Women on Wednesdays 7pm		\$65.27	Early, Joyous & Free Th. 7am		\$60.00
Women's Big Book Tu 10:30am		\$302.50	Easy Does It Tu 6pm		\$110.00
Women's Step Study Group M 12pm		\$272.54	Eleventh Hour Tu 1pm		\$100.00
Working Dogs W 12:05pm		\$200.00	Embarcadero Group We 12:10pm		\$70.35
TOTAL MARIN CONTRIBUTIONS	\$3,173.73	\$40,730.52	Endless Summer F 8:30pm	\$42.43	\$625.10
SAN FRANCISCO CONTRIBUTIONS			Eureka Step Tu 6pm		\$221.94
7am As Bill Sees It Fri.		\$150.00	Eureka Valley Topic M 6pm		\$878.29
7AM Grab Bag M 7am		\$119.07	Experience, Strength & Hope Wed. 7:15pm		\$125.52
7am Open Discussion Tu 7am		\$20.91	Faith, Hope & Charity F 12pm		\$120.00
AA As You Like It Tu 5:30pm	\$14.26	\$274.21	Federal Speaker Su 12pm		\$475.34
AA Step Study Su 6pm		\$327.99	Fell Street F 8:30pm		\$105.23
A New Start F 8:30pm		\$371.52	Fell Street Step Su 8pm	\$44.50	\$58.20
A is for Alcohol Tu 6pm		\$243.94	Firefighters & Friends Tues. 10am		\$149.40
A Vision For You Su 6:30pm		\$26.11	Fellowship of the Spirit Su 1:30pm		\$186.00
A Vision For You II Tu 7:15pm		\$66.00	Fireside Chat Sa 9pm		\$284.17
Acceptance Group M 5:30pm		\$155.00	Fireside Chat Th 8pm		\$352.43
Afro Ameican Fr 8pm		\$315.04	Four Forty Niners Fri. 8pm	\$21.67	\$21.67
After Work Mon. 6pm		\$23.65	Friday All Groups (raffle) Fri. 8:30pm	\$71.00	\$161.50
Alamo Square Su 7pm		\$120.00	Friday Big Book F 12pm		\$99.44
All Together Now Th 8pm	\$147.76	\$683.42	Friday At Five F 5pm		\$195.27
Alumni Group W 8:30pm		\$134.75	Friday Knights		\$150.31
Amazing Grace M 7pm		\$548.20	Friday Lunchtime Step F 12pm		\$414.20
Any Lengths Sat. 9:30am	\$196.63	\$525.86	Friday Morning 12 Steppers 7am		\$60.00
As Bill Sees It Sa 11am		\$147.60	Friday Night Womens Mtg. F 7:15pm		\$25.47
As Bill Sees It Th. 6pm		\$123.85	Friday Smokeless F 8:30pm		\$198.52
Back to Basics W 8pm		\$202.57	Friendly Circle Su 7:15pm & 8:30pm		\$1,565.78
Beginners Step Study Sa 6:30pm		\$81.86	Friendship Group W 8pm		\$324.24
Beginners Warm Up W 6pm		\$120.00	Garden Variety Sa 8pm		\$23.50
Bernal Big Book Sa 5pm		\$1,498.77	Gay Beginners Q&A F 7pm		\$108.00
Big Book Basics F 8pm	\$49.13	\$615.82	Greenhouse Meditation Sa 5pm		\$200.00
Big Book Study Sun 11am		\$131.67	Gold Mine Group M 8pm		\$288.78
Birthday Party Sharing Our Sobriety Sat. 7pm		\$36.40	Golden Gate for Seniors Tu 1:30pm		\$205.10
Blue Book Special Su 11am	\$30.21	\$151.51	Goodlands Su 2pm		\$45.76
Boy's Night Out Tues. 7:30pm		\$180.00	Haight Street Blues Tu 6:15pm		\$474.35
Brokers Open Book Tu 1:30pm	\$178.98	\$332.42	Haight Street Explorers Th 6:30pm		\$120.00
Buena Vista Breakfast Su 12pm		\$333.54	Happy Hour F 6:30pm		\$164.18
Bushwackers Sat. 9am		\$60.00	Happy Hour Ladies Night Fri. 5:30pm		\$417.60
BYOL Wed. 12:30pm	\$30.00	\$60.00	High Noon Friday F 12:15pm	\$125.39	\$1,129.00
CLAADAAGH Sa 8:15pm		\$120.00	High Noon Mon. 12:15pm	\$268.80	\$268.80
Castro Discussion W 8pm		\$792.66	High Noon Thursday Th 12:15pm	\$32.11	\$974.93
Castro Monday Big Book M 8pm		\$355.03	High Noon Tuesday Tu 12:15pm	\$5.75	\$1,135.23
Civic Center Nooners M 12pm		\$134.00	High Noon Wednesday W 12:15pm	\$23.65	\$959.07
Cocoanuts Su 9am		\$492.00	High Noon Sa 12:15pm	\$100.00	\$100.00
Come N Get It F 6:30pm	\$305.52	\$425.15	Higher Power Lunch Group Th 12:10pm		\$51.46
Common Welfare Th 8pm	\$76.25	\$274.43	High Sobriety M 8pm		\$298.35
Compass Group W 9pm		\$377.00	High Steppers W 7pm	\$250.66	\$625.33

Continued on p. 14

Group	Dec. '03	YTD	Group	Dec. '03	YTD
Hilldwellers M 8pm		\$640.00	Second Chance Th. 2:15pm		\$70.17
Home Group	\$38.94	\$166.14	Serenity House Groups		\$900.00
Hoodlum Haven F 8pm		\$720.00	Serenity Seekers M 7:30pm		\$1,185.20
Hot Java F 11pm		\$150.60	Sesame Step Tu 7:30pm	\$53.88	\$635.47
How It Works Sa 2pm		\$319.57	Seven Seas Groups		\$60.00
Huntington Square W 6:30pm		\$675.29	Seven Seas Su 3pm		\$36.00
Join the Tribe Tu 7pm	\$138.00	\$479.01	Sinbar Sun. 8pm		\$409.17
Joys of Recovery Tu 8pm	\$60.00	\$614.40	Sister's Circle Sun. 6pm		\$166.91
Keepin' It Real Th 6pm		\$423.50	Sober 5150's W 8pm		\$150.00
Keep Coming Back Sat. 11am		\$805.70	Sober & Centered F 7pm		\$140.43
Keep It Simple Sa 8:30pm		\$124.36	Sobriety and Beyond W 7pm		\$159.87
Light Brigade Discussion Su 7pm		\$79.47	Sometimes Slowly Sa 11am		\$314.73
Light Steppers Su 7pm		\$180.00	South Park		\$83.05
Like A Prayer Su 4pm		\$75.20	Step Talk Sun. 8:30am	\$122.47	\$235.65
Lincoln Park Sat. 8:30pm		\$279.00	Stepping Out Sa 6pm		\$240.00
Live & Let Live Sun. 8pm		\$50.87	St. Francis Men's Group		\$99.29
Living Sober W 8pm	\$530.15	\$530.15	Stonestown Group M 8pm		\$223.31
Living Sober with HIV W 6pm		\$311.34	Sunday Bookworms Su 7:30pm	\$76.86	\$294.48
Luke's Group W 8pm		\$236.03	Sunday Morning Gay Men's Stag Su 10:30am		\$1,243.90
Marina Discussion F 8:30pm		\$479.00	Sunday Night 3rd Step Group Su 5pm		\$219.45
Marina Dock Daily 7am		\$15.00	Sunday Night Castro SD Su 7:30pm		\$688.84
Meeting Place Noon F 12pm		\$225.30	Sunday Rap Su 8pm		\$57.00
Mid-Morning Support Su 10:30am	\$278.70	\$3,913.84	Sunday Sober Sunday 11:30am		\$42.35
Midnight Meditation Sa 12pm		\$33.90	Sunday Sunrise 7am		\$60.00
Miracles Off 24th St.		\$50.00	Sunday Wawona Su 8pm		\$320.00
Mission Terrace W 8pm		\$128.22	Sundown W 7pm		\$450.00
Mocha Group Th 12:10pm		\$108.01	Sunrise Sunset Women's Step Th 5:45	\$60.00	\$180.00
Monday at a Time Mon. 12:30pm		\$125.52	Sunset 9'ers Mon.	\$200.00	\$693.51
Monday Beginners M 8pm		\$416.55	Sunset 9'ers F 9am		\$363.42
Monday Men's Stag M 8pm		\$51.12	Sunset 9'ers Sa 9am	\$320.36	\$2,297.22
Monday Monday 12:15pm		\$471.14	Sunset 9'ers Sun.	\$178.00	\$268.00
Monday Night Big Book 9pm		\$483.07	Sunset 9'ers Th 9am	\$44.29	\$753.93
Monday Steps & Traditions M 12:10pm		\$55.20	Sunset 9'ers Tu 9am	\$260.50	\$823.24
Moscone Center After Work W 6pm		\$97.00	Sunset 9'ers Wed.		\$138.00
New Big Book Study Sa 11am		\$250.00	Sunset 11'ers		\$20.00
New Highs W 1:30pm		\$75.57	Sunset 11'ers Fri.		\$75.00
New Hope Big Book M 6:30pm		\$196.37	Sunset 11'ers Su 11am	\$90.24	\$150.24
Newcomers Tu 8pm		\$200.51	Sunset 11'ers Mon 11am		\$155.00
New Life W 7pm		\$30.73	Sunset 11'ers Tu 11am	\$103.39	\$155.74
New Wednesday High Noon		\$889.26	Sunset 11'ers W 11am	\$100.00	\$100.00
No Reservation M 12pm	\$72.93	\$325.20	Sunset 11'ers Th.	\$100.00	\$175.00
Noon Smokeless Th 12pm		\$133.45	Sunset Reflections Thurs. 12:30pm	\$50.00	\$50.00
One Liners Th 8:30		\$765.55	Sunset Sobriety Th. 7:30pm		\$222.00
Parkside Th 8:30pm		\$180.00	Sunset Speaker Step Su 7:30pm		\$334.21
Pax West M 12pm		\$423.81	Surf Tu 8pm	\$106.00	\$234.40
Pax West Th. 12pm		\$144.06	Sutter Street Beginners Sa 6pm		\$1,587.08
Pinehurst Tues. 7:30pm		\$138.65	Ten Years After Su 6pm		\$269.61
Potrero Hill Sunday Night 8pm		\$141.00	Thursday Afternoon Step Study Th 1:30pm		\$233.31
Pure & Simple Group Su 6pm		\$92.66	Thursday Beginners Th 8pm		\$90.49
Richmond Big Book Study Th 7:30pm		\$200.36	Thursday Night Women's Th 6:30pm		\$248.15
Rose Garden Big Book Th. 12pm	\$15.81	\$248.96	Too Early Sa 8am	\$135.96	\$1,549.36
Rule 62 Wed. 10pm		\$129.96	Trudgers Discussion Sun. 7pm		\$280.00
Saturday Afternoon Meditation Sa 5pm		\$233.21	Tuesday Night Step 7pm		\$54.00
Saturday Easy Does It 12pm		\$565.32	Tuesday's Daily Reflections		\$106.12
Saturday Matinee Sa 2pm		\$300.00	Tuesday Downtown 8pm	\$210.00	\$510.00
Saturday Night Regroup Sa 7:30pm		\$488.16	Twelve Steps to Happiness Fri. 7:30pm		\$66.00
Seacliff Th 8:30pm		\$179.06			

Continued on p. 15

Group	Dec. '03	YTD
Unidentified Group		\$162.98
Unidentified - Starbucks		\$21.00
Valencia Smokefree F 6pm		\$556.12
Walk Of Shame W 7:30pm		\$99.51
Waterfront Group Su 8pm		\$636.60
We Care Tu 12pm	\$59.52	\$524.18
Wednesday Sunrise Smokefree Wed. 7am		\$60.00
We Really Do Meditate Sa 10:30am		\$96.00
Weekend Worker Sa 7am		\$54.00
West Portal W 8:30pm		\$155.15
Wits End Step Study T 8pm		\$32.19
Women Living Sober Sat. 10:30am	\$21.98	\$21.98
Women's AA W12:05pm		\$51.00
Women's Kitchen Table Tu 6:30pm	\$437.59	\$1,058.67
Women's 10 Years Plus Th. 6:15pm		\$435.00
Women Who Drank Too Much Tues. 6pm		\$88.68
Work in Progress Sa 7pm		\$213.59
TOTAL SF CONTRIBUTIONS	\$6,712.92	\$77,845.49
TOTAL ALL CONTRIBUTIONS	\$10,521.98	\$127,477.52

Individual Contributions Dec. 2003

	Amount
Thank you for your contributions!	\$75.00
	\$10.00
	\$42.00
	\$500.00
We appreciate it!!	\$35.00
	\$25.00
	\$25.00
	\$500.00
	\$100.00
	\$2,000.00
	\$3,312.00

"We cannot skimp"

With the realization that A.A. must steer clear of outside contributions in order to maintain its autonomy and independence came the understanding that the money necessary for A.A.'s survival would have to come from individual A.A. members and groups."

Reprinted from "Self-Support: Where Money and Spirituality Mix", p.5 with permission of A.A. World Services, Inc.

Gratitude Contributions 2003

MARIN - GRATITUDE CONTRIBUTIONS	Dec. '03	11/03-12/03
Monday Night Stag M 8pm	\$184.85	\$184.85
Newcomers Step M 7:30pm		\$35.00
On Awakening Daily 5:30am	\$192.00	\$192.00
On Awakening Daily 5:30am	\$25.00	\$25.00
Women's Step Study M 12pm	\$55.66	\$55.66
Total MARIN GRATITUDE CONTRIBUTIONS	\$457.51	\$492.51

SF - GRATITUDE CONTRIBUTIONS		
6am Marina Dock Daily 6am	\$423.25	\$423.25
A is for Alcohol Tu 6pm	\$25.09	\$25.09
All Together Now Th 8pm	\$78.54	\$78.54
Amazing Grace M 7pm	\$35.00	\$35.00
Any Lengths Sa 9:30am	\$280.66	\$280.66
As Bill Sees It Sa 11am	\$45.75	\$45.75
Big Book Backwards F 10am	\$30.75	\$30.75
Big Book Basics F 8pm	\$67.30	\$67.30
Big Book Study Su 11am	\$35.00	\$35.00
Castro Discussion Wed. 8pm	\$154.09	\$154.09
Each Day A New Beginning M 7am		\$103.50
Each Day A New Beginning Tu 7am	\$104.40	\$104.40
Easy Does It Tu 6pm	\$50.00	\$50.00
Eureka Valley Topic M 6pm	\$135.55	\$135.55
Federal Speaker Su 12pm	\$81.96	\$81.96
Firefighters & Friends Tu 10am	\$57.40	\$57.40
Fireside F 8:30pm	\$40.35	\$40.35
Friday All Groups F 8:30pm	\$171.29	\$171.29
High Noon Sa 12:15pm	\$39.00	\$39.00
High Noon Thursday Th 12:15pm	\$120.04	\$120.04
High Noon Tuesday Tu 12:15pm	\$93.27	\$93.27
High Sobriety M 8pm	\$75.00	\$75.00
Hilldwellers M 8pm		\$100.00

SF—CONT.	Dec. '03	11/03-12/03
Join the Tribe Tu 7pm	\$46.10	\$46.10
Living Sober W 8pm	\$61.00	\$61.00
Meeting Place Noon W 12pm		\$24.00
Monday Men's Meeting M 8pm		\$32.00
No Reservation M 12pm		\$81.00
Pure & Simple Su 6pm	\$41.00	\$41.00
Saturday Afternoon Meditation Sa 5pm	\$16.00	\$16.00
Serenity Seekers M 7:30pm	\$212.43	\$212.43
Seven Seas Groups	\$232.53	\$232.53
Sinbar Su 8pm	\$75.75	\$75.75
Sunday Morning Gay Men's Stag Su 10:30am	\$194.16	\$194.16
Sunday Sunrise 7am		\$10.51
Sunday Sunrise Su 7am	\$9.75	\$9.75
Sundown W 7pm	\$53.00	\$53.00
Sunset 11'ers Su 11am	\$56.57	\$56.57
Sunset 9'ers F 9am	\$80.29	\$80.29
Sunset 9'ers Th 9am	\$59.13	\$59.13
Sunset 9'ers W 9am	\$84.10	\$84.10
Sutter Street Beginners Sa 6pm	\$148.80	\$148.80
Tuesday Downtown Tu 8pm	\$98.39	\$98.39
Tuesday's Daily Reflections Tu 7am	\$55.00	\$55.00
Unidentified 2900 24th St. Group	\$29.00	\$29.00
Valencia Smokefree F 6pm	\$138.15	\$138.15
We Care Tu 12pm	\$57.00	\$57.00
Wednesday Sunrise Smokefree W 7am	\$23.00	\$23.00
Women's 10 Years Plus Th 6:15pm	\$60.00	\$60.00
Women's Kitchen Table Group Tu 6:30pm	\$41.00	\$41.00
Total SF GRATITUDE CONTRIBUTIONS	\$4,015.84	\$4,366.85
TOTAL	\$4,473.35	\$4,859.36

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 Avenue, Sausalito, California Wednesday, February 4, 2004

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

Intergroup Rep	Group		Intergroup Rep	Group				
Ben N.	Past Chair	P	Haven K.	High Noon Friday	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 W.	Miracles Off 24 th St.	A*	Jean C.	First Place Fellowship	R	Patrick M.	Treasurer	P
Chris P.	Dignitaries Sympathy	A**	Jeff A.	Eureka Valley Topic	A*	Paul C.	Waterfront	P
Dan C.	Tiburon Haven	P	Jeremiah P.	All Together Now	A*	Penelope P.	Amazing Grace	P
Danny F.	Each Day A New Beginning	P	Jen B.	Midnight Meditation	A*	Ramona A.	Sunday 9ers	P
Dan P.	Second Chance	P	Joe G.	Beginners	P	Randall J.	High Sobriety	P
Dan Z.	Sunday Morning Gay Men's Stag	A*	Johnny G.	High Noon Tuesday	P	Ray M.	Sunday Rap	P
David A.	Living Sober	P	Judi C.	Tuesday's Daily Reflections	P	Rebekah D.	Fell Street Step	A*
David B.	Beginner's Warmup	P	Julie H.	Terra Linda	P	Robert D.	Gay Beginners Q&A	P
David B.	Federal Speaker	P	Kim O.	Easy Does It	A*	Russell G.	Regroup	P
David K.	Haight St. Blues	A*	Kristine F.	Castro Discussion	P	Sam W.	Monday Night Stag	A*
Dick T.	Attitude Adjustment Hour	P	Lesley F.	Cocoanuts	P	Scott C.	New Hope Big Book	A*
Don B.	Friday Fell Street	P	Lou H.	Mill Valley 7AM	P	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	P
Gary D.	Work In Progress	P	Mary Ellen D.	A is for Alcohol	A*	Tim McC.	Join the Tribe	P
Georgia L.	Friendly Circle Beginners	A*	Maury P.	Office Manager	P	Todd M.	Mission Terrace	P
Grant D.	Ten Years After	A*	Michael R.	Huntington Square	P	Tom K.	Common Welfare	A
Greg S.	Keep Coming Back	P	Michelle C.	Big Book Basics	A*	Zoe B.	Mill Valley 7am - Daily	P

New IFB Reps Present

David McC. Fireside Chat
Francesca K. West Portal Chat
Kate B. Friday All Groups
Tasiah S. Boys Night Out

Non-IFB Liaisons Present

Omar C. Marin Teleservice Liaison
Shannon L. Marin General Service Liaison
Peter M. SF Teleservice
Stacy S. San Mateo County Liaison

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: Danny F. thanked the Orientation Committee for doing double duty this month; they had two orientations – one on their old schedule, January 28, and one on their new schedule, which is at 6 pm the same day as the IFB meeting. The Special Events Committee's "A Bingo Extravaganza!" was a great success with a good crowd. Danny emphasized that the work of the IFB gets done on committees. The following committees especially need new members: *The Point*, Archives, and Special Needs.

Central Office Manager's Report: Maury P. announced that Peter M. has been hired as the new Special Worker to replace Lauren. Maury will attend the Nor Cal CO Managers meeting in Oakland on February 13. The Letter to Treasurers this month included the pamphlet, "Self-Support: Where Money and Spirituality Mix." Central Office has one open phone volunteer shift and they really need subs who have a lot of flexibility. IFB reps should announce that subs are needed at their meetings. Central Office will be closed on February 16.

Central Office Committee: Joe G., Chair, informed the board that proposed amendments to the bylaws will be presented at the March IFB meeting. Central Office will increase shipping costs for all literature by 2% to cover the 1.9% increase by UPS. The committee discussed various ways to increase revenue and will work with the IFB to accomplish this goal. The IFB Proxy was discussed and the Committee concluded that there is no such thing as a "proxy" for IFB representation, but a group may have, and is encouraged to have, a dually elected alternate. The next COC meeting is Feb. 23.

Treasurer's Report: Patrick M. submitted a written report of the balance sheet and profit and loss budget vs. actuals through December. Group contributions were 2.6% below budget and expenses were less than 1% over budget. At year-end we had a \$2,979 surplus, ending with a very positive year. In December, total Gratitude Month - Groups was \$4,203; total Gratitude Month - Other was \$5,039. Patrick researched the liability insurance coverage at Central Office. He recommended that we add an extra layer of protection from possible employee

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(IFB Summary—Continued from page 16)

embezzlement by adding a Dishonest Employee insurance policy at \$500 a year. After discussion, motion passed.

C. Special Orders of Business (Action Items)

1. *Select one new COC member:* Item was postponed until March.

2. *Small group work to generate ideas to increase Central Office revenue.* The board split into small groups of 5-6 people to generate ideas to increase revenue at Central Office, in part to cover the 7% increase, or \$12,000, to this year's budget. Danny collected written reports from each group.

D. Ad Hoc Committee Reports

Literature Review Committee: Doug F., Chair, reported that we should review with our group to determine if they feel the committee should reproduce the wallet card, "Why We Were Chosen." We will take a group conscience at the March IFB meeting. A Beginner's packet of literature is available in the bookstore for \$2.39; also there's a suggested list of literature for new groups. The next committee meeting is Wed., Feb. 18, at Central Office at 6:30 pm.

The Point Committee: Ben N. reported that last year's financial numbers showed that subscriptions have tripled and expenses have almost been cut in half. Reps should share *The Point* with their groups and encourage subscriptions; it's a great way to get the words of the fellowship out to the fellowship. The committee meets the second and fourth Tuesdays at 5 pm at Central Office.

Orientation Committee: Bill R., Chair, announced that Orientation has a new meeting day and time; it is now just before the IFB meeting at 6 pm. All new members are required to attend an Orientation meeting before they can vote on board issues.

Website Committee: Michael R., Chair, reported that the committee is working on a redesign of the website which will include adding functionality such as the ability to look up meetings by zip code or by neighborhood. They are shooting for a preview this month. Each AA group will have to fill out a form verifying meeting address and neighborhood. Their next meeting will be Thursday, Feb. 26, at 6:15 pm at Central Office.

12th Step Committee: Lesley F. reported that the January 14 12th Step Workshop at Central Office was well attended. Paul P. was the speaker. Most attendees signed up to be added to the 12th Step list. Call Central Office if you are interested in a 12th Step pilot program shift. The next meeting will be Feb. 11 at 6:30 pm at Central Office.

Special Events Committee (SEC): Dave B, Chair, announced that Saturday, April 4, or Saturday, May 5, are several dates proposed for the upcoming Secretary/Treasurer's workshop. Dave thanked everyone who helped with their first special event, "A Bingo Extravaganza!" on Jan. 31. About \$2,100 net income was raised for the General Fund. The SEC

recommended to the board that 50% be earmarked for the ASL signing. The next committee meeting will be Tuesday, March 2, at 7:30 pm at Central Office.

Special Needs Committee: Dan P., Chair, reported that February is the last month that CO agreed to cover costs of the ASL signer for the Friday All Groups meeting. Kate B, IFB rep for All Groups, reported that the status with All Groups is the same and they cannot support the cost of the ASL signing and remain self-supporting. After discussion, the board voted to extend funding through March from money from the general fund. The committee needs more members to help. The next meeting is Wednesday., March 3, at 5:45 pm at Mel's Diner at Geary and Van Ness.

Archives Committee: Lynnore G, Chair, reported that the committee has sorted through the massive amount of material slated for the archive and will now create a spreadsheet with detailed description of each item. They have lots of ideas and need help. Their next meeting is Saturday., March 7.

E. New Business: Marc D. brought up the idea of forming a new committee; the main purpose of the committee would be outreach to meetings not represented by an IFB representative.

F. IFB Standing Committee Reports

1. SF Teleservice: Peter M, Chair, gave the report and informed us that Teleservice is in need of new volunteers with 20 open Teleservice shifts, especially Wednesday overnights need volunteers. IFB members should announce this at meetings. The e-mail address through Central Office is sfteleservice@aasf.org. The next meeting is Monday, Feb. 9, with orientation at 6:30 pm and the monthly meeting at 7 pm.

2. PI/CPC: A written report was submitted. Highlights: The PI/CPC Annual Business Meeting and Speaker Workshop occurred Sunday, January 18, at 1 pm at Fort Mason. The workshop was followed by the annual meeting. Officers and coordinators talked about their positions in preparation for the elections. Elections will be held at the monthly meeting on Monday, Feb. 9, at 7 pm, at Central Office.

G. Non -IFB Liaison Reports

1. General Service, SF: Todd M. reported that Lynne H. was elected as the PRASSA rep; she will attend the April convention in Irvine. Ross J. gave a brief presentation on the Conference process and how items from members move through the conference and become Agenda Topic items at the General Service conference. The final topic list will be out soon.

2. General Service, Marin: Shannon L. announced that there is money in the budget to support GSRs to attend the PRAASA conference, March 5 - 7 at the Hyatt Regency in Irvine. Terese G. was elected as the new DCMC. Mike M. was voted in as alt DCMC by 3rd Legacy election process. A committee has

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Way Way Late Night—A.A. Prime Time

by Ed K.

SCENE: It's the wee hours.... Out there in the darkness, a message of hope gets airtime. The new AA TV public service announcement, "We Know What It's Like," delivers the message to an alcoholic who still suffers. In a few seconds, his or her life could change. Stuff like this happens all the time in recovery: the Miracle.

I remember the evening of my last drink. I caught my reflection in the mirror behind the bar. Somehow, through the smoky fog, I saw myself clearly (the Drunk) and wondered, "Just how much longer am I going to put up with this?" I went home and asked my wife (who, luckily for me, was a member of Al-Anon), "Do you have a number I could call?"


I have heard many versions of the "moment of clarity" from almost everyone in the rooms of AA. Perhaps it was that pained look of a loved one, or the fiery stare of a complete stranger that moved us; maybe it was the studied concern of a health worker or a police official that caused us to stop and think. The Miracle starts in many different ways.

So, how about all those who have cut themselves off from all personal contact... sitting alone in the dark around 3 am, their TVs on; lonely and waiting for yet another fabulous TV offer ("Every love song ever recorded...") Then, up pops this message: "We Know What It's Like!" That pervasive PSA from AA cuts through the haze and hits the target! Could be the Miracle - call the number!

A year ago last fall AA World Services produced a series of

well-conceived and well-executed TV spots. Although these are excellent spots, delivery missed the mark when it came to hitting the target audience in major markets. The tapes and papers explaining the effort were blanket mailed to TV stations all over the country. In smaller markets, they were warmly welcomed and easily scheduled. In larger markets like San Francisco where availability is a scarce and valuable commodity, they faced scheduling problems.

The San Francisco PI/CPC committee (Public Information/Cooperation with the Professional Community) addressed this issue last summer and initiated a positive action plan. First, we ordered fresh copies of the spot from New York. Then we used program resources; we networked with members employed by local stations. When the spots arrived, we were into action. At one station, an Al-Anon friend carried the spot into the Public Affairs Director's office; at another, an AA member who works as a sales manager steered us to the "right" person. The spots aired at Thanksgiving (KGO-TV) and Christmas (KRON-TV) in "AA Prime Time"—the late, late overnight. Thanks, HP! At this writing, we are in pursuit of KPIX and KTVU.

AA PI/CPC has but one ultimate goal: to carry the message to the alcoholic who still suffers. How can *you* help? Should you be watching TV around 3 am some morning and see one of the spots, call or e-mail the station; thank them for delivering a message of hope. 

(Continued from page 17)

volunteered to plan an agenda topic workshop.


3. Teleservice, Marin: Omar C. announced Marin County Teleservice's 11th Annual Spaghetti Feed is Saturday, March 6, at the Masonic Lodge in San Rafael with meeting and dinner. Doors open at 5:30 pm.

4. PI/CPC, Marin: No report.

5. Bridging the Gap: No report.

6. H & I: No report.

8. Spirit of San Francisco: Russell G. reported that there are two chair positions open: Ass't Treasurer and Ass't. Secretary, and six other service positions for the committee. The next meeting is March 1 at 7 pm at Central Office. The committee's web site is www.spirit-sf.org.

The next IFB meeting will be held Wednesday, March 3, 2004, at First Unitarian Universalist Church, 1187 Franklin Street, San Francisco, CA, in Macondry Hall, which is downstairs, at 7 pm. 

P.I.

Carrying the Message Over the Airwaves

The latest 60-second TV spot from Alcoholics Anonymous dramatizes the different faces of active alcoholism. In one scene, a policeman — in full view of passing motorists — ushers into his patrol car an inebriated but shame-faced driver he has pulled over. In another, a couple stand at the backyard barbecue, the wife heatedly berating her beer bottle-toting husband for his drinking. In a third vignette, a mother lies passed out on the couch as her two children look on anxiously.

The accompanying voice-over narration notes, "we know how hard it is to admit that you have a problem. We know because we've been there." It ends with the words, "We're Alcoholics Anonymous. We're in your phone book and on the Web."

This latest public service announcement (P.S.A.), "We Know What It's Like," was approved at the annual General Service Conference in April. Television stations generally set aside a certain amount of free airtime for "broadcasts in the public interest," which is when a spot like this one would find its way onto the airwaves.

Financial Statement

DECEMBER 2003 - Intercounty Fellowship of AA

	Dec 03	Jan - Dec 03
Income		
Group Contributions	10,791.89	127,900.01
Individual Contributions		
Honorary Contributions	105.00	2,663.00
Individual -Unrestricted	3,312.00	13,172.76
Individual Contributions - Other	0.00	59.48
Total Individual Contributions	3,417.00	15,895.24
Gratitude Month		
Gratitude Month -Individual	0.00	20.00
Gratitude Month-Groups	4,203.44	6,778.08
Gratitude Month - Other	5,039.96	5,125.19
Total Gratitude Month	9,243.40	11,923.27
Newsletter Subscript.	336.00	1,504.00
Sales - Bookstore	7,872.27	81,545.46
Total Income	31,660.56	238,767.98
Cost of Goods Sold		
Cost of Books Sold	5,472.88	59,290.11
Total COGS	5,472.88	59,290.11
Gross Profit	26,187.68	179,477.87
Expense		
Bad Checks	0.00	0.00
Employee Expenses		
Wages & Salaries	7,725.84	79,931.27
Employer Tax Expenses	687.11	7,776.41
Benefits/Pension	664.00	7,795.00
Retirement/Annuity Expense	0.00	0.00
Workers Comp Ins.	0.00	661.42
Total Employee Expenses	9,076.95	96,164.10
ASL Expense		
ASL- Net- Fri All Grps	352.80	1,688.70
Total ASL Expense	352.80	1,688.70
Bank Charges		
Cr Card Fees	79.62	886.18
Bank Charges - Other	32.07	261.27
Total Bank Charges	111.69	1,147.45
Equipment Lease	615.96	6,958.52
Filing/Fees	0.00	316.14
Insurance	100.55	1,216.72
Internet Expense	0.00	248.30
Miscellaneous Expense	0.00	245.94
Office Supplies	797.01	4,698.04
Postage		
Bulk Mail	0.00	1,255.15
Postage - Other	75.00	848.88
Total Postage	75.00	2,104.03
Shipping	-29.60	162.68
Printing	976.50	2,257.27
Professional Fees		
Accounting	0.00	900.00
Computer Consulting	50.00	300.00
Total Professional Fees	50.00	1,200.00

	Dec 03	Jan - Dec 03
Rent - Office	\$3,583.75	\$41,755.00
Rent - Other	\$50.00	\$905.00
Repair & Maintenance	\$150.00	\$2,300.37
Security System	\$33.50	\$402.00
Special Events	\$48.61	\$139.75
Payroll Expenses	\$93.75	\$93.75
Telephone	\$528.10	\$6,455.57
Travel	\$0.00	\$670.03
Training	\$0.00	\$60.00
Utilities	\$53.62	\$2,180.52
Uncategorizd Expense	\$0.00	\$0.00
Total Expense	\$16,668.19	\$173,369.88
Net Ordinary Income	\$9,519.49	\$6,107.99
Other Income/Expense		
Other Income		
Interest Income	\$30.80	\$907.36
Total Other Income	\$30.80	\$907.36
Other Expense		
Depreciation Expense	\$4,105.28	\$5,462.34
Total Other Expense	\$4,105.28	\$5,462.34
Net Other Income	-\$4,074.48	-\$4,554.98
Net Income	\$5,445.01	\$1,553.01



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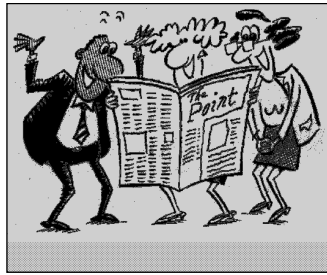
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March 2004

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