

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

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

The Point

October 2004

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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The Point

is published monthly to inform
A.A. members about business and
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Fellowship 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.

Taking Off My Victim Mask By Cami W.



I am a very emotional person. I am someone who feels everything times ten. Or so I used to believe. I used to think I needed to get loaded to deal with all the freaky feelings inside me. After all, if you lived in my skin, you'd want to stay numb too. You'd understand my need to obliterate all feeling and live in a dull chemical hum.

Fear is uncomfortable for me. And so is anger, grief, frustration, anxiety or any state of emotional discomfort. I used to think that my pain was disproportionately larger than

other people's. I'd point to my years of struggling with depression and anxiety attacks as proof that I needed my drugs and booze to function. I believed that I needed to be chemically altered to get out of bed. To face my day. To go to work like a "normal" person.

I was always The Victim. That was my favorite mask to wear. I had others that served me at times: The Martyr, The Party Girl, The Sex Pot. But The Victim was the mask that fit me best. I wore it proudly for nearly 30 years. It was the shield that kept me from taking responsibility for my choices on a day-to-day basis and the armor that protected me from actually taking part in my life.

If you would have suggested to me in the past that I saw myself as a victim I would have defiantly opposed you. "I'm a survivor," I would have told you. "A fighter. But not a victim."

I distinctly remember the day I realized that I was wearing my victim mask on a regular basis. It was my seventh day in rehab almost two years ago. I had been detoxing and hadn't slept a wink in six nights. I hadn't been able to eat much more than a little soup and tea here and there. I was having an average of three anxiety attacks a day and crying non-stop. And I was getting a lot of sympathy and attention from my fellow rehabbers as well as the counselors at the program.

Around 1 a.m. on my sixth night in the house the night counselor suggested that I go to the hospital during a particularly bad anxiety attack. I resisted for a while, saying I didn't want to go because I knew they'd just dope me up and probably admit me on a 72-hour hold. But inside I was really thrilled with the suggestion because there was nothing I wanted more than to escape the way I was feeling.

After a good amount of bargaining, I agreed to go to the ER. When I got there they gave me a shot and put me on a cot in the corner while they attended to the real medical emergencies. They woke me up at 6 a.m., gave me a couple pills and told

(Continued on page 6)

October 2004....

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|---|-----|---|
| <p><i>Secretaries: Please make these announcements to your group:</i> 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.</p> | | | | | 1 | 2 |
| 3 | 4 FIRST MON The Spirit of San Francisco Committee, Central Office, 7:00 pm | 5 FIRST TUE Special Needs Committee Central Office, 6:00 pm Special Events Committee Central Office, 7:30 pm | 6 FIRST WED Intercounty Fellowship Board Orientation 6 pm Meeting 7 pm 1187 Franklin St. at Geary, SF | 7 FIRST THU Website Committee Central Office, 6:15 pm | 8 |  |
| 10 | 11 SECOND MON SF Public Information Committee Central Office, 7 pm | 12 SECOND TUE SF Bridging The Gap 1111 O'Farrell, San Francisco 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 | 13 SECOND WED 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael 6:45 pm | 14 | 15 | 16 |
| 17 THIRD SUN Mission Fellowship Steering Committee 2900 24th / Florida SF 1 pm | 18 THIRD MON Archives Committee Central Office, 3pm SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd San Rafael GSR Sharing: 7 pm District Meeting: 8 pm | 19 THIRD TUE San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm | 20 THIRD WED Literature Review Committee Central Office, 6:30 pm | 21 THIRD THU Outreach Committee Central Office, 6:30pm | 22 | 23 FOURTH SAT General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 11 am Business Meeting: 12:30pm |
| 24 31 LAST SUN Living Sober Convention Committee 1668 Bush, 5:30 | 25 | 26 FOURTH TUE Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm | 27 | 28 FOURTH THU Marin PI Committee 1360 Lincoln Ave (Alano Club) San Rafael 7:15 pm LAST THU SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm | 29 | 30 |

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 bold ; flyers of <u>current</u> local events, if available, are printed as space allows. |
|----------------------|---|
| Oct. 1-3 | NCCAA 57th Annual Fall Conference, Yuba City, CA; More info at www.ncc-aa.org |
| Oct. 8-10 | Lake Tahoe Fall Festival, Horizon Hotel; Lake Tahoe, NV; More info at http://www.laketahoefallfestival.com/ or call: 775-588-5297 |
| Oct. 8-10 | Cabin Campin' with PENYPAA; Mendocino Woodlands; Call Sara O. at 650-576-9827; e-mail: irishomalley@msn.com |
| Oct. 16 | PI/CPC Workshop, 10:00 am, Central Office; Workshop for new speakers to carry the message to schools, etc. |
| Oct. 16 | CNCA 06 Archives Open House 2004, 11 am to 4pm, 193 Mayhew, Walnut Creek, CA, Past Delegates to share & Lunch provided. |
| Oct. 22-24 | 8th Annual Women's Retreat, Loma Mar, CA, More info: laurel_castellanos@rsconst.com or phone: 650-879-0320 |
| Oct. 22-24 | Trudge the Road, 20th Annual Convention; Santa Barbara, CA; Registration online at: www.sbaaconvention.org |
| Oct. 30 | Halloween "Monster Bingo" presented by IFB, Urban Life Center, 1111 O'Farrell, Check Flyer on pg. 5 |
| Oct. 30 | Halloween Dance presented by Living Sober, 4235 19th St.@Collingwood, Check Flyer on pg. 5 |
| Nov. 6 | Spirit of S.F. Barbecue/ Acoustic Music Event; Sharon Meadows, Golden Gate Park; Check Flyer on pg. 5 |
| Nov. 11-14 | 43rd Annual Hawaii Convention, Honolulu, HI; Online Registration & Information: http://www.lava.net/~hconv/ |
| Nov. 19-21 | Serenity in Yosemite Conference; Curry Village, Yosemite National Park, CA; e-mail: serenityyosemite@netscape.net |
| Feb. 10-13 '05 | 41st Annual International Women's Conf., Las Vegas, NV; More info at http://www.iaawc.org/ |
| June 30-July 3, 2005 | 2005 International Convention, Toronto, Canada; More info at http://www.aasf.org/#convention |



October 2004

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This Month in AA Trivia October

1. True or False: There are 12 Rewards as well in AA literature?
2. What is in the book, *Experience, Strength and Hope*, that is not in the *Big Book*?
3. What does this book title translate to? *De las tinieblas hacia la luz*
4. There is an old AA poem called *Footprints in the Sand*. What is the name of a newer AA poem based upon this older one?

© 2004

- Source: <http://www.aahistory.com/aa/butprints.gif>
4. *But Prints in the Sand*
- Source: <http://www.aahistory.com/ESH2003b.html>
2. The missing stories in the first three editions of the Big Book
- Source: <http://www.aahistory.com/12rewards.html>
1. True
3. *Out of Darkness into the Light* - The Fourth Edition stories in Spanish



MEETING CHANGES

New Meetings:

| | | | |
|-----|----------|-----------------|--|
| Mon | 12:10 pm | S.F. State | SOBER AT STATE 1600 Holloway, Creative Arts Bldg., Casablanca Room (<i>Di</i>) |
| Wed | 12:10 pm | S.F. State | SOBER AT STATE 1600 Holloway, Creative Arts Bldg., Casablanca Room (<i>Di</i>) |
| Thu | 7:30 pm | South of Market | DUDLEY HOME GROUP 172 6th St., Dudley Hotel (<i>BB</i>) |

Meeting Changes

| | | | |
|---------|---------|--------|---|
| 3rd Sun | 1:00 pm | Novato | MCYPAA (Marin Young People) Presbyterian Church, 710 Wilson Ave., Novato. |
|---------|---------|--------|---|

No Longer Meeting

| | | | |
|-----|---------|---------|--|
| Tue | 5:30 pm | Mission | SPIRIT MENDERS SPEAKER/ DISCUSSION 2490 16th St. B-2 |
| Thu | 7:15 pm | Marina | HOPEFUL Marina Dock, 2118 Greenwich |

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!

Is your meeting Wheelchair Accessible?

By Zoe B.



Your warmth and acceptance is the largest weapon against any barrier to an AA meeting. This is true of newcomers, blind, physically challenged, hard of hearing, deaf, a mother needing childcare, environmental illness and/or multiple chemical dependency, you name it.

Here are some guidelines for your group to follow in order to claim that you are wheelchair accessible.

If the facility you are using has wheelchair accessible signs, you should inform Central Office so that your group can appear in the schedule of AA meetings as accessible. Federal and State guidelines are very thorough. The owners of the facility your group uses must try to meet these guidelines in old facilities as best they can. In new facilities, building codes require compliance.

In general a person using a wheelchair should be able to get to the meeting, have an area in the meeting for the wheelchair, be able to use the bathroom and have water available.

We suggest the following to AA groups that claim accessibility in our meeting lists:

1. Provide a warm welcome and ask how you can be of help and if the member sees any barriers to their participation. You might even assign an escort.
2. Provide a clear, unobstructed path from the handicapped parking to the meeting.
3. Doors should have a 32-inch clearance
4. Hallways should have a 36-inch clearance.
5. Wheelchairs need a 52-inch turning circle in the meeting area and in the bathroom and basin, paper and towels should be reachable.
6. At the end of the meeting ask if things went well and if any changes would make them comfortable

Watch *The Point* for more hints on accessibility for the AA members who are blind, deaf, hard of hearing, need childcare, are allergic to scents or other environments hazards. This issue includes a Special Needs Access survey. Your cooperation in getting it back to us is appreciated!

Remember give a warm welcome to all newcomers and ask if there is anything that is a barrier to their attendance at meetings. You'll create a friendship, and help them learn to ask for your help. Attraction, attraction, attraction! ↑

Group Speakers for Oct. 2004

BRISBANE BREAKFAST BUNCH

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

| DATE | SPEAKER | FROM |
|-------|-------------|--------------------|
| 10/03 | Hector | West Bay |
| 10/10 | Arthur M. | Cocoanuts |
| 10/17 | Lorraine B. | |
| 10/24 | Veronica S. | Hamm'n Egger |
| 10/31 | Decan G. | Brisbane Breakfast |

TUESDAY DOWNTOWN

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

| DATE | SPEAKER | HOME GROUP |
|-------|--------------|---------------|
| 10/05 | Georgia L. | |
| 10/12 | Michael M. | |
| 10/19 | Charlotte T. | High Steppers |
| 10/26 | TBA | |

SPEAKERS WANTED!!

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

PI/CPC WORKSHOP

(Requirement: two years of continuous sobriety in AA)

Saturday, October 16, 10:00am

**Central Office—1821 Sacramento Street
(Between Van Ness and Franklin)**

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

A Fundraiser for
Living Sober / Western Roundup

Halloween Dance

Saturday, October 30th
7:30 pm AA/AlAnon meeting — 9:00 pm DANCE
Harvey Milk Civil Rights Academy
4235 19th Street @ Collingwood

\$15 Suggested Donation
No one turned away for lack of funds

Next Events:

New Years Eve Dance, Friday, December 31st
HMCRA; 4235 19th St. @ Collingwood; 7:00 pm meeting, 9:00 pm dance.
*** If ASL is needed for any event, please give 72 hour advance notice.

www.LivingSober.Org

415.978.2478

The Intercounty Fellowship Board (IFB) Special Events Committee Presents

An AA Speaker Meeting with Mary Ellen H. of San Anselmo
Followed by:

MONSTER BINGO!

Costume
contest!!

And Other Ghoulish Fun!
Saturday, Oct. 30th, 2004

7:00pm—Open Meeting
8:30pm—BINGO! (\$15.00 for 8 games)

Urban Life Center
1101 O'Farrell @ Franklin St.
San Francisco, CA

A chance to dress up, have fun and support Central Office

CHILDCARE WILL BE PROVIDED!!

Info: Dave (650) 222-7227—ohmout@aol.com

Terrific
Bingo
Prizes!!

The Spirit of San Francisco Presents... Questock 2004

The "Woodstock" of BBQs
Sharon Meadows, Golden Gate Park
(East of the Carousel)
Saturday, November 6th 2004
10AM – 6PM

| 10A – 5P | BBQ |
|-----------|------------------------------|
| 10A – 12N | Acoustic Music Jam |
| 12N – 1P | AA Speaker Meeting |
| 1P – 3P | Free Form Acoustic Music Jam |
| 3P – 5P | Acoustic Open Mike |
| 5P – 6P | Cleanup |

Come celebrate the First Clean and Sober Acoustic Music Fest / BBQ in SF!
Acoustic music only. No amplifiers allowed.

Volunteers needed to provide service, equipment and food!
Contact Michael at 415.675.9963 or masokoloff@usfca.edu

FREE EVENT !
(Donations Welcome)

Take As Prescribed: Staying Sober on Prescription Pain Killers

By Kathleen C.

At two years' sobriety I learned I had oral cancer—a salivary gland on the roof of my mouth had run amok. The surgeon removed it, leaving a hole, which was eventually covered by a dental prosthesis. Radiation oncologists then treated me with radiation to the roof of my mouth, for a total of twelve weeks. (Six weeks, then a month off, then six more weeks).

The roof of your mouth is very close to your throat. After the first six weeks of radiation my throat was burned to the point where it was an open sore and I could neither eat nor drink. Plus I had thrush, an oral yeast infection, from the radiation—which caused dry mouth. Many people with AIDS or with a compromised immune system have thrush. I wrote in my journal at that time that "My tongue feels as if I have been licking razor blades." Pain in throat, pain in mouth. Desperation. I was put on intravenous fluids, first at home, then in the hospital.

My doctors also prescribed liquid Valium and Dilaudid suppositories. The liquid Valium was to help me sleep through the pain. The Dilaudid, a powerful narcotic, was purely for pain relief. After I was released from the hospital, I was supposed to use one of the little Dilaudid torpedoes every six hours. The first few days on this medication regimen, I woke up almost every hour, every night; my throat feeling like it had been slashed with razor blades. Each time, I used a Dilaudid and took a sip

of Valium.

I was afraid I would overdose, never mind become addicted. I called the Oncology nurse and talked to her about it. She asked, "Is the pain waking you up?" I could only answer yes, since I awoke weeping with agony. "Then the pain is burning through the drug. You need to take enough to relieve the pain. That's what it's for."

I also spoke to a doctor I know, who had been the Medical Director for a hospice program. Dying patients receive all the pain medicine they need. He said the most important thing to do for severe or chronic pain is getting rid of it. You don't heal well when you are in pain and pain can lead to desperation and despair. I knew that. When I tried on my own to limit the pain medication the pain overwhelmed me and I thought of suicide. A permanent solution to a temporary problem. But pain doesn't seem temporary when it is all you can think about. My sponsor sympathetically agreed and suggested I listen to the medical advice.

I know many AAs who talk about limiting their prescribed pain medication to less than what the doctor ordered; in an attempt to be I don't know what—a hero, I guess. It reminds me of the Labor and Delivery nurse, after my kids' birth, who stood over me while I took Tylenol with Codeine, "We don't allow anybody to be a

(Continued on page 18)


Victim Mask (Continued from page 1)

me I could leave. I wasn't sure whether they'd let me back in at rehab since I was now loaded on Ativan. But, I was scared to go home so I took a cab back to the recovery home and to my surprise, they let me back in and let me sleep like a dead person for the next 24-hours.

I had a rude awaking the following morning in group. Several members of the group considered my hospital trip a relapse and wanted the counselors to kick me out. One woman told me she was sick and tired of having to tiptoe around me and watch everyone cater to me. She pointed out that I was no sicker than anyone else in the room. One of the counselors suggested that maybe it was time for me to "take off my victim mask" and look at why I'd been holding on to it for so long. "How is it serving you to stay in the

role of the victim?" she asked me, fully expecting an answer.

I was offended, but somehow managed to stay quiet long enough for the answer to come. I admitted that being the victim allowed me to shirk responsibility and helped me manipulate people and situations to my advantage. After some discussion, I decided to change my sobriety date and start fresh without the mask. I agreed to be gut-level honest at all times and have done my best to do so since that day.

I don't know why I decided that instead of The Victim, I wanted to be the strong, sober woman behind the mask. I practice being that woman every day now through the 12 Steps. I'm so grateful that I'm getting to know the woman that was hiding inside me all those years. And I have AA to thank for that. 

Dear Alky

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

Dear Alky,

There is a poster that I have seen from time to time, usually at Alano Clubs that I've visited outside of the Bay Area, that asks the question: "2 Bucks for 2000?" The poster demonstrates how prices have risen over the past 40 years. For example: a soda in 1960 - 10 cents, in 2000 - \$1.00; a cup of coffee in 1960 - 10 cents, in the year 2000 - \$1.00, and so on. During this period, typical individual A.A. contributions for the 7th Tradition at a meeting: in 1960 - \$1.00, in 2000, still \$1.00. I've been told this same poster has been in existence since the 1970s. I'm not an economics major, but a dollar in 1960 had a lot more value than a dollar in 2004. I don't like guilt-tripping A.A. members into contributing. However, it seems obvious that contributions to Alcoholics Anonymous haven't kept up with the times and current expenses for groups and Central Offices. I try to do what I can, but how strongly should I be encouraging others to contribute? Besides rent, which is probably horrendous in San Francisco, what kinds of expenses are we talking about here?

Thanks,

Concerned for A.A.'s Future

Dear Concerned,

It is true that costs now are much higher compared to costs even ten years ago, much less in 1935, when AA was founded. Those who can, might think about inflating their contributions to match! The single biggest expense for Central Office is personnel costs. There are two full-time employees: Maury, the Central Office Manager, and Peter, the Special Worker. Between the two of them, a few of the tasks they accomplish include putting out *The Point*, paying the bills and taxes so the business can stay up and running (the door is open, the lights are on, the phone is connected), working with various committees, maintaining a well-stocked bookstore, printing flyers for upcoming events, keeping the schedules and database up-to-date, and filling in at times when there are no volunteers available to answer the phone. In keeping with Concept XI in the *Twelve Concepts for World Service*, (go to the bookstore and buy a Service Manual if you don't know what the Concepts are—or ask your GSR!) the IFB took a group conscience to pay AA Central Office staff "in reasonable relation to the value of his or her similar services or abilities in the commercial world". Anybody who has been to Central Office or worked with either Maury or Peter knows they are exceptional and dedicated workers, and we are lucky to have such fine AAs to staff our Central Office.

Check out the Financial Statement inside the back page of *The Point* each month. For June 2004 employee expenses, including payroll taxes, benefits, and Workers Comp Insurance, were \$8,494.53. Other expenses, all those that we pay to keep the office up and running—both as a service center and as a small business were \$6,568.71. This figure includes rent, our



equipment lease, ASL translation, insurance, postage—the list goes on.

So, that is where our Seventh Tradition money goes – to pay two people to staff an office five days a week, from 10:00 a.m. to 6:00 p.m. (7:00 p.m. on Mondays), train and supervise volunteers, sell literature, maintain an AA web site, publish a newsletter, participate in AA regionally and make sure the hand (and ear) of AA is there whenever a local or an out-of-towner needs it.

San Francisco AA gets a bargain.

As of June this year, we are running about \$1,500 in the red each month. If each AA who could afford to put in one dollar put in two instead, the deficit could be gone. Think about starting a tradition of making an Anniversary Contribution – on your AA anniversary, send Central Office a dollar for each year of your sobriety. Your own example is the best way to "encourage" other AAs to chip in. Remember what Bill said in the Twelve and Twelve about spirituality and money in AA – they meet in the hat!

Sincerely,
Alky

Dear Alky,

I'm just over nine months sober but lately I've been having these bizarre dreams about drinking with old acquaintances and even celebrities. One morning I woke up with an actual hangover and it was several hours before I realized it wasn't true! I'm terrified of drinking again but I'm afraid this all means I'm about to relapse even though I think I'm working a good program.

Thanks,

'Shaky Last Weekend'

Dear Shaky,

As long as you stay terrified, you probably won't drink again. The biggest enemy of sobriety, next to resentment, is complacency. When we take sobriety for granted, it can vanish like a dream. In a way, a drinking dream is a gift of sobriety. You probably never had one when you were drinking, did you? Only when we're sober does a drink look like a nightmare. Keep working your program!

Sincerely,
Alky

The Point Committee is:
Cami W., Jenny M., Kathleen C., Kurt C.,
Maury P., Mike L., Stephen R. and Steve S.

Thanks to these members and all the others who contribute time and energy in creating our newsletter!

If you are interested in helping,
give us a call: 415.674.1821

COMMITTEE CONTACTS

The 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—

Joe G. 415.350-0373

VICE CHAIR—

Steve R. calmont1@aol.com

TREASURER—

Patrick M. patrick_m30075@yahoo.com

RECORDING SECRETARY—

Don B. 415.777-9374

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE—

Danny F. dannyf112@earthlink.net

ORIENTATION COMMITTEE—

Tim M. gryffindor-house@earthlink.net

12th STEP COMMITTEE—

Scott C. 415.614-0249

ARCHIVES COMMITTEE—

Lynnore G. lynnore1@aol.com

LITERATURE COMMITTEE—

Gary D. 415.922-1341

THE POINT

Steve R. calmont1@aol.com

SPECIAL EVENTS—

David B. dbelectric@turnershouse.net

SPECIAL NEEDS COMMITTEE—

Pene P. 415.200-6261

WEBSITE COMMITTEE—

Michael R. michaelr@aasf.org

SF TELESERVICE COMMITTEE—

Peter M. sfteservice@aasf.org

SF PI/CPC COMMITTEE—

Laura N. 415.931-2567

Doing Service With The Public Information Committee By Laura N.


As the Chair of our San Francisco PI/CPC (Public Information/ Cooperation with the Professional Community), I feel a bit silly “tooting our own horn,” so to speak, but I cannot adequately express in words how rewarding service with this committee has been for me. I initially became interested in PI for two reasons: 1.) An experienced PI committee member who always attended my home group meeting mentioned that there was a lack of new blood or turn-over with the committee, and 2.) for this formerly dishonest alcoholic, I figured that announcing myself publicly as a member of AA would certainly help me maintain my honesty in my program.

PI/CPC has blessed me with so much more. From the moment I first attended the monthly PI meeting, about 2½ years ago (when I first met the sobriety requirement) I got to be of service to both AA members, non-members, the public, & the professional community. I am constantly learning about the program of AA, the importance of the traditions, and how widely our reach extends into all areas of life. The PI committee members have so much knowledge and experience they willingly and lovingly share with new PI members, such as myself, that being of service is an incredible learning experience.

As a coordinator/scheduler, I was able to meet many SF AA members I had not had contact with previously, and as committee chair, I continue to meet other AA members involved with PI/CPC at the local, district, and national levels. It never ceases to amaze me how the organization of Alcoholics Anonymous enables its smooth function to exist apolitically. What a great organization.

PI/CPC has enabled me to carry the message to DUI programs, middle & high schools, colleges & universities, and to professional conferences, often at the national level, since we live in such a great city. And one of the great things about PI/CPC, is that our speaking engagements/conference presence, is scheduled on a volunteer-per-engagement basis. This allows our speakers and representatives to fit PI/CPC to their schedule as each PI request is filled. The flexibility allows our speakers to take on more or fewer commitments depending on the time we have available.

From our brief, efficient monthly meetings, to the flexibility of being a speaker in PI, this is a great way to be of service. Most rewarding for me, however, is when your speaking to a group of teenagers, or at a DUI class, and just by the questions that are asked, you can tell that you have carried the message. That feeling is unlike any other.

The PI/CPC Committee meets the second Monday of each month, 7 p.m. at Central Office. Please join us if you want to get involved. 

Treasures of the Twelve & Twelve: Step Ten

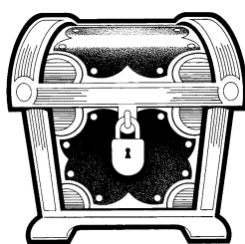
By Cami W.

The practice of Step Ten is relatively new to me. During my many previous attempts at working the Twelve Steps, I often balked before reaching this important maintenance step and ended up relapsing.

During my short time actually practicing the tenth step I've discovered that its purpose is to help us keep ourselves in check and maintain our spiritual condition. According to the Twelve & Twelve, this step allows us to take "a continuous look at our assets and liabilities." What stood out to me upon reading this step's chapter in the Twelve & Twelve is that not only are we to use it to be on the lookout for mistakes we've made each day—to admit when we are wrong and make amends when needed—but we are also supposed to tally up the things done well.

I am an alcoholic with self-deprecating tendencies. I know I'm not alone here. I once heard a man say in a meeting, "I have an inflated ego and deflated self esteem." This is me to a "T". The notion of staying right-sized is extremely difficult for me, which is why the tenth step is such an important practice. I'm usually either riding a big ego trip or feeling like a horrible person who can't do anything right at all. Often I'm doing both simultaneously.

The Twelve & Twelve points out that if we make self-searching a regular habit, until we are able to admit and accept what we find and correct any wrongs as we go, it will help us avoid the dreaded emotional hangover. An emotional hangover—waking up with heavy feelings of remorse and guilt over bad behavior the day before—is often even more painful than the hangovers we used to feel after a drunken bender. Now there's no bottle to blame. We can only point to ourselves when we begin looking for a scapegoat.




An emotional hangover is often even more painful than the hangovers we used to feel after a drunken bender. Now there's no bottle to blame.

It's certainly difficult to live a serene day if I'm bogged down with anger, fear, jealousy, self-pity or resentment. There are few things that make me want to drink more quickly than sitting in those negative feelings for too long without taking some type of action. According to the Twelve & Twelve, I'm not alone here either:

"Few people have been more victimized by resentments than have we alcoholics. It mattered little whether our resentments were justified or not. A burst of temper could spoil a day, and a well-nursed grudge could make us miserably ineffective. Nor were we ever skilled in separating justified from unjustified anger. As we saw it, our wrath was always justified. Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely.

These emotional 'dry benders' have often led straight to the bottle."

I'm good at picking apart my actions and finding the things I did ungracefully. I'm not, however, so great at patting myself on the back for things done well. Nor am I good at admitting to anyone else when I'm wrong. In fact, most days I'd rather swallow hot lava than apologize to you for being insensitive or hurtful in some way. But this is what I need to do to stay sober so I try my best each day.

The Twelve & Twelve recommends making an inventory a regular part of each day. The book suggests making the "spot check" a habit whenever we find ourselves feeling unbalanced and doing a day's end inventory to review the happenings of each day. I have to admit that I have yet to incorporate this practice into everyday life. I do notice a big difference in my emotional state when I do it. I'm sure those around me do too. Thankfully, in AA we're striving for progress, not perfection. 

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

Registration forms for the 2005 International Convention are now available at Central Office. For additional information about the convention, please visit our website, www.aasf.org and click on the link under "Fellowship News".



A.A. On the Road: New York City

By Irene K.

I can't resist sharing about A.A. in my new home, the borough of Manhattan in New York City. I moved to New York City about nine months ago after ten years in the San Francisco Bay Area and a two-year hiatus in Europe. The term 'culture shock' has an entirely new meaning for me now, but having hit the nine month mark, God and obtaining a 'groove' in a new place are finally conspiring to grant me some badly needed serenity.

With over 2,000 A.A. meetings in the New York City area, the visitor may feel overwhelmed. The meeting list is so bulky that it needs to be divided up into 'zones.' An easier bet may be to do a little web research before your trip at www.nyintergroup.org, where you can search quickly by zip code or borough. If you know someone in New York, it's also a great idea to check with them to see which meetings he or she recommends.

My home group is a good, old-fashioned A.A. group called Nu Garden, which is located at the St. Francis Church, 139 W. 31st Street (between 6th and 7th Avenues); close to Penn Station and the 'New' Madison Square Garden (hence the goofy group name). The group meets at 6 p.m. on Thursdays, Saturdays and Sundays on the third floor in classroom 5 (beware, there's no elevator). Nu Garden has an interesting cross-section of New Yorkers and a heavy emphasis on service, steps, sponsorship and a God of your understanding. You may also wish to check out the




following: Oxford Group, Grand Central Group, 79th Street Workshop and Perry Street.

Here in New York you find solid A.A. groups as well as groups that are heavy on new-agey, therapy-speak. An A.A. member who moves to New York soon learns that she will hear much more than she ever wanted to hear about A.A. members' therapists. Another quirk to New York City A.A. is the love of the drunkalogue. As is true with everything else in New York City, whatever suits your fancy, you can surely find it here.

The New York City Intergroup office is located at 307 7th Avenue, Room 201, New York, NY 10001-6007 (at W. 28th Street) and their phone number is 212.647.1680. They can always help you find a meeting, either by phone or on the Internet at

www.nyintergroup.org. And don't forget that A.A.'s General Service Office is also located in the Big Apple. G.S.O. is at 475 Riverside Drive, 11th Floor, New York, NY 10115 (at W. 119th Street) and their telephone number is 212.870.3400. You can visit G.S.O., get a tour, browse through archives, and even sit on Bill W.'s old couch. The archives can also give die-hard A.A. nerds a list of fun A.A. historical sites to go see on your own time, like Bill and Lois' old apartments in Brooklyn, Townes Hospital and Calvary Church.

There's absolutely nothing on the planet like New York. It's electric, bold, raw and bustling. If you need to mix things up in your life and get your pulse flowing, plan a trip to New York and you can't go wrong. And come hang out with us in the meetings. 

FAITHFUL FIVERS!



Faithful Fivers are A.A. members who graciously pledge to contribute at least Five Dollars each month toward the support of Central Office in its efforts to carry the A.A. message of hope and recovery to those alcoholics who still suffer in the San Francisco/ Marin area. As a Faithful Fiver, your personal contribution can and will make our vital services possible. We'd like to thank the following members for joining:

SCOTT N
GILES H.
KRIS F.
DAVID B.

PHILIP G.
HARRY M.
WICKIE S.
AMI JOY Y.

MICHAEL R.
FRANK M.
KATHLEEN S.



Literature Review: Thank You For Sharing


By Johnny G.

This is a spirited collection of letters to the Grapevine over the span of seven decades on topics featured in the Grapevine publication. I found the letters to vary in opinions but to hold to AA principles. These shares were opinions formed by members through experiences they had at meetings, working with others, on twelfth step calls, reading the Grapevine and in general, practicing the principles in all their affairs. I particularly appreciated the passion I found in most of the shares for the fellowship itself. I was constantly reminded of the ability to have my own opinion but have them reflect the spiritual principles being taught to me by the program of Alcohol Anonymous.

In Chapter One, "At Meetings, Experiencing Life and Sobriety at AA Meetings," I picked up many helpful tools to help me continue to show up and keep my sobriety growing. A good example, the suggestion in "There Is Always Something to Learn", ...If there was nothing worth remembering in a speaker's talk, the audience would do well to listen because at least they could learn something about tolerance. "The Gauntlet", describes the unofficial greeting line comprised of smokers assembled at the building entrance. If you stand outside an AA meeting what you look and sound

like will be one of the things the visitor or newcomer sees as a first impression. There are also shares on profanity used at group level and opinions and experiences on the appropriate place for that.

Chapter Four, "Your Move: December 1996, Online AA", I appreciated the following shares. Online AA seems to be simply another tool in the kit, which if used properly, can keep the message alive and give the alcoholic one more way to combat the cunning and baffling disease we face. Online AA helps AA members in this effort. It follows the Traditions and can help a great deal. In, "Don't Forget the Hug," I learned that it truly could be a blessing to have a meeting online. Except for one thing, I would miss the hugs.

There is plenty of discussion on the topic of Singleness of Purpose. There is a look at differences in the fellowship of our opinions and experiences when it comes to carrying the message to the nonalcoholic and the use of the Lords Prayer. The shares are selected on their basis of members views, using experiences with the principles of the fellowship, particularly, Love and Tolerance is our Code. 

I am Your Disease

By Anonymous

I am your disease. I hate meetings. I hate Higher Power. I hate anyone who has a program. To all who come in contact with me, I wish you suffering and death!

Allow me to introduce myself—I am the disease of alcoholism. I am cunning, baffling, powerful...and very patient. I have killed millions, and I am pleased. I love to catch you by surprise. I love pretense...

I am your friend and lover. I have given you comfort, haven't I? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me? I love to make you hurt; I love to make you cry. Better yet, I love to make you so numb that you can't feel anything at all. This is true gratification for me; all I ask of you in return is long-term suffering.

I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve good things, and I was the only one who agreed with you. Together, we were able to destroy all good

things in your life.

People don't take me seriously. Fools! I will teach them to respect the power of the pain I inflict!

I am a hated disease, and yet, you've coaxed me, you've wooed me...you've nurtured me. So many have chosen me over reality and peace.

Now that you've gazed upon my face, now that you recognize me, you hate me. But I hate you even more, especially those with a 12-Step program. I hate your program, your meetings, and your Higher Power. These weaken me and I can't function in my accustomed sadistic manner.

But while you practice your program, I lie here quietly. You don't see me, but I am growing bigger than ever. When you merely survive, I thrive. When you thrive, I must hide. Use Caution, my friend, because I am STILL WAITING....

I wish you suffering! Until we meet again.... 

AA Group Contributions - July 2004

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

| Name | Meets | July '04 | YTD | Name | Meets | July '04 | YTD |
|---------------------------------------|---------------------|-----------------|-------------------|---|------------|----------|----------|
| Fellowship Contributions | | | | Mill Valley 7am | 7D 7am | | 1,000.00 |
| Annual Christmas Meeting | Christmas 2004 | | 25.00 | Mill Valley Original Smokeless Step Study | Th 8pm | | 50.00 |
| Bingo Extravaganza | Bingo 7th Tradition | | 115.00 | Monday Blues | M 6:30pm | | 264.50 |
| Brisbane Breakfast | Su 11am | | 174.60 | Monday Night Stag (Tiburon) | M 8pm | 186.25 | 983.77 |
| Contribution Box | March 2004 | 45.18 | 370.61 | Monday Night Women's | M 8pm | | 52.35 |
| Gay Newcomers Group | Santa Rosa | 5.72 | 5.72 | Nativity Monday Night Big Book | M 8pm | | 100.00 |
| Deer Park Discovery Group | | | 4.67 | Newcomers Step | M 7:30pm | 200.00 | 500.00 |
| IFB | July Meeting | 106.76 | 711.98 | Noon | Tu 12pm | | 140.50 |
| Marin Teleservice | | | 1,482.00 | Noon Discussion | Th 12pm | | 135.00 |
| Spirit of San Francisco | 2003 Convention | | 577.56 | Noon Hope | F 12pm | 97.40 | 97.40 |
| Sunday Step Study | Su 4pm | | 126.00 | Novato Spirit Discussion | F 12pm | | 142.18 |
| Unidentified | | | 311.45 | On Awakening | 7D 5:30am | | 350.00 |
| Total Fellowship | | \$157.66 | \$3,904.59 | Pathfinders | Tu 12pm | | 85.89 |
| Honors | | | | Rise N Shine | Su 10am | | 102.73 |
| Endless Summer | F 8:30pm | | 218.22 | Ross San Anselmo Group | M 8:30pm | | 54.00 |
| High Noon | 6D 12:15pm | | 36.00 | San Anselmo Fireside Meeting | Su 8pm | | 45.49 |
| Sesame Step | Tu 7:30pm | | 6.00 | San Geronimo Valley | M 8pm | 75.48 | 134.47 |
| Total Honors | | \$0.00 | \$260.22 | Saturday Serenity | Sa 8pm | 100.00 | 587.00 |
| Marin Group Contributions | | | | Saturday Women's Speaker | Sa 6pm | | 105.00 |
| 11th Step Meeting | M 8pm | | 100.00 | Serendipity Sa 11am | Sa 11am | | 485.00 |
| 12 & 12 Study | Sa 8:15am | | 106.50 | Sisters In Sobriety | Th 7:30pm | 58.00 | 94.00 |
| 7am Urgent Care Group | 7D 7am | | 400.00 | Six O'Clock Sunset | Th 6pm | | 245.20 |
| A Vision For You | Su 7:30pm | | 68.25 | Sober & Serene | F 7pm | 242.79 | 492.79 |
| Attitude Adjustment Fairfax Daily 7am | 7D 7am | 567.67 | 3,975.42 | Sober Moms | Fr 11:30am | | 18.00 |
| Awareness/Acceptance | M 10:30am | | 120.00 | Steps to Freedom | M 8:30pm | | 474.85 |
| Back to Basics | Su 9:30am | | 190.95 | Steps To The Solution | W 7:15pm | 37.00 | 87.00 |
| Beginners | W 7pm | | 500.00 | Stinson Beach Fellowship | Th 8pm | | 220.60 |
| Bounce Back | M 6pm | | 200.00 | Streetfighters | Sa 9am | | 22.10 |
| Caledonia | Su 8pm | | 432.08 | Sunday Express | Su 6pm | | 223.84 |
| Candlelight | Su 8:30pm | 90.00 | 169.23 | Sunday Night Corte Madera | Su 8pm | | 400.00 |
| Candlelight Meditation | M 7:30pm | | 60.00 | Survivors | M 12pm | | 335.50 |
| Creeside New Growth | Su 7pm | | 165.00 | T. G. I'm Sober | M 6pm | | 26.00 |
| Crossroads | Su 12pm | | 497.00 | Terra Linda Group | Th 8:30pm | | 871.00 |
| Day At A Time | 7D 6:30am | 240.00 | 420.00 | Terra Linda Night Stag | Th 8pm | 500.00 | 500.00 |
| Experience, Strength & Hope | Sa 6pm | | 111.00 | TGI Tuesday | Tu 6pm | 43.20 | 124.80 |
| Fairfax Friday Night | F 8:30pm | | 46.18 | The Fearless Searchers | F 8pm | | 245.00 |
| Fireside | F 8pm | | 35.50 | The Novato Group Fri. Night Discussion | F 8:30pm | | 112.05 |
| Freedom Finders | F 8:30pm | | 763.08 | Three Step Group | Sa 5:30pm | 200.00 | 600.00 |
| Greenfield Newcomers | Su 7pm | | 80.00 | Thurs. Night Speaker, MV | Th 8:30pm | 478.29 | 1,868.99 |
| Happy Hour | Th 6pm | | 233.49 | Thursday Night Miracles | Th 8:30pm | | 39.00 |
| High & Dry | W 12pm | | 125.00 | Tiburon Beginners | Tu 7:10pm | | 660.58 |
| Hope Step Group | Tu 7:30pm | | 150.00 | Tiburon Haven | Su 12pm | | 720.00 |
| Inverness Sunday Serenity | Su 10am | 26.00 | 26.00 | Tiburon Women's Candlelight | W 8pm | | 39.76 |
| Island Group | Th 8pm | 135.50 | 208.00 | Tuesday Twelve Step | Tu 6:30pm | | 34.60 |
| Living in the Solution | F 6pm | 222.00 | 455.00 | Wednesday Mid-Week | W 6pm | | 125.41 |
| Marin City Groups | M-F 6:30pm | 100.00 | 300.00 | Wednesday Night Candlelight | W 8pm | | 152.00 |
| Marin Sober Group | F 8pm | 47.00 | 86.50 | Wednesday Night Speaker Discussion | W 7pm | | 69.52 |
| | | | | Wednesday Noon | W 12pm | 56.49 | 56.49 |
| | | | | Women For Women | W 12pm | | 137.61 |

| Name | Meets | July '04 | YTD | Name | Meets | July '04 | YTD |
|----------------------------------|---------------|-------------------|--------------------|-----------------------------------|------------------|----------|----------|
| Women on Monday | M 7pm | | 69.67 | Federal Speaker | Su 12pm | | 373.31 |
| Women on Wednesday | W 7pm | | 64.86 | Fellowship of the Spirit | Su 1:30pm | | 22.60 |
| Women's Big Book | Tu 10:30am | 95.00 | 247.50 | Fell Street Step | Su 8pm | 127.09 | 127.09 |
| Working Dogs | W 12:05pm | | 313.25 | Fireside | F 8:30pm | | 92.35 |
| Total Marin Contributions | | \$3,798.07 | \$25,131.43 | Fireside Chat Sa | Sa 9pm | 346.64 | 545.47 |
| SF Group Contributions | | | | Fireside Chat Th | Th 8pm | | 88.56 |
| 7AM As Bill Sees It | F 7am | 20.00 | 40.50 | Fireside Chat Tu | Tu 8pm | | 60.11 |
| 12 Steps to Happiness | F 7:30pm | | 40.87 | Friday All Groups | Fr 8:30pm Raffle | | 395.00 |
| A is for Alcohol | Tu 6pm | | 80.70 | Friday Lunchtime | Fr 12pm | | 140.00 |
| AA As You Like It | Tu 5:30pm | | 149.89 | Friday Knights | Th 7:30am | | 9.20 |
| AA Step Study | S 6pm | 234.77 | 407.29 | Friendly Circle | Su 8:30pm | | 485.70 |
| Afro American | F 8pm | | 36.62 | Friendly Circle Beginners | Su 7:15pm | | 80.34 |
| Afro American Beginners | Sa 8pm | | 132.53 | Friendship Group | W 8pm | | 125.00 |
| After Work | M 6pm | 105.54 | 168.54 | Friendship House | | | 9.36 |
| All Together Now | Th 8pm | | 416.63 | Gay Beginners Questions & Answers | F 7pm | | 35.38 |
| Alumni | W 8pm | 60.00 | 120.00 | Golden Gate Seniors | Tu 1:30pm | | 107.00 |
| Amazing Grace | M 7pm | 120.00 | 148.80 | Gold Mine Group | M 8pm | | 226.36 |
| Any Lengths | Sa 9:30am | 704.56 | 1,578.77 | Haight Street Blues | Tu 6:15pm | | 206.00 |
| Artists & Writers | F 6:30pm | | 1,050.94 | Haight Street Explorers | Th 6:30pm | | 60.00 |
| As Bill Sees It | Th 6pm | 122.13 | 260.17 | Happy Hour | F 6:30pm | | 381.80 |
| As Bill Sees It | Sa 11am | | 190.93 | High Noon | M - F 12:15pm | 200.00 | 200.00 |
| Beginner's Warmup | W 6pm | | 90.00 | High Noon Friday | F 12:15pm | 273.69 | 1,036.55 |
| Bernal Big Book | Sa 5pm | | 281.24 | High Noon Monday | M 12:15pm | 313.80 | 733.25 |
| Beyond 164 | F 12:30pm | | 90.00 | High Noon Saturday | Sa 12:15pm | | 178.70 |
| Big Book Basics | F 8pm | 120.00 | 333.73 | High Noon Thursday | Th 12:15pm | | 450.59 |
| Big Book Backwards | Fr 10am | | 15.00 | High Noon Tuesday | Tu 12:15pm | 162.56 | 748.42 |
| Big Book Study | Su 11am | 21.67 | 69.24 | High Noon Wednesday | W 12:15pm | | 487.80 |
| Boys Night Out | Tu 7:30pm | | 414.73 | High Sobriety | M 8pm | 96.11 | 264.11 |
| Buena Vista Breakfast | Su 12pm | | 327.60 | High Steppers | W 7pm | | 157.00 |
| Castro Discussion | W 8pm | 521.00 | 763.00 | Hilldwellers | M 8pm | 127.27 | 433.07 |
| Castro Monday Big Book | M 8pm | | 329.15 | Home Group | Sa 8:30pm | | 787.31 |
| Cocoanuts | Su 9am | | 125.00 | Hot Java | F 12am | 106.33 | 106.33 |
| Come N Get It | F 6:30pm | 378.85 | 378.85 | How It Works | Sa 2pm | 181.18 | 306.19 |
| Common Welfare | Th 8pm | | 102.01 | Huntington Square | W 6:30pm | | 648.17 |
| Design for Living | Sa 8am | 516.12 | 516.12 | Join the Tribe | Tu 7pm | 63.15 | 330.79 |
| Dignitaries Sympathy | W 8:15pm | | 150.00 | Joys of Recovery | Tu 8pm | | 427.31 |
| Each Day A New Beginning | SD 7am | | 236.79 | Keep Coming Back | Sa 11am | | 1,194.75 |
| Each Day a New Beginning F | F 7am | 231.00 | 544.00 | Keep It Simple | Sa 8:30pm | 221.25 | 308.10 |
| Each Day a New Beginning M | M 7am | 133.68 | 287.68 | Light Brigade Discussion | Su 7pm | | 147.80 |
| Each Day A New Beginning Su | Su 8am | 168.47 | 421.71 | Light Steppers | Su 7pm | 113.10 | 113.10 |
| Each Day a New Beginning Th | Th 7am | 234.58 | 858.46 | Like A Prayer | Su 4pm | | 158.86 |
| Each Day a New Beginning Tu | Tu 7am | 428.94 | 428.94 | Lincoln Park | Sa 8:30pm | 89.16 | 444.47 |
| Each Day a New Beginning W | W 7am | 453.73 | 913.46 | Live and Let Live | Su 8pm | | 119.76 |
| Early Start | F 6pm | | 375.00 | Living Sober | W 8pm | 241.51 | 241.51 |
| Easy Does It | Tu 6pm | | 673.00 | Living Sober with HIV | W 6pm | | 261.20 |
| Embarcadero Group | Daily 12:10pm | | 328.64 | Luke's Group | W 8pm | | 59.47 |
| Embarcadero Group | F 12:10pm | | 55.41 | Lush Lounge | Sa 2pm | 64.26 | 133.86 |
| Embarcadero Group | M 12:10pm | 144.60 | 144.60 | Meeting Place Noon | F 12pm | 133.32 | 293.38 |
| Embarcadero Reflections | Tu 12:10pm | | 89.06 | Mid-Morning Support | Su 10:30am | 148.11 | 1,291.70 |
| Epiphany Group | Th 8pm | | 25.00 | Midnight Meditation | Sa 11:59pm | 240.00 | 251.25 |
| Eureka Step | Tu 6pm | | 114.00 | Millionaires Club | Th 6pm | | 70.00 |
| Eureka Valley Topic | M 6pm | | 315.64 | Miracles Off 24th St | W 7:30pm | 124.72 | 268.95 |

Continued on p. 14

| Name | Meets | July '04 | YTD | Name | Meets | July '04 | YTD |
|--|---------------|----------|--------|-------------------------------|------------|--------------------|--------------------|
| Mission Terrace | W 8pm | 96.00 | 298.33 | Sunrise Sunset | Th 5:45pm | | 54.00 |
| Monday At A Time | M 12:30pm | 30.00 | 66.00 | Sunset 11'ers F | F 11am | | 138.40 |
| Monday Men's Meeting | M 8pm | | 48.00 | Sunset 11'ers Sa | Sa 11am | | 211.20 |
| Monday Monday | M 12:15pm | 80.00 | 80.00 | Sunset 11'ers Th | Th 11am | | 100.00 |
| New Highs | W 1:30pm | | 188.10 | Sunset 11'ers W | W 11am | 82.00 | 106.00 |
| New Hope Big Book | M 6:30pm | | 645.09 | Sunset 9'ers F | F 9am | | 194.00 |
| New Wednesday High Noon | W 12:15pm | | 547.47 | Sunset 9'ers M | M 9am | 178.73 | 327.23 |
| Newcomers | Tu 8pm | 77.56 | 303.76 | Sunset 9'ers Sa | Sa 9am | | 517.25 |
| No Reservation | M 12pm | | 189.92 | Sunset 9'ers Su | Su 9am | | 100.00 |
| One Liners | Th 8:30pm | | 370.15 | Sunset 9'ers Tu | Tu 9am | 122.95 | 242.95 |
| Park Presidio | M 8:30pm | | 162.00 | Sunset 9'ers W | W 9am | 79.20 | 362.97 |
| Parkside | Th 8:30pm | 73.08 | 213.48 | Sunset Reflections | Th 12:30pm | | 100.00 |
| Pure & Simple | Su 6pm | | 28.15 | Sunset Speaker Step | Su 7:30pm | 63.96 | 183.96 |
| Pax West | Annual Dinner | | 36.00 | Sutter Street Beginners | Sa 6pm | | 469.49 |
| Rose Garden Big Book | Th 12:05pm | | 132.22 | Ten Years After | Su 6pm | 918.70 | 1,393.42 |
| Rule 62 | W 10pm | 103.80 | 684.11 | They Don't Know Who We Are | Sa 7pm | | 150.00 |
| Saturday Afternoon Meditation | Sa 5pm | | 221.93 | Thursday Night Women's | Th 6:30pm | | 255.62 |
| Saturday Easy Does It | Sa 12pm | | 215.00 | Thus We Grow | Th 6pm | | 81.00 |
| Saturday Night Regroup | Sa 7:30pm | | 230.24 | Too Early | Sa 8am | | 358.07 |
| Seacliff | Th 8:30pm | 64.19 | 203.81 | Tuesday's Daily Reflections | Tu 7am | 78.45 | 162.07 |
| Serenity House | | | 600.00 | Tuesday Sunset Nooners | Tu 12:30pm | | 120.00 |
| Serenity Seekers | M 7:30pm | | 784.39 | Valencia Smokefree | F 6pm | 75.04 | 707.45 |
| Sesame Step | T 7:30pm | 96.72 | 333.85 | Walk of Shame | W 8pm | | 12.97 |
| Sinbar | Su 8pm | 152.16 | 346.40 | Waterfront | Su 8pm | 556.00 | 961.72 |
| Sisters Circle | Su 6pm | | 70.20 | We Care | Tu 12pm | | 260.23 |
| Sober & Centered | Fr 7pm | 203.24 | 371.51 | Wednesday Sunrise Smokefree | W 7am | | 60.00 |
| Sometimes Slowly | Sa 11am | | 57.19 | Weekend Workers | Sa 7am | | 60.00 |
| Step Talk | Su 8:30am | | 480.00 | West Portal | W 8:30pm | | 306.50 |
| Stepping Out | Sa 6pm | | 120.00 | Women Who Drank Too Much | Tu 6:15pm | | 39.00 |
| Steppin' Up | Tu 6:30pm | 42.00 | 42.00 | Women's 10 Years Plus | Th 6:15pm | | 376.00 |
| Sunday Bookworms | Su 7:30pm | | 115.01 | Women's Kitchen Table Group | Tu 6:30pm | | 233.29 |
| Sunday Morning Gay Men's Stag | Su 10:30am | | 549.43 | Women's Promises | F 7pm | 120.00 | 268.80 |
| Sunday Night 3rd Step Group | Su 5pm | | 235.16 | Work In Progress | Sa 7pm | | 64.87 |
| Sunday Night Castro Speaker Discussion | Su 7:30pm | | 409.25 | Total SF Contributions | | \$11,386.67 | \$49,853.49 |
| Sunday Rap | Su 8pm | | 268.26 | | | | |
| Sundown | W 7pm | | 216.00 | TOTAL | | \$15,342.40 | \$79,149.73 |
| Sundown Steps | Th 6:30pm | | 168.00 | | | | |

INDIVIDUAL CONTRIBUTIONS -JULY 2004

HONORS

| | | | |
|------------------------|-------|--------------------------|--------|
| | | Individual -Unrestricted | 150.00 |
| Honorary Contributions | 22.00 | Individual -Unrestricted | 43.00 |
| Honorary Contributions | 16.00 | Individual -Unrestricted | 100.00 |
| Honorary Contributions | 35.00 | Individual -Unrestricted | 25.00 |
| Honorary Contributions | 16.00 | Individual -Unrestricted | 50.00 |
| Honorary Contributions | 21.00 | Individual -Unrestricted | 51.00 |

Total HONORS

\$110.00

INDIVIDUAL CONTRIBUTIONS

| | | | |
|--------------------------|-------|--------------------------------|-----------------|
| Individual -Unrestricted | 30.00 | Total INDIVIDUAL CONTRIBUTIONS | \$504.00 |
| Individual -Unrestricted | 15.00 | TOTAL | \$614.00 |

Letting Go Of Old Ideas

By Steve S.

"Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."

October is the month of Halloween, for Americans traditionally a time to celebrate the frightening and macabre. So what could be more terrifying than letting go of old ideas? No matter where you are in your journey of sobriety, it's certain that you have at some point been faced with daunting growth experiences that took all your courage and faith to face.

Let's not mess around with the rubber spiders and the fake blood as we take a look at the frights and chills we experience when we take the masks off.

In a perfect world every opportunity for change would be a welcomed learning and growth opportunity, so as people in recovery why don't we welcome the change and embrace new ideas without fear?

For one thing, "letting go of old ideas" is a somewhat misleading phrase. Certainly we've had those ideas far longer than the new ones we get to trade them in for. They are in fact, *current* ideas that seem integral.

Having history with these ideas is important. Many of our most damaging problems were adopted through necessity, or at least what we thought was necessity. When threatened, we adapted for survival. Some of those adaptations may have truly been crucial to our survival at one point, but most of them should have been outgrown. Still, we associate the loss of these defenses with whatever the original threat was.

When we got sober, we dropped our most important defense mechanism, the booze we used to insulate ourselves from the discomfort of living life on it's own terms. We let go of this "old idea" and took on the "new idea" of coming to right relationship with the world.

For most of us, it took a little while to realize just how scary real life is without the booze. After all, it's the same world out there, maybe just a little more in focus. As with many other things, the devil appears in the details. We have to look a little more closely to find the real scary stuff.

Comfortable old idea: our actions never affect anyone else.

Scary new idea: (*Are you hearing the beating of a human heart buried under one of the floorboards?*)* Steps Four and Eight shine a piercing light onto this fallacy. Turns out that all


the time spent getting away with things (or thinking we were getting away with things) and taking shortcuts, we were in fact creating pain and misfortune for others. Is that a little more terrifying?

Comfortable old idea: everything is under control.

Scary new idea: (*Someone else controls that pendulum, and what am I doing in this pit?*)* Step One. Yes, this gives a chill to even the grizzled old-timers that sit in the corners of your meetings telling stories about the Bad Old Days. Turns out that a Power greater than ourselves is the one who actually calls the shots in this game. You think you've got all the angles covered? Just you wait and see. Even after we have the obsession to drink lifted, sure enough the world is filled with people, places and things that don't do things our way! Human powers, even our own, will eventually fail us.

Comfortable old idea: I'm the only one who understands.

Scary new idea: (*Brush the word DISCOVERY and stuff the paper into a bottle to cast to the sea.*)* Oh yes, we're all together in this one. How many of us actually took comfort in the pride that we alone carried our burdens and didn't let anyone know what was going on? A perverse pleasure this was, but take it away from us and we feel as though you've stolen our security blanket. Yet even here the very frightfulness we cowered from becomes the road we travel to freedom. Usually in Step Five we learn that we are not unique, at least not in the ways we feared. Furthermore as we continue on carrying the message of recovery, we hear newcomers tell our stories, often the same ones we held back. As much a relief as it is to learn we aren't alone.

Are you screaming in terror yet? Perhaps. But probably you've heard, perhaps quoted in a popular horror movie a decade and a half ago--Meister Eckhart's gentle admonition--if we are holding on to our attachments we see devils tearing our life away, but when we've made our peace, we see angels, freeing us from these attachments. The more we hold on to those old ideas, the harder it becomes. Through working the Twelve Steps, we get to make our peace and stop fearing the shadows. 

*The italicized passages each refer to one of the short stories of Edgar Allan Poe.

IFB Meeting Summary

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

Regular Monthly Meeting Intercounty Fellowship Board 1187 Franklin St., San Francisco, CA Wednesday, August 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 | | Intergroup Rep | Group | |
|----------------|-------------------------------|------|----------------|-----------------------------|-----|----------------|----------------------------|------|
| Abby L. | Common Welfare | A** | Janet B. | As Bill Sees It, Saturday | A** | Mike A. | Tuesday Downtown | P |
| Bob W. | Creative Alcoholics | A | Jen B. | Midnight Meditation | A** | Monika H. | SFPOA | P |
| Brian C. | Mission Terrace | P | Jenny M. | Waterfront | P | Morningstar V. | High Noon Saturday | A* |
| Carol W. | Miracles Off 24th St. | P | Joe G. | Beginners | P | Nathan M. | Easy Does It | P |
| Dallas R. | Early Start | A* | Johnny G. | High Noon Tuesday | A** | Pascal G. | Marin Stag (Mon. Night...) | Alt. |
| Dan P. | Second Chance | R | Jonas C. | Fireside Chat | A* | Patrick M. | Treasurer | A* |
| Dan Z. | Sunday Morning Gay Men's Stag | A* | Judi C. | Tuesday's Daily Reflections | P | Penelope P. | Amazing Grace | P |
| Danny F. | Each Day A New Beginning | P | Kara S. | Friendship Group | A** | Peter S. | All Together Now | P |
| David A. | Living Sober | A* | Kate B. | Friday All Groups | P | Ramona A. | Sunset 9'ers M | A* |
| David B. | Beginner's Warmup | A* | Kezia P. | Marina Discussion | P | Ray M. | Sunday Rap | P |
| David B. | Federal Speaker | P | Kim O. | Easy Does It | R | Rebekah D. | Fell Street Step | P |
| David E. | Sesame Step | P | Kristine F. | Castro Discussion | P | Russell G. | Regroup | P |
| David K. | Haight St. Blues | Alt. | Kurt P. | No Reservation | P | Russell R. | Sunset 9'ers Su | A* |
| David P. | Goodlands | P | Lou H. | Mill Valley 7AM | P | Scott C. | New Hope Big Book | A** |
| Don B. | Friday Fell Street | P | Lynnore G. | Walk Of Shame | A* | Steve N. | Terra Linda Group | P |
| Doug S. | As Bill Sees It - Thursday | P | Marc D. | Bernal Big Book | P | Steve R. | Valencia Smokefree | P |
| Edward F. | Happy Hour | P | Mark P. | Beginner Big Book Step | A** | Steven S. | Homegroup | P |
| Francesca K. | West Portal | A* | Martha C. | 449'ers | A* | Sue K. | Saturday Serenity | R |
| Gary D. | Work In Progress | P | Mary P. | Sutter St. Beginners | P | Tedra M. | Sisters Circle | A* |
| Georgia L. | Friendly Circle Beginners | P | Maury P. | Office Manager | P | Tim M. | Join the Tribe | P |
| Grant D. | Ten Years After | P | Michael R. | Huntington Square | P | Tom B. | Eureka Valley Topic | P |
| Greg B. | Cow Hollow Young People's | R | Michael H. | Some Are Sicker Than Others | A** | Zoe B. | Mill Valley 7am | R |
| Greg S. | Keep Coming Back | A* | | | | | | |

P = Present; A = Absent; R = Resigned. 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.

| New IFB Reps Present | | | | Liaisons Present | |
|----------------------|------------------------------|-----------|-------------------------|------------------|-----------------------|
| Adrian R. | High Noon W | Nathan M. | Easy Does It | Jill H. | SF PI/CPC |
| Bill V. | Attitude Adjustment, Fairfax | Rudi D. | Park Presidio | Mary P. | SF Teleservice |
| Daniel B. | Too Early | Scott N. | Sunset 11'ers Sa | Omar C. | Marin Teleservice |
| John H. | Goldmine Group | Star L. | High Noon W (Alternate) | Shannon L. | Marin General Service |

Following is an unofficial summary of actions, information, upcoming business, and service opportunities discussed at the August 2004 IFB meeting. It is provided for your convenience, and it is not intended to be the complete or approved minutes. For a complete copy of the minutes, contact the Central Office

August 2004 IFB Summary

A. IFB Reports

Chair's Report: Joe G. reported that time would be set aside at the meeting for small group discussions of goals for the IFB.

Treasurers Report: Marc D. gave the report in Patrick M.'s absence. Total income for July is \$3,036 better than budget. August is also exceeding budget month to date. Year to date, net income is \$2,941 better than budget. Assuming contributions continue to stay at least on budget, we should be OK for the year.

Central Office Manager's Report: Maury P. reported that Special Worker Peter M.'s six month review had been completed. Maury

attended the Northern California Central Office Managers meeting and among the topics of discussion were various Intergroup bylaws which prohibit voting on the same issue twice within a given time period. This is a potential issue for the Bylaws Review Committee to consider. The Fall 2004 SF Schedule will go to the printer next week, and any changes should be sent in right away. Individual contributions to the CO have increased recently. Regular phone shifts are filled, but there is still a need for substitute volunteers. Maury will be out of the office the week of September 27 and at the AAWs/Central Office Seminar in Denver from September 30 – October 3.

Central Office Committee: Danny F. reported that the COC had adopted the following ideas to improve the protocol of the Nominating Committee: 1) there shall be a minimum of three members; 2) the Committee will make periodic reports to the IFB; 3) there will be a protocol of questions, especially those related to business and/or non-

(Continued on page 17)

IFB Summary (Continued from page 16)

profit management. The CO and the IFB will be represented at The Spirit of San Francisco this weekend. Danny F. will be Maury's mentor this service year. The COC has begun to discuss long-term funding issues, including employees' compensation and office equipment upgrades. It was decided that alternate IFB representatives cannot serve as members of the COC. He also reminded us that the price increases for books, wallet cards, and schedules went into effect on September 1.

B. Action Items

COC Vacancy – Poll the IFB for Availability to Serve: Members present were polled as to their availability to fill the vacant slot on the COC. The following members are available: Brian C., Carol W., David P., Kurt P., and Lou H.

Nominating Committee: The following IFB members volunteered to serve on the Nominating Committee: David E.; Michael R.

C. New Business

Small Group Discussions on Goals: The IFB broke up into small discussion groups to discuss long range goals.

Hospitality Suite at 2005 World Convention: Georgia L. reported that a hospitality suite is available at no charge, however coffee and refreshments will be charged. After discussion it was decided to ask for volunteers to explore the possibility of having a hospitality suite. The following members volunteered: Brian C., Melanie L., Monika H., and Nathan M. Funds for the suite will come from voluntary contributions, not from the Intercounty Fellowship.

D. Ad Hoc Committee Reports:

Outreach Committee: Marc D. reported that the Outreach Committee is working on a mission statement. The purpose of the committee is to contact groups without IFB representatives and to explain the purpose and activities of the IFB and to encourage broader membership. Members of the committee will participate in the Spirit of San Francisco and Marin County Unity Day. The committee meets the third Thursday of the month at 6:30 p.m. at the Central Office.

The Point Committee: Steve R. reported that Suzi K. is on leave and Cami W. is Acting Editor. The deadline for articles is the first of the month for articles appearing the following month. There is always a need for articles. Persons who want to submit articles should contact Steve. There will be upcoming articles on Marin Unity Day, Hot August Nights, the Woman to Woman Conference and the International Conference in Toronto.

Orientation Committee: Tim M. said that the orientation of new IFB members takes place monthly one hour prior to the IFB meeting.

Website Committee: Michael reported that the updated site will go live next month. The committee will meet Thursday, September 2 at 6:15 p.m. at Central Office.

12th Step Committee: No report. The committee meets the second Wednesday of the month at 6:30 p.m. at the Central Office.

Special Events Committee: Maury P. gave the report in David B.'s absence. The "Hot August Nights" dance had 54 paid entrants and netted - \$375. Attendance was disappointing. Maury requested input from the IFB as to how to make future events more successful. The next event is scheduled for Saturday, October 30 and will be a costume bingo party. The committee is also planning a Treasurer's workshop. The committee meets the first Tuesday of the month at 7:30 p.m. at the Central Office.

Special Needs Committee: Dan P., previous Chair, resigned from the IFB and the Special Needs Committee. Pene P. is the new Chair. There will be ASL translation at The Spirit of San Francisco AA meetings. The committee is working on a mission statement. A Special Needs Access

Survey has been developed for distribution to groups. Next month an aural accessibility specialist will be at the IFB meeting to demonstrate assistive listening devices. The committee meets the first Tuesday of the month at 6:00 p.m. at the Central Office.

Archives Committee: Ray M. reported that the committee will have a table at the Spirit of San Francisco. The committee meets the third Monday of the month at 3:00 p.m. at the Central Office.

Lease Committee: Tom B. reported that the committee had met and was beginning to research the lease renegotiation. He said the current CO rent is about median for the neighborhood and further research will determine if moving to a new location would save money.

E. IFB Standing Committee Reports:

SF Teleservice: Mary P., Information Chair, gave the report. Peter M. has resigned as Chair and the position is vacant. The answering service plans to raise the rates due to the fact that volunteers are not always available for their shifts. Teleservice volunteers could forward the phones themselves which would eliminate the need for the answering service. The barbecue/potluck went very well and about \$200 was collected from 7th Tradition contributions. A Teleservice pamphlet has been developed. The committee meets the third Monday of the month at 6:30 p.m. at the Central Office.

PI/CPC: Jill H. gave the report. In August and September there were three school assignment classes and nine DUI classes. A Special Events Committee position is open. SF PI/CPC will be staffing a booth at the Employee Assistance Professionals Association Convention in November. The next workshop will coincide with Unity Day in October. The committee meets the second Monday of the month at 7:00 p.m. at the Central Office.

F. Non-IFB Liaison Reports

General Service, SF: No report. The committee meets the second Tuesday of the month at 1111 O'Farrell. Orientation is at 7:00 p.m. and business meeting is at 8:00 p.m.

General Service, Marin: Shannon L. reported that elections are coming up in November. MCYPAA (Marin County Young People in AA) is sponsoring a "Prom Night" on September 11. The committee meets the third Monday of the month at 9 Ross Valley Road, San Rafael. GSR Sharing: 7:00 p.m. District meeting: 8:00 p.m.

Teleservice, Marin: Omar C. reported that the recent picnic was a success, with about 30 people attending. It raised \$300 for the Central Office. The committee meets the fourth Tuesday of the month at 1360 Lincoln, San Rafael.

PI/CPC, Marin: No report. The committee meets the fourth Thursday of the month at 7:15 p.m. at 1360 Lincoln, San Rafael.

Bridging the Gap: No report. SF The committee meets the second Tuesday of the month at 6:30 p.m. 1111 O'Farrell, San Francisco. The Marin committee meets the second Wednesday of the month at 6:45 p.m. at 1411 Lincoln, San Rafael.

H&I: Georgia L. stated that H&I purchased a large amount of literature before prices went up. The SF committee meets the fourth Thursday of the month at 1751 Sacramento, San Francisco. Orientation is at 7:15 p.m. and the regular meeting is at 8:00 p.m. Marin H&I meets the second Tuesday of the month at 7:00 p.m. at Lagunitas and Shady Lane, Ross.

Spirit of San Francisco: Russell G. reported that registrations were running at approximately one-half that of last year. He stated that an old timers table was planned but he was having difficulty getting volunteers.

The 7th tradition collected \$99.83.

The next IFB meeting will be held Wednesday, October 5 at 7:00 p.m. at 1187 Franklin at Geary, San Francisco. 

Hot August Nights Review

By Georgia L.

"But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life," says the *Big Book*.

The IFB Special Events Committee is not the first AA service committee I've served on in my 18+ years in the Program, but it is the most enjoyable committee I've ever worked on. We are a small and very enthusiastic committee of seven active members. Each of us is dedicated to helping to carry the message of AA to the alcoholic who still suffers. We try to demonstrate how to enjoy life in sobriety by helping to plan and put on fundraising and educational events for the San Francisco/Marin AA community.

The IFB Special Events Committee's "*Hot August Nights*" was held on Saturday, August 28. Those who showed up had a great time and danced the night away on what turned out to be, indeed, a hot August night. A large number of people came up from San Mateo County. While we were thrilled they were there and welcome them back, we would also love to see increased participation from those in San Francisco

and Marin Counties at future IFB events.

The *Hot August Nights* event was our first dance and we managed to raise approximately \$400 for Central Office, thanks in great part to the generous contributions of those who attended.

Our next fun event is scheduled for Saturday, October 30, at the Urban Life Center (1101 O'Farrell @ Franklin). Earlene and Pearlene of "Trailer Trash Bingo" fame will once again help us have a fun evening- this time with a Halloween theme - MONSTER BINGO! So come in your costumes (or not and let Earlene and Pearlene make you over), play Bingo, participate in the costume contest and help raise some funds for your Central Office. Prizes and fun are almost guaranteed!

The IFB Special Events Committee needs input and help from you to make our events more successful. We would really appreciate any volunteers, feedback or suggestions. Our next Special Events Committee meeting is Tuesday, October 5th at 7:30 at Central Office. Come join us! ↑

News from the A.A. Grapevine

The A.A. Grapevine is offering packets of 50 past issues of the magazine at the reduced price of \$20 plus shipping. For further information, you may contact the Grapevine at (212) 870-3301.

CONTRIBUTIONS

to the Central Office were made through September 15, 2004 honoring the following members:

ONGOING MEMORIALS

| | | |
|-----------|---------|--------|
| Bob | R.W. | Bud C. |
| Curtis C. | Fran H. | |

ANNIVERSARIES

Happy, Joyous & Free: Amy S.-3 years
Serendipity: Joe G.-17 years
Huntington Square: Peggy M. - 27 years
 Linda B. - 12 years; Abby L. - 17 years
 Kathleen C. - 18 years; Sue K. - 23 years
 Frances L. - 42 years

Take As Prescribed (Continued from page 6)

hero on this floor," she said mock-sternly.

If you take LESS medication than your doctor orders, you are self-medicating just as much as if you took MORE. I believe in the principle of "Take as prescribed." I try to use medical people like sponsors, and seek their advice about using medicine.

As for psychiatric medications, I know many AAs who have been taking Zoloft or Prozac or Paxil for years for clinical depression and had other AAs tell them they were not sober. Without those drugs, they would not be alive. Fortunately, they followed their doctors' advice, stayed well and stayed in the program.

Many other AAs take drugs for Parkinson's disease, schizophrenia and other chronic conditions that require lifetime medications, some of which have psychiatric effects. But without the medications the alternative could be insanity or death, just what we are trying to avoid by staying sober.

If I hadn't taken enough Valium and Dilaudid to let my throat heal, I might not have been able to tolerate the final six weeks of radiation treatment, and I might not be alive today, fifteen years later. On page 133 in *Alcoholics Anonymous*, we are reminded that our Higher Power has given us doctors, psychologists and other practitioners who can help us get well and stay sober. I am grateful for their knowledge and care and for the medicines I take according to their directions. ↑

Financial Statement

July 2004 - Intercounty Fellowship of AA

| | Jul 04 | Jan - Jul 04 | | Jul 04 | Jan - Jul 04 |
|---------------------------------------|-----------|--------------|---------------------------------|-----------|--------------|
| Ordinary Income/Expense | | | Professional Fees | | |
| Income | | | Accounting | 1,100.00 | 1,100.00 |
| Group Contributions | | | Computer Consulting | 0.00 | 672.93 |
| Honors | 0.00 | 260.22 | Total Professional Fees | 1,100.00 | 1,772.93 |
| Group Contributions - Other | 15,342.40 | 78,889.51 | Rent - Office | 3,583.75 | 25,086.25 |
| Total Group Contributions | 15,342.40 | 79,149.73 | Rent - Other | 0.00 | 425.00 |
| Individual Contributions | | | Repair & Maintenance | 242.98 | 1,325.96 |
| Honorary Contributions | 110.00 | 1,703.70 | Security System | 33.50 | 268.00 |
| Individual -Unrestricted | 504.00 | 3,694.96 | Special Events | 153.85 | 288.85 |
| Total Individual Contributions | 614.00 | 5,398.66 | Telephone | 535.70 | 3,605.63 |
| Gratitude Month | | | Travel | 0.00 | 25.00 |
| Gratitude Month-Groups | 40.00 | 1,798.22 | Training | 0.00 | 94.67 |
| Total Gratitude Month | 40.00 | 1,798.22 | Utilities | 219.52 | 1,236.70 |
| Newsletter Subscript. | 108.00 | 690.00 | Total Expense | 23,443.08 | 113,497.95 |
| Special Event Income | 0.00 | 2,108.00 | Net Ordinary Income | -5,526.32 | -11,823.70 |
| Sales - Bookstore | 7,047.78 | 51,146.22 | Other Income/Expense | | |
| Total Income | 23,152.18 | 140,290.83 | Other Income | 0.00 | 2,615.13 |
| Cost of Goods Sold | | | Other Income | 0.00 | 2,615.13 |
| Cost of Books Sold | 5,235.42 | 38,616.58 | Interest Income | 46.70 | 430.88 |
| Total COGS | 5,235.42 | 38,616.58 | Total Other Income | 46.70 | 3,046.01 |
| Gross Profit | 17,916.76 | 101,674.25 | Other Expense | | |
| Expense | | | Depreciation Expense | 408.17 | 2,857.19 |
| IFB Literature | 47.12 | 220.37 | Total Other Expense | 408.17 | 2,857.19 |
| Bad Checks | 0.00 | -27.07 | Net Other Income | -361.47 | 188.82 |
| Employee Expenses | | | Net Income | -5,887.79 | -11,634.88 |
| Wages & Salaries | 7,200.00 | 50,290.43 | | | |
| Employer Tax Expenses | 577.58 | 5,314.39 | | | |
| Benefits/Pension | 712.00 | 4,888.00 | | | |
| Retirement/Annuity Expense | 7,666.67 | 5,448.37 | | | |
| Workers Comp Ins. | 0.00 | 979.85 | | | |
| Total Employee Expenses | 16,156.25 | 66,921.04 | | | |
| ASL Expense | | | | | |
| ASL- Net- Fri All Grps | 352.80 | 2,998.80 | | | |
| Total ASL Expense | 352.80 | 2,998.80 | | | |
| Bank Charges | | | | | |
| Cr Card Fees | 119.19 | 716.13 | | | |
| Bank Charges - Other | 50.60 | 183.00 | | | |
| Total Bank Charges | 169.79 | 899.13 | | | |
| Equipment Lease | 118.08 | 3,513.20 | | | |
| Filing/Fees | 35.00 | 62.00 | | | |
| Insurance | 100.55 | 703.85 | | | |
| Internet Expense | 0.00 | 215.40 | | | |
| Miscellaneous Expense | 0.00 | 65.15 | | | |
| Office Supplies | 144.59 | 2,534.76 | | | |
| Postage | | | | | |
| Bulk Mail | 200.00 | 600.00 | | | |
| Postage - Other | 289.25 | 646.45 | | | |
| Total Postage | 489.25 | 1,246.45 | | | |
| Shipping | -39.65 | 15.88 | | | |

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