

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

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

# The Point

November 2004

A publication  
of the Intercounty Fellowship  
of Alcoholics Anonymous

1821 Sacramento Street  
San Francisco CA 94109-3528  
(415) 674-1821  
From Marin call (415) 499-0400  
Fax (415) 674-1801  
[www.aasf.org](http://www.aasf.org)  
[aa@aasf.org](mailto:aa@aasf.org)

## The Point

is published monthly to inform  
A.A. members about business and  
meeting affairs in the Intercounty  
Fellowship of Alcoholics  
Anonymous (San Francisco and  
Marin Counties). *The Point's* pages  
are open to participation by all  
A.A. members. Nothing published  
herein should be construed as a  
statement of A.A., nor does  
publication constitute endorsement  
by A.A. as a whole, the Intercounty  
Fellowship Board, the Central  
Office, or *The Point* Editorial  
Committee. Letters and articles to  
help carry the A.A. message are  
welcomed, subject to editorial  
review by *The Point* Committee.

## Thanksgiving With My Sisters By Steve R.



There is a place where a late autumn snowfall at dusk can be so gentle that it tickles your nose and ears and demands you pause and close your eyes. As it begins to cling to your lashes, your eyelids melt it just enough to run as effortless tears of joy; you surely smile. For you lucky ones, the falling comes firmer and firmer on this absolutely still and windless evening until you actually *hear* it – a faint hiss, a sizzle – an effervescence!

The place is southwestern New York State, dairy country in the Allegheny foothills. Compared to my idyllic pastoral memories, West Coast seasonal holidays are eerily clinical. So let me assure you snowflakes do make noise, although it's not clear whether we hear their descent through the air or their collection on lawn and limb.

There is a time which calls for a moderate hearth, flannel shirts, warm but subdued familial greetings, and kitchen scents that yank you through the door by your gullet. It's not the zany All Hallows Eve, nor the all-inclusive mega-Christmas, nor the impersonal New Year's Eve.

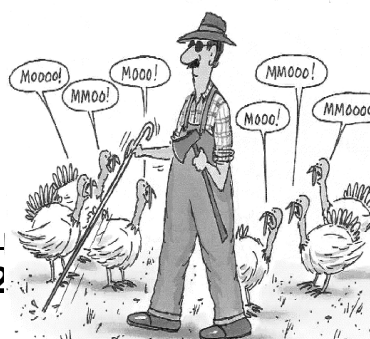
The time, of course, is Thanksgiving. I'm drawn homeward now more than ever because I've been primed by so many trips back in recent years. The elderly are slipping and the young (middle-aged) are changing; I want to be there for them.

Two recent events have crystallized this trend. Right around Thanksgiving two years ago my oldest brother's wife was diagnosed with terminal brain cancer. Susan was known for her health. No one remembers her having a cold or the flu. She had been the caregiver to my brother and now their roles reversed overnight. The predicted term proved accurate and she left us this spring. I so fondly recall her uncaging her birds, how they would wait until she settled in the room and then jostle for prime position on her shoulder.

The other development occurred last fall when my sister Cleo stopped drinking. In the past this was always associated with psychological upset and a trip to a locked ward. This time she went into an abused women's network, claiming her spouse was trying to kill her. The rules of that shelter are far different than those of recovery; the family is shut *out* rather than invited in. So my brief phone call that was mistakenly put through by a staff member may be my last with her. A chance encounter last March may also be final. She gave me a hug and said "It's great to know about that Higher Power, isn't it, Stephen?" Unfortunately this brief visit only became for her more evidence of my conspiracy, as I immediately

(Continued on page 6)

# November 2004....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 FIRST MON</b> <b>The Spirit of San Francisco Committee,</b> Central Office, 7:00 pm	<b>2 FIRST TUE</b> <b>Special Needs Committee</b> Central Office, 6:00 pm  <b>Special Events Committee</b> Central Office, 7:30 pm	<b>3 FIRST WED</b> <b>Intercounty Fellowship Board Orientation 6 pm Meeting 7 pm</b> 1187 Franklin St. at Geary, SF	4		
7	<b>8 SECOND MON</b> <b>SF Public Information Committee</b> Central Office, 7 pm	<b>9 SECOND TUE</b> <b>SF Bridging The Gap</b> 1111 O'Farrell, San Francisco 6:30 pm  <b>SF General Service</b> 1111 O'Farrell, SF Orientation: 7 pm Meeting: 8 pm  <b>Marin H&amp;I</b> Lagunitas & Shady Ln Ross 7 pm	<b>10 SECOND WED</b> <b>12th Step Committee</b> Central Office, 6:30 pm  <b>Marin Bridging the Gap</b> 1411 Lincoln Ave., San Rafael 6:45 pm	11	12	
14	<b>15 THIRD MON</b> <b>Archives Committee</b> Central Office, 1pm  <b>SF Teleservice</b> Central Office, 6:30 pm  <b>Marin General Service</b> 9 Ross Valley Rd San Rafael GSR Sharing: 7 pm District Meeting: 8 pm	<b>16 THIRD TUE</b> <b>San Mateo General Service</b> St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	<b>17 THIRD WED</b> <b>Literature Review Committee</b> Central Office, 6:30 pm	<b>18 THIRD THU</b> <b>Outreach Committee</b> Central Office, 6:30pm	19	20
<b>21 THIRD SUN</b> <b>Mission Fellowship Steering Committee</b> 2900 24th / Florida SF 1 pm	22	<b>23 FOURTH TUE</b> <b>Marin Teleservice</b> 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	24	25  26  <b>CENTRAL OFFICE CLOSED FOR THANKSGIVING</b>	<b>27 FOURTH SAT</b> <b>General Service CNCA Meeting</b> 320 N. McDowell Petaluma DCMCs: 11 am Business Meeting: 12:30pm	
<b>28 LAST SUN</b> <b>Living Sober Convention Committee</b> 1668 Bush, 5:30 pm	29	30		<b>NOTE: The Marin PI Committee and SF H&amp;I would normally meet on the fourth and last Thursdays, respectfully, which falls on Thanksgiving. At the time that The Point was published we did not have a make up date. Please call Central Office for the new date.</b>		

# COMING EVENTS

<b>2004</b>	Call or visit the Central Office for copies of any flyers of interest to you or your group. Local events are in <b>bold</b> ; flyers of <u>current</u> local events, if available, are printed as space allows.
<b>Nov. 6</b>	<b>Spirit of S.F. Barbecue/ Acoustic Music Event; Sharon Meadows, Golden Gate Park; See insert</b>
Nov. 11-14	43rd Annual Hawaii Convention, Honolulu, HI; Online Registration & Information: <a href="http://www.lava.net/~hconv/">http://www.lava.net/~hconv/</a>
Nov. 19-21	Serenity in Yosemite Conference; Curry Village, Yosemite National Park, CA; e-mail: <a href="mailto:serenityyosemite@netscape.net">serenityyosemite@netscape.net</a>
<b>Dec. 11, 12</b>	<b>Women's A.A. Holiday Retreat, Ralston-White Mansion on Mt. Tam., More info at <a href="mailto:divinediane@sbcglobal.net">divinediane@sbcglobal.net</a></b>
<b>Dec. 31</b>	<b>Spirit of S.F. New Year's Eve Event, St. Mark's Urban Life Center, 1101 O'Farrell St., 8:30pm: Friday All Groups Speaker Meeting, 9:30pm: Fashion Contest, 10pm: Dance! \$20 Admission to Dance; Limited Scholarships 10pm: Dance!</b>
<b>Dec. 31</b>	<b>Living Sober New Year's Eve Event, Harvey Milk Academy, 4235 19th St./Collingwood, 7:30pm: Speaker Meeting, 9pm: Dance! \$15 Suggested Donation; No One Turned Away For Lack of Funds.</b>
Feb. 10-13, '05	41st Annual International Women's Conf., Las Vegas, NV; More info at <a href="http://www.iaawc.org/">http://www.iaawc.org/</a>
March 11-13, 2005	ACYPA, California Young People's Convention, More info at <a href="http://www.acypaa.org/">http://www.acypaa.org/</a>
June 30-July 3, 2005	2005 International Convention, Toronto, Canada; More info at <a href="http://www.aasf.org/#convention">http://www.aasf.org/#convention</a>

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](http://www.aasf.org) and click on the link under "Fellowship News".



November 2004

Thanksgiving With My Sisters	1
November 2004 Calendar	2
Coming Events	3
This Month in A.A. Trivia	3
Meeting Changes	4
Big Changes with S.F. Teleservice	4
Group Speakers	5
Four Years and Not Counting	6
Dear Alky	7
Committee Contacts	8
Wake Up and Taste the Coffee	8
Treasures of the Twelve and Twelve: Step Eleven	9
A.A. On the Road: Business Travel	10
Faithful Fivers	10
Literature Review: Ebby: The Man who Sponsored Bill	11
Contributions	12-14
Marin County Unity Day	15
Participating in Democracy Sober	15
IFB Meeting Summary	16-17
A Message from the Treasurer	18
Memorials & Anniversaries	18
Financial Statement	19

## This Month in AA Trivia November

1. Bill W. hated the taste of coffee, true or false?
2. Bill W. never graduated high school, true or false?
3. What was the name of Bill and Lois' house?
4. What is the name of the organization that helps people transform their lives by providing the highest quality treatment and continuing care services, education, research, and publishing products available today?



1. False
2. True
3. Stepping Stones
4. Hazelden

## MEETING CHANGES

### New Meetings:

Mon	12:10 pm	S.F. State	SOBER AT STATE 1600 Holloway, Creative Arts Bldg., Casablanca Room (Di)
Wed	12:10 pm	S.F. State	SOBER AT STATE 1600 Holloway, Creative Arts Bldg., Casablanca Room (Di)

### Meeting Changes

Mon-Fri	1:00 pm	Sunset	<b>ALL 12:30 pm meetings at 1329 7th Ave/ Irving will begin at 1:00 pm starting in November</b>
Mon	6:00 pm	Castro	K.I.S.S. 1800 Market/ Octavia, Rm. Q-13 (SS) (was Rm. Q-34)
Tue	6:15 pm	Mission	WOMEN WHO DRANK TOO MUCH, 3557 20th St., Grupo Hispano, Meeting in English (was 938 Valencia)

### No Longer Meeting

Tue	12:00 pm	Mission	ELEVENTH HOUR 2900 24th St.
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!**

## Big Changes with SF Teleservice

For many years SF Teleservice used a professional answering service to coordinate the forwarding of the phone line for the local A.A. Hotline. Due to financial considerations, the San Francisco Teleservice Committee explored alternatives and a new Call Forwarding system went into practice in mid-October.

While the new system will require some adjustments, the San Francisco Teleservice Committee is excited about the changes. Volunteers will now pass the phones directly to the next volunteer, eliminating the need for a paid service. Volunteers *do not* need to have the call forwarding feature on their own phone lines for this to work. This new system requires Teleservice volunteers and Daily Coordinators to work together to insure that the phone lines are open and available to assist the alcoholic who still suffers. Thus far, the new system is working well!

There is, however, a definite need for more volunteers, both to cover regular Teleservice shifts and to provide organizational help as Daily Coordinators. Teleservice volunteers need a year of sobriety and to attend an orientation.

The next regular Teleservice Orientation and Committee Meeting is 6:30pm on Monday, November 15, 2004 at Central Office. Everyone is welcomed to attend!

If you have a year or more of sobriety and a few hours a month to be of service, please consider signing up to help us insure that a member of Alcoholics Anonymous is always available to respond to requests for meeting information and/or 12<sup>th</sup> Step calls. **1**



## Group Speakers for Nov. 2004

## BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	FROM
11/07	Harry M.	Amazing Grace, SF
11/14	June N.	2nd Tradition, San Jose
11/21	Gail O.	2nd Tradition, San Jose
11/28	George P.	Serenity First, San Jose

## FRIDAY ALL GROUPS

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

DATE	HOST GROUP	SPEAKER
11/05	Haight St. Blues	Brad S.
11/12	Embarcadero Group	Shane
11/19	Like A Prayer	Dari
11/26	Waterfront	Niko

## Women's A.A. Holiday Retreat

at

**Ralston-White Mansion on Mt. Tam**  
**Saturday & Sunday - December 11 & 12**  
**1 p.m. Saturday—3 p.m. Sunday**

Give yourself the best holiday gift ever!  
Join your sisters in sobriety for a magical weekend

A. A. Meetings. . .Meditation. . .Home Cooked  
Meals. . .Laughter. . .Hiking. . .& Fellowship

Ralston-White's mansion on beautiful Mt. Tam with its heart-shaped lawn, panoramic views, and acres of wooded forest is truly a world away. You will enjoy fabulous meals, a cozy bed, fireplace, and a huge front porch. It's like a sobriety pajama party. Bring your sponsee or sponsor.

Register now, retreat is limited to 35 women.

Send your name, address, email address and phone number with \$115.00 registration fee to:

Diane C.

Waldo Point Harbor, Gate 5 Road #530  
Sausalito, CA 94965  
(415) 331-3780 [divinediane@sbcglobal.net](mailto:divinediane@sbcglobal.net)

**We are not a glum lot!**

## Are you getting *The Point*?

We do our best to get a copy of *The Point* to the Secretary of each group, free of charge, in order to keep our Fellowship informed about current AA activities and events. *The Point* includes personal stories, AA announcements, reports and financial statements. It is important that this information be directed to as many members as possible. Information expands the Group Conscience, one of the strengths that holds Alcoholics Anonymous together.

If you haven't heard these announcements or seen a copy of this newsletter at your meeting, let us know. And let your Secretary know that registration forms are available on our website: [www.aasf.org](http://www.aasf.org).

### **The Point Committee is:**

**Cami W., 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**

A Fundraiser for  
**Living Sober / Western Roundup**

# New Years Eve Dance

Friday, December 31st  
7:30 pm AA—Al Anon 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

\*\*\* If ASL is needed for any event, please give 72 hour advance notice.

**Www.LivingSober.Org**

415.978.2478

# Four years and not counting

By Anonymous

I will have four years of continuous sobriety this Thanksgiving time and have to say that lately it hasn't been easy. My Higher Power chose for me to have my last drink on Thanksgiving night of 2000 so I could be grateful every year during this time of thanks. I know—I get it. It doesn't make my current growing pains any easier.

I have been struggling with having no pink cloud anymore, no daily wonder and amazement at what life is like now without a drink in my hand and disappointment that my character defects don't stay away. I don't have all the answers at age four, and the bullheaded and supposed self-sufficient person I am, thinks I should be all well and good and have the life of my wildest dreams. A fellow AA told me that I am going through the growing pains of years one through five in sobriety. Great. Can I jump to year six?

I have never been a patient person, yet I do try to be tolerant and friendly to my fellow man (and woman). However, my controlling personality kicks in frequently and I throw tolerance and the "live and let live" slogan right out the window—especially when behind the wheel. Should I give up driving? No, that would be selling out or giving in, in my opinion. What I need to

*I have to say that I really am grateful for being four. A LOT has changed for the better in my life and I am glad that I am growing.*

do is be aware of what I am doing, TRY to accept what is going on, shut up and keep my side of the street clean. Looks good on paper, doesn't it?

I have also been struggling with the concept that I am not ready to have a relationship with another human being right now. I say "right now" because I really do want to have some kind of relationship with someone. I

am just a little saddened when I realize that, although I tell myself I am ready for an intimate relationship, I really am not. I am one of those people who is constitutionally incapable of being honest with myself most of the time. I hate it when I get honest with myself and see that it is not pleasant.

So, I have to say that I really am grateful for being four. A LOT has changed for the better in my life and I am glad that I am growing. I am an

alcoholic and things don't come in my time or in my way. I have to remember that my way didn't work for those many years of drinking and that my life was and still is unmanageable. A power greater than me has watched over me through this time. I know that growing is part of life and that I am a miracle. Acceptance, honesty and service are a few things that truly are important and will help keep me sober so I can see a sober year five, six and more. ↑

## **Thanksgiving** (Continued from page 1)

told her husband I had seen her. I also wrote a letter encouraging the family court judge to intervene and assess the adequacy of Cleo's psychological care. Now she doesn't trust me.

Cleo is known for her beekeeping and clover honey, for her gravies (on everything), and for befriending the elderly, the infirm, troubled mothers and neglected children. They're all welcome at her table.

So last winter I had dreams of Thanksgiving at home: quality time at Cleo's house with Susan, imagining her recovery after therapy; all the trimmings with Cleo and fellowship meetings together, we now-sober drinking partners from decades ago. These dreams are not to be, and I'm left with a holiday void.

Although I don't have Susan and Cleo this year, I do have Raffi – or rather, she'll have me. My middle

brother's wife has invited me to yet another gourmet feast, right here in Berkeley.

But still there's a void. Fortunately for us, as alcoholics, while we meditate or lie still of a wakeful night, free of our old anxieties, the path does rise to meet us from deep within. For me it surfaces as the memory of a woman in a Tenderloin hotel from the days when I delivered meals with the Salvation Army. The stockings rolled down to her knees, the unmade bed, and the smoky film on all the clutter had struck me. She told me her son didn't want anything to do with her and she hadn't seen him in seven years. As her image faded my Thanksgiving program took form: "...that where there is despair, I may bring hope..." I'll serve the shut-ins their early morning meals. I'll wait patiently in joyous wrenching pathos for their inch-by-inch shuffle to bring them to their door.

Late in the afternoon I'll join Carlos and Rafaela in their  
(Continued on page 11)

# Dear Alky

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

Dear Alky,

With Thanksgiving just around the corner, I was having a hard time feeling grateful. I was generally bah-humbug about turkey day and irritable and angry much of the time. I called my sponsor and asked him if he had any ideas to help me lift my gratitude apathy. He told me to try to get an attitude of gratitude. I didn't understand.

Then I heard some young guy with his wife and baby at a meeting say how his sponsor told him right off the bat he needed to get a few things straight:

"Life isn't fair; things aren't going to always go your way and you aren't going to get everything you want."

He said his sponsor wanted him to realize by being sober he was going to get a life but it wouldn't be the life of his drunken fantasies. That was a moment of clarity for me. I looked at where my life was headed before I got sober. Today I would probably be dead. With all the so-called problems of my life today, when I balance it out, it is still better than the one I would have if I had been drinking and using this whole time. So I guess I got my attitude of gratitude.

Sincerely,

Thankful

Dear Thankful,

Great share. Thank you!

Alky

\*\*\*\*\*

Dear Alky,

I need to know whether it is OK for a sober alcoholic to eat foods that have been cooked with wine. I have read cooking burns off the alcohol and leaves only the flavor. Even if it's only 1 or 2% isn't that the same as orange juice or apple cider and isn't it OK for a sober AA to drink those? Thank you.

Gourmet

Dear Gourmet,

I scanned every Alcoholics Anonymous resource and found no specific guidance on this topic. However, Muslims are also not supposed to drink alcohol and Alky found this on an Islamic web site, [www.islam-qa.com](http://www.islam-qa.com):

*Q. Is it permissible to eat foods cooked with alcohol?*

*A. ...It is not permissible to eat dishes cooked with alcohol, as ALL the alcohol is not evaporated with cooking or heat. Refer to the following, quoted from the famous Mayo Clinic:  
Many people believe that because alcohol is sensitive to*



*heat, it is eliminated with cooking. However, not all the alcohol content of alcoholic drinks is removed with heat; it depends on the type and time of cooking. For instance if you add beer or wine to boiling liquid, then immediately remove it from the heat, 85 per cent of the alcohol content will remain. If you light the alcohol, as in flambé dishes, 75 per cent will remain. Even after simmering the dish for one and a half hours, it will still have 20 per cent of the original alcohol content.*

*It is only if you simmer the mixture for two or more hours, (as you would with a wine-based beef casserole), that as little as five to 10 per cent of the original alcohol content remains.*

This agrees with a study conducted by the US Department of Agriculture's Nutrient Data Laboratory I found on [www.Ochef.com](http://www.Ochef.com).

In short, you need to cook food for at least 2 hours to get the alcohol content down to 5% of what it was before cooking. For many alcoholics, even the smell of a trace amount of alcohol is enough to wake up their craving. When in doubt, don't! I hope this helps.

Alky

\*\*\*\*\*

Dear Alky,

I moved here six months ago. I realized I was going to be alone on Thanksgiving. I can't face my family, Thanksgiving dinner with them is insane and I didn't want to put up with them and maybe drink in self-defense. I figured I'd be all by myself. Poor me. Then I began to ask myself what I could do to keep from feeling lonely. What a concept, I went to a meeting.

People asked me to go have breakfast with them after the meeting. I didn't want to seem like a dork with no friends, but then thought, Why not? I swallowed my pride and mentioned my Thanksgiving lack of plans, next thing I knew I had three invitations to Thanksgiving dinner. I am not going to be hungry or lonely on Thanksgiving and I am taking my specialty – sweet potatoes. My old recipe had tequila in it, but the new recipe is even better. If you reach out to other AAs, they will be there.

Thanks

All By Myself – Not!

Dear Not By Yourself,

Congratulations on taking the first step toward becoming part of the AA family, where nobody drinks at Thanksgiving dinner and everybody brings something to the table!

Alky ↑

## 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@turnershousen.net

#### SPECIAL NEEDS COMMITTEE—

Pene P. 415.200-6261

#### WEBSITE COMMITTEE—

Michael R. michaelr@aasf.org

#### SF TELESERVICE COMMITTEE—

Rick P./Mary P. sfteservice@aasf.org

#### SF PI/CPC COMMITTEE—

Laura N. 415.931-2567

## Wake Up and Taste the Coffee

By Kathleen C.

*"We can be the ones who take on the unspectacular but important tasks that make good Twelfth Step work possible, perhaps arranging for the coffee and cake after the meetings, where so many skeptical, suspicious newcomers have found confidence and comfort in the laughter and talk."*

—*Twelve Steps and Twelve Traditions*, p. 110.

The coffee commitment is really the most important AA commitment, you know. More important than being the Class A trustee and chair of the top-level committee in New York. Coffee is the reason a lot of AAs come to their first meeting. Coffee and cookies and a warm place to pee. We straggle in off the streets because the court orders us or the rehab program makes us or somebody in our family takes us. Most of us don't come to our first AA meeting because we want to.


That's why we give the coffee commitment to newcomers, most of the time. They understand where the other newcomers are coming from, so they are the best ones to make that AA first impression. When you do coffee, you are there early, filling the coffee pots and helping to set up the chairs. You greet the first arrivals, the ones who got the time wrong or were hoping the meeting wouldn't happen after all and they could just go home, and the old-timers who actually like to arrive early and help out. Then after the meeting you clean up, put away the leftovers, and stand around talking with your newfound friends or deciding where to go for dinner after the meeting, and then you are the last to leave.

Coffee isn't perfect. Many things can go wrong with coffee. Ants get in the sugar, some other group steals the cookies, you forget to buy coffee and have to run out to the corner store two minutes before the meeting starts and grab a jar of some awful instant because that's all they have. But you do it. You get it done.

That's sort of how the Twelve Steps of AA work. You don't do them perfectly. You screw up, you lag, and events and people interfere with your efforts to work a perfect program. So you work an imperfect program and it keeps you sober anyway.

I love the coffee commitment. I'm not a newcomer anymore, at least not in years. But I am a newcomer inside my head. I need to remember those slogans we say to newcomers:

"Easy Does It, But Do It. First Things First. Just for Today. Go to meetings and don't drink between meetings. Get there early and help set up; stay late and help take down."

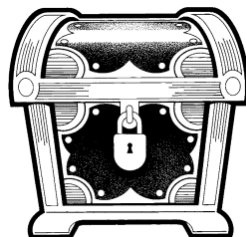
So I love doing coffee. I'm doing it now, for my home group. Somebody keeps borrowing the extension cord and not putting it back and other groups are not cleaning all the old coffee out of the pots and sometimes I forget to buy cookies. But I keep coming back. 



# Treasures of the Twelve & Twelve: Step Eleven

By Anonymous

There is a section in the *Twelve & Twelve*, which helped to clear up some issues I was having with my re-introduction to prayer and meditation. I hadn't really prayed in over two decades—while I was out there drinking and 'commandeering' MY life. And the notion of meditation hadn't even entered my mind as a possibility.



Thanks to MY will and MY supposed good intentions (which usually dealt with something I wanted for MYSELF), I considered prayer to be a pretty desperate act for weak-minded, flock-following folks. (Besides, after the Catholic church disavowed my mother's religious standing in the church following her much-needed divorce from my philandering/alcoholic/not-open-to-counseling father, I vowed right then and there to never pray or believe in God again.) So when I entered these rooms after 21 years of managing life MY way (and obviously failing), I made a pact with myself to whole-heartedly agree to do whatever it takes to become spiritual in my sobriety. And if that meant prayer, I was willing to "fake it till I made it."

But after two decades of being prayer-less (not counting the bed spin and/or meth-induced-heart-pounding-against-my-chest pleas to *any* God to make it stop), HOW was I to effectively pray? The last *sober* prayers I had made were asking for cool toys for Christmas or praying for Karen Stover to look at me in Math class. Surely, prayer must be more evolved than that.

So I started by praying for relief from my own alcoholic cravings. I figured I've got to get my own sh\*t together if I'm ever to be of maximum service to others (as my |sponsor initially pointed out). As my nerves started to calm and my perspective started to clear, I began praying for my own recovery AND for all the individual members of my immediate family and extended family. Then I added on prayers for my fellow alcoholics and my co-workers. And then, only after A LOT of spiritual guidance, I added my supposed *enemies*. Soon, I began getting resentful at these marathon prayer sessions I was holding in my room twice a day. Then BAM, wouldn't you know it, I found relief in the *Twelve & Twelve* on page 104. It hit me right between the eyes as it leapt off the page:

*The last sober prayers I had made were asking for cool toys for Christmas or praying for Karen Stover to look at me in Math class. Surely, prayer must be more evolved than that.*

"We form ideas as to what WE think God's will is for other people. We say to ourselves 'This one ought to be cured of his fatal malady,' or 'That one ought to be relieved of his emotional pain'...Such prayers, of course, are fundamentally good acts, but often they are based upon a supposition that *we know God's will for the person for whom we pray*... It is

AA's experience that, particularly in these cases, we ought to pray that *God's will*, whatever it is, be done for others as well as for ourselves."

Wow. Now THAT'S wrapping it up in a nutshell. The skies parted and I felt a new direction in my attempts at prayer. I'm not suggesting there is a right and a wrong way to pray. Obviously, do what works for you. (You know like Lennon sang, "Whatever gets you through the night.") But, for *this* alcoholic, I find the spiritual relief I

need by saying a serenity prayer, or perhaps a third step or St. Francis prayer, followed by a simple and succinct: "God, in regards to all those I know & love or may come across in my path, *thy will, NOT MINE, be done*". Yet another spiritual treasure found in the glorious *Twelve Steps and Twelve Traditions*.

Often, meditation is disregarded in this step. *The 12&12* states clearly that, "There is a direct linkage among self-examination, meditation and prayer. It is essential not to for-

get the meditation component of the eleventh step." Personally, I've had trouble incorporating a meditation practice into my life... unless you count my moments of silent contemplation while washing the dishes each day.

I do believe that in order to align my will with God's, it seems I must tackle this meditation thing. I think I may begin by simple contemplation of a familiar prayer. The *12&12* suggests meditation on the St. Francis prayer, savoring each word and exploring what it means to us. It seems this meditation thing is my next experiment with the eleventh step. I'll keep you posted on how it goes. 📌

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



## A.A. On the Road: Business Travel

By Michael W.

In my early recovery, I was challenged to leave my home group in the San Francisco Bay Area. As time went on, small travel opportunities began to emerge and my sponsor suggested that I call ahead for meeting schedules by simply calling Information for each location by dialing (area code) 555-1212, and asking for the AA central office. Upon reaching each Central Office, I could check-in and ask about meeting schedules. In addition, I could go online and get meeting schedules and other information, including maps.

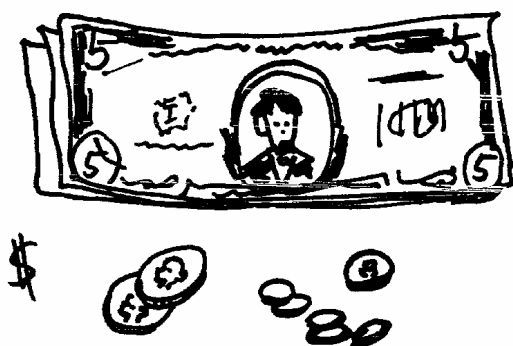
Knowing that any suggestion from my sponsor was a polite word for "do it" I began to take this advice. On a trip to Lake Tahoe, I found a delightful Marina Dock-like meeting place in Kings Beach. As my travel for work increased, I began to find meetings all over the United States. I found meetings in LA, Chicago, New York, Atlanta, Denver, Indiana, and Washington. I realized I was beginning a new chapter in my recovery, carrying the message across the country and discovering the AA fellowship is indeed much bigger than my home group. Yet, this was just the beginning.

Over the past few years, my career has taken me around the world. By doing searches on Google, I could find central office numbers, schedules, and meetings anywhere. First I began to travel to Europe and found meetings all over London and Surrey County. I then found English speaking meetings in Amsterdam, The American Cathedral in Paris (downstairs in the

"crypt"), and throughout Europe. In 2003-2004 my travels took me to Asia. I was amazed when sending an e-mail to contacts listed on Asia web sites to receive immediate e-mail responses from AA members in those distant locations. Often they insisted I contact them when I arrived and they even picked me up to take me to a meeting. AA members in China and Japan sent me maps and pictures of the meeting place, including translated information to use with taxi cab drivers. Most recently in 2004 I have visited meetings in Tokyo, Beijing and Shanghai. I am presently reviewing meetings for later this year in Moscow, Hong Kong, Taiwan, and Thailand. I am currently in Shanghai as I write this and found a meeting at the Ritz Carlton Hotel Shanghai that meets 4 days a week.

What is most amazing to me about AA on the road is that the fellowship of AA is global and when I sit down in a chair at a meeting and introduce myself, regardless of jet lag or disorientation, I feel at home. Business travel can be demanding. No matter where I am, my experiences in AA on the road have in fact been some of the most special aspects of the trip. I find new friends, instant serenity and gratitude. Before recovery, I never would have dreamed I could travel the world. In fact I could barely tie my shoes. In recovery, I have found the global AA community carrying the message of spirituality, unity, recovery and fellowship. ↑

## 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:

AMI JOY Y.  
BARBARA M.  
DAVID B.  
FRANK M.  
GILES H.

HARRY M.  
JIM H.  
KATHLEEN S.  
KRIS F.  
LISA C.

MICHAEL R.  
PETER F.  
PHILIP G.  
RICH G.  
SCOTT N



# Ebby: The Man Who Sponsored Bill

By Steve S.

The story of Ebby Thatcher is one of the most poignant, inspiring, and troubling in Alcoholics Anonymous. Ebby was Bill W.'s "old school friend" with whom Bill had "chartered a plane to complete a jag" according to Bill's Story in the Big Book. He carried the Oxford Group message to Bill, which planted the seeds for the fellowship that grew into A.A.

Ebby brought the solution to Bill, and Bill and Ebby spent months sober in New York City trying to convince other alcoholics to get sober before Bill met Doctor Bob in Akron in 1935. Throughout Bill's life he referred to Ebby as his sponsor, and if not for one essential fact, Ebby would surely be named as one of the founders of Alcoholics Anonymous.

This fact is that he didn't stay sober.

For this reason, Ebby's critical role is often sidelined. He's not mentioned by name in the Big Book and his story is not in the back of the book. I was nearly a year sober when I discovered that the friend that had carried the message to Bill had gotten drunk while Bill was staying in Akron with Bob and Bill S. ("Alcoholic Number Three"). My shock was replaced by the realization that if Ebby had stayed sober, we'd be hearing stories of Bill and Ebby, not Bill and Doctor Bob.


*Ebby: The Man Who Sponsored Bill W.*, published by Hazelden Press, is a non-GSC-approved biography of Ebby Thatcher. It takes the reader from Ebby's youth in the high society of Albany New York through his friendship with Bill W. and the legal difficulties from which he was rescued by Oxford Groupers Cebra G., Shep C., and Roland H. It tells the story of Ebby's spiritual awakening in the Oxford Group and his attempt to bring the message to Bill W. It chronicles his struggles as an early member of A.A. and his repeated attempts at sobriety before his death in 1966.

Clearly written and well researched, *Ebby: The Man Who*

*Sponsored Bill W.* provides some illuminating anecdotes about Bill W. The infamous chartered plane story is told in more detail, through the words of both Ebby and Bill. There are glimpses into Lois's life before she married Bill, and a number of missing pieces, like the identity of the "certain American businessman" who visited Dr. Jung to learn that his only hope was a vital spiritual experience.


The story is more than a history lesson. Ebby's struggles with ego are familiar to almost any alcoholic. Ebby found it difficult to surrender to the program, despite the pain and suffering he caused himself through his relapses. Sure, none of us have the experience of showing Bill W. how to work with other alcoholics, but all of us have struggled with the idea that we know better than A.A. how we should behave, live our lives, or work our program.

The story is a frightening reminder that none of us have conquered this disease, and that we're just one drink away from plummeting towards the depths. It can be easy for us, especially after a few years sober, to rest on our laurels and forget that the things we tell to newcomers apply to us. Ebby's story speaks to the dangers of complacency and intellectual arrogance, which lurk around the corner for all of us.

Ebby died two and a half years sober—more than some of us ever get and as much as some of us could ask for. Reading about his struggles may be difficult and painful, but it is also an inspiring study of an alcoholic who relapsed and kept coming back. In his story, there is comfort that the program will still be here for us if we don't make it at first. Someone who had been through the wringer as much as Ebby, who kept going back to the bottle as many times as Ebby, could still find the humility, courage, and faith to show up and say "my name is Ebby, and I'm an alcoholic." 

## Thanksgiving (Continued from page 6)

Berkeley home. I'll go to sleep that evening dreaming of my sisters—scarves, long coats, rosy cheeks and all. But first I'll wake that day to thoughts of Cleo and put a dollop of her vintage honey in a Chamomile tea. I'll ponder Susan and her dignity to the last.

And I'll bring the breathless snowfall—to Thanksgiving with my sisters, in every darkened hall. 

## 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.

# AA Group Contributions - August 2004

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	Meets	August '04	YTD	Name	Meets	August '04	YTD
<b>Fellowship Contributions</b>				Marin Sober Group	F 8pm		86.50
Annual Christmas Meeting	Christmas 2003		25.00	Mill Valley 7am	7D 7am	500.00	1,500.00
Bingo Extravaganza	7th Tradition		115.00	Mill Valley Original Smokeless SS	Th 8pm		50.00
Brisbane Breakfast	Su 11am	27.20	201.80	Monday Blues	M 6:30pm		264.50
Contribution Box	July 2004	79.88	450.49	Monday Night Stag (Tiburon)	M 8pm	161.51	1,145.28
Gay Newcomers Group	Santa Rosa		5.72	Monday Night Women's	M 8pm		52.35
Deer Park Discovery Group			4.67	Nativity Monday Night Big Book	M 8pm		100.00
IFB	August meeting	99.50	811.48	Newcomers Step	M 7:30pm		500.00
IFB Secretaries Workshop		53.25	53.25	Noon	Tu 12pm		140.50
Marin Teleservice		300.00	1,782.00	Noon Discussion	Th 12pm		135.00
Spirit of San Francisco	2003 Convention		577.56	Noon Hope	F 12pm		97.40
Sunday Step Study	Su 4pm		126.00	Novato Spirit Discussion	F 12pm		142.18
Unidentified		141.00	452.45	On Awakening	7D 5:30am		350.00
<b>Total Fellowship</b>		<b>\$700.83</b>	<b>\$4,605.42</b>	Pathfinders	Tu 12pm	118.13	204.02
<b>Honors</b>				Rise N Shine	Su 10am	56.25	158.98
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	34.07	79.56
Sesame Step	Tu 7:30pm		6.00	San Geronimo Valley	M 8pm		134.47
<b>Total Honors</b>		<b>\$0.00</b>	<b>\$260.22</b>	Saturday Serenity	Sa 8pm		587.00
<b>Marin Group Contributions</b>				Saturday Women's Speaker	Sa 6pm		105.00
11th Step Meeting	M 8pm		100.00	Serendipity	Sa 11am		485.00
12 & 12 Study	Sa 8:15am		106.50	Sisters In Sobriety	Th 7:30pm		94.00
7am Urgent Care Group	7D 7am		400.00	Six O'Clock Sunset	Th 6pm	114.62	359.82
A Vision For You	Su 7:30pm		68.25	Sober & Serene	F 7pm		492.79
Attitude Adjustment	7D 7am	540.00	4,515.42	Sober Moms	Fr 11:30am		18.00
Awareness/Acceptance	M 10:30am		120.00	Spiritual Testosterone	Su 8:30am	276.00	276.00
Back to Basics	Su 9:30am		190.95	Steps to Freedom	M 7:30pm		474.85
Beginners	W 7pm		500.00	Steps To The Solution	W 7:15pm		87.00
Bounce Back	M 6pm		200.00	Stinson Beach Fellowship	Th 8pm		220.60
Caledonia	Su 8pm		432.08	Streetfighters	Sa 9am		22.10
Candlelight	Su 8:30pm		169.23	Sunday Express	Su 6pm	60.00	283.84
Candlelight Meditation	M 7:30pm		60.00	Sunday Night Corte Madera	Su 8pm		400.00
Creekside New Growth	Su 7pm		165.00	Survivors	M 12pm		335.50
Crossroads	Su 12pm		497.00	T. G. I'm Sober	M 6pm		26.00
Day At A Time	7D 6:30am		420.00	Terra Linda Group	Th 8:30pm		871.00
Experience, Strength & Hope	Sa 6pm		111.00	Terra Linda Night Stag	Th 8pm		500.00
Fairfax Friday Night	F 8:30pm		46.18	TGI Tuesday	Tu 6pm		124.80
Fireside	F 8pm		35.50	The Fearless Searchers	F 8pm	29.00	274.00
Freedom Finders	F 8:30pm		763.08	The Novato Group	F 8:30pm		112.05
Greenfield Newcomers	Su 7pm		80.00	Three Step Group	Sa 5:30pm		600.00
Happy Hour	Th 6pm		233.49	Thurs. Night Speaker, MV	Th 8:30pm		1,868.99
High & Dry	W 12pm		125.00	Thursday Night Miracles	Th 8:30pm		39.00
Hope Step Group	Tu 7:30pm		150.00	Tiburon Beginners & Closed	Tu 7pm & 8:30pm	295.00	955.58
Inverness Sunday Serenity	Su 10am		26.00	Tiburon Haven	Su 12pm		720.00
Island Group	Th 8pm		208.00	Tiburon Women's Candlelight	W 8pm		39.76
Living in the Solution	F 6pm		455.00	Tuesday Twelve Step	Tu 6:30pm		34.60
Marin City Groups	M-F 6:30pm		300.00	Wednesday Mid-Week	W 6pm		125.41
				Wednesday Night Candlelight	W 8pm	148.44	300.44
				Wednesday Night SD	W 7pm		69.52

Name	Meets	August '04	YTD	Name	Meets	August '04	YTD
Wednesday Noon	W 12pm		56.49	Embarcadero Group	F 12:10pm		55.41
Women For Women	W 12pm	190.00	327.61	Embarcadero Group	M 12:10pm		144.60
Women on Monday	M 7pm		69.67	Embarcadero Reflections	Tu 12:10pm	81.30	170.36
Women on Wednesday	W 7pm		64.86	Epiphany Group	Th 8pm		25.00
Women's Big Book	Tu 10:30am		247.50	Eureka Step	Tu 6pm		114.00
Working Dogs	W 12:05pm		313.25	Eureka Valley Topic	M 6pm		315.64
<b>Total Marin Contributions</b>		<b>\$2,523.02</b>	<b>\$27,654.45</b>	Federal Speaker	Su 12pm		373.31
<b>SF Group Contributions</b>				Fellowship of the Spirit	Su 1:30pm	9.20	31.80
7AM As Bill Sees It	F 7am		40.50	Fell Street Step	Su 8pm		127.09
12 Steps to Happiness	F 7:30pm		40.87	Fireside	F 8:30pm		92.35
A is for Alcohol	Tu 6pm		80.70	Fireside Chat Sa	Sa 9pm		545.47
A New Start	F 8:30pm	124.40	124.40	Fireside Chat Th	Th 8pm		88.56
AA As You Like It	Tu 5:30pm		149.89	Fireside Chat Tu	Tu 8pm		60.11
AA Step Study	Su 6pm		407.29	Friday All Groups	Fr 8:30pm Raffle		395.00
Afro American	F 8pm	66.70	103.32	Friday Lunchtime	Fr 12pm	140.00	280.00
Afro American Beginners	Sa 8pm	300.73	433.26	Friday Knights	Th 7:30am		9.20
After Work	M 6pm		168.54	Friendly Circle	Su 8:30pm		485.70
All Together Now	Th 8pm		416.63	Friendly Circle Beginners	Su 7:15pm	30.00	110.34
Alumni	W 8:30pm		120.00	Friendship Group	W 8pm		125.00
Amazing Grace	M 7pm		148.80	Friendship House			9.36
Any Lengths	Sa 9:30am		1,578.77	Gay Beginners Q & A	F 7pm		35.38
Artists & Writers	F 6:30pm		1,050.94	Golden Gate Seniors	Tu 1:30pm		107.00
As Bill Sees It	Th 6pm		260.17	Gold Mine Group	M 8pm		226.36
As Bill Sees It	Sa 11am	24.94	215.87	Haight Street Blues	Tu 6:15pm	117.34	323.34
Ass in a Bag	Th 8:30pm	230.00	230.00	Haight Street Explorers	Th 6:30pm		60.00
Beginner's Step Study	Sa 6:30pm	108.00	108.00	Happy Hour	F 6:30pm		381.80
Beginner's Warmup	W 6pm		90.00	High Noon	M - F 12:15pm		200.00
Bernal Big Book	Sa 5pm	162.37	443.61	High Noon Friday	F 12:15pm	235.80	1,272.35
Beyond 164	F 12:30pm		90.00	High Noon Monday	M 12:15pm		733.25
Big Book Basics	F 8pm		333.73	High Noon Saturday	Sa 12:15pm		178.70
Big Book Backwards	Fr 10am		15.00	High Noon Thursday	Th 12:15pm	248.40	698.99
Big Book Study	Su 11am		69.24	High Noon Tuesday	Tu 12:15pm	104.10	852.52
Boys Night Out	Tu 7:30pm		414.73	High Noon Wednesday	W 12:15pm	258.00	745.80
Buena Vista Breakfast	Su 12pm		327.60	High Sobriety	M 8pm		264.11
Castro Discussion	W 8pm		763.00	High Steppers	W 7pm		157.00
Castro Monday Big Book	M 8pm		329.15	Hilldwellers	M 8pm	57.39	490.46
Cocoonuts	Su 9am		125.00	Home Group	Sa 8:30pm	347.42	1,134.73
Come N Get It	F 6:30pm	60.00	438.85	Hot Java	F 12am		106.33
Common Welfare	Th 8pm		102.01	How It Works	Sa 2pm		306.19
Cow Hollow Young People's	Tu 7:30pm	350.62	350.62	Huntington Square	W 6:30pm		648.17
Design for Living	Sa 8am		516.12	Join the Tribe	Tu 7pm		330.79
Dignitaries Sympathy	W 8:15pm		150.00	Joys of Recovery	Tu 8pm		427.31
Each Day A New Beginning	5D 7am		236.79	Keep Coming Back	Sa 11am		1,194.75
Each Day a New Beginning F	F 7am		544.00	Keep It Simple	Sa 8:30pm		308.10
Each Day a New Beginning M	M 7am		287.68	Light Brigade Discussion	Su 7pm		147.80
Each Day A New Beginning Su	Su 8am		421.71	Light Steppers	Su 7pm		113.10
Each Day a New Beginning Th	Th 7am		858.46	Like A Prayer	Su 4pm		158.86
Each Day a New Beginning Tu	Tu 7am		428.94	Lincoln Park	Sa 8:30pm		444.47
Each Day a New Beginning W	W 7am		913.46	Live and Let Live	Su 8pm	141.90	261.66
Early Start	F 6pm		375.00	Living Sober	W 8pm		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

(Continued on p. 14)

Name	Meets	August '04	YTD	Name	Meets	August '04	YTD
Lush Lounge	Sa 2pm	21.00	154.86	Sunset 9'ers Su	Su 9am	268.00	368.00
Marina Discussion	F 8:30pm	309.89	309.89	Sunset 9'ers Th	Th 9am	128.16	128.16
Meeting Place Noon	F 12pm		293.38	Sunset 9'ers Tu	Tu 9am		242.95
Mid-Morning Support	Su 10:30am		1,291.70	Sunset 9'ers W	W 9am		362.97
Midnight Meditation	Sa 11:59pm		251.25	Sunset Reflections	Th 12:30pm		100.00
Millionaires Club	Th 6pm		70.00	Sunset Speaker Step	Su 7:30pm		183.96
Miracles Off 24th St	W 7:30pm	53.55	322.50	Sutter Street Beginners	Sa 6pm	492.84	962.33
Mission Terrace	W 8pm	84.00	382.33	Ten Years After	Su 6pm	226.00	1,619.42
Monday Beginners	M 8pm	242.40	242.40	The 24 Hour Plan	M 7am	35.50	35.50
Monday At A Time	M 12:30pm		66.00	They Don't Know Who We Are	Sa 7pm		150.00
Monday Men's Meeting	M 8pm		48.00	Thursday Night Women's	Th 6:30pm		255.62
Monday Monday	M 12:15pm		80.00	Thus We Grow	Th 6pm		81.00
New Highs	W 1:30pm		188.10	Too Early	Sa 8am		358.07
New Hope Big Book	M 6:30pm	69.17	714.26	Tuesday Downtown	Tu 8pm	840.00	840.00
New Wednesday High Noon	W 12:15pm		547.47	Tuesday's Daily Reflections	Tu 7am		162.07
Newcomers	Tu 8pm		303.76	Tuesday Sunset Nooners	Tu 12:30pm		120.00
No Reservation	M 12pm		189.92	Valencia Smokefree	F 6pm	233.29	940.74
One Liners	Th 8:30pm		370.15	Walk of Shame	W 8pm		12.97
Park Presidio	M 8:30pm		162.00	Waterfront	Su 8pm		961.72
Parkside	Th 8:30pm		213.48	We Care	Tu 12pm		260.23
Pure & Simple	Su 6pm		28.15	Wednesday Sunrise Smokefree	W 7am		60.00
Pax West	Annual Dinner		36.00	Weekend Workers	Sa 7am	120.00	180.00
Rose Garden Big Book	Th 12:05pm		132.22	West Portal	W 8:30pm		306.50
Rule 62	W 10pm		684.11	Women Who Drank Too Much	Tu 6:15pm		39.00
Saturday Afternoon Meditation	Sa 5pm		221.93	Women's 10 Years Plus	Th 6:15pm		376.00
Saturday Easy Does It	Sa 12pm		215.00	Women's Kitchen Table Group	Tu 6:30pm	240.00	473.29
Saturday Night Regroup	Sa 7:30pm		230.24	Women's Promises	F 7pm		268.80
Seacliff	Th 8:30pm		203.81	Work In Progress	Sa 7pm		64.87
Serenity House			600.00	<b>Total SF Contributions</b>		<b>\$7,965.37</b>	<b>\$57,818.86</b>
Serenity Seekers	M 7:30pm	949.96	1,734.35	<b>TOTAL</b>		<b>\$11,189.22</b>	<b>\$90,338.95</b>
Sesame Step	T 7:30pm		333.85	<b>Individual Contributions—August 2004</b>			
Sinbar	Su 8pm		346.40	<b>HONORS</b>	<b>INDIVIDUAL CONTRIBUTIONS</b>		
Sisters Circle	Su 6pm		70.20	Honorary Contributions	23.00	Individual -Unrestricted	100.00
Sober & Centered	Fr 7pm		371.51	Honorary Contributions	50.00	Individual -Unrestricted	500.00
Sometimes Slowly	Sa 11am		57.19	Honorary Contributions	15.00	Individual -Unrestricted	43.00
Step Talk	Su 8:30am	120.00	600.00	Honorary Contributions	25.00	Individual -Unrestricted	41.00
Stepping Out	Sa 6pm		120.00	Honorary Contributions	15.00	Individual -Unrestricted	100.00
Steppin' Up	Tu 6:30pm		42.00	Honorary Contributions	100.00	Individual -Unrestricted	100.00
Sunday Bookworms	Su 7:30pm		115.01	Honorary Contributions	27.00	Individual -Unrestricted	9.00
Sunday Morning Gay Men's Stag	Su 10:30am		549.43	Honorary Contributions	20.00	Individual -Unrestricted	100.00
Sunday Night 3rd Step Group	Su 5pm		235.16	Honorary Contributions	150.00	Individual -Unrestricted	43.00
Sunday Night Castro SD	Su 7:30pm		409.25	Honorary Contributions	42.00	Individual -Unrestricted	10.00
Sunday Rap	Su 8pm	175.00	443.26	Honorary Contributions	28.00	Individual -Unrestricted	25.00
Sundown	W 7pm		216.00	Honorary Contributions	9.00	Individual -Unrestricted	41.00
Sundown Steps	Th 6:30pm		168.00	Honorary Contributions	50.00	Individual -Unrestricted	20.00
Sunrise Sunset	Th 5:45pm	58.00	112.00	Honorary Contributions	17.00	Individual -Unrestricted	8.00
Sunset 11'ers F	F 11am		138.40	Honorary Contributions	50.00	Individual -Unrestricted	40.00
Sunset 11'ers Sa	Sa 11am		211.20	Honorary Contributions	65.00	Individual -Unrestricted	5.00
Sunset 11'ers Th	Th 11am	100.00	200.00	Honorary Contributions	50.00	<b>Total INDIVIDUAL</b>	
Sunset 11'ers W	W 11am		106.00	Honorary Contributions	25.00	<b>CONTRIBUTIONS</b>	<b>\$1,185.00</b>
Sunset 9'ers F	F 9am		194.00	<b>Total HONORS</b>	<b>\$761.00</b>	<b>TOTAL</b>	<b>\$1,946.00</b>
Sunset 9'ers M	M 9am		327.23				
Sunset 9'ers Sa	Sa 9am		517.25				

# Marin County Unity Day: Unity, Service, Recovery

By Linda K.

For the past six-months it has been my great honor to serve as Co-Chair of Marin County Unity Day 2004. The day turned out to be beyond my wildest imagination!

Because “our common welfare should come first; personal recovery depends upon AA unity,” I believe to the core of my being that unity is essential to our primary purpose of staying sober and helping other alcoholics achieve sobriety. Hence, I set forth to help put the AA ball in motion to unify Marin for an all-inclusive Unity Day, which is the first Unity Day to include all (rather than one) Marin County service committees and many more AA groups.

Among the thousands of spiritual lessons I’ve learned in Alcoholics Anonymous, asking for help is at the top of the list. This led to the infamous girlfriend hike with Therese G.—Marin County’s DCMC—where a new trail was blazed for Marin County Unity Day. Another first was put into motion: a meeting was held between the “heads of the five families” (Marin’s five service committee chairs), who overwhelmingly agreed to participate in the day. From there, volunteers from each service committee came together and the Unity Day Planning Committee (UDPC) was born.


For those of us who serve on committees, we know how challenging it can be to practice principles before personalities. We acted from that place more often than not. UDPC members came and went, each bringing a unique gift that contributed to the success of the day. A core group of us stuck together until the end.

I am still in awe of the vision that evolved from UDPC brainstorming, the volunteerism it took to manifest that

vision and, ultimately, the amazing-beyond-words day that resulted from that vision. The evidence that God was in charge was astounding, but “faith without works is dead” and Unity Day couldn’t happen without the hard work of the UDPC. Our tagline became...“personal recovery depends upon AA unity...” Our theme ultimately became about autumn in all its colorful glory and “falling into” Unity Day. I am so grateful to have been a participant on such a talented committee.

When I told newcomers about Unity Day they told me they were uncomfortable in social situations. But when I asked them to come and be of service, they showed up and eagerly became “part of.” I saw them mixing with other AA’s and even dancing the night away! Watching our primary purpose in action was truly the bright spot of my day.

I was “amazed before I was halfway through” with the day itself. We had the most beautiful decorations I’ve ever seen at an AA event. The raffle was a great success (thanks AA’s!!). The AA’s who spoke on the day-long panels brought us to tears. The skit was unbelievably clever and entertaining. The Sobriety Countdown resulted in two 42-year-olds presenting a two-DAY-old woman with the Big Book...powerful! Our main speaker was one-of-a-kind George D. from New York. We estimated that there were at least 300 people at this meeting! Finally, the DJ and dance rocked the house.

When all was said and done at midnight, I just sat there, looked at the emptied room, and shook my head in wonder and gratitude at “how it works.” I thank God and you AA’s for making the Unity Day dream come true. 

## Participating in Democracy Sober

By Thea L.

I am a deeply political person who enjoys expressing herself. But before I got sober in 2003, my drinking and using prevented me from participating in political demonstrations and dialogues.

Don’t get me wrong, I thought a lot about transforming my convictions into action. But I was simply too wasted to walk out my front door and do anything.

Instead of standing up for social change, I passed out on my back porch. When I could have fought for women’s rights in Washington D. C., I snuggled up with a bottle of Tanqueray and watched the news clips on television. And

when thousands protested an international economic agreement in Montreal, I rolled a joint in my kitchen and ate Oreos.

It isn’t important what my political beliefs were. What matters is that drugs and alcohol had prevented me from participating in a meaningful public dialogue. My disease rendered me useless to the democratic process. I was silenced by alcoholism.

My isolation and inability to express myself ended after I joined AA. In September, I was almost a year sober when I

*(Continued on page 17)*

# 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, October 6, 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	
Adrian R.	High Noon W	A*	Greg S.	Keep Coming Back	P	Mike A.	Tuesday Downtown	A*
Bill V.	Attitude Adjustment, Fairfax	P	Janet B.	As Bill Sees It, Saturday	P	Monika H.	SFPOA	P
Bob W.	Creative Alcoholics	P	Jen B.	Midnight Meditation	P	Morningstar V.	High Noon Saturday	P
Brian C.	Mission Terrace	P	Jenny M.	Waterfront	A*	Nathan M.	Easy Does It	P
Carol W.	Miracles Off 24th St.	Alt.	Joe G.	Beginners	P	Pascal G.	Marin Stag (Mon. Night...)	P
Dallas R.	Early Start	A**	John H.	Goldmine Group	A*	Patrick M.	Treasurer	P
Dan Z.	Sunday Morning Gay Men's Stag	P	Johnny G.	High Noon Tuesday	P	Penelope P.	Amazing Grace	P
Daniel B.	Too Early	P	Judi C.	Tuesday's Daily Reflections	A*	Peter S.	All Together Now	P
Danny F.	Each Day A New Beginning	A*	Kara S.	Friendship Group	R	Ramona A.	Sunset 9'ers M	P
David A.	Living Sober	P	Kate B.	Friday All Groups	A*	Ray M.	Sunday Rap	P
David B.	Beginner's Warmup	P	Kezia P.	Marina Discussion	A*	Rebekah D.	Fell Street Step	P
David B.	Federal Speaker	P	Kristine F.	Castro Discussion	A*	Rudi D.	Park Presidio	P
David E.	Sesame Step	P	Kurt P.	No Reservation	P	Russell G.	Regroup	P
David K.	Haight St. Blues	A*	Lou H.	Mill Valley 7AM	A*	Russell R.	Sunset 9'ers Su	A**
David P.	Goodlands	P	Lynnore G.	Walk Of Shame	P	Scott C.	New Hope Big Book	P
Don B.	Friday Fell Street	P	Marc D.	Bernal Big Book	A*	Scott N.	Sunset 11'ers Sa	P
Doug S.	As Bill Sees It - Thursday	P	Mark P.	Beginner Big Book Step	R	Steve N.	Terra Linda Group	P
Edward F.	Happy Hour	A*	Martha C.	449'ers	P	Steve R.	Valencia Smokefree	A*
Francesca K.	West Portal	P	Mary P.	Sutter St. Beginners	P	Steven S.	Homegroup	P
Gary D.	Work In Progress	A*	Maury P.	Office Manager	P	Tim M.	Join the Tribe	P
Georgia L.	Friendly Circle Beginners	P	Michael R.	Huntington Square	A*	Tom B.	Eureka Valley Topic	A*
Grant D.	Ten Years After	P	Michael H.	Some Are Sicker Than Others	R			

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	
Amber W.	Sisters Circle	Meredith R.	High Noon Friday	Jill H.	SF PI/CPC
David S.	High Sobriety	Shiloh A.	Fireside Chat	Mary P.	SF Teleservice
Kathleen W.	Common Welfare	Victor V.	Stepping Up	Mikey B.	SF General Service
				Shannon L.	Marin General Service
				Stacy S.	San Mateo General Service

Following is an unofficial summary of actions, information, upcoming business, and service opportunities discussed at the October 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

### A. IFB Reports

*Chair's Report:* No specific report.

*Treasurers Report:* Patrick M. reported that contributions have exceeded budget for three consecutive months. He further reported that even though overall performance is better than budget, we are still running a deficit for the year.

*Central Office Manager's Report:* Maury reported that she attended the Annual AAWS/Central Office Conference in Denver and will give a more detailed report next month. The Fall 2004 SF Meeting Schedule will go on the shelves as soon as we sell out of the Summer 2004 Schedule. Sixteen people have signed up as Faithful Fiver's. November is Gratitude Month and flyers were included with the meeting materials for IFB members to take to meeting. Maury thanked David B. for doing carpentry work at the CO.

*Central Office Committee:* Steve S. reported that a holiday party for Central Office volunteers, IFB members and members of IFB committees is scheduled for December 16 from 6 to 8 p.m. The COC decided to allow

(Continued on page 17)



## IFB Summary (Continued from page 16)

AA sanctioned entities to insert flyers in *The Point*. Money will be set aside on a monthly basis for eventual computer upgrades and equipment replacement. The COC reaffirmed that functions sponsored by the Special Events Committee are for AA members and are not to be promoted to or supported by those outside the fellowship. The COC recently held an on-site retreat. The minutes of the retreat and the mission statement were made available at the meeting and are also available at the CO.

### B. Action Items

**COC Vacancy:** Ray M. reported that the Nominating Committee had interviewed all COC candidates and determined that two of them were qualified to serve on the COC: David P. and Kurt P. Both candidates made statements. A vote was taken. David P. was elected to fill the COC vacancy.

**Proposed By-Laws Change:** IFB By-Laws currently provide that COC members elected to fill out a partial term are ineligible for election to a full term afterward. There is a proposal to change this provision and allow a COC member to be eligible to serve a full term after having served a partial term. The proposed change must be read at three separate meetings before it can be voted on. It will be read again at the November and December meetings.

### C. Ad Hoc Committee Reports:

**Outreach Committee:** No report. The committee meets the third Thursday of the month at 6:30 p.m. at the Central Office.

**Literature Review Committee:** No report. The committee meets the third Wednesday of the month at 6:30 p.m. at the Central Office.

**Orientation Committee:** No report. The orientation of new IFB members takes place monthly one hour prior to the IFB meeting.

**Website Committee:** No report. The committee meets the first Thursday of the month at 6:15 p.m. at the Central Office.

**12<sup>th</sup> Step Committee:** Scott C. reported that the committee needs members. Janet B. volunteered. The committee meets the second Wednesday of the month at 6:30 p.m. at the Central Office.

**Special Events Committee:** David B. reported that "Monster Bingo" is scheduled for Saturday, October 30. There will be an AA meeting at 7:00 p.m. followed by bingo at 8:30. The event will take place at 1101 O'Farrell at Franklin in SF. The committee meets the first Tuesday of the month at 7:30 p.m. at the Central Office.

**Special Needs Committee:** Written report. The special needs access survey project has been placed on hold until January. The Sutter Street Beginners meeting has had ASL translation since September 26 and will continue to be served by a rotating team of interpreters. Melanie L. will be taking over as coordinator of the ASL assignments. The committee meets the first Tuesday of the month at 6:00 p.m. at the Central Office.

**Archives Committee:** No report. The committee meets the third Monday of the month at 1:00 p.m. at the Central Office.

### D. IFB Standing Committee Reports:

**Teleservice:** Mary P. reported that beginning October 15 Teleservice volunteers will forward the phones themselves, eliminating the need for the answering service and saving money. Rick P. is the new Teleservice chair. There are openings for daily coordinators. The committee meets the third Monday of the month at 6:30 p.m. at the Central Office.

**PI/CPC:** Written report. In September and October there are 11 school assignment classes and 9 DUI classes scheduled. 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 committee meets the second Monday of the month at 7:00 p.m. at the Central Office.

Group Rep Reports:

No reports.

### E. 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:** No report. 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:** No report. 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. The SF 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:** No report. The SF Committee meets the last Thursday of the month at 1751 Sacramento St., SF. Orientation is at 7:15 p.m. The Marin committee meets the second Tuesday at 7:00 p.m. at Lagunitas and Shady Lane, Ross.

The next IFB meeting will be held Wednesday, November 3 at 7:00 p.m. at 180 Harrison Ave. in Sausalito. ↑

## Participating in Democracy (Continued from page 15)

boarded a flight to New York to demonstrate at a political convention. Thanks to AA, I got to spend a week practicing democracy.

Most of the week in New York was an emotionally intense blur. The heat might have contributed to that—it was over a hundred degrees most days and the humidity was severe. Even the sign that I carried on my shoulder had wilted around the edges by the time the week ended.

My AA program helped to keep me humble and respectful when I encountered people with different political beliefs. AA meetings supported me to act nonviolently and with humility. I attended one meeting in a church located next door to a SOHO bar I used to drink in. The last time I got wasted at that pub, I wanted to retreat into the church for solace, but the doors were locked.

Over a year later, its doors were wide open and I walked into the meeting with my sign slung over my shoulder. Sitting down, I felt the life and vitality of democracy crackling inside of me.

Back in California, I returned to an apartment that was not strewn with bottles and empty packets of Zig Zags. The air smelled clean, not heavy with stale pot smoke. I walked into the kitchen and laid my sign on the table, smiling at my accomplishment. ↑

# A Message from the Treasurer

Over the past several months many of you have heard, either through your IFB representative or members at large, that Central Office was having financial difficulty. This is true. We have a net loss of \$11,340 to date through August. Running a deficit at this time of year is not unexpected since Gratitude Month usually fills the coffers in November and December, but this year our overall contributions are down nearly 3% versus what we budgeted. The situation was much worse three months ago, but the groups responded positively, and the situation is getting better. Even so, we still have some ground to make up. Our discretionary cash reserve currently equals about one month of expenses. At the beginning of this year we had nearly two months of discretionary cash in reserve, so we need to build back that reserve. In addition to our discretionary cash, we have a prudent reserve of six months of expenses, but that is for major emergencies and not day-to-day spending.

The IFB and Central Office staff continue to work diligently to create programs to offset our economic downturn. Here is what you can do to help:

Make sure your group is sending contributions to Central Office and if not ask why. Group contributions are published in *The Point* monthly.

**CONTRIBUTIONS** to the Central Office were made through October 15, 2004 honoring the following members:

## ONGOING MEMORIALS

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

## ANNIVERSARIES

### Endless Summer:

Jill, Eric, Stefan, Patricia, Meg—1 year  
Lindsey, Lauren, Thelma—2 years  
Devon—3 years

**Mill Valley 7AM:** Jennifer Y.—2 years  
**Mid-Morning Support:** Brad S.—5 years

### Women's Promises:

Linda H.—1 year  
Laurie L.—6 years

### Too Early:

Rich G.—15 years  
Barbara M.-R.—10 years

Join the Faithful Fivers program, new this year. It makes contributing painless and easy. Pledge an amount as low as \$5.00 a month. Our Central Office staff can assist you in setting up an automatic withdrawal, bill pay or credit card charge so you don't have to remember a thing. For the price of two cappuccinos your contribution can make a difference.

Participate in the Birthday Plan, part of an AA tradition since 1955. Send in a dollar a year for each milestone you reach or, if you can afford it; send in a penny a day (\$3.65 a year). You can also have your group participate in this and be recognized in *The Point*.

Make a one-time contribution in gratitude for your sobriety. Individual members may contribute up to \$2,000 a year.

Pass the gratitude basket at your meeting in November and contribute to it.


Attend the special events sponsored by IFB. Not only do they help financially, they are fun! Help hand out flyers and bring some friends.

Why it is important to contribute:

The 12th step states that our primary purpose is to carry the message to other alcoholics. Central Office is frequently the first stop when someone calls for help, and let's not forget our visitors to San Francisco and Marin. We maintain a website that has all of our meetings listed as well as a 24-hour hotline.

The 7th tradition states that we are self-supporting, this includes our groups and each of us as an individual. Our 7th tradition also states that we have no dues or fees, but it does not say we are free, that we have no expenses. It takes money to keep our doors open. While we all recognize the need for attending meetings, sponsoring and commitments, we should be just as aware of our responsibility to contribute financially to our sobriety. If you cannot contribute financially, volunteer for one of the many commitments at Central Office.

Think about life without a Central Office. How many times do you casually say "Call Central Office," when asked for information? How about literature? In a small community it would be easy for one person to stock it in their garage and make it available to groups. Can you imagine the burden and financial outlay for a city this size?

Let's all join in keeping Central Office and our fellowship strong—contribute your fair share. 

# Financial Statement

August 2004 - Intercounty Fellowship of AA

	<u>Aug 04</u>	<u>Jan - Aug 04</u>		<u>Aug 04</u>	<u>Jan - Aug 04</u>
<b>Ordinary Income/Expense</b>			<b>Shipping</b>	-27.26	-11.38
Income			<b>Professional Fees</b>		
Group Contributions			Accounting	0.00	1,100.00
Honors	0.00	260.22	Computer Consulting	0.00	672.93
Group Contributions - Other	11,189.22	90,078.73	Total Professional Fees	0.00	1,772.93
Total Group Contributions	11,189.22	90,338.95	Rent - Office	3,583.75	28,670.00
Individual Contributions			Rent - Other	75.00	500.00
Faithful Fiver	120.00	120.00	Repair & Maintenance	178.00	1,503.96
Honorary Contributions	761.00	2,464.70	Security System	33.50	301.50
Individual -Unrestricted	1,185.00	4,879.96	Special Events	0.00	288.85
Total Individual Contributions	2,066.00	7,464.66	Telephone	525.25	4,130.88
Gratitude Month			Travel	338.20	363.20
Gratitude Month-Groups	0.00	1,798.22	Training	20.00	114.67
Total Gratitude Month	0.00	1,798.22	Utilities	243.15	1,479.85
Newsletter Subscript.	159.00	849.00	Total Expense	16,842.33	130,340.28
Special Event Income	0.00	2,108.00	Net Ordinary Income	-1,559.40	-13,383.10
Sales - Bookstore	8,779.25	59,925.47	Other Income/Expense		
Total Income	22,193.47	162,484.30	Other Income		
Cost of Goods Sold			Other Income	2,218.30	4,833.43
Cost of Books Sold	6,910.54	45,527.12	Interest Income	43.90	474.78
Total COGS	6,910.54	45,527.12	Total Other Income	2,262.20	5,308.21
Gross Profit	15,282.93	116,957.18	Other Expense		
Expense			Depreciation Expense	408.17	3,265.36
IFB Literature	53.24	273.61	Total Other Expense	408.17	3,265.36
Bad Checks	0.00	-27.07	Net Other Income	1,854.03	2,042.85
Employee Expenses			Net Income	294.63	-11,340.25
Wages & Salaries	7,200.00	57,490.43			
Employer Tax Expenses	577.57	5,891.96			
Health Benefits	712.00	5,600.00			
Retirement/Annuity Expense	2,218.30	7,666.67			
Workers Comp Ins.	35.83	1,015.68			
Total Employee Expenses	10,743.70	77,664.74			
ASL Expense					
ASL- Net- Fri All Grps	0.00	2,998.80			
Total ASL Expense	0.00	2,998.80			
Bank Charges					
Cr Card Fees	106.67	822.80			
Bank Charges - Other	48.20	231.20			
Total Bank Charges	154.87	1,054.00			
Equipment Lease	574.14	4,087.34			
Filing/Fees	60.00	122.00			
Insurance	100.55	804.40			
Internet Expense	0.00	215.40			
Miscellaneous Expense	0.00	65.15			
Office Supplies	62.24	2,597.00			
Postage					
Bulk Mail	0.00	600.00			
Postage - Other	124.00	770.45			
Total Postage	124.00	1,370.45			

Would you like to subscribe?

Receive *The Point* at home!

\$9.00 for one year — 12 issues!!!

(Please circle one)

NEW RENEW GIFT

PLEASE MAKE CHECK PAYABLE TO :  
INTERCOUNTY FELLOWSHIP OF  
ALCOHOLICS ANONYMOUS

MAIL THIS FORM & PAYMENT TO:

Central Office  
1821 Sacramento St.  
San Francisco, CA 94109-3528

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

November 2004

Moving? Please Give Us Your New Address and Phone Number!!

NAME		
NEW ADDRESS		
CITY	STATE	ZIP
OLD ADDRESS		

You can also E-mail or Phone Us With Your New Contact Information

ISSUE 11.04

ADDRESS SERVICE REQUESTED

1821 Sacramento Street  
San Francisco CA 94109-3528



NON-PROFIT ORG  
U.S. Postage PAID  
San Francisco CA  
Permit No. 3480