

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

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

The Point

March 2005

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

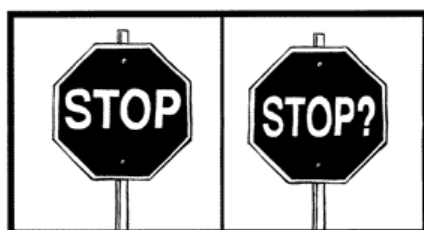
1821 Sacramento Street
San Francisco CA 94109-3528
(415) 674-1821
From Marin call (415) 499-0400
Fax (415) 674-1801
www.aasf.org
aa@aasf.org

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.

Abstinence. What a concept!

By Timothy P.



Last spring, life threw me one of its great opportunities – a Fifth Step with my sponsor. Because the Pacific Ocean usually lies between us, we have most of our communication by email and phone. Doing the Fifth in person – live, in three spacious, unhurried, life-changing stages – felt like an experience of grace.

During our next call (most of the phone calls happen when I am, in the words of a fellow alcoholic, "bleeding and on fire") my sponsor casually asked me how my Sixth and Seventh were going. My knee-jerk inner response was to play stupid. Sixth and Seventh what?

Preaching being one of my character defects, I thought of all the times I had pointed out to others what short shrift Six and Seven get in discussions. One of my favorite soapbox rants has been that it's no surprise that, after the way he skimmed over them in the *Big Book*, Bill had a lot more to say about both steps by the time he got around to *The Twelve & Twelve*. As a gay man who has to listen past the language, I can applaud the "well-known clergyman" Bill quotes at the beginning of the chapter on Step Six who says that it is the step "that separates the men from the boys."

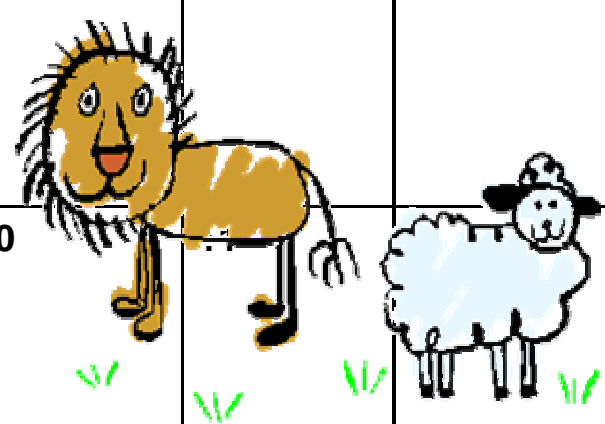
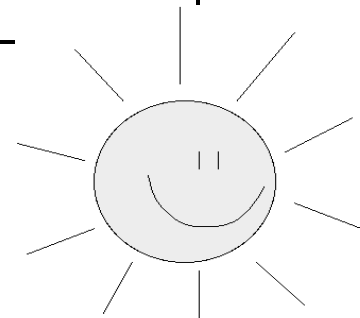
I believe there's a Six *and* a Seven because Six is one of those deep, sea-change steps that isn't tied to any particular action, and Seven is an action step with a good, strong, transitive verb: Asked. Humbly. For more than a decade in A.A., I got away with the notion that I just had to pray that my character defects be lifted and let HP see to the timing and the sifting of the wheat from the chaff – the flaws that made me useful from the ones that didn't. That worked until it didn't.

I clung to my idea that Bill used two different locutions, "defects of character" and "shortcomings," to mean by the former the permanent, "deep" defects that were hard-wired (say, low self-esteem) and by the latter those pesky peccadilloes, the things the character defects "made us do." Then I learned that Bill meant them as synonyms, pure and simple.

I used to wonder if only HP could remove my character defects, what was the blasted footwork I was supposed to be doing in the meantime? Ask. But be careful what you ask about. Then a woman in a meeting said something that made the

(Continued on page 6)

March 2005....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 FIRST TUE Special Events Committee Central Office, 7:30 pm	2 FIRST WED Intercounty Fellowship Board Orientation 6 pm Meeting 7 pm 1187 Franklin St. at Geary, SF (Meets in Sausalito in Feb, May, Aug & Nov., Star of the Sea Church, 180 Harrison Ave.)	3	4	5
6	7 FIRST MON Archives Committee, Central Office, 6:00 pm Spirit of SF Committee, Central Office, 7:30 pm	8 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	9 SECOND WED 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael 6:45 pm	10 		
13	14 SECOND MON SF Public Information Committee Central Office, 7 pm	15 THIRD TUE San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	16 THIRD WED Literature Review Committee Central Office, 6:30 pm	17 THIRD THU Outreach Committee Central Office, 6:30 pm	18	19
20 THIRD SUN Mission Fellowship Steering Committee 2900 24th / Florida SF 1 pm	21 THIRD MON SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael GSR Sharing: 7 pm District Meeting: 8 pm	22 FOURTH TUE Special Needs Committee Central Office, 6:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30 pm	23	24 FOURTH THU Marin PI Committee 1360 Lincoln Ave San Rafael—Alano Club 7:15 pm	25	26 FOURTH SAT General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 11 am Business Meeting: 12:30 pm
27 FOURTH SUN Living Sober Convention Committee 1668 Bush, SF 5:30 pm	28	29	30	31 LAST THU SF H&I Old First Church, 1751 Sacramento St. Orientation: 7:15 pm Business Meeting: 8pm		

The Point Editorial Policy (adapted from the AA Grapevine)

The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous in San Francisco and Marin counties.

In addition, The Point publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

The Point illustrates the shared experience of individual A.A. members working the A.A. program and applying the spiritual principles of the Twelve Steps. Yet what works for one individual or A.A. group may not always work for another. For this reason, from month to month, articles may be published that appear to contradict one another. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful or contentious manner, The Point tries to embody the widest possible view of the A.A. Fellowship.

The Point welcomes submissions from all A.A. members in San Francisco and Marin counties. Nothing published should be construed as a statement of A.A. policy, nor does publication constitute endorsement by A.A. as a whole, the Intercounty Fellowship Board, the Central Office, or The Point Editorial committee. Submissions of letters or articles that help communicate an individual's experience, strength and hope and carry the A.A. message are welcomed.

Please note that submission of an article does not constitute promise of publication. Articles are evaluated based on the Twelve Traditions, and while editing is done for purposes of clarity, style, and length, the editors encourage all writers to express their own experience in their own unique way. No payment can be made for submissions, nor can material be returned. At times, articles may be reprinted without the author's permission, but the author's byline will always be included in these cases. Email submissions to thepoint@aasf.org.

This policy is subject to revision.


**Don't miss the new
SECRETARY'S MONTHLY
insert!!**

Announce these **HOT NEWS ITEMS**
at your meetings.
Help Central Office get the word out.
And don't miss the
COMING EVENTS
listed on back.

Thanks to The Point Committee:
Cami W., Kathleen C., Kurt C.,
Maury P., Mike L., and Stephen R.,

Thanks to all who contribute time and energy in creating our newsletter! If you want to help or submit an article, email thepoint@aasf.org or call 415.674.1821.

Joke of the Month



Two drunks are walking along a railroad track.

One turns to the other and says, "All these stairs are killing me."

The other says, "It's not the stairs that kill me, it's these low railings."



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Meeting Changes:

Sun 5:00 pm	Ingleside	INGLESIDE BEGINNERS: BIG BOOK STUDY, 1345 Ocean Ave. (was <i>Ingleside Beginners</i>)
Mon 8:00 pm	Castro	SOUGHT TO IMPROVE, 152 Church St., ring bell at gate. (was <i>First Unitarian Center, 1187 Franklin St.</i>)
Wed 12:30 pm	Civic Center	THE DAILY REPRIEVE 756 Mission St., McKenna Hall (was <i>Wednesday Fellowship of the Spirit</i>)
Fri 8:00 pm	Potrero Hill	FOUR FORTY NINERS, 953 De Haro St./ 22nd St., Neighborhood House (was <i>Slovenian Hall</i>)
Fri 8:30 pm	Corte Madera	HILLSIDE CANDLELIGHT, Hillside Church, 5461 Paradise Dr., 1 mile East of 101 (was <i>The Extra Support Group</i>).

No Longer Meeting:

Sat 10:10 am	Mission	EARLY SATURDAY TEN TEN, 2900 Mission St./ Florida St.
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Please Note: The Central Office occasionally receives reports that meetings listed in our schedules are not there. Sometimes these reports turn out to be mistaken—and sometimes not. The office relies primarily on information that is given to us by A.A. 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!**

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 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.

Slogan of the Month *The First Drink Gets You Drunk*

By Anonymous



The slogan, "The First Drink Gets You Drunk" got my attention the first time I heard it because I couldn't relate to it. I thought the slogan didn't apply to me. I was sure it took a whole lot more than one beer or one shot to get me drunk. I didn't recognize each run starts with the first drink.

In the beginning, I thought a lot of A.A. didn't really apply to me. But I followed suggestions because I was miserable and I didn't want to drink. I went to meetings, worked the steps and looked for a miracle.

One day it occurred to me that the "First Drink" could be a first drink of something other than booze. My desire for power and control had become a way of life for me. When life didn't turn out the way I thought it should (i.e. *my way*) then fear and anger always got the better of me.

Entertaining fear and anger always got me drunk-on-me; I was addicted to the intensity of my own self-righteous irritation and restlessness. And being drunk-on-me always led to the bottle. For me, the "First Drink" that led to craving booze was sipping on the character defects that had been running my life.

Working the steps, I saw that I had been fearfully demanding more than my "share of security, prestige, and romance." Today, when I find myself fearfully demanding that life give me what I want on my terms, I can say a little prayer instead of impulsively taking a "First Drink" from the jugs of selfishness, expectation and entitlement.

Prayer is the moment of true investigation, of seeing what's going on with me and my attitudes. Prayer creates an opening for me to choose the presence of Higher Power's grace and not act out on a character defect. If I'm still spinning about not getting what I want or losing what I think I possess, I can put legs on my prayers and get to a meeting and share how human I really am. In A.A., I've learned that revealing the secret depths of my humanity exposes the divinity that is always resting in my heart. ↑

Group Speakers for March 2005

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	FROM
03/06	Bill V.	Daly City
03/13	Joanna P.	Blue Book Special, SF
03/20	Patty S.	Sandpipers Group
03/27	Russ K.	Steps & Traditions, Daly City

TUESDAY DOWNTOWN

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

DATE	SPEAKER	HOME GROUP	DOS
03/01	Roz B.	Work In Progress	12/22/75
03/08	Kevin C.	Too Early	01/04/87
03/15	Beverly C.	Federal Speaker	03/13/80
03/22	Stu S.	Live & Let Live	08/29/95
03/29	Lucy O.	Step Talk	02/06/84

FRIDAY ALL GROUPS

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

DATE	HOST GROUP	SPEAKER
03/04	A Vision For You	Mark L., San Jose
03/11	Friendship Group	Pete, San Rafael
03/18	Bernal Big Book	Ann J., SF
03/25	High Noon	Grant D.

The Spirit of San Francisco "SIDEWALK SALE"



March 20, 2005 Sunday

9am - 3 pm

15th Ave. btw Geary Blvd. & Anza

San Francisco

Info. & Volunteer (415) 752-9930

The Planning Committee of the Alano Club
of San Francisco invites you to

Swing Into Spring

with an

A.A. Meeting

&

Celebration

Sunday, March 13, 2005 at 4:00 p.m.
The Urban Life Center * 1111 O'Farrell

A.A. Meeting at 4:00 with Speaker Bruce K.
Stay for the Ides of March, Rites of Spring,
Celebration Featuring a Delicious Dinner

Please bring your musical talents
and instruments and join the
"Alano Club Idol" talent show.

Food, Fun, and Fellowship!

Everyone is Welcome

THE BIG BOOK COMES ALIVE!

A COMPREHENSIVE 7-WEEK STUDY OF THE
BIG BOOK OF ALCOHOLICS ANONYMOUS
Sundays from 7PM-9PM

Starting February 6TH through March 20TH, 2005
At the Salvation Army - 3550 Cesar Chavez @ Valencia

You will need to bring: Highlighters, a Big Book and a 12 x 12

Week	Date	Topic	Name
1	2/6	History Traditions	Bobby J. Lorri Z.
2	2/13	Doctors Opinion Bill's Story	Emily J. Fred C.
3	2/20	There is a Solution/ More About Alcoholism We Agnostics/ How it Works to 3 rd Step Prayer on page 63	Shane H. Jesse M.
4	2/27	4 th Step -Resentment page 63-67 4 th Step-Fear page 67-68	Sean S. Leslie S.
5	3/6	4 th Step-Sex page 68-69 Into Action 5 th through 8 th page 76	Melanie J. Pat M.
6	3/13	9 th step 10 th Step- Lifetime Inventory	Alan M. Liz B.
7	3/20	11 th Step 12 th Step	Greg F. Don B.

Brought to you by GOD, Lovers of A.A., and the Spiritually Founded Program Of Action Group (S.F.P.O.A.) OF A.A. that meets every Thursday from 7 p.m. - 8 p.m. @ 510 7th street in San Francisco
Contacts: Sean 415-584-1657 * Tonus 415-368-2909

I'm Not Alone

by John M.

I never thought I could drink socially. I drank to leave existence. For my first six weeks of sobriety, I white knuckled the program, attending meetings without feeling part of.

My best day was the day I started calling people just to say hello, one of the hardest things I have ever done. By nature and experience I am an unsocial person. But sitting at a coffee shop before a meeting with people in the program, I finally felt a sense of peace from being social.

My drinking was ugly. I sat in bars alone hating the people who drank specialty coffee and drove SUV's. Or I sat in front of the television, waiting for my spiritual awakening. You don't realize much when you drink a case and a half of beer a day.

Today I know I do not have to do this alone. Today is all I have. I finally believe in my heart that I will go to sleep content if I go to meetings, work the Steps with a sponsor and listen to my higher power.



Acceptance of other people's perceptions of life keeps me from depression. Accepting the impossibility of instant gratification gives me a sense of peace. Today, after three years of not working, living in treatment programs and being drunk on the street, I feel the urge to get back into society. I have a desire to be working, paying bills and enjoy a sense of accomplishment.

If a year ago you had told me I would be sober, have a cell phone and not mind specialty coffee, I would have said you needed a check up from the neck up. But because of God, the program and the people I surround myself with, I have a reasonably clear mind.

I hear at each A.A. meeting that our primary purpose is to stay sober and help others to do the same. I have a primary purpose today, something most people search a lifetime for but rarely find. The greatest gift I have today is that purpose. ↑

Abstinence

...continued from page 1

room go real quiet, real fast. She was talking plainly about one of her "shortcomings" that currently had her on the mat. "Then it occurred to me," she said. "It's about abstinence. That's where it all starts. I had to make a whole-hearted attempt to stop doing what I was doing – just like quitting drinking."

No practicing A.A. could disagree, but I think I heard someone whisper, "Make her stop." But that was the very point. Just possibly the footwork of Step Seven was abstaining from the problem behaviors that manifest our character defects and ask HP for help in doing without them – withdrawing from them, one day at a time.

A glimpse at one of my more glaring character defects – gossip – told me abstinence was something I could try. I'm not bad at keeping confidences with program people's anonymity. But outside the rooms, gossip remains as alluring as beer in the hot season.

When I lived in Laos, I quickly realized that gossip, otherwise known as "talking with others about others," was a national pastime. A Lao friend watching the

opening ceremonies of the 2000 Olympics with me howled with laughter when the two athletes Lao had sent paraded by. "The one on the left is the Olympic beer-drinker," he said, in jest, "The one on the right, the champion gossip." For all I know, I may have learned to speak Lao just to get in on the gossip.

The truth is, I almost always know when I'm about to gossip, or when I'm already doing it. I have the choice to abstain. As a friend likes to say, "Every time you do it, it's a little bit easier the next time."

My father's response to all my bad behaviors was, "Just cut it out." I could never do that. But knowing that abstinence – and only abstinence – worked with drinking gives me the hope I need to consider trying it with other toxic behaviors. It gives me what I need for that Sixth Step willingness. So I'm trying it on some character defects, asking for help, failing a lot, and falling back on "progress not perfection." ↑

Dear Alky

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

Dear Alky,

I was hoping you could offer your experience, strength, and hope with an issue I am having. A couple of years ago I was working with three sponsees. Then one decided she was not an alcoholic. Another stopped going to meetings and, while not drinking, is no longer participating in A.A. or the steps. The third moved to another state. So now I have none. I feel like my program is suffering. Here's the thing — I rarely share in meetings. Never have and probably never will. I speak to lots of people one-on-one and am not really shy, it's just that I don't often feel compelled to share at group level and because of it, I am not as "known" as the members who do. I realize it makes me less accessible to those looking for a sponsor and I am wondering if you have any suggestions.

Thanks,

Sponsee-less

Dear Sponsee-less,

Your old idea of not sharing at meetings isn't working, so why not let it go? At least check in with your Home Group, if only to say that you're here, you're sober and you're grateful. Your potential sponsees out there will only identify with you if they hear what you have to share of your experience strength and hope. Don't think too long, don't compose that perfect speech that will show how sober you are, just raise your hand, say "My name is ----- and I'm an alcoholic," and see what comes.

Alky



Dear Alky,

My sponsor recently told me that I need to find a sponsee. I've been giving my number to newcomers, but they never call. I've even gotten a couple of their numbers and left them messages, but they don't call back. I'm beginning to think that nobody wants what I've got. Do you have any suggestions about how to pick up a sponsee? I really feel like I'm ready to work with others but just don't know where to start.

Thanks,

Ready to Reach Out



Dear Ready,

Be patient. Your opportunity will come, probably when you least expect it, and when it is least convenient! When someone introduces himself at a meeting as new, afterwards ask him if he has a sponsor, and if not offer to sponsor him. Be a temporary sponsor. I sponsored one newcomer "temporarily" for five years!

Alky



Dear Alky,

I went to a couple meetings a day when I first got sober and talked to a lot of newcomers. It was easy because I had a lot of time on my hands. But now I've got a job and either I'm too tired or just not as interested as I was before. Shouldn't someone else pick up the slack and put in as much time and effort as I did?

Joe D.

Dear Joe,

Sobriety brought you a job, friends, and activities to take up the time you wasted in drinking. We all hear about A.A.s who did what you are starting to do — they put their sobriety second, after job and friends and activities. Then they drank and lost it all. Don't let the life that A.A. gives you get in the way of your A.A. life. Going to meetings, doing service and working with others is your best insurance against taking that first drink.

Alky



Dear Alky,

I've gone to meetings whenever I've been free for about two years now but I've only felt truly comfortable at a few. I think the feeling's been mutual. Shouldn't every meeting welcome me effusively just like when I was new?

Misty

Dear Misty,

In your drinking days bartenders greeted you by name. The bar was your home. One way to feel at home in a meeting is to attend on a regular basis. Make sure you at least one Home Group, but you can make yourself a "regular" at any number of meetings. Get to know people and let them get to know you. Get to the meeting early and help set up. Stay late and help take down. Talk to the newcomer who is as scared as you were. Make someone else feel welcome and you will feel welcome.

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. calmontl@aol.com

TREASURER—

Danna P. dannajp@earthlink.net

RECORDING SECRETARY—

Don B. 415.777-9374

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE—

Danny F. dannyfl12@earthlink.net

ORIENTATION COMMITTEE—

Tim M. gryffindor-house@earthlink.net

12th STEP COMMITTEE—

Needs a Chairperson call CO for info.

ARCHIVES COMMITTEE—

Lynnore G. lynnorel@aol.com

LITERATURE COMMITTEE—

Gary D. 415.922-1341

THE POINT

Steve R. calmontl@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—

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

SF PI/CPC COMMITTEE—

Laura N. 415.931-2567

Recovery ❖ Unity ❖ Service

Passing It On Through H&I by Rudi D.

Last year I began doing service at a regular Hospitals and Institutions (H&I) meeting at the Ozanam Detox. Every time I go, I am filled with gratitude for what I have.


I usually bring sober friends with me to the meeting. The meeting is not required, so it is not uncommon to have only one or two clients come in while the rest stay in the main room on their mats. These are people with zero to twelve hours sober; they are not exactly on a pink cloud. By bringing a couple friends with me, we are able to have a meeting even if none of the clients come in to join us. It is also a way for me to share what I have found in A.A. with people newer than me. At the detox, we are all reminded of where we came from and where we could go if we decided to drink again.

Often there is someone in the meeting who shares about how they had time sober in A.A., but they stopped going to meetings and they wound up at the Oz. More than once, I have seen people I knew from meetings shuffling around, wolfing down the snacks. They serve as grim reminders of what waits for me if I drink.

The greatest gift I get from that commitment is the pure willingness I hear in the voices of the clients who share about their bottoms and who, at that moment, want to be sober more than anything. In that place, there are no distractions, just the excruciating spiritual pain that can only lead to a Higher Power.

Who knows what the clients do when they leave. Some go to programs. Most probably drink again. But in that moment, when we are joined in the unity of prayer at the end of a meeting, the hope and joy of the possibility of a way out of alcohol abuse fills the air. There is always the exchange of numbers, the dissemination of A.A. literature and heartfelt salutations at the end of a meeting. The smiles and good cheer that follow the meeting are starkly out of place in the context of that detox.

When I walk out of the Oz, I don't think about my little problems. I just thank God for what I have. That place has taught me over and over that my bottom was a gift from my Higher Power. I leave with renewed willingness to do whatever it takes to stay sober. My willingness is a product of the desperation I feel emanating from the clients at Ozanam.

Despite the reality that people come to A.A. by the thousands and stay sober by the dozens, I have to believe that when one of the Oz clients takes my number, he is a miracle waiting to happen. I try to carry the message into the darkness of that place, but I get more than I could ever give by listening to the bewildered clients who remind me that in order to stay sober, I have to continue to give to A.A. 

Treasures of the Twelve & Twelve: Tradition Three

By Lord H.

The only requirement for A.A. membership is a desire to stop drinking.

Many of the A.A. meetings that I go to are beginning with the statement: "Please confine the discussion of your problems as they pertain to alcoholism." I have been sober for fifteen years and I have no idea how to confine the discussion of my problems as they pertain to alcoholism, so how is someone with fifteen months or fifteen days supposed to know how to do this?

What I hear in that statement is fear; fear that A.A. will be over run by lesser people. This would not be the first time that we tried to control the population of A.A. On page 140 of the *Twelve & Twelve* in the discussion of Tradition Three it says, "We were resolved to admit nobody to A.A. but that hypothetical class of people we termed pure alcoholics."

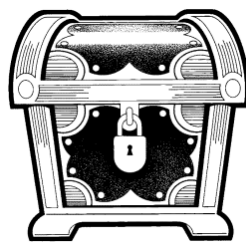
What is a "pure alcoholic?" Is there anything that should not be said at an A.A. meeting? I always like to have a fair number of sponsees that are new to A.A., and invariably they come to me saying that so-and-so told them not to share about "that stuff" in A.A., or snidely informed them, "THAT is an outside issue."

When I spoke before an A.A. dance recently, a gentleman confronted me after the meeting. He told me that he really enjoyed my share, but that it would have been better without all the "BAD language."

I asked him, "What bad language?"

He informed me that I had used quite a few curse words, and that there are no curse words in the *Big Book*. I asked him if he had a sponsor and invited him to inventory his OWN resentment before asking me to change my behavior for his comfort. He was not telling me that I was not welcome in A.A., but he was asking me to conform to his idea of A.A.

It's true that our only requirement for A.A. membership is a desire to stop drinking. On page 141 of the *Twelve & Twelve* it says: "...we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything."



Yes, I have been intolerant at times. I have been afraid that someone might impose on my A.A.

At open meetings everyone is welcome, but if one person introduces himself as an addict or a co-dependant that "all-encompassing welcome" sometimes evaporates. We forget that someone who identifies differently might still have a desire to stop drinking.

Do we not all have ideas of what should and what should not be said at an A.A. meeting? Don't we all have ideas of how people ought to behave while at meetings? Do we even occasionally go so far as to say to ourselves or to others, "That person doesn't belong in A.A." I hear those words in my head once in a while. At these times, I am in direct opposition to Tradition Three, but I am still willing to grow towards God's perfect justice, forgiveness and love.

Yes, I have been intolerant at times. I have been afraid that someone

might impose on my A.A. How was I to know that this fear would prove groundless – that no single member will destroy God's A.A. How could I know that these more challenging members would become my principle teachers of patience and tolerance?

When, at the end of the discussion of Tradition Eleven, each member is invited to become an "active guardian of our fellowship." I thought it meant that I needed to tell others members what they were doing wrong. It has taken me many years to realize that the only A.A. member that I need to watch out for is myself. ↑



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www.aasf.org



A.A. On the Road: Iran

By Michael O'C

There were many surprises awaiting me when I visited the Islamic Republic of Iran last spring. Leery of the kidnappings in neighboring Iraq, my one bastion of hope for security and comfort was the name and number of a contact that was listed in an old A.A. international directory.

After a surprisingly smooth trip through immigration and customs I found a telephone and placed the call. Praise be to God that my contact answered the phone. He was surprised to receive the call from me (a young American tourist in Iran), and his English was quite good. He invited me to an N.A. meeting. Not being a member of that fellowship, I was a bit hesitant to go. When he told me there were only four A.A. members in the entire country, and that A.A. meetings were being scrutinized by the authorities, I was quickly convinced that N.A. was the program for me, at least temporarily.

Twelve Step programs are relatively new in Iran. Their roots actually begin with groups of A.A. and N.A. in Los Angeles. Some members who found sobriety in America returned to Iran and began meetings there. The result has been overwhelming with a membership that is swelling at a pace similar to America's current budget deficit!!

Iran has more of a (huge) drug problem than an alcohol problem. Firstly, alcohol is illegal in the Islamic Republic and, though it can be found, strict punishments await those who are caught consuming it in

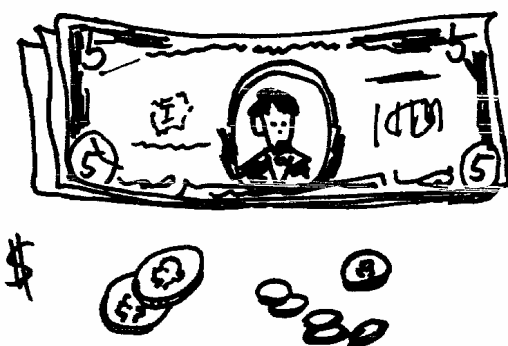
public or private. Secondly, the relatively lax borders with Pakistan and Afghanistan are rife with drug trafficking. What was once called the silk trail might be better known today as the opium trail. The general feeling of apathy most Iranians feel living under the current regime, a bleak economic atmosphere and high unemployment, leads to a desperate situation and rampant drug use. The flip side is that people are just as desperate to find recovery!

So, there I was, at my first Iranian Twelve Step meeting. My contact drove me and we arrived a half hour early because seating was limited. Word spread quickly that there was an American visitor. One fellow sat next to me and asked me where I was from. I said, "San Francisco" and he laughed saying, "I lived in San Diego for ten years! Too bad most of that time I was stuck in my bathroom, paranoid, waiting for the cops. I missed out on doing many things in America."

The meeting swelled to Los Angeles proportions, with people clambering to get inside the room. The problem in Tehran is that there are so many newcomers and not enough space to fit them into a meeting. Add to that the L.A. tradition of clapping every time a newcomer raises his hand, every time someone shares, and at the end of the meeting when everyone states his or her amount of time, and one must be prepared for a LONG meeting.

(Continued on page 11)

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.
BRUCE D.
DAVID B.
DAVID B.
FRANCES L.
GILES H.
HARRY M.
JANET B.

JERRY N.
JIM H.
KATE B.
KELLIE A.
KRIS F.
LAURIE L.
LISA C.
MICHAEL R.
MONIKA H.

NANCIE G.
PEGGY M.
PETER F.
PHILIP G.
RALPH P.
RICH G.
RICHARD C.
SCOTT N.
WICKIE S.



Literature Review: *Alcoholics Anonymous*

By Anonymous

The first 164 pages of the *Alcoholics Anonymous* (a.k.a., *The Big Book*) have spoken brilliantly for themselves over the past 65 years, as attested by countless recoveries based on the principles within them. Still, it's fitting to take another look at these pages. Here, after all, is where you'll find the program practiced by the first hundred or so A.A. members during the three years after Bill Wilson shared his story with Dr. Bob Smith in Akron in mid-1935, launching the ship of A.A.

Some folks like to say the book was divinely inspired. Others bristle at that notion. Either way, those first 164 pages weren't born without a host of very human battles. Manuscripts zoomed between New York (Bill's home), Akron (Bob's home) and Cleveland (where the third A.A. group was formed in 1937) as members dissected and critiqued Bill's writings. Anonymous contributors included doctors, psychologists and men and women of the cloth.


Those human conflicts resulted in an 11-chapter plan for living a useful life free of alcoholic insanity. "The Doctor's Opinion" states the dilemma: alcoholism is a mental and physical disease that sucker-punches its sufferers – sometimes fatally. "Bill's Story" outlines the events, including a profound spiritual awakening, that helped Bill Wilson permanently sober up, and exemplifies the importance of A.A. story-telling: one alcoholic sharing experience with another.

In "There is a Solution" we learn that only by turning to a power greater than us do we rock-bottom sots have a chance at life. In "More About Alcoholism," the word

"insane" appears, in some form, seven times, as the text drives home the "peculiar mental twist" inherent in the alcoholic brain. "We Agnostics" is a diamond-sharp argument for faith in a higher power over faith in our faltering individual capacities.


Now comes "How It Works," the first paragraph of which contains some form of the word "honest" no less than three times – another clue to achieving permanent sobriety. Then follow the Twelve Steps, which Dr. Harry Emerson Fosdick – a Protestant minister, author and early A.A. friend – once wrote "state with amazing clarity and conciseness the essential truth, both psychological and theological, which underlie the possibility of transformed character."

Steps Five through Eleven ring through "Into Action," which offers concise directions for sharing our personal inventory, making amends to others and improving contact with our higher power. "Working with Others" offers time-tested tips for helping the suffering alky, and chapters to spouses, families and employers plead our case to those whom our drinking has affected. "A Vision for You" puts the bow on the package, urging the sober alcoholic to "abandon yourself to God as you understand God" – the key ingredient in the recipe for a sober life.

Divinely inspired or not, *Alcoholics Anonymous* is a repository of profound spiritual truths standing shoulder-to-shoulder with simple directions for living them. After repeated readings, one is left to say, "I thank God for *The Big Book* - and I thank *The Big Book* for God." 

A.A. on the Road, *continued from page 10*

What struck me was the number of newcomers who kept coming back. I have been to meetings elsewhere where locals view relapsing as a disgrace or a way of losing their face. Not so in Iran. New-comers who slip do not banish themselves from coming back. They are welcomed back as earnestly as first-time newcomers.

I had just passed my six-year anniversary when I arrived, which made me something of a reluctant celebrity at the meetings in Tehran. Since the program is so new, members seek out people with more time (two or more years is considered old timer status). My arrival was a great opportunity for an outsider to share his hope with the groups budding up around Iran. 

CONTRIBUTIONS to the Central Office were made through February 15, 2005 honoring the following members:

ONGOING MEMORIALS

Bill M. (Philadelphia-4 years), Bud C., Curtis C., Fran H.

ANNIVERSARIES

Fred R. 44 years

Jane M. 44 years

Endless Summer: Jim 1 year, Chuck 1 year

High Noon Friday:

Bill B. 18 years, Wickie S. 18 years

AA Group Contributions - December 2004

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	Meets	Dec. '04	YTD	Name	Meets	Dec. '04	YTD
Fellowship Contributions				Marin City Groups	5D 6:30pm		300.00
Annual Christmas Meeting	Xmas 2003		25.00	Marin Newcomers	M 8:30pm		249.00
Brisbane Breakfast	Su 11am	32.00	347.40	Marin Sober Group	F 8pm	113.00	199.50
Contribution Box	Nov. & Dec.	133.63	744.23	Mill Valley 7am	7D 7am		2250.00
Gay Newcomers Group	Santa Rosa		8.80	Mill Valley Original Smokeless SS	Th 8pm		50.00
Deer Park Discovery Group			52.67	Monday Blues	M 6:30pm		429.50
IFB	Dec.	83.03	1170.70	Monday Night Meeting	M 8pm	50.00	50.00
Marin General Service	Unity Day	134.67	134.67	Monday Night Stag (Tiburon)	M 8pm	202.38	1783.75
Marin Teleservice			2182.00	Monday Night Women's	M 8pm		232.11
IFB Special Events	Monster Bingo		286.58	Nativity Monday Night BB	M 8pm		200.00
Spirit of San Francisco	2003		577.56	Newcomers Step	M 7:30pm		500.00
Sunday Step Study	Su 4pm		201.00	Noon	Tu 12pm		140.50
Unidentified		254.25	922.70	Noon Discussion	Th 12pm		135.00
Total Fellowship		\$637.58	\$6,653.31	Noon Hope	F 12pm	79.40	176.80
Honors				North Marin Speaker	Su 12pm		500.00
Endless Summer	F 8:30pm		314.22	Novato Fellowship Group	Deposit		120.00
High Noon	6D 12:15pm		36.00	Novato Spirit Discussion	F 12pm	76.23	218.41
Sesame Step	Tu 7:30pm		6.00	On Awakening	7D 5:30am	277.00	627.00
Total Honors			\$356.22	Pathfinders	Tu 12pm		204.02
Marin Group Contributions				Refugee	Th 12pm		150.00
11th Step Meeting	M 8pm		200.00	Rise N Shine	Su 10am		319.98
12 & 12 Study	Sa 8:15am		106.50	Ross San Anselmo Group	M 8:30pm		54.00
7am Urgent Care Group	7D 7am		400.00	San Anselmo Fireside Meeting	Su 8pm		79.56
A Vision For You	Su 7:30pm		108.25	San Geronimo Valley	M 8pm		134.47
Attitude Adjustment Fairfax	7D 7am	395.10	7680.36	Saturday Serenity	Sa 8pm		637.00
Awareness/Acceptance	M 10:30am	120.00	384.00	Saturday Women's Speaker	Sa 6pm	135.00	240.00
Back to Basics	Su 9:30am		301.95	Serendipity	Sa 11am	35.00	520.00
Beginners	W 7pm		700.00	Sisters In Sobriety	Th 7:30pm		94.00
Bolinas Step Study	W 8pm	50.00	50.00	Six O'Clock Sunset	Th 6pm		491.44
Bounce Back	M 6pm		200.00	Sober & Serene	F 7pm		735.58
Caledonia	Su 8pm		532.16	Sober Moms	Fr 11:30am		18.00
Candlelight	Su 8:30pm		210.06	Spiritual Testosterone	Su 8:30am	330.00	606.00
Candlelight Meditation	M 7:30pm		60.00	Steps to Freedom	M 7:30pm		677.13
Closed Women's Step Study	Tu 3:30pm	89.00	206.00	Steps To The Solution	W 7:15pm		130.00
Creekside New Growth	Su 7pm	50.00	215.00	Stinson Beach Fellowship	Th 8pm		220.60
Crossroads	Su 12pm		1329.50	Streetfighters	Sa 9am		22.10
Day At A Time	7D 6:30am		720.00	Sunday Express	Su 6pm		283.84
Experience, Strength & Hope	Sa 6pm		197.00	Sunday Night Corte Madera	Su 8pm		400.00
Fairfax Friday Night	F 8:30pm		46.18	Survivors	M 12pm		335.50
Fireside	F 8pm		35.50	T. G. I'm Sober	M 6pm		26.00
Freedom Finders	F 8:30pm		861.60	Terra Linda Group	Th 8:30pm		1171.00
Gratitude	M 12pm		96.71	Terra Linda Night Stag	Th 8pm		500.00
Greenfield Newcomers	Su 7pm		80.00	TGI Tuesday	Tu 6pm	46.00	170.80
Happy Hour	Th 6pm		319.49	The Barnyard Group	Sa 4pm		270.00
High & Dry	W 12pm		125.00	The Fearless Searchers	F 8pm	98.21	372.21
Hope Step Group	Tu 7:30pm		150.00	The Novato Group Fri. Night Di	F 8:30pm		112.05
Inverness Sunday Serenity	Su 10am		26.00	Three Step Group	Sa 5:30pm		600.00
Island Group	Th 8pm		208.00	Thurs. Night Speaker, MV	Th 8:30pm		2497.24
Just Can't Wait 'til 8	M 6:30pm		75.00	Thursday Night Miracles	Th 8:30pm		39.00
Keepin' It Real	Th 6pm		482.00	Tiburon Beginners & Closed	Tu 7pm & 8:30pm		1301.85
Living in the Solution	F 6pm		455.00	Tiburon Big Book Group	W 7:30pm	402.00	402.00
				Tiburon Haven	Su 12pm		720.00
				Tiburon Women's Candlelight	W 8pm		39.76

Name	Meets	Dec. '04	YTD	Name	Meets	Dec. '04	YTD
Tuesday Twelve Step	Tu 6:30pm		34.60	Each Day a New Beginning F	F 7am		1095.79
Wednesday Mid-Week	W 6pm		189.87	Each Day a New Beginning M	M 7am		728.92
Wednesday Night Candlelight	W 8pm		300.44	Each Day A New Beginning Su	Su 8am		421.71
Wednesday Night SD	W 7pm	55.80	125.32	Each Day a New Beginning Th	Th 7am		1166.46
Wednesday Noon	W 12pm		56.49	Each Day a New Beginning Tu	Tu 7am		927.59
Wednesday Sundowners	W 6pm		76.96	Each Day a New Beginning W	W 7am		1307.62
Women For Women	W 12pm		327.61	Early Start	F 6pm		375.00
Women on Monday	M 7pm		155.94	Easy Does It	Tu 6pm		673.00
Women on Wednesday	W 7pm		64.86	Embarcadero Group	5D 12:10pm	119.94	502.58
Women's Big Book	Tu 10:30am		312.50	Embarcadero Group	F 12:10pm		55.41
Working Dogs	W 12:05pm		313.25	Embarcadero Group	M 12:10pm		144.60
Total Marin Contributions		\$2,554.12	\$41,205.80	Embarcadero Reflections	Tu 12:10pm		249.23
SF Group Contributions				Epiphany Group	Th 8pm	28.00	53.00
515pm Smokeless W	W 5:15pm		60.00	Eureka Step	Tu 6pm		172.59
7AM As Bill Sees It	F 7am	77.91	185.22	Eureka Valley Topic	M 6pm		946.93
12 Steps to Happiness	F 7:30pm		40.87	Federal Speaker	Su 12pm	211.48	754.93
A is for Alcohol	Tu 6pm		159.01	Fellowship of the Spirit	Su 1:30pm		31.80
A New Start	F 8:30pm		124.40	Fell Street Step	Su 8pm		292.54
A Vision for You (SF) Su 630pm	Su 6:30pm		85.00	Fireside	F 8:30pm		92.35
A Vision For You (SF) Su 730pm	Su 7:30pm		123.51	Fireside Chat Sa	Sa 9pm		545.47
AA As You Like It	Tu 5:30pm		334.79	Fireside Chat Th	Th 8pm		88.56
AA Step Study	Su 6pm		407.29	Fireside Chat Tu	Tu 8pm		60.11
Afro American	F 8pm	96.30	199.62	Friday All Groups	Fr 8:30pm		1568.00
Afro American Beginners	Sa 8pm	39.39	571.21	Friday Lunchtime	Fr 12pm		280.00
After Work	M 6pm	46.41	285.57	Friday Knights	Th 7:30am	50.00	59.20
All Together Now	Th 8pm	431.40	1095.48	Friday Smokeless	F 8:30pm	156.48	306.48
Alumni	W 8:30pm	60.00	180.00	Friendly Circle	Su 8:30pm		485.70
Amazing Grace	M 7pm	61.00	226.05	Friendly Circle Beginners	Su 7:15pm	124.91	362.25
Any Lengths	Sa 9:30am	338.31	2217.08	Friendship Group	W 8pm		125.00
Artists & Writers	F 6:30pm		1273.44	Friendship House			9.36
As Bill Sees It	Th 6pm		260.17	Gay Beginners Q & A	F 7pm		35.38
As Bill Sees It	Th 8:30pm	100.00	100.00	Golden Gate Seniors	Tu 1:30pm		107.00
As Bill Sees It	Sa 11am		365.32	Gold Mine Group	M 8pm		468.76
Ass in a Bag	Th 8:30pm		335.00	Goodlands	Su 2pm		30.60
Back to Basics	Th 8pm		226.00	Haight Street Blues	Tu 6:15pm		563.34
Beginner's Step Study	Sa 6:30pm		242.82	Haight Street Explorers	Th 6:30pm		360.00
Beginner's Warmup	W 6pm		90.00	Happy Hour	F 6:30pm		381.80
Bernal Big Book	Sa 5pm	175.00	1177.21	High Noon	5D 12:15pm	200.00	600.00
Beyond 164	F 12:30pm		90.00	High Noon Friday	F 12:15pm	177.20	1614.98
Big Book Basics	F 8pm		453.73	High Noon Monday	M 12:15pm	399.00	1132.25
Big Book Backwards	Fr 10am		15.00	High Noon Saturday	Sa 12:15pm		327.22
Big Book Study	Su 11am	33.50	102.74	High Noon Thursday	Th 12:15pm	129.00	1055.42
Boys Night Out	Tu 7:30pm		414.73	High Noon Tuesday	Tu 12:15pm		852.52
Buena Vista Breakfast	Su 12pm		462.89	High Noon Wednesday	W 12:15pm		1018.80
BYOL	W 12:30pm		126.00	High Sobriety	M 8pm		264.11
Castro Discussion	W 8pm		763.00	High Steppers	W 7pm		157.00
Castro Monday Big Book	M 8pm		548.38	Hilldwellers	M 8pm		726.59
CLAADAAGH	Sa 8:15pm	84.00	84.00	Home Group	Sa 8:30pm	136.10	1411.67
Cocoanuts	Su 9am		125.00	Hot Java	F 12am		106.33
Come N Get It	F 6:30pm	56.22	555.07	How It Works	Sa 2pm		345.84
Common Welfare	Th 8pm	57.06	194.02	Huntington Square	W 6:30pm		1305.25
Cow Hollow Young People's	Tu 7:30pm		350.62	Join the Tribe	Tu 7pm		330.79
Design for Living	Sa 8am	128.66	843.98	Joys of Recovery	Tu 8pm		519.11
Dignitaries Sympathy	W 8:15pm		150.00	Keep Coming Back	Sa 11am		2327.03
Drive Thru	W 12:15pm		317.00	Keep It Simple	Sa 8:30pm		308.10

Continued on P. 14

Name	Meets	Dec. '04	YTD	Name	Meets	Dec. '04	YTD
Let It Be Now	F 6pm		300.00	Steppin' Up	Tu 6:30pm		95.76
Light Brigade Discussion	Su 7pm	40.00	187.80	Sunday Bookworms	Su 7:30pm		218.15
Light Steppers	Su 7pm		113.10	Sunday Morning Gay Men's Stag	Su 10:30am		549.43
Like A Prayer	Su 4pm		158.86	Sunday Night 3rd Step Group	Su 5pm		235.16
Lincoln Park	Sa 8:30pm		444.47	Sunday Night Castro SD	Su 7:30pm		842.45
Live and Let Live	Su 8pm		261.66	Sunday Rap	Su 8pm		443.26
Living Sober	W 8pm		241.51	Sundown	W 7pm		486.00
Living Sober with HIV	W 6pm	74.98	510.88	Sundown Steps	Th 6:30pm		168.00
Luke's Group	W 8pm		59.47	Sunrise Sunset	Th 5:45pm		112.00
Lush Lounge	Sa 2pm	119.42	274.28	Sunset 11'ers F	F 11am		138.40
Marina Discussion	F 8:30pm		1180.11	Sunset 11'ers M	M 11am	85.51	85.51
Meeting Place Noon	F 12pm		376.91	Sunset 11'ers Sa	Sa 11am		211.20
Mid-Morning Support	Su 10:30am	444.00	2215.70	Sunset 11'ers Th	Th 11am		324.09
Midnight Meditation	Sa 11:59pm		251.25	Sunset 11'ers W	W 11am		187.60
Millionaires Club	Th 6pm		70.00	Sunset 9'ers F	F 9am		194.00
Miracles Off 24th St	W 7:30pm		402.34	Sunset 9'ers M	M 9am		452.96
Mission Terrace	W 8pm		382.33	Sunset 9'ers Sa	Sa 9am		517.25
Monday At A Time	M 12:30pm		224.10	Sunset 9'ers Su	Su 9am		368.00
Monday Beginners	M 8pm		378.85	Sunset 9'ers Th	Th 9am		202.02
Monday Men's Meeting	M 8pm		48.00	Sunset 9'ers Tu	Tu 9am		242.95
Monday Monday	M 12:15pm		80.00	Sunset 9'ers W	W 9am	343.52	797.09
Moving Toward Serenity	W 8:30pm	148.56	148.56	Sunset Reflections	Th 12:30pm		100.00
New Glasses	Tu 6pm		108.00	Sunset Speaker Step	Su 7:30pm		183.96
New Highs	W 1:30pm		188.10	Survivors M 12pm	M 12pm	221.40	221.40
New Hope Big Book	M 6:30pm		945.05	Sutter Street Beginners	Sa 6pm		962.33
New Wednesday High Noon	W 12:15pm		1053.47	Ten Years After	Su 6pm		2039.42
Newcomers	Tu 8pm		303.76	The 24 Hour Plan	M 7am		99.37
No Gurus Meditation	Su 7pm		45.00	The Parent Trap	M 12:30pm		67.55
No Reservation	M 12pm	59.74	473.21	The Pepper Group	F 12pm		44.00
Noon Smokeless	M 12pm		65.89	They Don't Know Who We Are	Sa 7pm		150.00
One Liners	Th 8:30pm		1102.62	Thursday Night Women's	Th 6:30pm	60.83	491.75
Panhandle	Th 8:30pm		82.55	Thus We Grow	Th 6pm		81.00
Park Presidio	M 8:30pm		239.90	Too Early	Sa 8am		1031.16
Parkside	Th 8:30pm		304.64	Tuesday Downtown	Tu 8pm		840.00
Pure & Simple	Su 6pm	44.30	103.65	Tuesday's Daily Reflections	Tu 7am		162.07
Pax West			373.78	Tuesday Sunset Nooners	Tu 12:30pm		120.00
Rose Garden Big Book	Th 12:05pm		132.22	Tuesday Twelve Step	Tu 6:30pm	35.19	35.19
Rule 62	W 10pm		955.14	Valencia Smokefree	F 6pm	148.41	1263.75
Saturday Afternoon Meditation	Sa 5pm		366.93	Walk of Shame	W 8pm	145.20	158.17
Saturday Easy Does It	Sa 12pm		665.00	Waterfront	Su 8pm		1413.92
Saturday Night Regroup	Sa 7:30pm	308.00	538.24	We Care	Tu 12pm	262.72	522.95
Seacliff	Th 8:30pm		253.81	Wednesday Sunrise Smokefree	W 7am		60.00
Second Chance	Th 2:15pm		63.59	Weekend Workers	Sa 7am		180.00
Serenity House			800.00	West Portal	W 8:30pm		306.50
Serenity Seekers	M 7:30pm		1734.35	Wits End Step Study	Tu 8pm		30.00
Sesame Step	T 7:30pm	66.01	646.71	Women Who Drank Too Much	Tu 6:15pm		39.00
Sinbar	Su 8pm		346.40	Women's 10 Years Plus	Th 6:15pm		538.00
Sisters Circle	Su 6pm		177.20	Women's Kitchen Table Group	Tu 6:30pm		473.29
Sisters In Sobriety	M 7pm		110.00	Women's Lunch Bunch	F 12pm		100.00
Sober & Centered	Fr 7pm		371.51	Women's Promises	F 7pm		397.80
Sometimes Slowly	Sa 11am		116.11	Work In Progress	Sa 7pm		64.87
St. Francis Men's	F 8:30pm		78.54	Total SF Contributions		\$6,295.06	\$87,427.57
Step Talk	Su 8:30am	120.00	960.00				
Stepping Out	Sa 6pm		120.00	TOTAL		\$ 9,486.76	\$ 135,642.90

Gratitude Month 2004 — Groups

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Gratitude Month 2004	Meets	Dec. '04	Grat. Mo. 2004 YTD	Gratitude Month 2004	Meets	Dec. '04	Grat. Mo. 2004 YTD
Fellowship				High Noon	F 12:15pm	134.70	134.70
Brisbane Breakfast Bunch	Su 11am	39.35	39.35	High Noon	M 12:15pm	173.00	173.00
Total Fellowship Gratitude Month		\$ 39.35	\$ 39.35	High Noon	Th 12:15pm	172.00	172.00
Marin Gratitude Month 2004				High Sobriety	M 8pm	120.00	120.00
11th Step Meeting	M 8pm	54.25	54.25	Home Group	Sa 8:30pm	125.24	125.24
Island Group	Th 8pm	84.00	84.00	Hot Java	F 12am	28.09	28.09
Mill Valley	7D 7am	631.00	631.00	How It Works	Sa 2pm		43.55
Monday Night Stag (Tiburon)	8pm	399.51	399.51	Ingleside Beginners	Su 5pm	18.35	18.35
Newcomers Step	M 7:30pm	261.00	261.00	Light Brigade Discussion	Su 7pm	23.25	23.25
On Awakening	7D 5:30am	172.00	172.00	Like A Prayer	Su 4pm	70.00	70.00
Saturday Serenity	Sa 8pm	95.00	95.00	Live and Let Live	Su 8pm	101.00	101.00
Women on Monday	M 7pm	76.56	76.56	Living Sober	W 8pm	27.00	27.00
Total Gratitude Month 2004		\$ 1,773.32	\$ 1,773.32	Living Sober with HIV	W 6pm	97.20	97.20
San Francisco Gratitude Month 2004				Marina Dock			6.00
515pm Smokeless	W 5:15pm	51.00	51.00	Mid-Morning Support	Su 10:30am	150.00	150.00
6am Marina Dock	6am 7D	549.07	549.07	Monday Noon Daily Reflections	Mo 12pm	58.35	58.35
7am Smokeless	Su 7am	24.10	24.10	New Hope Big Book	Mo 6:30pm	100.76	100.76
830am Smokeless	8:30am Tu	34.25	34.25	No Reservation	M 12pm	108.13	108.13
AA As You Like It	Tu 5:30pm	57.49	57.49	One Liners	Th 8:30pm	80.50	80.50
AA Step Study	Su 6pm	52.00	52.00	Rule 62	W 10pm	126.78	126.78
Afro American Beginners	Sa 8pm	34.54	34.54	Saturday Afternoon Meditation	Sa 5pm	83.00	83.00
After Work	M 6pm	35.00	35.00	Saturday Easy Does It	Sa 12pm		112.30
Amazing Grace	M 7pm	39.00	39.00	Second Chance	Th 2:15pm	15.00	15.00
Artists & Writers	F 6:30pm	254.32	254.32	Sesame Step	Tu 7:30pm	255.13	255.13
As Bill Sees It	Sa 11am	100.00	100.00	Sisters Circle	Su 6pm	61.00	61.00
As Bill Sees It	Th 8:30pm	58.00	58.00	Sober & Centered	F 7pm	87.63	87.63
Ass in a Bag	Th 8:30pm		13.50	Some Are Sicker Than Others	W 6pm	48.10	48.10
Bernal Big Book	Sa 5pm	158.45	158.45	Sometimes Slowly	Sa 11am	45.75	45.75
Big Book Basics	Fr 8pm	71.00	71.00	Step Talk	Sa 8:30am	100.36	100.36
Castro Monday Big Book	M 8pm	82.36	82.36	Steppin' Up	Tu 6:30pm	68.25	68.25
CLAADAAGH	Sa 8:15pm	35.15	35.15	Sunday Morning Gay Men's Stag	Su 10:30am	174.00	174.00
Come N Get It	F 6:30pm	66.26	66.26	Sunday Night 3rd Step Group	Su 5pm	65.00	65.00
Common Welfare	Th 8pm	26.25	26.25	Sunday Night Castro SD	Su 7:30pm	140.62	140.62
Cow Hollow Young People's	Tu 7:30pm	85.00	85.00	Sunday Rap	Su 8pm	33.00	33.00
Creative Alcoholics	M 6pm	19.25	19.25	Sundown	W 7pm		58.60
Design for Living	Sa 8am	129.00	129.00	Sunset 11'ers Th	Th 11am	100.00	100.00
Diamond Heights	Tu 8:30pm	50.00	50.00	Sunset 11'ers M	M 11am	16.50	16.50
Drive Thru	W 12:15pm	25.50	25.50	Sunset 9'ers M	M 9am	92.94	92.94
Each Day a New Beginning	M 7am	163.46	163.46	Sunset 9'ers Sa	Sa 8am	103.77	103.77
Each Day a New Beginning	Tu 7am	177.39	177.39	Sunset 9'ers Su	Su 9am		86.67
Each Day a New Beginning	W 7am	180.22	180.22	Sunset 9'ers Th	Th 9am		220.67
Early Start	F 6pm	425.15	425.15	Sunset 9'ers W	W 9am	80.42	80.42
Epiphany Group	Th 8pm	60.00	60.00	Sunset Reflections	Th 1pm	30.00	30.00
Eureka Valley Topic	M 6pm	121.35	121.35	Ten Years After			175.00
Federal Speaker	Su 12pm	66.32	66.32	The 24 Hour Plan	M 7am	55.00	55.00
Fireside Chat	Sa 9pm	102.75	102.75	Thursday Night Women's	Th 6:30pm	79.94	79.94
Fireside Chat	Th 8pm	50.50	50.50	Tuesday Downtown	Tu 8pm	52.55	127.18
Fireside Chat	Tu 8pm	161.00	161.00	Valencia Smokefree	F 6pm	154.47	154.47
Friday Night Women's Meeting	F 7:30pm	20.00	20.00	Walk of Shame	W 8pm		27.00
Friendly Circle Beginners	Su 7:15pm	135.75	135.75	We Care	Tu 12pm	79.47	79.47
Gay Beginners Q & A	F 7pm	50.04	50.04	Weekend Worker	Sa 7am	35.82	35.82
Gold Mine Group	M 8pm	60.36	60.36	Women's Kitchen Table Group	Tu 6:30pm	145.85	145.85
Goodlands	Sa 2pm	35.50	35.50	Work In Progress	Sa 7pm		55.16
Happy Hour	F 6:30pm	67.11	67.11	Total SF Gratitude Month 2004		\$ 7,915.81	\$ 8,788.89
				Total 2004 Gratitude Month 2004		\$ 9,644.48	\$ 10,517.56

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 February 2, 2005**

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			
Amber W.	Sisters Circle	A**	Greg S.	Keep Coming Back	P	Morningstar V.	High Noon Saturday	P
Bill V.	Attitude Adjustment, Fairfax	A*	Janet B.	As Bill Sees It, Saturday	R	Nathan M.	Easy Does It	R
Bob W.	Creative Alcoholics	A**	Jacqui G.	High Noon Thursday	P	Nick T.	Cocoanuts	P
Brian C.	Mission Terrace	A*	Jenny M.	Waterfront	R	Pascal G.	Marin Stag (Mon. Night...)	P
Carol W.	Miracles Off 24th St.	A*	Jim T.	First Place	P	Patrick M.	Treasurer	P
Dan Z.	Sunday Morning Gay Men's Stag	A*	Joe G.	Beginners	P	Penelope P.	Amazing Grace	P
Daniel B.	Too Early	A*	Johnny G.	High Noon Tuesday	A**	Peter S.	All Together Now	A*
Danny F.	Each Day A New Beginning	A*	Judi C.	Tuesday's Daily Reflections	P	Ray M.	Sunday Rap	P
David A.	Living Sober	A*	Kate B.	Friday All Groups	R	Rebecca S.	Room To Grow	A*
David B.	Beginner's Warmup	P	Kristine F.	Castro Discussion	P	Rebekah D.	Fell Street Step	A*
David B.	Federal Speaker	P	Larry L.	The 24 Hour Plan	A*	Rudi D.	Serenity Seekers	P
David E.	Sesame Step	A**	Lillian R.	Women's Promises	A*	Russell G.	Regroup	A*
David P.	Goodlands	P	Lou H.	Mill Valley 7AM	P	Scott C.	New Hope Big Book	R
David S.	High Sobriety	A**	Lynnore G.	Walk Of Shame	P	Scott N.	Sunset 11'ers Sa	P
Don B.	Friday Fell Street	P	Marc D.	Bernal Big Book	R	Shiloh A.	Fireside Chat	A**
Doug S.	As Bill Sees It - Thursday	R	Martha C.	449'ers	A**	Steve N.	Terra Linda Group	P
Edward F.	Happy Hour	A**	Maury P.	Office Manager	P	Stephen R.	Valencia Smokefree	P
Francesca K.	West Portal	P	Melanie L.	Second Chance	A*	Steven S.	Homegroup	P
Gary D.	Work In Progress	A*	Meredith R.	High Noon Friday	A*	Tim M.	Join the Tribe	P
Georgia L.	Friendly Circle Beginners	A*	Michael R.	Huntington Square	A*	Tom B.	Eureka Valley Topic	A*
Grant D.	Ten Years After	P	Monika H.	SFPOA	A*	Victor V.	Stepping Up	P

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	
Charles M.	Founders Group Sa 5pm	Mitzi H.	New Hope Big Book M 6:30pm	Ashley N.	SF PI/CPC
Chris T.	Keep Coming Back Sa 11am - Alternate	Omar C.	Tues. Chip Tu 8pm	Matt T.	Marin Teleservice
Dave F.	Reality Farm Th 8pm	Ryan W.	Tiburon BB W 7:30	Trevor F.	Marin General Service
Doug D.	As Bill Sees It Sa 11 am	Tim T.	Some Are Sicker Than Others W 6pm		

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the February 2005 IFB meeting. It is provided for your convenience and it is not intended to be the completed approved minutes. For a complete copy of the minutes, contact the Central Office.

A. IFB Reports

Chair's Report: Joe G. reported that the Bylaws Review Committee had met and began reviewing the bylaws. Anyone interested in serving on the committee should contact Joe for information about the next meeting. Several IFB committees need volunteers, and IFB members were encouraged to serve on committees.

Treasurer's Report: Patrick M. gave the report. Total net income for December was \$10,694 and was \$3,992 better than budget. The improvement versus budget was primarily due to the income/contributions being better than budget, and cost of books sold lower than budget. For the year, net income was \$9,680 better than budget primarily due to expense savings and a one time benefit of cashing in

two annuities. Discretionary cash is in very good condition. At the end of December we had \$40,465 on hand which is more than two months of expenses. The increase to the prudent reserve will be funded in January.

Central Office Manager's Report: Maury P. reported that there has been positive feedback about the revised website. Maury will be attending the bi-annual Northern California Central Office Managers meeting. Maury will be taking maternity leave and has begun training temporary staff and volunteers to work on many of the tasks that she would normally do.

Central Office Committee Report: Joe G. gave the report. The 12th Step Committee needs more volunteers. Joe thanked the various groups for their financial and volunteer support during the past year. The COC approved Maury P.'s maternity leave request, which is in line with other non-profits and that of AAWS.

B. Presentation of Treasurer Candidate: Danna P., candidate to IFB Treasurer gave a presentation. After the presentation she was elected

IFB Summary (Continued from page 16)

IFB Treasurer by unanimous vote.

C. IFB Committee Reports

Outreach Committee: Lou H. and Steve R. gave the report. The committee has developed a script for presentation to groups that aren't currently represented on the IFB. They demonstrated the presentation and will be asking IFB members to help with outreach in the months to come.

Literature Review Committee: Steve N. gave the report. Gary D. was re-elected chair of the committee. The committee continues its project of standardizing the format of literature. In addition, the committee is reviewing archived speaker tapes for quality and clarity.

The Point Editorial Committee: Steve R. gave the report. The increase in the number of pages and the number of inserts in each issue resulted in an increase in postage for the Jan. issue; the committee is reevaluating the production process in hopes of keeping postage costs down.

Orientation Committee: Tim M. reported that new IFB members are required to attend an orientation meeting before they are eligible to vote. The orientation of new IFB members takes place at 6:00 pm, one hour prior to the monthly IFB meeting.

Website Committee: The revised website is up and running. There will be a demonstration of the new website at next month's meeting. Photos of the Bay Area are requested.

12th Step Committee: The committee needs volunteers. There is currently no chair of the committee. Rudi D. volunteered to serve on the committee. The committee meets the second Wednesday of the month at 6:30 p.m. at the Central Office.

Special Events Committee: The committee will collaborate with SF General Service in putting on a "Founders Day" event, scheduled for the weekend of June 10th. General Service and the Special Events Committee are also considering doing a joint venture for Unity Day in October. There will be a Trusted Servants Workshop on February 19, from 11:30 am to 1:30 pm at the Central Office.

Special Needs Committee: Pene P. gave the report. Attendance by both deaf AA members and ASL translators has been sporadic at the Sutter Street Beginners meeting. The committee will speak with Laura Clark of the Hearing Society of the Bay Area for more information on how to reach out to and carry the message to those who are hard of hearing. The committee has changed its meeting schedule and will now meet the 4th Tuesday of the month at 6:30 p.m. at the Central Office.

Archives Committee: Lynnore G. gave the report. The committee continues to catalog materials and is establishing a database. The committee has changed its meeting schedule and now meets the 1st Monday of the month at 6 p.m. at the Central Office.

D. IFB Standing Committee Reports

SF Teleservice: Written report. Two new Daily Coordinators, Patti W. and Miriam R. have volunteered. Regular committee meetings are on the third Monday of the month at 6:30 p.m. at the Central Office.

PI/CPC: Ashley N. gave the report. She reported that there was a speaker workshop on January 29 at the Annual Meeting of the PI/CPC committee; approximately 57 people attended. Elections will be held at the next meeting. There is a need for a special events coordinator and a recording secretary. The committee meets the second Monday of the month at 7:00 p.m. at the Central Office.

D. Group Rep Reports: None

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: Trevor F. reported that the new panel of district officers began their year of service. Kris F. of the COC attended the meeting as liaison from the IFB. Francisco A., Area Delegate, attended the meeting. The committee meets the third Monday of the month at 9 Ross Valley Road, San Rafael. GSR Sharing: 7:00 p.m. District meeting: 8:00p.m.

Teleservice, Marin: Matt T. reported that there will be a Spaghetti Feed on February 26. Suggested donation is \$5. The event will be held at 1010 Lootens Place, San Rafael. Doors open at 5:30 p.m., speaker meeting to follow at 7:30 p.m. The committee meets the fourth Tuesday of the month at 7:30 p.m. 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.

Spirit of San Francisco: No report. The committee meets the first Monday of the month at 7:30 p.m. at the Central Office.

The next IFB meeting will be held Wednesday, March 2, at First Unitarian Universalist Church, 1187 Franklin at Geary, San Francisco, at 7:00 pm.

Respectfully submitted,

Don B., IFB Secretary



Living Sober / Western Roundup NEWS and EVENTS

- **Rummage Sale** - March 5, 2005, Most Holy Redeemer Sidewalk, 100 Diamond Street. 9:00 am—4:00 pm.
- **Call for Speakers**- The Speaker Committee is accepting CD or tapes for speakers at the 2005 Conference. All submissions must be postmarked by March 15, 2005, and the candidate to have 5 years clean and sober by the conference date. Please see www.livingsober.org for complete requirements for submission.
- **General Planning** - March 20, 2005 @ 5:00 pm, Trinity Episcopal Church (Bush & Gough). Come and volunteer for a committee, service keeps you sober!
- **Spring Fling Drag Thing** - April 9, 2005, Ellard Hall, Most Holy Redeemer, 100 Diamond Street. AA / AI-Anon Meeting 6:00 pm : Drag Show 7:30 pm.
- **Mark your calendars!** Living Sober 2005 will take place on July 1st—3rd at the Bill Graham Civic Center.

www.livingsober.org

415.978.2478

Acceptance vs. Grim Resignation

by Irene K.

What is the difference between acceptance and (grim) resignation? This question was recently batted around among a few sober friends and it gave us all pause. What is the difference? Of course, there's neither an "A.A.-approved" answer nor a definitive answer of any kind – only each person's experience.


I feel a distinct difference between acceptance and resignation. It's hard to explain, but it's a sixth sense in my bones and a feeling in my stomach. It really is a feeling. When I feel acceptance, it is more a sense of facing and acknowledging reality, of being solidly a part of reality. I may not *like* the reality; I may not *approve* of the reality; but there it is. Acceptance cuts through all the haze that's so familiar to my mind – a mind that usually seeks denial, excuses, fight or flight. Acceptance hits me square in the gut. *There it is. Sit with it.*

Here's a good example. I'm twenty pounds overweight. I admit it, I take comfort in food. It's a fact. By accepting reality as it is, I can look at what options I may have about the matter. I can either accept myself as is and keep the status quo to be "fat and happy" – or I can look at my willingness and courage levels and see if I want to work towards changing this situation. Acceptance doesn't make me powerless, it actually opens the door to my many options of action or inaction. Any way I choose, it's my choice, and I need to make the best of it and take responsibility for it. As my sponsor tells me, I'm not a victim anymore.

Grim resignation sings a different tune: "I'm a loser. I give up. I'll never lose this weight. I'll never get anything right. I'm cursed." Blah blah blah. You know the litany – sit at home, eat more ice cream, wallow in the "poor me's." No acceptance, no honest facing of myself, no taking responsibility for my problem – just an angry defiance alternating with depression and inaction. Not a very pretty picture.

The weight issue is only one example. I can look at acceptance vs. grim resignation in regards to any shortcoming I have, any relationship I have, *any* situation I find myself in. I get to watch myself in my life trying to "practice these principles in all my affairs" and see where I practice acceptance and where I don't. It *all* is truly a learning experience – even the non-accepting moments.

My experience shows me that acceptance leads to a feeling of my feet being on the earth, to a solidness I always yearned for. Acceptance leads me to choices and to responsibility for these choices. On the other hand, grim resignation feels sick, heavy and flat. When resigned, I feel hopeless, depressed, angry and misunderstood. I'm backed into a dark corner with no way out – a very familiar place for this alcoholic.

Acceptance is when I step out of the corner and into the big, well-lit room. There are more things to see, possible paths to take. With acceptance I open my eyes to my world and take it all in, with the help of my friends and a loving Higher Power. I couldn't do it alone. I usually can't identify all my options on my own nor can I go "into action" alone. I need my friends and my God. Thanks to A.A., I gain the power to "accept the things I cannot change" and "change the things I can." And today, all I have to do is practice, practice, practice. I can do that, just for today. 

Irritable but Grateful

By Tricia T.


Throughout my drinking career, my constant companion when not drinking was a general feeling of unease.

**Gratitude
is not an
Emotion...
it is an
Action!**

I thought I needed to be around different people so I clocked over 50 addresses on three continents. I thought I needed recognition for my creative genius so I redesigned myself as the reluctant entertainer. I thought I needed love so I made innumerable "friends."

It's funny that now, with nearly a decade sober, I don't remember the addresses, lyrics or names associated with my drinking years. What I remember, however, is that general feeling of unease. Now when it comes up, rather than medicate it, I can look at it, feel it, give it up to God. I don't necessarily have to do anything else about it – sometimes the giving it up is the only action required.

The blessing of what I have learned in A.A. is that when I am feeling uneasy, I almost always can break it down to find the internal source of the feeling, which is usually fear of an imagined inadequacy that makes me unlovable.

It seems strange to be grateful for the knowledge that I feel unlovable, but I am. I am grateful because I know it isn't true and once I recognize the feeling, I can more easily move past it. God and I have a good laugh and I go on, less irritable, less uneasy, never perfect, but getting better all the time. 

Financial Statement

December 2004 - Intercounty Fellowship of AA

	<u>Dec 04</u>	<u>Jan - Dec 04</u>		<u>Dec 04</u>	<u>Jan - Dec 04</u>
Ordinary Income/Expense			Shipping	15.28	-31.00
Income			Printing	846.30	846.30
Group Contributions			Professional Fees		
Honors	0.00	311.22	Accounting	0.00	1,100.00
Group Contributions - Other	9,486.76	135,331.68	Computer Consulting	0.00	817.72
Total Group Contributions	9,486.76	135,642.90	Total Professional Fees	0.00	1,917.72
Individual Contributions			Rent - Office	3,708.75	43,255.00
Faithful Fiver	190.00	1,860.00	Rent - Other	150.00	875.00
Honorary Contributions	309.00	3,804.06	Repair & Maintenance	178.00	2,343.22
Individual - Unrestricted	3,658.00	10,744.39	Security System	33.50	368.50
Total Individual Contributions	4,157.00	16,408.45	Special Events	0.00	571.20
Gratitude Month			Telephone	380.88	5,960.37
Gratitude Month - Individual	446.88	2,666.88	Travel	0.00	741.99
Gratitude Month - Groups	9,644.48	12,500.78	Training	0.00	114.67
Total Gratitude Month	10,091.36	15,167.66	Utilities	21.05	2,250.21
Newsletter Subscript.	125.20	1,298.20	Total Expense	15,258.54	191,701.32
Special Event Income	0.00	3,301.57	Net Ordinary Income	11,040.24	4,773.02
Sales - Bookstore	6,407.41	88,899.62	Other Income/Expense		
Total Income	30,267.73	260,718.40	Other Income		
Cost of Goods Sold			Other Income	0.00	4,833.43
Cost of Books Sold	3,968.95	64,244.06	Interest Income	62.78	682.35
Total COGS	3,968.95	64,244.06	Total Other Income	62.78	5,515.78
Gross Profit	26,298.78	196,474.34	Other Expense		
Expense			Depreciation Expense	408.17	4,898.04
IFB Literature	14.60	314.58	Total Other Expense	408.17	4,898.04
Bad Checks	0.00	-27.07	Net Other Income	-345.39	617.74
Employee Expenses			Net Income	<u>\$ 10,694.85</u>	<u>\$ 5,390.76</u>
Wages & Salaries	7,200.00	86,290.43			
Employer Tax Expenses	579.87	8,168.76			
Health Benefits	742.00	8,493.00			
Retirement/Annuity Expense	0.00	7,666.67			
Workers Comp Ins.	0.00	1,988.55			
Total Employee Expenses	8,521.87	112,607.41			
ASL Expense					
ASL Other	130.00	725.00			
ASL - Net - Fri All Grps	0.00	3,478.80			
Total ASL Expense	130.00	4,203.80			
Bank Charges					
Cr Card Fees	105.69	1,278.60			
Bank Charges - Other	57.80	379.50			
Total Bank Charges	163.49	1,658.10			
Equipment Lease	569.62	6,365.82			
Filing/Fees	0.00	189.00			
Insurance	100.55	1,206.60			
Internet Expense	0.00	215.40			
Miscellaneous Expense	0.00	64.11			
Office Supplies	300.65	3,845.94			
Postage					
Bulk Mail	0.00	950.00			
Postage - Other	124.00	894.45			
Total Postage	124.00	1,844.45			

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March 2005

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