

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

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

The Point

August 2005

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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The Point

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

The Twelve Steps: A Daily Practice

by Nkechi



In the beginning I did the steps as homework assignments, easily touching on Step One, Two, Three and Twelve as I sat in meetings. Today I continue to do the steps, but from a deeper place. As I progress, more is required of me.

Writing out my first Step One helped me admit that alcohol was destroying me; that the problems of my unmanageable life were caused by my alcoholic thinking and drinking. If I continued, I would be institutionalized or die.

Today, I acknowledge my alcoholism daily in

A.A. meetings, prayers, readings and conversations with other alcoholics.

Step Two revealed that King Alcohol as a higher power had yielded insanity. Conversely I learned that the power greater than myself, who I could access by going to meetings and working the steps, could restore me to sanity. I only came to this belief knowing my life was at stake; disbelief meant I might go insane and drink again. Today, I fulfill Step Two when I place my hope and faith in A.A. principles as daily solutions.

At Step Three, I became willing to let go of my old ideas and turn my thoughts and actions over to God as I understood Him. I made a decision to let God, through the steps and a sponsor's guidance, direct my ideas about life. I began to pray on my knees. Today, I write problems on paper and turn them over by putting them in my God Box. I recite the Step Three and Serenity prayers multiple times daily. In Step Three, I decide to let go, let God and then follow through with the next right action.

In Step Four, I wrote an inventory of the self-centered resentments, fears and relationships that had created wreckage in my life. If my part in these were not addressed, I would drink again. I still believe this. Today I write to get a sober perspective on my life and to stay clear, current and honest with myself.

In Step Five, knowing "I am only as sick as my secrets," I told my deepest darkest ones to another human being, my sponsor. The sense of relief was profound. Today, I practice radical honesty with my sponsor and a few trusted, close-mouthed A.A. friends.

(Continued on page 6)

August 2005....

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



New Meetings:

Thu 9:00 am Mission STRAIGHT JACKET 601 Dolores/ 19th St. (Bk)

Meeting Changes:

Sun 10:00 pm Marina LAST CALL 2118 Greenwich/ Fillmore (was One Step Beyond)
 Mon 6:00 pm Castro EUREKA VALLEY TOPIC 100 Diamond St., Ellard Hall (was 117 Diamond St./ 18th)
 Mon 8:00 pm Fairfax ROSS-SAN ANSELMO 2398 Sir Francis Drake, Chapel (was Lagunitas & Shady Ln., 6:30 pm)
 Tue 6:00 pm Castro EUREKA STEP 100 Diamond St., Ellard Hall (was 117 Diamond St./ 18th)
 Wed 8:00 pm Castro CASTRO DISCUSSION-SHOW OF SHOWS, 725 Diamond St./ 24th St. (was 117 Diamond St./ 18th)
 Thu 7:15 pm Marina ONCE AN ALCOHOLIC 2118 Greenwich/ Fillmore (was Hopeful)
 Fri 8:30 pm Castro A NEW START 100 Diamond St., Ellard Hall (was 117 Diamond St./ 18th)
 Sat 1:00 pm Castro KEEP COMING BACK 100 Diamond St., Ellard Hall (was 117 Diamond St./ 18th)
Cancelled till August 15th: Sun 7:30 pm SUNSET SPEAKER STEP & Wed 7:00 pm SUNDOWN (both at 40th & Ulloa)
Cancelled until further notice: Sun 10:30 am SUNDAY GAY MEN'S STAG; Sun 7:30 pm SUNDAY NIGHT CASTRO SPEAKER DISCUSSION; Mon 8:00 pm CASTRO MONDAY BIG BOOK

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, 415-674-1821.** If we hear no objections during the month following publication here, the meeting will be assumed disbanded and removed from the schedule. **Thank You!**

Recently Registered Trusted Servants

June 2005

We'd like to thank and recognize the eighteen San Francisco Trusted Servants and three Marin Trusted Servants who registered with Central Office during June 2005.

San Francisco

All Together Now Thur 8pm; **Bernal New Day** 5D 7:30am; **Eureka Step** Tues. 6pm; **Fireside** Fri 8:30pm; **Friendly Circle** Sun 8:30pm; **High Noon Saturday** Sat. 12:15pm; **High Noon Tuesday** Tues. 12:15pm; **High Noon Wednesday** Wed. 12:15; **Living Sober** Wed. 8pm; **Mellow Mission Sunrise** Mon 7am; **Once An Alcoholic** Thur. 7:15pm; **Serenity Step** Thur. 7:30pm; **Six O'Clock Step** Thur. 6:00pm; **Sober Across the Board** 6D 8:30am; **Some Are Sicker Than Others** Wed. 6:00pm; **Straight Jacket** Thur. 9am; **Sunset 9'ers** Wed 9am; **Wednesday Women's Big Book** Wed 6:15pm

Marin

A Vision for You Sun. 7:30pm; **Ross-San Anselmo** Mon. 8pm; **Working Dogs** Wed. 12pm

Are you getting *The Point*?

Secretaries and Treasurers: If you register as a Trusted Servant, you will receive a free copy of *The Point* each month. Please share *The Point* with your group. And don't forget to read the announcements from the *Secretary's Monthly* insert. *The Point* includes important announcements and financial information about our Intergroup. Information expands the Group Conscience, one of the strengths that holds A.A. together. If you haven't seen a copy of this newsletter at your meeting, let us know. And let your group Secretary and Treasurer know that registration forms are available on our website at www.aasf.org.

Download a Trusted Servant Registration Form Today!

1. Go to www.aasf.org
2. Click on "Resources for A.A. Members" from the main menu
3. Click on "Trusted Servant Registration"
4. Send your completed form to Central Office to receive your free copy of *The Point* each month!

Group Speakers for August 2005

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	FROM
08/07	Eric R.	Simply Speaking, Burlingame
08/14	Jerry B.	Tuesday Night Steps, S.F.
08/21	Kevin C.	Too Early, S.F.
08/28	Laura F.	Big Book Basics, S. F.

TUESDAY DOWNTOWN

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

DATE	SPEAKER	FROM	DOS
08/02	Mary E.	Tuesday Downtown	12/5/80
08/09	TBA		
08/16	Nick A.	Half Moon Bay	9/19/69
08/23	Harry McM	S.F. Fellowship	8/19/79
08/30	Rich H	Washington Square	2/15/76

FRIDAY ALL GROUPS

1101 O'Farrell, Urban Life Center, San Francisco
Friday, 8:30 pm

DATE	HOST GROUP	SPEAKER
08/05	Founders' Group	Mark L., San Jose
08/12	Rule 62	Helen, Marin
08/19	They Don't Know Who We Are	Michael F., S.F.
08/26	Upper Room	Nat, Marin

MARIN COUNTY UNITY DAY 2005

"I Want the Hand of AA Always To Be There..."



Saturday, September 17, 2005
2:00 – 9:00 pm



Corte Madera Rec Center
498 Tamalpais Dr., Corte Madera

You are invited to attend a wonderful day of carrying the AA message through Unity, Service and Recovery (and fun). The day will include:

- Entertaining and Informative Service Panels
- Potluck & delicious BBQ
- Sobriety Countdown & Speaker Meeting:
Diane O. (past delegate CNCA) and Leslie C. of San Rafael
- Talent Showcase of our very own AA's to wrap up the day!

Marin County Unity Day is sponsored by the following service entities:

- Marin General Service
- Bridging the Gap (BTG)
- Public Information/Cooperation with the Professional Community (PI/CPC)
- Hospitals & Institutions (H&I)
- Marin Teleservice

Recent Deaths

Bert T.
Dina R.
Donald W.
Vern S.

30 Years of Living Sober

by Anonymus

The 30th annual Living Sober Conference was held on July 1-3 in San Francisco. The “granddaddy” of all LGBT A.A. conferences, Living Sober 2005 was once again well received and well attended.

The theme of this year’s conference was “A new freedom and a new happiness” and was attended by over 1200 alcoholics from virtually every state in the U.S., as well as Europe and Asia.

The conference holds many small workshops during the course of the weekend from *preventing relapse* to *carrying the message to dating in recovery*. There are also ongoing open A.A. meetings.

The evening A.A. meetings are always well attended and very moving. At the first opening A.A. meeting, there were banners from previous years to celebrate and pay homage to past conferences. There were also two speakers who shared their experience, strength and hope to the loving and attentive crowd. Following the meeting, we were entertained by the annual musical, where our more talented members brought us a special message on meetings and sobriety.

The second evening meeting was the “countdown” meeting. This is where A.A.’s stand when their sobriety dates are called – from 24 hours onward. Bill, an A.A. with 52 years of sobriety, was the top old timer of the evening. The closing evening’s meeting was just as moving and was followed by a sober dance.

Living Sober is an important event for the LGBT community where all can share in a safe and loving environment. I know that many who attended this year most certainly left feeling a “new freedom and new happiness.” The first planning meeting for the 2006 conference will be on Sunday, August 28 at 5 p.m. at Trinity Episcopal Church on Bush and Gough Streets if you’d like to get involved. ↑

The Twelve Steps: A Daily Practice

(continued from page 1)

In Step Six, once my character defects were identified, I prayed for the willingness to let all of them go. Since, in Step Three I committed to follow through with all the other steps, I pray to grow in willingness until it comes.

The first time I said the Step Seven prayer out loud on my knees, I felt nothing. Yet something was happening. I was staying sober. I recite this prayer daily. When I don’t feel sincere, I revisit Step Six. Step Seven shows me that God loves and has a use for all of me, good and bad. It teaches me that I don’t have to be perfect to be used by God.

For Step Eight, I wrote down the name of every person I thought I had harmed. Then, with my sponsors help, I fine-tuned the list. Today, the magic of Step Eight is in my willingness to be as honest with myself as possible. I pray daily for the willingness to follow through on my most fearful and difficult amends.

I started Step Nine with the easiest direct amends—small financial amends for past due bills or simple apologies for minor harms done. Today I work on my amends at a pace directed by my sponsor, doing them “by the book,” looking only at my wrongs not the other person’s. The more amends I do, the better I feel, and the easier each gets. The daily routines that maintain my sober life are living amends to myself.

In Step Ten, I maintain the foundation of my inner program and translate all the previous steps into a daily practice. In a prayerful daily inventory, I reflect with my higher power to learn the truths of my character and behavior. By owning my part, admitting when wrong, and making amends where needed, I stay current in my life and relationships. Step Ten helps me see and correct the mistakes that are causing problems in my relationships and my life.

In Step Eleven, I deepen my spiritual relationship with my higher power through morning and evening prayer and meditation. Having cleared the wreckage of my past, I am able to sit quietly with God and myself. Daily, I practice surrendering my will, to His will for my life.

By Step Twelve, I’ve had a spiritual awakening that keeps me increasingly aware of God as I understand Him. With this, I can carry A.A.’s message of hope to the suffering alcoholic. I integrate A.A.’s principles in my life by practicing these steps daily in all of my affairs. I continuously maintain service commitments. These simple principles untangle the everyday problems in my life.

In a little over three years I’ve learned that A.A. works to the degree that I am willing to work and give back to the program. I’ve yet to see the steps fail where sincerely applied. My faith in them continually deepens. ↑

Dear Alky

QUESTIONS AND ANSWERS FROM ONE A.A. TO ANOTHER!

Dear Alky,

I am a long-time member of A.A. with many years sober. I attend regular meetings. I know many of the people at the meetings I go to. I do service and steps. I participate. I just don't feel that closeness that I felt with the people or the meetings like when I was first sober. I don't know what it is. That fellowship feeling eludes me. It all just seems rote.

– Lonely Old-Timer

Dear Old-Timer,

You're describing a fairly common phenomenon, so you're not alone. My sponsor once suggested I look for not what I can get out of a meeting but what I can bring to it. The principle works in friendships and relationships, too. So does the principle of challenging ourselves to relinquish comfort zones, those areas where "rote" becomes "rut." When closeness evaporates it's usually a trick of the alcoholic mind. An ego afflicted with alcoholism creates a separation that leads to loneliness, depression – and, if left unattended, the bottle. Moreover, it works to separate us from God. Are you enlarging your spiritual life? Perhaps some deep eleventh step work will help. Then, try reaching out to people in your meetings: organize fellowship outings for treasured A.A. friends and some newcomers. It is through action that we create closeness. Remember, too, that you're a valued member of A.A. with plenty to offer; build on that and share it with others. Good luck.

– Alky



Dear Alky,

Next week is my sober birthday, and to tell you the truth, I am afraid. I really don't want to be acknowledged. I am painfully shy. I hate raising my hand in meetings. My sponsor had to force me to announce myself as a newcomer. Now I have a year sober and I don't want to tell anyone. The clapping is too loud and I just turn beet red thinking everyone is looking at me. My sponsor says I should get a chip to celebrate and that it will help the newcomer but I don't want to. Am I being selfish? Is there anything I can do to overcome this fear?

– Wish I Were Invisible



*Dear Friends,
I'm grateful for the chance to serve you by passing on what has been so freely given me. But this is one alcoholic's experience; be sure to check things out with your sponsor, other A.A.s, friends and spiritual advisors.
–Alky*

Dear Wish,

Happy anniversary! A.A. milestones are proof that God's power keeps us sober. But it's important to understand that A.A. has no rules – even that you must announce your anniversary. It's an individual choice. That said, Step Twelve reminds us that to keep the gift of sobriety we must give it away. In part that means demonstrating to the newcomer, through action, that the program works. Picking up a chip does just that. Remember, too, that fear is just another form of self-centeredness, which the Big Book tells us, on p. 62, is at the root of our alcoholic troubles. The antidote to fear is God. Perhaps praying for willingness to follow your sponsor's guidance will help. After all, doing that in the early days helped you stay sober long enough to celebrate this anniversary, right? Again, congratulations!

– Alky



Dear Alky,

I get very anxious around groups of people and tend to clam up. I really want to connect with the A.A. community, but am struggling to meet people in meetings. Do you have any suggestions that might help me come out of my shell?

– Clam

Dear Clam,

I identify with your situation. For some people, especially in the early days, it can seem difficult to make friends in A.A. The alcoholic condition is predicated on disconnection. Many of us bottom out drinking alone. Recovery comes, in part, from our increasing ability to connect to others. It's a slow process for some of us. So is the process, helped by working the steps, of coming to know ourselves. Some people thrive in groups; others prefer one-to-one contact. Which are you? Determining that might be a starting point. Next, perhaps choose a person or two in your regular meetings whose programs and ways of life you respect. Maybe they're people you see participating in group events after meetings. Pray for the courage to talk to them – and then do it. Ask to be included. Most A.A.s will be happy you asked and thrilled to have you along. Soon you'll be in the mix – and, one day, be able to reach out to the next shy alcoholic and bring him or her along. Have fun!

– 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

Steve R. calmont1@aol.com

VICE CHAIR

Steve S. s@p90.net

TREASURER

Danna P. dannajp@earthlink.net

RECORDING SECRETARY

Lauren laurenhache@earthlink.net

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

TBA

12th STEP COMMITTEE

Rudi D. rudral7@comcast.net

ARCHIVES COMMITTEE

Lynnore G. lynnore1@aol.com

LITERATURE COMMITTEE

Steve N. snolan12000@yahoo.com

ORIENTATION COMMITTEE

Tim M. gryffindor-house@earthlink.net

OUTREACH COMMITTEE

Jim T. (temp.) yimbiesf@yahoo.com

THE POINT

Chair Needed

SPECIAL EVENTS

Fran K. 415.424.0626

SPECIAL NEEDS COMMITTEE

Pene P. 415.200-6261

WEBSITE COMMITTEE

Michael R. michaelr@aasf.org

SF TELESERVICE COMMITTEE

Rick P./Scott B. sfteleservice@aasf.org

SF PI/CPC COMMITTEE

Laura N. 415.931-2567

A.A. Friends

by Liz B.



I am sitting at a blissfully cluttered desk in the warm, brightly colored bedroom of a teenage girl. She is napping nearby while I use her computer. I am staying with her and her mother, one of my dearest A.A. friends, to avoid the noxious fumes in my freshly painted house. In the past, I would have thrown open all of the windows, wheezed all night, and suffered in the fearful silence of self-pity. I would have risked a full-scale asthma attack rather than the embarrassment and possible rejection of asking for help — and awakened in the morning with a major resentment toward the painters.


Today my friends in Alcoholics Anonymous love me too much to let me go through that. They have taught me that life is to be enjoyed rather than endured, and that we never have to face its challenges alone. We ask for — and accept — help from each other. My A.A. friends have gone with me to doctor's appointments and family reunions, helped me clean my house, talked me through a first date, and brought me warm new flannel sheets when I was sick. They have shared all of my joys. They are there for me if I let them be.

It wasn't always like that. When I first started going to A.A. meetings, I wanted desperately to be a part of what I perceived as the social group of women who went out for coffee afterward, but no one invited me. I felt rejected, lonely, and resentful. I remember thinking that if I had known I would feel so lonely in sobriety, I would have stayed in the bars. But I had already stopped drinking, so I felt stuck. I knew I couldn't live with alcohol, and now I was discovering that I couldn't live very well without it, either.

One day as I was leaving a meeting, I overheard a group of women planning a get-together. I wanted to run away because I was so embarrassed that I hadn't been invited. Before I could escape, the woman who was giving the party turned to me and said, "Liz, do you think you could make it to a little party at my house this Sunday?"

My first impulse was to say I couldn't, but my sponsor had told me that I should say yes to every social invitation from A.A. women unless I honestly couldn't accept. She said it would give me a chance to see for myself that it really is possible to have fun sober. So against my "better" judgment, I accepted. One of the other women said, "Great! Do you have time to go across the street for coffee? You always take off so fast; we never get a chance to hang out with you."

I had been so busy defending my delicate ego that I hadn't seen the truth: the reason I hadn't been invited for coffee was that I ran out after meetings before anyone had a chance. I went to that party and my social life with A.A. women mushroomed. I made friends by hanging out after meetings, going to movies, planning parties, and being open to learning how to trust and love without booze as a booster.

For me, having friends in A.A. is a gift, but not a luxury. It is a necessity, not just because it keeps me out of bars, but because it keeps me aware of the most important fact of my recovery: I cannot do this by myself. Thanks to this amazing fellowship, I don't ever have to. 

Treasures of the Twelve & Twelve: Tradition Eight

by Ben N.

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

It's August, the eighth month and time for discussion of the Eighth Tradition. August is a special month for me because it is the month I finally made it to A.A. and found sobriety. And, the Eighth Tradition is special to me because it was due to the Eighth Tradition that – a “special worker” – was there to help me.

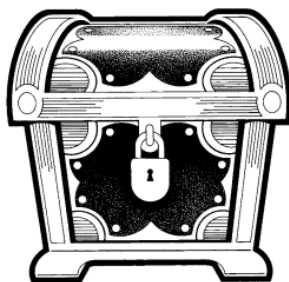
It all happened twenty-five years ago this month in a Midwestern city. I had finally hit bottom. I was pitifully and incomprehensibly demoralized because of alcohol. I didn't know what to do or where to turn. Finally I said a prayer, “God, I need help, I can't go on living this way.” It came into my head to call A.A.

The next day I went to the Central Office, which, by good luck, happened to be located around the corner from my office. There, a wonderful lady greeted me and introduced me to A.A. She was pleasant and quite professional and sat down with me to talk.

Not only did she explain the program to me, she gave me a meeting directory, several A.A. brochures and a lot of hope. She explained to me that I never had to drink again. She also told me I never had to be alone again. For whatever reason, I believed her.

I found out later that the lady was our Central Office Manager. She and I eventually became great friends and we saw each other frequently in meetings and at Central Office and on committees, once I had enough “time” to do volunteer work. And, of course, she was always there at the office if I just wanted to drop in and visit. Those five-minute visits in early sobriety were a lifesaver to me.

I came to greatly admire the manager and observed



The Eighth Tradition is special to me because it was because of it that someone – a special worker – was there to help me.


the professionalism with which she discharged her duties. The office was run in a very business-like manner but was always friendly and welcoming. I never felt unwelcome there, nor did I ever see anyone, no matter who it was, turned away if they dropped in for help or just for a cup of coffee.

As the years passed, I moved to San Francisco and became involved in service work. I found myself making frequent visits to our Central Office. Over the years I've been here, there have been four or five different managers. Each has always made me feel welcome and I saw that our managers here did the same professional, wonderful job that my friend in my hometown did.

My service work here caused me to become quite familiar with the jobs of our Manager and our Special Worker.

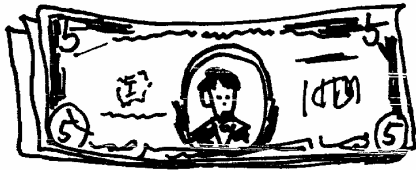
The more I learned, the more amazed I became at the incredible range of duties and responsibilities they have.

Today, we operate in a “high-tech” world and our Central Office has stayed right up to date, as it must to fulfill its mission of seeing that whenever anyone reaches out for help, the hand of A.A. will be there.

In the *Twelve & Twelve*, it says about an early special worker, “She was not professionalizing the Twelfth Step; she was just making it possible. She was helping to give the man coming in the door the break he ought to have. Volunteer committeemen and assistants could be of great help, but they could not be expected to carry this load day in and day out”. The Central Office Manager gave me the break I needed, so I can thank the Eighth Tradition for helping me get sober. 

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Psst... *The Point* is online. Download it free. Visit us today at www.aasf.org



Faithful Fivers!

Thanks for Your Support

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 to alcoholics who still suffer in the San Francisco and 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.	LISA C.
BARBARA M.	MARCUS H.
BRUCE D.	MARGARITE S.
DAVID B.	MELINDA H.
DAVID B.	MICHAEL R.
DENNIS & LUCY	MONIKA H.
DOUGLAS C.	NANCIE G.
ELIZABETH S.	PEGGY M.
FRANCES L.	PETER F.
GILES H.	PHILIP G.
HERMAN B.	RALPH P.
JANET B.	RICH G.
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KATE B.	STEVE A.
KELLIE A.	TOM M.
KRIS F.	WICKIE S.
LAURIE L.	



A.A. On the Road: Sobriety and Baseball

by Derek D.

I'm six years sober and A.A. on the road is always a unique experience. Usually I go to a place, get settled, find a couple of meetings I like and attend them until it's time to go home. When my wife and I (also a sober member of Alcoholics Anonymous) decided to do a 3,900-mile, 13-day, 12-night, 8-state, 4-baseball stadium camping road trip in a four-door Honda Civic, we decided to make A.A. meetings a priority.

The problem with this kind of trip is that we were constantly on the move and rarely in large metropolitan areas. I grabbed the freely available central office list from our San Francisco Central Office, but quickly found out that it only has numbers for larger cities.

I had no idea that we were going to be in Granby, Colorado on a Thursday evening but there we were. A.A. had a number in the phone book and I ended up talking with an Alcoholic named Mike. He directed me to the clubhouse meeting in Granby at 8:00. This was our first meeting in four days. There were 12 people there and it was a smoking meeting, but that's where the differences ended. It was topic discussion and the Third Step came up a lot. Discussion centered on the differences between self-will and God's will, which is a common topic no matter where I go and always interesting to discuss.

The next A.A. stop was Monday in Chinle, Arizona which is a town in the Navajo Nation right outside of Canyon De Chelly National Park. Even though we were unable to attend a meeting here, we were able to go to the Talbot House where the meetings are located and hang out with Sister Adelaide (32 years of sobriety) who told us all about A.A. in Chinle. The building is open to visiting alcoholics who want to stop in for coffee or just a serene place to stay for a while. Sister Adelaide was very friendly and it felt like an ad-hoc meeting where we sat and discussed spiritual matters, sobriety, what the Talbot House was all about, and A.A. in the Navajo Nation. We were there about half an hour and felt blessed to have been welcomed so warmly.

Our last A.A. on the road moment was an afternoon meeting at the Laguna Beach, CA clubhouse. The Orange County Central Office directed us there and it was just what we needed. The format was question and answer where the questions were written on a wipe board and members were chosen from the floor to discuss and answer them. It was well attended by a good mix of new members and old timers. They have meetings throughout each day and are open for A.A. members to hang out and talk with a nice coffee and snack area.

While on the road, my attendance at A.A. is not what it is at home and better planning and preparation is definitely in order. On my next trip I am going to bring the United States A.A. directory. A.A. World Services publishes one for the Western U.S. and one for the East. They are highly detailed and would have made our quest for small town meetings much easier. Both books are available at San Francisco Central Office. ↑

Literature Review

*Experience, Strength & Hope*

by Steve N.

"The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety," Twelve Steps and Twelve Traditions, p.151-2.

The comfort and satisfaction of working with other alcoholics is undeniable to me.

I came to the rooms crawling. My most memorable experiences towards the end of my drinking were trying to put out small fires in the midst of a grand conflagration. The burden of my dishonesty, deceit, self-loathing and self-reproach made my life so painful that I was willing to try anything to get out from under. When I put together a few days and was told in no uncertain terms to start talking to men with less time than myself, I felt unprepared and totally inadequate. I thought to myself, "I will never be able to share my short experience with staying sober." My spiritual advisor thought otherwise; You will pass on what you learn here. You can give another man hope where others have failed. Trust God. Clean house. Work with others.

Millions of alcoholics have found recovery since the first edition of the book, Alcoholics Anonymous, was published in 1939. Bill Wilson thought very strongly about the personal stories that are included in the Big Book. In 2001, the fourth edition of the Big Book was published and over the years the Fellowship requested a publication of the stories removed from the first three editions of the Big Book.

In 2002, Experience, Strength & Hope, was published. The book is divided into three parts. The first part contains the stories of alcoholics with less than four years of sobriety, who had a copy of the Big Book and a knowledge that others were recovering from the disease of alcoholism. They did not have treatment centers, dozens of local meetings to choose from or the knowledge and guidance that we enjoy today. The second and third parts reflect the growing and maturing fellowship.

This book is a perfect night table book. I found reading one or two stories at a time a moving reminder that I share a unique experience with thousands of alcoholics. The stories keep me interested in how far A. A. has come in seventy years, link me to the founders of A.A. and are an important reminder that I have to carry the message to the still suffering alcoholic, because only another alcoholic can secure the confidence of another. †

A.A. is self-supporting and Central Office needs your help!

As an expression of gratitude for your sobriety, consider putting \$2 in the basket at your next meeting.

The First Place

by Neil M.

Mark J. had an Alcoholics Anonymous meeting every Wednesday at noon in his apartment on 952 Sutter St. The meeting had gone on for many years. Mark J. would cook lunch for the members. Sometimes he had beans and corn bread and other times he would have soup, salad, and sandwiches. He was a nice guy and a great cook. In December 1981, Mark J. said he was going to give up the meeting because of his health problems. Therefore, the members, about 10 or 12, asked me if I would look for another meeting place. After some investigation, I found a small room behind a fruit stand that was opening in the neighborhood. The room needed a lot of fixing, but we were happy to find it.

"Neil, what do you want to call this place?" I said, "Primo." They all looked at me as if I had lost it. Ed F. said, "Why Primo?" I said "Primo means first. It will be the first Gay A.A. meeting place in San Francisco but anyone and everyone will be welcome." Some straight people came and became active in service and some are still coming today. There were other Gay meetings around the city but no permanent meeting place per se. Ed F. said "Why don't you just call it "The First Place?" I liked it and so did the others

We picked up some nice chairs with red backs, some lamps, and a large modernistic, red and white painting of the Living Sober butterfly logo by Michael P. which was used at the Living Sober Conference in the early 1980s and still hangs at the First Place today.

Now let me tell you everything did not go smoothly. A lot of members were struggling with HIV and they

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AA Group Contributions - May 2005

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	May 05	YTD	Name	May 05	YTD
Fellowship Contributions			Sunday Express Sun 6pm		111.80
Brisbane Breakfast Bunch	37.20	122.60	Terra Linda Group Th 830pm		650.00
Contribution Box	64.77	256.20	T. G. I'm Sober M 6pm	115.07	115.07
Gay Newcomers Group		9.08	TGI Tuesday Tu 6pm		51.60
IFB	81.00	431.43	The Barnyard Group Sa 4pm		96.00
Marin Teleservice		500.00	The Fearless Searchers F 8pm		61.74
Sunday Step Study		30.00	There is a Solution Tu 6pm	70.00	70.00
The Chosen Ones		20.00	Thursday Night Speaker Th 830pm		542.00
Unidentified Group		881.27	Tiburon Beginners & Closed	650.92	1,162.92
Total Fellowship Contributions	\$182.97	\$2,250.58	Tiburon Haven Sun 12pm		905.50
Honors			Tiburon Women's Candlelight W 8pm		225.00
Endless Summer F 830pm		74.99	Tuesday Chip Meeting Tu 8pm		500.00
Total Honors	\$0.00	\$74.99	Wednesday Mid-Week W 6pm		63.11
Marin Group Contributions			Wednesday Night Candlelight W 8pm		75.00
7am Urgent Care Group 7D 7am		200.00	Women's Big Book Tu 1030am	78.00	123.00
A Vision for You (Fairfax) Su 730pm		144.88	Women on Monday M 7pm		126.54
Attitude Adjustment 7D 7am	567.00	1,979.00	Women's Step Study Group M 12pm		240.00
Candlelight Group Sun 8pm		69.94	Working Dogs W 1205pm		388.00
Closed Women Step Study Tu 330pm	66.25	66.25	Total Marin Group Contributions	\$3,117.99	\$15,822.40
Creekside New Growth Sun 7pm		64.00	SF Group Contributions		
Day At A Time 7D 630am		408.51	515pm Smokeless W	103.80	103.80
Downtown Mill Valley F 830pm		275.00	6am Marina Dock		72.00
Experience, Strength & Hope(Marin) Sa 6pm	109.80	109.80	7am Speaker Discussion Th 7am	21.91	60.42
Fairfax Friday Night F 830pm	111.31	180.27	830am Smokeless Tu	84.00	84.00
Freedom Finders F 830pm		362.35	A is for Alcohol Tu 6pm	72.18	126.17
Greenfield Newcomers Sun 7pm		120.00	A New Start F 830pm		111.06
Happy Hour (Marin) Th 6pm	109.80	109.80	A Vision for You (SF) Su 630pm		81.00
Happy, Joyous & Free 5D 12pm		363.00	AA As You Like It Tu 530pm		211.15
Intimate Feelings Sa 10am	40.36	224.05	AA Step Study Su 6pm		198.30
Inverness Sunday Serenity Su 10am	60.00	60.00	Afro American F 8pm		74.58
Island Group Th 8pm		228.50	Afro American Beginners Sat 8pm	55.70	169.80
Just Can't Wait 'til 8 M 630pm		94.25	All Together Now Th 8pm	186.00	486.00
Living in the Solution F 6pm		306.00	Alumni W 830pm		60.00
Marin Newcomers M 830pm	469.78	469.78	Amazing Grace M 7pm		100.00
Mill Valley 7D 7am		750.00	Artists & Writers F 630pm	576.00	907.20
Mill Valley Discussion W 830pm		16.80	As Bill Sees It Sat 11am	293.00	293.00
Monday Blues M 630pm		500.00	As Bill Sees It Th 6pm		141.95
Monday Night Stag (Tiburon) 8pm	195.60	1,012.57	As Bill Sees It Th 830pm		140.09
Monday Night Women's M 8pm		164.09	Ass in a Bag Th 830pm		40.80
Nativity Monday Night Big Book M 8pm	100.00	100.00	Beginners' Step Study Sat 630pm		124.53
Newcomers Step M 730pm		270.85	Bernal Big Book Sat 5pm		188.37
Noon Tu 12pm		219.50	Big Book Basics F 8pm		277.87
Noon Hope F 12pm		76.00	Big Book Study Su 11am	60.00	124.00
Pathfinders Tu 12pm	168.35	273.35	Birthday Party Sharing Our Sob. Sat 7pm	133.54	133.54
Rise N Shine Sun 10am	93.75	93.75	Blue Book Special Su 11am		97.42
San Geronimo Valley Book Study F 8pm		43.45	Buena Vista Breakfast Su 12pm		220.00
Saturday Serenity Sa 8pm		100.00	Castro Discussion (Show Of Shows) W 8pm		365.59
Six O'Clock Sunset Th 6pm		258.34	Castro Monday Big Book M 8pm		137.42
Sober & Serene F 7pm	112.00	112.00	CLAADAAGH Sat 815pm		40.00
Steps To The Solution W 715pm		38.00	Cocanuts Su 9am		90.76
Stinson Beach Fellowship Th 8pm		451.04	Come N Get It F 630pm		54.00
			Creative Alcoholics M 6pm		180.00

Name	May 05	YTD	Name	May 05	YTD
Diamond Heights Tu 830pm		100.00	New Hope Big Book M 630pm		285.54
Drive Thru W 1215pm		224.84	No Gurus Meditation Su 7pm		71.19
Each Day a New Beginning F 7am		455.60	No Reservation M 12pm		43.14
Each Day a New Beginning M 7am		232.00	One Liners Th 830pm		569.03
Each Day A New Beginning Su 8am		488.06	Park Presidio M 830pm		79.80
Each Day a New Beginning Th 7am		304.00	Pax West M 12pm	92.29	228.73
Each Day a New Beginning Tu 7am		590.58	Pinehurst Tu 730pm		128.00
Early Joyous & Free Th 7am		20.00	Rebound W		25.00
Early Start F 6pm		683.04	Red Road Healing Circle Th 6pm	121.48	121.48
Easy Does It Tu 6pm		139.36	Rigorous Honesty Th 1205pm		50.00
Embarcadero Group 5D 1210pm		498.80	Rose Garden Big Book Th 1205pm		52.14
Eureka Valley Topic M 6pm		219.57	Rule 62 W 10pm		481.93
Experience, Strength & Hope W 715pm	44.20	44.20	Saturday Afternoon Meditation Sat 5pm	169.20	169.20
Federal Speaker Su 12pm		201.53	Saturday Easy Does It Sa 12pm	234.59	359.39
Firefighters & Friends Tu 10am	35.00	35.00	Saturday Night Regroup Sat 730pm	119.56	260.97
Fireside Chat Sa 9pm	275.40	299.01	Seacliff Th 830pm		60.50
Fireside Chat Th 8pm		80.97	Second Chance Th 215pm	127.00	127.00
Fireside F 830pm		94.00	Serenity House		700.00
First Place		39.60	Serenity Seekers M 730pm	686.37	686.37
Four Forty Niners F 8pm		28.55	Sesame Step Tu 730pm		54.71
Friday Knights Th 730am		112.93	SFPOA Th 7pm		203.85
Friday Luchtime Step F 12pm		140.00	Sisters Circle Su 6pm		196.31
Friday Smokeless F 830pm		93.34	Sisters In Sobriety M 7pm (SF)		25.00
Gold Mine Group M 8pm	214.95	214.95	Sober & Centered F 7pm		175.03
Happy Hour (S.F.) F 630pm		63.70	Sober Across the Board M 830am	10.00	10.00
Happy Hour Ladies Night F 530pm		603.00	Sobriety & Beyond W 7pm		345.00
High Noon 5D 1215pm		498.70	Sometimes Slowly Sa 11am		59.68
High Noon Friday 1215pm		266.12	Step Talk Su 830am	410.42	462.62
High Noon Monday 1215pm		407.83	Steppin' Up Tu 630pm		192.69
High Noon Thursday 1215pm	159.60	418.24	Stepping Out Sat 6pm		65.00
High Noon Tuesday 1215pm	108.18	864.14	Steps to Freedom M 730pm		116.36
High Noon Wednesday 1215pm	298.80	544.80	Stonestown M 8pm		101.17
High Sobriety M 8pm		327.60	Sunday Bookworms Sun 730pm		40.33
High Steppers W 7pm	244.29	546.04	Sunday Morning Gay Men's Stag Su 1030am		908.63
Hilldwellers M 8pm		84.00	Sunday Night 3rd Step Group 5pm		171.60
Home Group Sat 830pm		240.16	Sunday Rap Sun 8pm		60.00
How It Works Sat 2pm		144.94	Sundown W 7pm	178.80	352.80
Huntington Square W 630pm		720.00	Sundown Steps Th 630pm		25.00
Ingleside Beginners Su 5pm		33.00	Sunset 11'ers Su		122.33
Join the Tribe Tu 7pm		244.42	Sunset 11'ers Tu		99.21
Keep It Simple Sat 830pm		503.77	Sunset 11'ers W		52.65
Let It Be Now F 6pm		100.00	Sunset 9'ers M		36.87
Like A Prayer Su 4pm	98.71	227.28	Sunset 9'ers F		197.13
Living Sober W 8pm		128.82	Sunset 9'ers Sa		563.09
Living Sober with HIV W 6pm		221.65	Sunset 9'ers Su		262.78
Luke's Group W 8pm	30.00	70.00	Sunset 9'ers Th		303.19
Lush Lounge Sa 2pm		271.60	Sunset 9'ers Tu		168.67
Marina Discussion F 830pm		329.41	Sunset 9'ers W	41.89	128.17
Meeting Place Noon W 12pm		46.12	Sunset Sobriety Th 730pm		411.00
Midnight Meditation Sat 12am		199.43	Surf Tu 8pm		850.39
Miracles Off 24th St W 730pm	191.00	302.48	Sutter Street Beginners Sat 6pm		411.49
Mission Terrace W 8pm		122.90	Ten Years After Su 6pm		190.80
Monday At A Time M 1pm		30.00	The 24 Hour Plan M 7am		25.00
Monday Beginners M 8pm		330.00	The Pepper Group F 12pm		45.00
Monday Monday M 1215pm	64.56	280.97	Thought For The Day F 730am	140.00	140.00
New Friday Big Book F 12pm		27.15	Thursday Night Speaker Th 830pm		935.00

(Continued on p. 14)

(Continued from p. 13)

Name	May 05	YTD
Too Early Sat 8am	730.59	730.59
Transrecovery F 630pm		5.02
Valencia Smokefree F 6pm		231.41
Waterfront Sun 8pm	286.84	796.84
We Care Tu 12pm		120.00
Wednesday Noon Steps W 12pm		104.27
Wednesday Women's Big Book W 615pm	60.00	60.00
Wits End Step Study Tu 8pm		17.75
Women's 10 Years Plus Th 615pm		304.00

Name	May 05	YTD
Women's Kitchen Table Group Tu 630pm	171.33	171.33
Women's Promises F 7pm		186.00
Women Living Sober Sa 1030am		18.53
Women Who Drank Too Much Tu 615pm	30.00	93.20
Women Who Read		55.27
Work In Progress Sat 7pm		23.34
Total SF Group Contributions	\$6,961.18	\$35,958.53
TOTAL	\$10,262.14	\$54,106.50

Individual Contributions May 2005

HONORS

	35.00
	20.00
	10.00
	<u>34.00</u>
Total HONORS	\$99.00

INDIVIDUAL CONTRIBUTIONS

	500.00
	25.00
	24.00
	44.00
	100.00
	25.00
	<u>44.00</u>
Total INDIVIDUAL CONTRIBUTIONS	\$762.00
TOTAL	\$1,623.00

CONTRIBUTIONS

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

ONGOING MEMORIALS

Dina R.
 Bill M. (Philadelphia)
 Bud C.
 Donald H.
 Fran H.
 John D. M.
 Vern S.
 Donald W.

ANNIVERSARIES

Hilldwellers Big Book:
 Bonnie O. 20 years

A.A. International Convention: Service Keeps You Sober

by Kathleen C.

"Can you speak on the Newsletters Panel?" It was Maury, our Central Office Manager.

"Me?" I gulped. "Speak at the International Convention? I just write for *The Point* and do a little editing. I don't know anything about putting out a newsletter."

"Julio from New York GSO called and asked us to find somebody. We'll help you."

"Okay, I'll do it. Always say yes to A.A., right?"

Then Julio called back to say he had found a speaker for the Newsletters panel but needed someone to speak on Central Offices and Intergroups. I knew even less about that, but again I said yes.

I called Julio a half dozen times with questions. He eventually told me I was the chair, not a speaker. What a relief! But I was still worried about doing a good job. Lauren and Peter at Central Office put together a bundle of literature to help me.

At the Convention in Toronto, I went to several panels and watched how the chairs handled their duties. What seemed to work best was:

Qualify; Introduce each speaker; Speak for a few minutes in between speakers; Sum up briefly; Have the speakers take questions if there was time; and Close with the Serenity Prayer.

(Continued on page 15)

A.A. International Convention: Unity

By Steve R.

A report on unity at the International Convention should be a simple piece to pen, but three days removed from the closing ceremonies, it's still too soon to process the thousands of impressions from four intense days of the convention program. Here are a few moments that have begun to stand out.

At the very first session, the Thursday midnight marathon meeting, a solitary figure passed out a two-page tome on his perceived political/social conspiracy involving A.A. and the U.S. and Canadian governments. We politely let it go; not one of our five hundred number engaged him. The religious proselytizers outside the venues likewise had a tough crowd; on the first day we accepted their handouts. The trash receptacles were immediately overflowing and the literature was blowing in the street.

Eighty nations were formally represented and it was moving to see representatives of political and military enemies standing shoulder-to-shoulder at the flag ceremony. An advocate spoke at length for expanding Native American conferences into every state and province to insure unity in the face of tribal and local pressures to modify the program.

Pathos and humor overflowed, as ever, in the stories of our common denominator. However, it's the dark blue neckband that suspended our nametags that was the most memorable symbol for me. White lettering in English, French, and Spanish carried the statement "I AM RESPONSIBLE," and it had a profound impact in public. It provided instant identification because the lack of outerwear during the heat wave allowed it to be seen from the sides and rear as well as the front.

Toronto citizens were awestruck at our numbers and behavior, whether crowding the last subway run at 1 a.m. or purposefully striding in the daytime. I saw Torontoans gaze with dropped jaws, literally, and silently ask with big eyes, "Why do all these strangers seem to know each other so intimately?"

Our unity was so thick we could have cut it with a knife. ↑

A.A. International Convention: Service

(Continued from p. 14)

By the day of my panel, I was almost sick, I was so nervous, but prayed incessantly. I finally conceded to my Higher Power that if I started and ended on time, followed the format (and of course didn't drink!) then it would be a success.

I got to the room early. My three speakers all showed up and we chatted as the members gathered — maybe 150 people.

I started on time with a moment of silence and the Preamble. I qualified, introduced each speaker, shared in between, helped facilitate questions, and ended on time with the Serenity Prayer. The speakers and members shared their experience extending the hand of A.A. to alcoholics from the islands off Newfoundland to the Central Valley of California and beyond.

Afterwards a crowd gathered around the podium to continue our discussion. It was a success! ↑

Recovery ❖ Unity ❖ Service

Founders' Day Fun

The Founders' Day Celebration was a gala event at the Women's Center in San Francisco, commemorating 70 wonderful years of Alcoholics Anonymous. The event was hosted by the IFB Special Events Committee. Nearly 200 sober celebrants joined to feast on several tables full of amazing pot-luck delicacies brought in by attendees and pasta provided by the committee.

The official ceremonies began with an introduction from Hannah, the spectacular secretary for the meeting. Soon after, Jeffrey stepped up to the mike to regale the crowd with an account of A.A.'s history. Bruce followed with a more specific history of how A.A. began and then grew on the West coast with San Francisco's first meeting on November 21, 1939. A feisty sober woman named Pat, who got sober in 1965, proceeded to make some striking (and often hilarious) comparisons to A.A. then and A.A. now. (Folks DIDN'T hold hands and EVERYONE smoked back then.) Nancy of St. Helena closed the official speaker portion of the meeting with her story and the past, present and future of what A.A. means to the newcomer.

Hannah then led the crowd in an inspiring A.A. Countdown starting with the oldest sobriety date of 44 years (Bill) counting down to the two youngest with 24 hours each. It was an emotional celebration to witness the passing of a 24-hour chip, *Big Book*, and a welcoming hug from Bill to the newcomers. Spirits were high as Hannah led a raffle for A.A. archive material followed by a celebratory dance.

The Founders' Day Celebration is exactly the type of wonderful fellowship experience that keeps A.A. alive and well 70 years since its birth. All who attended felt the heart of A.A. pulsing within this simple group of sober individuals gathered together on a Saturday night to share, reflect, laugh and pass the torch of experience, strength and hope. ↑

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, July 6, 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	P	Greg S.	Beginner's Warmup	P	Michael L.	Attitude Adjustment Hour	P
Anthony J.	Sesame Step	P	Greg S.	Keep Coming Back	A**	Michael R.	Huntington Square	A*
Brian C.	Mission Terrace	P	Heidi S.	Cow Hollow Young People's	A**	Michael S.	Sunset 9ers Sat.	A*
Brian H.	Living Sober with HIV	P	Jim T.	First Place	P	Mitzi H.	New Hope Big Book	P
Bruce K.	Sunset Speaker Step	A*	Joe G.	Beginners	P	Monika H.	SFPOA	A*
Carol E.	High Noon Wed.	A*	John B.	Rule 62	A*	Nicholas S.	Sutter St. Beginners	P
Chris T.	Keep Coming Back	P	Johnny G.	High Noon Tuesday	R	Omar C.	Tues. Chip	P
Dan Z.	Sunday Morning Gay	A**	Judi C.	Tuesday's Daily Reflections	P	Pascal G.	Marin Stag (Mon. Night...)	P
Daniel B.	Too Early	P	Justin S.	Alumni	P	Penelope P.	Amazing Grace	A**
Danny F.	Each Day A New Beg.	A*	Kristine F.	Castro Discussion	P	Peter M.	Special Worker	P
David B.	Beginner's Warmup	P	Larry L.	The 24 Hour Plan	P	Randy F.	We Care	P
David B.	Federal Speaker	P	Lauren H.	Ten Years After	P	Rebekah D.	Fell Street Step	P
David H.	Tuesday Downtown	P	Lillian R.	Women's Promises	P	Ryan W.	Tiburon BB	P
David P.	Goodlands	A*	Lou H.	Mill Valley 7AM	A*	Rudi D.	Serenity Seekers	P
Danna P.	Treasurer	P	Luis M.	High Noon Tuesday	P	Stephan S.	Artists and Writers	P
Don B.	Friday Fell Street	A*	Lynnore G.	Walk Of Shame	P	Stephen R.	Valencia Smokefree	P
Doug D.	As Bill Sees It Sat	P	Mark O.	Come 'n' Get It!	P	Steve N.	Terra Linda Group	P
Edward F.	Happy Hour	P	Marvin R.	Bernal Big Book	P	Steven S.	Homegroup	P
Eric S.	One Liners	A**	Matt S.	Waterfront Group	R	Terry B.	High Noon Thursday	P
Francesca K.	West Portal	P	Matt T.	Fairfax Friday Night	P	Tim M.	Join the Tribe	P
Gaspar L.	Keep It Simple	P	Matthew Y.	Marina Discussion	P	Tom B.	Eureka Valley Topic	R
Gilbert L.	Early Start	A**	Maury P.	Office Manager/ On Leave		Tom R.	Mill Valley 7AM	P
Gregory F.	Midnight Meditation	P	Meredith R.	High Noon Friday	P	Victor V.	Stepping Up	P

P = Present; A = Absent; R = Resigned; X = Proxy. The * above indicates an absence; more than one indicates the number of consecutive absences.

A Board member who has three consecutive absences from IFB meetings is no longer a member of the Board as stated in the Bylaws.					
New IFB Reps Present		New IFB Reps Present		IFB Liaisons Present	
Alecs C.	Second Chance Thu. 2:15pm	Nicholas L.	Some Are Sicker Than Others Wed. 6:00pm	Judi C.	S. F. PI/ CPC
Dan H.	Each Day A New Beginning 5D 7am	Stepahnie R.	Live and Let Live Sun. 8:00pm	Matt T.	Marin Teleservice
Dana R.	Sunset 9ers Sat. 9am (Alt.)	Timothy K.	High Noon Saturday Sat. 12:15pm	Trevor F.	Marin General Service

July 2005 IFB Summary

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the July 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. gave the report. There will be a vote on the last three proposed amendments to the IFB Bylaws. IFB Officer elections and four COC member elections will be held tonight. *The Point* Committee conducted a thorough inventory process, including several action items, and should write an amends letter to the offended member.

Treasurer's Report: Danna P. gave the report. The net loss for January through May was (\$8,424) which is \$10,391 less than the budgeted net loss of (\$18,815). We had a net loss in May of (\$1,720), which was

\$4,942 less than the budgeted net loss of (\$6,662). Unrestricted cash of May 31, 2005 totaled \$22,733 and is almost sufficient to pay the budgeted expenses for the next two months. Unrestricted cash decreased by \$5,853 primarily due to paying a deposit on an inventory purchase and an increase in Inventory totaling \$5,469.

Central Office Manager's Report: Peter M. gave the report. Maury P., Central Office Manager, will return from maternity leave on July 18, 2005. Founders' Day was big success. A Central Office table was staffed at the Living Sober conference. All telephone shifts are covered, but substitutes are always needed. Summer 2005 schedules are now available. Meetings at Most Holy Redeemer are relocating and meetings at 601 Dolores may be moving soon.

Central Office Committee Report: Joe G. gave the report in Danny's absence. The COC approved a two week extension on Maury's maternity leave. Lauren will continue to work half time until Maury returns.

(Continued on page 17)

IFB Summary (Continued from page 16)

Central Office should not recommend any particular insurance agency when requests are made by groups. COC members were polled for availability for the annual COC on-site retreat.

B. Action Item: Vote on Proposed Amendments to Bylaws

The IFB adopted the following amendments to the Bylaws by majority vote: (Note: ~~strikethrough~~, e.g. ~~regular~~ is deleted text, and underlined text is added text.)

Article VIII, Section 1: There shall be one executive committee of the Board to be known as the Central Office Committee ("COC"). The COC shall consist of the IFB Chair, Vice Chair, Treasurer, and Secretary, the Immediate Past Chair of the IFB, the Central Office Manager, and six at-large Intergroup Representatives with substantial A.A. service experience ("~~At-Large COC Members~~" or individually "~~At-Large COC Member~~").

Article VIII, Section 2: Nominees for the At-Large COC Member offices shall be submitted to the Board by an advisory committee of the Board, (the "~~Nominating Committee~~"). The Members of the Nominating Committee shall consist of a minimum of three members and shall be selected by the Board at its June meeting as needed.

Article VIII, Section 3: Two special committees, the Public Information/Cooperation with the Professional Community Committee and the Teleservice Committee shall be autonomous committees of the Inter-County Fellowship Board. All other committees shall be formed in keeping with the needs of service by resolution of the Board, with such powers as the Board may regard as then necessary. Committees may be created, discharged, eliminated, replaced, their powers expanded or limited, as the Board may from time to time by appropriate resolution determine. Except as the Board may otherwise decide at any meeting, the Chair of the IFB shall designate the members of each committee and the chair thereof. Committee membership is open to any member of the AA Fellowship; however, the Chairperson of each committee shall be a current member of the IFB.

C. Election of Officers for 2005-2006

Election of Chair: Four members made themselves available, Rudi D., Stephen R., Steven S., and Victor V. Stephen R. was elected.

Election of Vice-Chair: Two members made themselves available, Steve S. and Rudi D. Steve S. was elected.

Election of Recording Secretary: Three members made themselves available, Chris T., Lauren H., and Pascal G. Lauren H. was elected.

D. Election of COC at large members: The Nominating Committee presented six members for recommendation, David P., Rebekah D., Anthony J., Brian C., Rudi D., David H. Of the six, three members, David P., Rebekah D., and Anthony J. were elected to two year terms and one member, Rudi D. was elected to a one year term.

Due to time constraints, the following committee reports were tabled until the August IFB meeting, except where noted.

E. IFB Committee Reports

Outreach Committee: The committee meets the third Thursday of the month at 6:30 p.m. at the Central Office.

Literature Review Committee: The committee meets the third Wednesday of the month at 6:30 p.m. at the Central Office.

The Point Editorial Committee: The committee meets the second and fourth Tuesday of the month at 5:00 p.m. at the Central Office.

Orientation Committee: The orientation of new IFB members takes place at 6:00 pm, one hour prior to the monthly IFB meeting.

Website Committee: The committee meets the second Thursday of the month at 6:00 p.m. at the Central Office.

12th Step Committee: Rudi D., chair of the committee, announced that there is a 12th Step Workshop for new 12th Step Volunteers at the Central Office on July 13th. The committee needs support. The committee meets the second Wednesday of the month at 6:30 p.m. at the Central Office.

Special Events Committee: The committee is losing four members and needs support. Founders' Day netted \$681 with a gross of \$2,554 and expenses of \$1,872.57. The committee meets the fourth Tuesday of the month at 7:30 p.m. at the Central Office.

Special Needs Committee: The committee meets the 4th Tuesday of the month at 6:30 p.m. at the Central Office.

Archives Committee: The committee meets the 1st Monday of the month at 6 p.m. at the Central Office.

F. IFB Standing Committee Reports

SF Teleservice: The committee meets on the 3rd Monday of the month at 6:30 p.m. at the Central Office.

SF PI/CPC: Judi C. announced that there will be a PI/CPC workshop at 6:30pm at Central Office on Wednesday, July 27, 2005 for new Speaker volunteers who want to become involved with PI/CPC. The committee meets the second Monday of the month at 7:00 p.m. at the Central Office.

G. Non-IFB Liaison Reports

General Service, SF: The committee meets the second Tuesday of the month at 1187 Franklin Street. Orientation is at 7:00 p.m. and the business meeting is at 8:00 p.m.

General Service, Marin: The committee meets the third Monday of the month at 9 Ross Valley Road, San Rafael. GSR sharing is at 7:00 p.m. and the District Meeting is at 8:00 p.m.

Teleservice, Marin: The committee meets the fourth Tuesday of the month at 7:30 p.m. at 1360 Lincoln, San Rafael.

PI/CPC, Marin: The committee meets the fourth Thursday of the month at 7:15 p.m. at 1360 Lincoln, San Rafael.

Bridging the Gap: SF The committee meets the second Tuesday of the month at 6:30 p.m. 1187 Franklin/Geary, San Francisco. The Marin committee meets the second Wednesday of the month at 6:45 p.m. at 1411 Lincoln, San Rafael.

H & I: The SF Committee meets the last Thursday of the month at 1751 Sacramento St., SF. Orientation is at 7:15 pm and the committee Business Meeting is at 8:00 pm. The Marin committee meets at the Marin Alano Club at 1360 Lincoln Ave. in San Rafael. The orientation for new volunteers is at 6:15pm and the committee Business Meeting is at 7:15 p.m.

Spirit of San Francisco: 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, August 3, 2005 at Star of the Sea Church, 180 Harrison St., Sausalito at 7:00 p.m.

Respectfully submitted,

Lauren H., IFB Secretary



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The First Place

(Continued from p. 11)

talked about it at meetings. It was hard to watch our friends become ill. Many of them were young and looked healthy. We were all terrified. We did not know how to protect ourselves. Could we touch people? What if they sneeze on us? This sounds stupid now, but these were the early days of the virus. These were scary times. I remember one member who was going blind because of AIDS. He came to meetings with a white cane. It was hard for him to find his way to the First Place but he came as long as he could. He had so much courage.

We lost our lease after five years and then we moved to a new location at 631 O'Farrell. Mark H. and I had been on the steering committee for five years and it was time for us to resign. New wonderful people came aboard. Many people met at the First Place and became life long friends.

First Place has moved three times. It moved from its original location at 824 Post to 631 O'Farrell and from there to 650 Gough and then to its present location at 410 Ellis. There are so many nice new people on Ellis who are working hard there and all over the city. You will find them volunteering at the Central Office, the annual Living Sober Conference, Friday All Groups and other places.

We are happy that people know they will always be accepted at the First Place after a relapse. It is a place where people can start again without judgment. The First Place is alive and well at 410 Ellis Street – please join us. 

Slogan of the Month

Stick With The Winners

by Mark M.

While at Saturday High Noon one day last month, we read through *Working with Others*. Lost in my head, I struggled to pay attention and stay present. I drifted in and out, only catching bits of the sentences that were being read.

One jumped out at me, though, and seemed to be what I needed to hear that day, “The men who cry for money and shelter before conquering alcohol, are on the wrong track.” (p.98, 4th edition).


This may not be a sentence often quoted by sponsors, nor is it a pearl of wisdom quoted at meetings. But it drives home a point that I need to remember; that when we put our program first, the rest of our lives fall into place. The chapter goes on to say, “Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances.” (p 100, 4th edition).

To me, the individuals who live by this example in A.A. are the winners. If you talk to them, the one trait most have in common is that A.A. comes first. When their lives hit a rough spot, they tend not to drink. They lead full, rich lives. As we continue into sobriety, we open ourselves up to life's experience and to what God brings us. Bottomline — the winners love life and it shows.

One fellow A.A. is in three bands, loves to make music, once moved out of the city to experience life in a small town, has since moved back and now lives out by the ocean. After two years of working a solid program here in San Francisco, a second A.A. I know followed his dream to move to NYC and break into the fashion industry. He's working as a marketing assistant at a fashion label and freelancing for fashion magazines, and still goes to many meetings each week. A third A.A. friend, who partied instead of going to college, recently completed the second semester of his first year back with straight As.

They all sound busy, don't they? Yet they make time to attend several meetings per week and work the program. A.A. comes first.

The slogan *stick with the winners* also implies dropping yourself into the middle of a strong A.A. fellowship. The other night while at a meeting I regularly attend, a woman raised her hand for the discussion. The topic? Priorities. She proceeded to say, “I know where my priorities should be. I should be going to more than two or three meetings a week.” She continued to list all the activities in her busy life that keep her from attending more meetings. For me (and not necessarily for her), this is moving into that dangerous gray area, drifting off to the side of the herd. It would be much easier for my alcoholism to pick me off if I did not surround myself with friends from the program.

Putting their program first is a point I also reiterate with my sponsees, especially the brand new ones. The job, living, romantic or financial predicaments—the details of our lives—sort themselves out when the dependence is placed upon God. 

Financial Statement

May 2005 - Intercounty Fellowship of AA

	<u>May 04</u>	<u>Jan - May 04</u>		<u>May 04</u>	<u>Jan - May 04</u>
Ordinary Income/Expense			Equipment Lease	565.10	2,825.50
Income			Repair & Maintenance	178.00	904.98
Contributions from Groups			Security System	33.50	201.00
Group Contributions	6,701.35	52,426.24	Special Events	0.00	135.00
Honors	<u>58.86</u>	<u>240.22</u>	Telephone	857.13	2,916.00
Total Contributions from Groups	6,760.21	52,666.46	Utilities	125.52	852.84
Contributions from Individuals			Travel	0.00	25.00
Individual - Unrestricted	183.00	1,787.96	Training	0.00	94.67
Honorary Contributions	<u>83.00</u>	<u>1,338.00</u>	Bad Checks	0.00	-27.07
Total Contributions from Individuals	266.00	3,125.96	Miscellaneous Expense	<u>0.00</u>	<u>65.15</u>
Gratitude Month			Total Expense	<u>14,974.98</u>	<u>75,816.03</u>
Gratitude Month - Groups	<u>0.00</u>	<u>1,758.22</u>	Net Ordinary Income	-6,384.47	-6,926.62
Total Gratitude Month	0.00	1,758.22	Other Income/Expense		
Sales - Bookstore	5,867.84	36,294.91	Other Income		
Special Event Income	0.00	2,108.00	Other Income	2,615.13	2,615.13
Newsletter Subscriptions	<u>54.00</u>	<u>432.00</u>	Interest Income	<u>42.35</u>	<u>205.05</u>
Total Income	12,948.05	96,385.55	Total Other Income	2,657.48	2,820.18
Cost of Goods Sold			Other Expense		
Cost of Books Sold	<u>4,357.54</u>	<u>27,496.14</u>	Depreciation Expense	<u>408.17</u>	<u>2,040.85</u>
Total COGS	<u>4,357.54</u>	<u>27,496.14</u>	Total Other Expense	<u>408.17</u>	<u>2,040.85</u>
Gross Profit	8,590.51	68,889.41	Net Other Income	<u>2,249.31</u>	<u>779.33</u>
Expense			Net Income	<u>-\$4,135.16</u>	<u>-\$6,147.29</u>
Employee Expenses					
Wages & Salaries	7,200.00	35,890.43			
Employer Tax Expenses	577.58	4,154.28			
Health Benefits	712.00	3,464.00			
Retirement/Annuity Expense	0.00	-2,218.30			
Workers Comp Ins.	<u>0.00</u>	<u>979.85</u>			
Total Employee Expenses	8,489.58	42,270.26			
Professional Fees					
Computer Consulting	<u>0.00</u>	<u>672.93</u>			
Total Professional Fees	0.00	672.93			
Bank Charges					
Credit Card Processing Fees	87.94	490.63			
Bank Charges - Other	<u>20.00</u>	<u>107.30</u>			
Total Bank Charges	107.94	597.93			
Postage					
Bulk Mail	0.00	400.00			
Postage - Other	<u>37.00</u>	<u>335.00</u>			
Total Postage	37.00	735.00			
ASL Expense					
ASL - Net - Fri All Grps	<u>441.00</u>	<u>2,293.20</u>			
Total ASL Expense	441.00	2,293.20			
IFB Literature	0.00	173.25			
Filing/Fees	27.00	27.00			
Insurance	100.55	502.75			
Internet Expense	0.00	215.40			
Office Supplies	409.93	2,185.76			
Shipping	-56.02	-44.27			
Rent - Office	3,583.75	17,918.75			
Rent - Other	75.00	275.00			

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