

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

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

# The Point



November 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.

## Keeping a Grateful Heart

by Doug G.

Having passed another milestone, holding my seven-year A.A. chip in my hand, the inscription, "*To Thine Own Self Be True*" finally brought me back. The energy of my soul returned inward toward my heart: Waking up the next day, after having come close to a drink, there had been no gratitude. Calling names on a list from my cell phone with no call back left me with no gratitude. Cruising the lonely dark streets of the Tenderloin had left me with no answer from gratitude. It wasn't on my list.

I had become hollow. I was like an object: A point and play arrow directing a camera to view the scenes in my life as I looked through my eyes like a robot. My body was like an action figure of which I had no control.

But upon holding that nice heavy bronze chip between my thumb and pointer it dawned on me. *The Gratitude was mine for the taking.* I could claim my birthright to a life of my choosing and I didn't have to relearn what I already found in my first seven years without a drink. I didn't have to find a way to drink and use and not tell anybody, and see if I could get away with it. I didn't have to enter the parole system. I didn't have to pay any lawyers. I didn't have to start a new amends list. I could stay on the winning side. I was already on the winning side. Wow. There were examples of gratitude all around me if I would just choose to pick them up.

Today, I am listening to the answers in my heart. I don't have to fool myself from the answers my head cooks up. I can laugh at the lack of satisfaction my head gives me: a bigger paycheck, a longer vacation, a better pair of sunglasses. I want that perfect relationship, that brand new condo, that awesome set of wheels (one for camping, one for groceries and shopping, one for the freeway, and one just for curb appeal.) But you know, I don't have to follow the taxes that keep up with all that having. No, I can turn inside to my heart and find tax-free abundance! The thrive and vibe of a good life that is open for fun and exploration. The freedom that is free! From a life not taken with distraction leading to a bedside in traction.

Today, I can just keep it simple and learn from the heart. To be true to my self and my family and not have to start the insanity of putting them through hell again. And so I knew what my next best thing was. To look for other alcoholics and carry the message so I could build back an insurance policy against taking

(Continued on page 6)

# November 2005....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> <u>FIRST WED</u> 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.)	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> <u>FIRST MON</u> Archives Committee, Central Office, 6 pm  Spirit of SF Committee, Central Office, 7:30 pm	<b>8</b> <u>SECOND TUE</u> SF Bridging The Gap 1187 Franklin St. at Geary, SF, 6:30 pm  SF General Service 1187 Franklin St., SF Orientation: 7 pm Meeting: 8 pm  Marin H&I 1360 Lincoln, San Rafael Orientation: 6:15 pm Bus. Meeting: 7:15 pm	<b>9</b> <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm  Marin Bridging the Gap 1411 Lincoln Ave., San Rafael 6:45 pm	<b>10</b> <u>SECOND THU</u> Website Committee Central Office, 6 pm	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <u>SECOND MON</u> SF Public Information Committee Central Office, 7 pm	<b>15</b> <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	<b>16</b> <u>THIRD WED</u> Literature Review Committee Central Office, 6:30 pm	<b>17</b> <u>THIRD THU</u> Outreach Committee Central Office, 6:30 pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm  Marin General Service 9 Ross Valley Rd, San Rafael GSR Sharing: 7 pm District Meeting: 8 pm	<b>22</b> <u>FOURTH TUE</u> Special Needs Committee, 6:30 pm Special Events Committee Central Office, 7:30 pm  Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30 pm	<b>23</b>	<b>24/25</b>  <i>Happy Holidays!</i>  <b>Central Office Closed</b>		<b>26</b> <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10 am Business Meeting: 12:30 pm
<b>27</b> <u>FOURTH SUN</u> Living Sober Convention Committee 1668 Bush, SF 5:30 pm	<b>28</b>	<b>29</b>	<b>30</b>	<b>NOTE: The Marin PI Committee and SF H&amp;I would normally meet on the fourth and last Thursdays, respectfully, which falls on Thanksgiving. Please call Central Office for the new date.</b>		







## MEETING CHANGES

**New Meetings:**

Sat	8:00 am	Bernal Heights	BERNAL NEW DAY, 515 Cortland Ave. (BB)
Sat	6:30 pm	Marina	HAPPY DESTINY, Union/ Steiner, Church (BB, Ch)
Sun	8:00 am	Bernal Heights	BERNAL NEW DAY, 515 Cortland Ave. (SS)

**No Longer Meeting:**

Wed	7:30 pm	San Rafael	NORTH BAY BOOK STUDY, St. Luke's Presbyterian Church
Thu	7:00 pm	Inverness	THURSDAY NIGHT STAG, St. Columbia Church
Thu	7:30 pm	Terra Linda	HEARD IT THROUGH THE GRAPEVINE, 620 Del Ganado Rd.

**Reported Missing:**

Wed	5:30 pm	San Rafael	QUITTING TIME, First Methodist Church, 9 Ross Valley Rd at Greenfield Ave.
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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, 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 September 2005

Thank You to the meetings and groups below whose Trusted Servants registered with Central Office during September 2005. Ten San Francisco Trusted Servants and four Marin Trusted Servants registered with Central Office during that time.

**San Francisco:**

**Afro-American Beginners** Sat. 8pm; **Any Lengths** Sat. 9:30am; **A Step Beyond** Thu. 6pm; **Fell Street** Fri. 8:30pm; **Goldmine** Mon. 8pm; **Haight St. Explorers** Thu. 6:30pm; **Just for Today** Sun. 2:30pm; **Monday Nooners** Mon. 12:15pm; **Serenity Step** Thu. 7:30pm; **Tuesday Downtown** Tue. 8:30pm

**Marin:**

**Friday Night Book** Fri. 8:30pm; **Morning After** Sat. 10am; **Serenity** Sun 6pm; **Tiburon Big Book Group** Wed. 7:30pm

### 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](http://www.aasf.org).

#### Download a Trusted Servant Registration Form Today!

1. Go to [www.aasf.org](http://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 November 2005

### BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	FROM
11/06	Pat M.	South San Francisco
11/13	Carole P.	San Francisco
11/20	Marguerite F.	Walnut Creek
11/27	Dave M.	San Bruno

### TUESDAY DOWNTOWN

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

DATE	SPEAKER	DOS	FROM
11/01	Jack J.	08/18/80	San Lorenzo
11/08	Elizabeth C.	07/02/89	Huntington Square
11/15	Sam T.	09/28/83	Rebound Group
11/22	Lee C.	06/06/01	Monday High Noon
11/29	Philo	01/04/87	Show of Shows

### FRIDAY ALL GROUPS

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

DATE	SPEAKER	FROM	DATE	SPEAKER	FROM
11/04	Astrid	Oakland	11/18	Michael	Home Group
11/11	Karen M.	Join The Tribe	11/25	Tim T.	Friendly Circle

Join us for the Some-Kind-of-Annual,  
Every-So-Often  
**Traditions Workshop**

Saturday, November 5th, 2005 from 1pm—3pm

ILWU Clerks Hall on Berry St.  
(at the foot of 2nd and King Streets—NE corner near the ball park)

Opening Presentation on the Importance of our  
Traditions with Si P.

Followed by Twelve Speakers discussing the  
History of the Traditions

Tradition One - Christin S.	Tradition Two - Nick T.
Tradition Three - Tony J.	Tradition Four - Norm M.
Tradition Five - Jaime G.	Tradition Six - Lisa K.
Tradition Seven - Maria W.	Tradition Eight - Maury P.
Tradition Nine - Stewart I.	Tradition Ten - Jill H.
Tradition Eleven - Lars J.	Tradition Twelve - Sherri L.

Moderators Lane K. and Ted R.

Contact Paul P., 235-6111 for more information

## November is Gratitude Month.

**Gratitude is an action.**

*“Our groups, our areas, and A.A. as  
a whole will not function unless  
our services are sufficient and our  
bills are paid.”*

(Bill W. 1957)

Many groups pass a second basket to  
support our Central Office at each of  
their November meetings.

Some also make Gratitude Month a  
time to focus attention on AA's Twelve  
Traditions.

Treasurers: Please note “Gratitude Month” on your  
group's contributions so that they may be properly  
recorded.

## Keeping a Grateful Heart

(Continued from page 1)

the next drink—taking the next toke—the next hit.

I found what I had lost. Two new sponsees, and the realization that my relations and quality time with my sponsor would improve if I attended more of the meetings he attended. And that meant getting out of my head and into my heart. By thinking of others I help myself. And it wasn't brain surgery stuff. It was the basics that I could tell others about but not do for me.

And so as I write this email for submission to *The Point*, I find myself in a prayer and meditation mode. It is an action I am taking before I go to bed, and it feels like the right thing to do. I am sliding back into the middle of the lifeboat that is the fellowship of A.A., and I never have to wash up on the island of despair again. Or go so low that I will only reach for that life preserver after the ship has gone down. I can put on my fins, my goggles, my hand paddles, and look out world, here I come! Can't you see that big wake behind me? I am going to go with the flow, and maybe I won't have to wait for the next ship to come in. I am already on the ship and I can look for someone else to share the shade with another deck chair next to me. When do we launch? ↑

## The Challenge of Failure *by Hannah K.*

For me, failure comes easily. It's the admission of failure that's the difficult part. I've failed at a lot of things, both sober and drunk. I think it's a natural part of life and growth. Just watching a baby learn how to walk is a perfect example of this. They get up, teeter a bit, maybe take a step and then fall over. After a few moments of bewilderment and possible tears and wailing, they get up and try it again.

Admitting to failure is an incredibly difficult and spiritually painful endeavor. It takes an awesome amount of humility—the sort that is usually only forced upon me by what seem like outside influences, but are usually what I later recognize as evidence of God acting in my life. I need only look to the moment I recognized complete defeat in regards to alcohol and all the years of misery preceding it as evidence of how much pain I must be in to accept my failures and begin to be willing to learn from them.

What is ironic is that I have the gift of my own life, the fact that I'm alive today, still breathing, loving, trying, as proof of the bounty that can spring from the admission of failure. I've heard it said around the rooms that the only thing we can do perfectly in A.A. is the first step—the admission of powerlessness and unmanageability. So, in a sense, the only thing we can do perfectly in AA is to admit to our failures.

There's a quote from Richard Bach that I read on a bag of tea in my first year of sobriety that has become a mantra for how I try to approach struggles and failures in my life. It helps me to remember that my perspective is very, very small and that I'm just a tiny piece of God's plan: "What the caterpillar calls the end of the world, the master calls a butterfly." ↑



*The Point* is online!  
Visit the Central Office  
website today: [www.aasf.org](http://www.aasf.org)

## Shipwrecked Homegroup

*Author Unknown*

A recovering alcoholic is shipwrecked miles out to sea. He winds up on an uncharted, deserted island and has to make the best of it.

Five years later, he finally spots a ship out on the horizon and stokes up his bonfire to get its attention. The captain of the ship, another recovering alcoholic, sees the fire and immediately changes course towards the island.

Meanwhile, he grabs his binoculars and studies the situation. He sees a guy waving and running frantically up and down the beach, beard hanging down to his knees, and he also spots three small structures at the edge of the trees.

The castaway is rescued, taken below, and is given a meal and some time to rest, and is sent up to see the captain. "So... you glad to be rescued?" the captain asked.

"Oh, yeah, you bet. I've been praying for years for somebody to come along," the man responded.

"How long were you on the island?"

"Five loooooong years all alone!"

"Well," observes the captain, "It looks like you didn't do too bad for yourself. I saw three huts on the island. Did you build them?"

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# Dear Alky

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

Dear Alky,

**This is my first holiday season sober and I'm nervous. My family always guzzles plenty of wine during Thanksgiving dinner and they don't stop pouring until after New Years. My sponsor has suggested that I not go home for the holidays this year, but I'm worried my family will be offended. They all know I'm trying to get sober, but they really don't understand this A.A. thing. How do I tell them I won't be joining them this year?**

—Family Man

Dear Family,

Your sponsor sounds sensible, but I guess I'd question why you wouldn't go home. On page 100, the *Big Book* says, "Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do." It goes on to list occasions where booze might be part of the mix, and then says, "We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status." Later, on p. 102, it adds, "Do not think of what you will get out of the situation. Think of what you can bring to it." If you're very new in sobriety and quite shaky, being around drinking for four solid weeks might be dangerous. But if you've worked the steps all the way through, you can do what you couldn't do before. Is it possible you could make Ninth Step amends over the holidays, thereby freeing yourself and loved ones of the years of pain your drinking may have caused? Could you go home and be of service? If you do go, you can support your sobriety by attending A.A. meetings in your old hometown. Pray for guidance; if it seems that staying away is the best idea, ask your sponsor to help you with telling your family. Good luck and Happy Thanksgiving.



Dear Alky,

**I'm almost broke. I lost my job just in time for the holidays to hit and don't know how I'm going to get by. I barely have enough in savings to cover basic expenses for the next month, let alone buy holiday gifts for family and for all my new A.A. friends. I'm feeling the panic of financial insecurity and don't know what to do. Please help.**

—Cashless



*Being sober is the gift; share it freely.*

Dear Cashless,

As odd as this may sound, if you put A.A. first, the rest follows. Pray each day for guidance, asking only to know God's will. Ask your sponsor to help you work whatever step you're on. The *Big Book* promises that, halfway through working our Ninth Step, the fear of financial insecurity will leave us. Through working the steps, we find a peace that stands in stark opposition to the emotional and psychic chaos of our drinking days (and of our very new sobriety). Lean on other A.A. members for their experience; you're not the first sober alky to be broke during the holidays. Even if you can't give material things this holiday season, you can give something more precious: your time and love. With no job, you have time to attend meetings, make coffee, help clean up, and take newcomers out for conversation. Being sober is *the gift*; share it freely.

—Alky



Dear Alky,

**This Thanksgiving season I will have five years of continuous sobriety under my belt. It feels as though nothing as changed this anniversary and that my program is stale. I'm doing the same things all the time and I'm getting bored. Any suggestions?**

—5-year itch

Dear 5,

There are hundreds of meetings each week in the Bay Area. Maybe you could switch up your schedule. Then there's literature: after a few years had passed, I found it helpful to read up on A.A. history. I wanted to know who'd built the house I was lucky enough to be living in. Conference-approved books such as *Pass It On*, *Dr. Bob and the Good Old-Timers* and *A.A. Comes of Age* contain terrific stories and information. Finally, perhaps it's time to enlarge on your 11<sup>th</sup> and 12<sup>th</sup> Steps: broadening and deepening your contact with God and serving other alcoholics and the world at large. You might ratchet up your service commitments. The Intercounty Fellowship Board and General Service can always use more dedicated trusted servants, and the Hospitals and Institutions committee is ever on the lookout for speakers. Stay in service and gratitude, and alcoholism—including its manifestation in the possibly self-deluding idea that things are stale—will remain in remission.

—Alky ↑

If you have a question for Alky, please write to us at [thepoint@asf.org](mailto:thepoint@asf.org). We welcome our readers participation!

## 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

Lynnore G. lynnore1@aol.com

#### 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

Jason K. websitechair@aasf.org

#### SF TELESERVICE COMMITTEE

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

#### SF PI/CPC COMMITTEE

Laura N. 415.931-2567

## Recovery ❖ Unity ❖ Service

### Showing up for Service

by Matt S.

Meetings, committees and answering phones are all great ways to show up for service. The usual service commitment of six months can either seem like a long time or fly by. Being sober for three years, I know how valuable service has been for my recovery. It is not just for me, but for all of the A.A.ers I serve. When I serve A.A., the obsession of self is broken and for some of us the obsession is strong.

Times when I didn't want to show up for service are times when I heard something profound or got to carry the message. During the course of a commitment I get to know others who have commitments and they get to know me. In the past, my usual hustle and bustle through my day never really allowed me to slow down and get to know others. Service breaks the isolation and constant self-obsession for this alcoholic. Through my experiences I know that being God's servant happens enough that I now trust that I am going to be in the right place at the right time, as long as I show up.

A.A. service has taught me the basics: get there on time, stay till it's over and put my hand out to my fellows. Doing what I say I am going to do is an awesome way of living. Accountability: what a concept! I get to do that with my family and friends too. It may cross my mind that I shouldn't go visit certain family members, mostly because I think I will be uncomfortable. Yet I show up anyway and that particular family member somehow doesn't annoy me as much anymore.

Barbecues, birthday parties, weddings, work, school and holidays are all occasions when I get to show up. If I am in fit spiritual condition, I am usually presented with some opportunity to be of service. Attending a recent wedding in Waikiki, I found myself talking with a fellow alcoholic about being around alcohol and then to a close friend's sister about acceptance. Neither encounter was on my agenda for the trip. I have a new employer now; I just show up and am of service. For the first twenty-six years of my life I wrote the story and now instead I get to show up and see what my Higher Power has planned for me. It is always better than I anticipated, and I would never have been open to that practice had I not experienced showing up for service in AA. Sometimes my character defects show up too and I get to watch myself get uncomfortable, but I am willing to play the role that He assigns me, as I decided in the Third Step. I now rely on an infinite God rather than my finite self. 📌

### *Shipwrecked Homegroup* (Continued from page 6)

"Oh, yes!" he said proudly. "Built 'em with my own two hands! See the one on the right? That's where I lived! And the one on the left, that's my home group!"

"Your home group? You're by yourself for five years and you built yourself a home group! That's fantastic! What a strong statement of faith and dedication to your program. But what about the hut in the middle?" the captain asked.

"Oh," the man frowns, "That's my old home group; I didn't like the way they ran things!" 📌



## Treasures of the Twelve & Twelve: Tradition Eleven

by Jim G.

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

“We need a TV show.”

I was a little over a year sober. The speaker was a fellow member of an ad hoc media subcommittee of the local A.A. Public Information committee. I had started going to PI at a friend’s suggestion, when, after struggling through my first year, I was still looking for useful ways to fill my evenings.

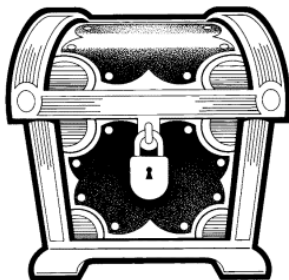
Each of the four of us had our objectives. I wanted to get to know a woman on the subcommittee. She and the other two members wanted to get on TV. Over the course of three months of meetings, it became apparent that neither pursuit was going to lead anywhere.

I did get involved in a detailed discussion of the Eleventh Tradition, one that I have heard many times over the past twenty years.

That first discussion led to the demise of our bright ideas for a televised A.A. meeting starring the members of the subcommittee. It has come up again many times over the ensuing twenty years.

When A.A. first started putting out Public Service Announcements, critics argued that this was a violation of the Eleventh Tradition. A.A. General Service designed these TV ads to carry the message, but did they constitute promotion rather than attraction, as some argued? The long form of the tradition recommends only against “sensational advertising.”

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations ought



*Our relations with the general public should be characterized by personal anonymity.*

to be guided by the principle of attraction rather than promotion. There is no need to praise ourselves. We feel it is better to let our friends recommend us.

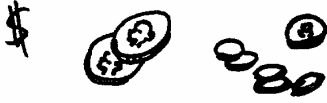
In recent years, as the web has become more and more the information source of choice for modern life, A.A. has appeared there both unofficially and officially. The General Service site ([www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)) provides basic information about the program and services for members. Local sites, such as [www.aasf.org](http://www.aasf.org) provide basic information about the program, meeting schedules for the local area, and access to other resources. Again, the initial debates over publishing information on the web included debates over the applicability of the Eleventh Tradition. Was using the web promotion? Or attraction?

I have been active in San Francisco A.A. Public Information for many years. This committee has a mandate to inform the public and to work with professionals who treat the alcoholic. One of our regular activities is supplying speakers for local DUI classes. One year I was scheduling the speakers and I proposed using email notifications in addition to the phone. Sure enough, someone brought up the Eleventh Tradition.

The debate over appropriate uses of the Internet is largely settled but issues covered by the Eleventh Tradition continue to appear. Every time a famous personality goes through recovery and wants to credit the program publicly, we ask them not to. While the favorable publicity might help attract someone to the program, confusion could result if that person makes claims about the program that are inaccurate or if that person goes out.

General Service in New York will write a letter to individuals who publicly promote their membership in the program. The local Public Information Committee has a role in this process as well. We monitor local use of the public service announcements produced by

*(Continued on page 18)*



## 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:

BARBARA M.	LISA C.
BRUCE D.	MARCUS H.
DAVID B.	MARGARITE S.
DOUGLAS C.	MICHAEL R.
ELIZABETH S.	NANCIE G.
FRANCES L.	PEGGY M.
GILES H.	PETER F.
HERMAN B.	PHILIP G.
JANE K.	RICH G.
JANET B.	RICHARD C.
JIM H.	STEVE A.
JOHN F.	TOM M.
KATE B.	WICKIE S.
KELLIE A.	DENNIS &
LAURIE L.	LUCY



## A.A. On the Road: Paris

By Terry B.

I had twenty months of sobriety last July 12, the day I arrived with my mother in London for several days of sightseeing and theater before taking the Chunnel to Paris.

Mom had been to Europe only once before and I was along for that trip as well. I pretty much ruined that first trip, staying out all night drinking and then sleeping off a hangover all the next day, leaving her almost entirely on her own. This time I was determined to be a better son—and also have some fun in the process. The only way I could do that was by staying sober with the help of A.A. and my Higher Power. It would be my way of making amends.

As our departure approached, my sponsor lent me London guidebooks, maps and a meeting schedule she'd picked up there several years earlier. I also printed a current schedule at [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk). Then as we wrapped up our weekly program chat, she said, "You know, you've really been kickin' butt on the 10<sup>th</sup> and 12<sup>th</sup> Steps lately, but you might want to take a closer look at Step 11."


I was a little surprised at this. Wasn't I muttering a prayer each morning as I rolled out of bed? She laughed and asked, "But what was I praying for? And what about meditation?" She reminded me that prayer is asking God what His will is, and meditation is listening for the answer.

I promised I would take a look at that... when I got back. Well, God has a way of doing for us what we bloody well can't do for ourselves.

Days later, I found myself disoriented and sitting in a London church basement some 5,250 miles away from home, and wouldn't you know, the topic turned out to be the 11<sup>th</sup> Step. I heard some good, practical suggestions about how these A.A. members incorporate prayer and meditation into their daily routines. I was deeply impressed with the serenity and levity in the room, particularly so soon after the bombings on the London Tube. I introduced myself, offered gratitude for the meeting, and humbly thanked the chair for conspiring with my sponsor to choose the topic I needed to hear.

After the meeting, a friendly bloke came up and asked me to speak at a *Big Book* meeting the following Friday. I was thrilled and terrified and spent the next couple days obsessing over it. I prayed a little more than usual, and I even tried meditating while running around Hyde Park each morning, hoping for some divine inspiration.

On the day of the meeting, I got there a little early. I read a bit from *Working With Others*, and shared some recent trials and tribulations trying to help sponsees stay sober. I kept it short and tried to be honest, telling the group I was mostly anxious to hear their experience, strength and hope on the subject. They gave me quite an earful about humility and powerlessness—some of it in a thick accent—but once again, exactly what I needed. Hopefully, somebody else heard something they could use, too.

It was wonderful that I could keep working my program while traveling just as I do here. Looking back on our two-week trip, though, I'd have to say that the best part came on the return flight, when my mom smiled and said, "We had a pretty good trip, didn't we?" 

## Literature Review

## Pass It On: The Story of Bill Wilson and how the A.A. message reached the world

by Andy G.



*Pass It On* is the inside story of Bill Wilson's life told from evidence gleaned from his correspondence, writings and speeches and the writings and memories of those whose lives he touched. And there were many! From such new-found insight we come to fully understand the love emitting from the pages of the *Big Book of Alcoholics Anonymous*, which was written by Bill and edited by the group conscience as were his other writings.

Whether you are the shy, depressive alcoholic or the boisterous, raging type...you will hear parts of your story in this book. Unlike most of us, Bill's story took him to the very heights of American society and down to near rock bottom. I say "near" because he still had the love of his wife and a roof over his head, but from a spiritual and psychological standpoint he was completely broken. Who among us has not been there?

*Pass It On* tells his story and the story of how the A.A. message reached the world. So many people were watching Bill and, yes, judging Bill. Sometimes, he was a man on fire; at other times he could not raise himself from his bed. This is a chronological account of Bill's life beginning in his early years: his marriage to Lois and his stint in the military. This is Bill's story: what it was like, what happened and ...what it is like

for us now. It covers the founding of Alcoholics Anonymous, the publication of the *Big Book*, the *Twelve and Twelve* and *Alcoholics Anonymous Comes of Age*, and discusses the development of A.A.'s service structure—the moment in time when he turned the Fellowship over to its members.

There is so much information in this book that one comes away with just a flavor of what it was like to found Alcoholics Anonymous. We get a much better taste of Bill, the man. We hear the wisdom of Dr. Silkworth and Father Ed Dowling in context; we gain a perspective on the controversy with the Oxford Group; and, we give many, many thanks for the calming nature of Dr. Bob and Anne, his wife. From the Wilsons' vagabond-like travels visiting hundreds of A.A. groups to the grand high of the first general service conference, the story references actual conversations as well as Bill's writings.

This alcoholic was saddened to learn of Bill's later "dark and crippling depression" that lasted from 1944 to 1955. These were the years when he did the most exhausting and intensive work for A.A. After 1955, the year he turned the Fellowship over to its members, he was finally free of depression. Bill knew so much about us all and he knew that he had only one chance to reach the alcoholic who still suffered. That was his mission: to pass it on. 📌

## Home Group Series

## Each Day a New Beginning

By Danny F.

In January 1989 Sydney and her partner started the group with a format patterned on the Palm Springs 7:00 a.m. Sunny Dunes meeting. Someone reads a selection from "As Bill Sees It" and shares for five minutes and then other members share based on the reading. It's a one hour meeting that meets from 7:00 a.m. to 8:00 a.m., Monday-Friday.

We first met at "The Meeting Place" at 15<sup>th</sup> and Market Streets in San Francisco. For the first year attendance was between four and twelve people each day, about half men and half women. The meeting moved from the rear upstairs room to the front downstairs storefront room in the autumn of 1991. By this time attendance was usually between twelve and eighteen people each day.

In the spring of 1992 we changed the Wednesday meeting to a Steps and Traditions meeting where we would read from the "Twelve and Twelve" and then discuss what we had read. We now read one Step a week except for the last week of the month when we read the Tradition associated with that month.

The "Meeting Place" closed in 1997 and the meeting moved to its current 152 Church Street location. We changed from arranging the chairs in a circle to arranging them in a U shape with the secretary sitting in the open part of the U. By this time there were twenty-four to thirty-six members in attendance each morning.

In 1998 we made the last Friday of the month a chip meeting. We give out chips for each of the first eleven months of sobriety and for eighteen months as well as chips for each year of sobriety. We started carrying A.A. literature in 2000. Pamphlets are given away and books are sold at our cost.

In January 2003 we changed the Friday meeting to a Speaker Discussion meeting with an emphasis on speakers being chosen from the group's members since the meeting had grown to over 80 attendees each morning. This gives members a chance to hear each other's stories of recovery.

(Continued on page 15)

# AA Group Contributions - August 2005

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	Aug 2005	YTD	Name	Aug 2005	YTD
<b>Fellowship Contributions</b>			Noon Hope F 12pm		76.00
AA Workshop	90.60	90.60	On Awakening 7D 530am	350.00	350.00
Brisbane Breakfast Bunch	30.00	212.60	Pathfinders Tu 12pm		273.35
Contribution Box	75.20	524.30	Refugee Th 12pm	100.00	100.00
Deer Park Discovery Group	80.00	80.00	Rise N Shine Sun 10am		93.75
Gay Newcomers Group		20.76	San Geronimo Valley M 8pm		74.55
IFB	84.00	702.69	San Geronimo Valley Book Study F 8pm		43.45
Marin Teleservice		500.00	Saturday Serenity Sa 8pm		200.00
Sunday Step Study		65.70	Sisters In Sobriety Th 730pm (M)	60.00	60.00
The Chosen Ones		20.00	Six O'Clock Sunset Th 6pm		331.44
Unidentified Group	240.00	1355.87	Sober & Serene F 7pm	350.00	462.00
<b>Total Fellowship Contributions</b>	<b>\$ 599.80</b>	<b>3572.52</b>	Steps to Freedom M 730pm		173.90
<b>Honors</b>			Steps To The Solution W 715pm		69.00
Endless Summer F 830pm		74.99	Stinson Beach Fellowship Th 8pm		641.04
<b>Total Honors</b>	<b>\$ 74.99</b>		Sunday Express Sun 6pm		111.80
<b>Marin Group Contributions</b>			Terra Linda Group Th 830pm		947.64
12 & 12 Study Sa 815am		174.50	T. G. I'm Sober M 6pm		115.07
7am Urgent Care Group 7D 7am		200.00	TGI Tuesday Tu 6pm		112.92
A Vision for You (Fairfax) Su 730pm		190.24	T.G.I.F. F 6pm		160.00
Attitude Adjustment 7D 7am	887.50	2866.50	The Barnyard Group Sa 4pm	230.00	326.00
Awareness/Acceptance M 1030am		216.00	The Fearless Searchers F 8pm	76.27	138.01
Bounce Back M 6pm	90.00	90.00	There is a Solution Tu 6pm		70.00
Candlelight Group Sun 8pm		69.94	Thursday Night Speaker Th 830pm		1054.00
Closed Women Step Study Tu 330pm	88.75	155.00	Tiburon Beginners & Closed	163.00	1325.92
Creekside New Growth Sun 7pm	40.00	104.00	Tiburon Big Book Group W 730pm	250.00	250.00
Crossroads Sun 12pm		765.00	Tiburon Haven Sun 12pm	235.55	1141.05
Day At A Time 7D 630am		648.51	Tiburon Women's Candlelight W 8pm	112.50	337.50
Downtown Mill Valley F 830pm		566.53	Tuesday Chip Meeting Tu 8pm		500.00
Experience, Strength & Hope (Marin) Sa 6pm		109.80	Wednesday Mid-Week W 6pm		63.11
Fairfax Friday Night F 830pm		238.21	Wednesday Night Candlelight W 8pm		75.00
Freedom Finders F 830pm		515.01	Wednesday Sundowners W 6pm		98.66
Gratitude Tu 8pm		538.36	Women's Big Book Tu 1030am		123.00
Greenfield Newcomers Sun 7pm		120.00	Women on Monday M 7pm		126.54
Happy Hour (Marin) Th 6pm		109.80	Women's Big Book Tu 1030am		80.50
Happy, Joyous & Free 5D 12pm		363.00	Women's Step Study Group M 12pm		240.00
Hope Step Group Tu 730pm		150.00	Working Dogs W 1205pm		388.00
Intimate Feelings Sa 10am		224.05	<b>Total Marin Group Contributions</b>	<b>\$4,426.68</b>	<b>25684.32</b>
Inverness Sunday Serenity Su 10am		60.00	<b>SF Group Contributions</b>		
Island Group Th 8pm	181.50	410.00	515pm Smokeless W		103.80
Just Can't Wait 'til 8 M 630pm		191.75	6am Marina Dock Sa		148.00
Living in the Solution F 6pm		306.00	7am Speaker Discussion Th 7am		118.40
Marin Newcomers M 830pm		469.78	830am Smokeless Tu		84.00
Marin Sober Group F 8pm		111.11	A is for Alcohol Tu 6pm		159.69
Mill Valley 7D 7am	998.61	1748.61	A New Start F 830pm		111.06
Mill Valley Discussion W 830pm		16.80	A Vision for You (SF) Su 630pm		81.00
Monday Blues M 630pm	213.00	713.00	AA As You Like It Tu 530pm		211.15
Monday Night Stag (Tiburon) 8pm		1479.00	AA Step Study Su 6pm		348.30
Monday Night Women's M 8pm		309.39	Afro American F 8pm		74.58
Nativity Monday Night Big Book M 8pm		100.00	Afro American Beginners Sat 8pm	97.36	331.17
Newcomers Step M 730pm		401.73	All Together Now Th 8pm	106.28	592.28
Noon Tu 12pm		219.50	Alumni W 830pm		120.00
			Amazing Grace M 7pm		100.00

Name	Aug 2005	YTD	Name	Aug 2005	YTD
Artists & Writers F 630pm	200.00	1107.20	Haight Street Explorers Th 630pm	17.89	158.89
Artists & Writers DRUNKS ON DISPLAY		794.00	Happy Hour (S.F.) F 630pm		63.70
As Bill Sees It Sat 11am		293.00	Happy Hour Ladies Night F 530pm		603.00
As Bill Sees It Th 6pm		141.95	High Noon 5D 1215pm		612.89
As Bill Sees It Th 830pm		386.69	High Noon Friday 1215pm	318.00	928.82
Ass in a Bag Th 830pm		40.80	High Noon Monday 1215pm		722.90
Beginners' Step Study Sat 630pm		201.33	High Noon Thursday 1215pm		600.69
Bernal Big Book Sat 5pm		188.37	High Noon Tuesday 1215pm		1034.46
Big Book Basics F 8pm	90.50	431.37	High Noon Wednesday 1215pm	298.00	842.80
Big Book Study Su 11am	224.40	348.40	High Sobriety M 8pm		625.60
Birthday Party Sharing Our Sob. Sat 7pm		133.54	High Steppers W 7pm	35.98	617.44
Blue Book Special Su 11am		97.42	Hilldwellers M 8pm		480.32
Boys Night Out Tu 730pm		120.00	Home Group Sat 830pm		240.16
Buena Vista Breakfast Su 12pm		220.00	How It Works Sat 2pm		183.62
Castro Discussion (Show Of Shows) W 8pm		365.59	Huntington Square W 630pm		720.00
Castro Monday Big Book M 8pm	142.49	279.91	Ingleside Beginners Su 5pm		54.45
CLAADAAGH Sat 815pm		40.00	Join the Tribe Tu 7pm		244.42
CLAADAAGH Step Study Tu 8pm		60.25	Joys of Recovery Tu 8pm	1.46	109.46
Cocoonuts Su 9am	126.00	291.45	Keepin' It Real Th 6pm	60.00	60.00
Come N Get It F 630pm		54.00	Keep Coming Back Sa 11am		2004.08
Common Welfare Th 8pm		20.40	Keep It Simple Sat 830pm		503.77
Creative Alcoholics M 6pm		441.82	Let It Be Now F 6pm		100.00
Design for Living Sat 8am		126.00	Like A Prayer Su 4pm		227.28
Diamond Heights Tu 830pm		300.00	Live and Let Live Su 8pm	119.40	119.40
Drive Thru W 1215pm		224.84	Living Sober W 8pm		512.05
Each Day a New Beginning F 7am		1053.86	Living Sober with HIV W 6pm	111.77	333.42
Each Day a New Beginning M 7am		478.68	Luke's Group W 8pm		100.00
Each Day A New Beginning Su 8am		1144.74	Lush Lounge Sa 2pm		312.13
Each Day a New Beginning Th 7am		631.05	Marina Discussion F 830pm	285.97	615.38
Each Day a New Beginning Tu 7am		835.58	Meeting Place Noon F 12pm		66.98
Each Day a New Beginning W 7am		138.67	Meeting Place Noon W 12pm		91.15
Early Joyous & Free Th 7am		20.00	Men's Gentle Touch M 7pm		90.00
Early Start F 6pm		683.04	Mid-Morning Support Su 1030am		808.80
Easy Does It Tu 6pm		139.36	Midnight Meditation Sat 12am		259.54
Embarcadero Group 5D 1210pm	364.80	1187.60	Miracles Off 24th St W 730pm		510.56
Eureka Valley Topic M 6pm		219.57	Mission Terrace W 8pm		122.90
Experience, Strength & Hope W 715pm		44.20	Monday At A Time M 1pm		55.72
Federal Speaker Su 12pm	157.29	487.93	Monday Beginners M 8pm		495.60
Fell Street Step Su 8pm		151.76	Monday Monday M 1215pm		280.97
Firefighters & Friends Tu 10am		35.00	New Friday Big Book F 12pm		27.15
Fireside Chat Sa 9pm		299.01	New Highs W 130pm	94.80	94.80
Fireside Chat Th 8pm		80.97	New Hope Big Book M 630pm		485.76
Fireside Chat Tu 8pm		114.04	New Life W 7pm		212.40
Fireside F 830pm		94.00	Newcomers Tu 8pm		252.00
First Place		39.60	No Gurus Meditation Su 7pm	47.53	118.72
First Step Speaker/ Discussion Th 730pm	37.29	64.29	No Reservation M 12pm		138.90
Founders' Group Sa 5pm		84.40	One Liners Th 830pm		569.03
Four Forty Niners F 8pm		28.55	Park Presidio M 830pm		79.80
Friday All Groups F 830pm		938.00	Pax West M 12pm		760.92
Friday at Five F 5pm		100.00	Pinehurst Tu 730pm		128.00
Friday Knights Th 730am		112.93	Rebound W		55.00
Friday Lunchtime Step F 12pm		280.00	Red Road Healing Circle Th 6pm		121.48
Friday Smokeless F 830pm		246.87	Rigorous Honesty Th 1205pm		50.00
Friendly Circle Beginners Su 715pm	396.00	396.00	Rose Garden Big Book Th 1205pm	33.26	85.40
Gold Mine Group M 8pm		214.95	Rule 62 W 10pm		481.93

(Continued on p. 14)

(Continued from p. 13)

Name	Aug 2005	YTD	Name	Aug 2005	YTD
Saturday Afternoon Meditation Sat 5pm		169.20	Sunset 9'ers Su		262.78
Saturday Easy Does It Sa 12pm		674.57	Sunset 9'ers Th		303.19
Saturday Night Regroup Sat 730pm		458.93	Sunset 9'ers Tu	60.00	228.67
Seacliff Th 830pm		92.53	Sunset 9'ers W	34.59	209.70
Second Chance Th 215pm		127.00	Sunset Sobriety Th 730pm		411.00
Serenity House	200.00	900.00	Surf Tu 8pm		1113.86
Serenity Seekers M 730pm		686.37	Sutter Street Beginners Sat 6pm		411.49
Sesame Step Tu 730pm	190.54	245.25	Ten Years After Su 6pm		1207.68
Seventh Wonder Group Sa 1230pm	86.18	86.18	The 24 Hour Plan M 7am		25.00
SFPOA Th 7pm		426.85	The Parent Trap M 1230pm		119.85
Sisters Circle Su 6pm		196.31	The Pepper Group F 12pm		45.00
Sisters In Sobriety M 7pm (SF)		260.00	Thought For The Day F 730am		140.00
Sober & Centered F 7pm		175.03	Thursday Night Speaker Th 830pm		935.00
Sober Across the Board M 830am	15.95	86.40	Thursday Night Women's Th 630pm		346.57
Sobriety & Beyond W 7pm		345.00	Too Early Sat 8am		730.59
Sometimes Slowly Sa 11am	46.38	106.06	Transrecovery F 630pm	1.35	12.90
Step Talk Su 830am		588.71	Valencia Smokefree F 6pm		456.76
Steppin' Up Tu 630pm		251.61	Walk of Shame W 8pm	42.30	177.39
Stepping Out Sat 6pm		151.70	Washington Square M 7pm		286.80
Steps to Freedom M 730pm		116.36	Waterfront Sun 8pm		796.84
Stonestown M 8pm		101.17	We Care Tu 12pm		267.99
Sunday Bookworms Sun 730pm	120.00	244.33	Wednesday Noon Steps W 12pm		104.27
Sunday Morning Gay Men's Stag Su 1030am	174.69	1083.32	Wednesday Women's Big Book W 615pm	84.00	144.00
Sunday Night 3rd Step Group 5pm		171.60	West Portal W 830pm		109.80
Sunday Rap Sun 8pm		60.00	Wits End Step Study Tu 8pm		68.74
Sundown W 7pm		352.80	Women's 10 Years Plus Th 615pm		304.00
Sundown Steps Th 630pm		116.20	Women's Kitchen Table Group Tu 630pm		171.33
Sunrise Sunset Women's Step Th 545pm	60.00	60.00	Women's Promises F 7pm		411.58
Sunset 11'ers Su		244.93	Women Living Sober Sa 1030am		18.53
Sunset 11'ers Tu		99.21	Women Who Drank Too Much Tu 615pm	18.24	125.18
Sunset 11'ers W		52.65	Women Who Read		55.27
Sunset 9'ers M		36.87	Work In Progress Sat 7pm	98.40	121.74
Sunset 9'ers F		222.70	<b>Total SF Group Contributions</b>	<b>\$4,711.09</b>	<b>\$ 59,599.48</b>
Sunset 9'ers Sa	112.00	675.09	<b>TOTAL</b>	<b>\$9,737.57</b>	<b>\$ 88,931.31</b>

### Individual Contributions August 2005

**HONORS**

180.00  
43.00  
43.00  
28.00

**Total HONORS**

**\$ 294.00**

**INDIVIDUAL CONTRIBUTIONS**

44.00  
150.00  
90.00  
50.00  
28.00  
25.00  
150.00

**Central Office Contribution Box**

47.14

**Total INDIVIDUAL CONTRIBUTIONS**

**\$ 584.14**

**TOTAL**

**\$ 878.14**

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

**ONGOING MEMORIALS**

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

**ANNIVERSARIES** 🎵

Women's Promises: Linda H. 2 years  
Mid-Morning Support: Denise H. 20 years

## Stuff Happens in Sobriety *by Kathleen C.*

Sobriety doesn't mean the end of problems. It means the beginning of a new life. With tools. For dealing with the stuff that happens to ordinary people.

When I was thirty days sober my father was diagnosed with lung cancer. He died after a hard, sad year and a half. I made my Ninth Step amends to him and knew peace.

Soon after his death, at a little over two years sober, I was diagnosed with oral cancer. I had surgery and radiation. I called my sponsor for guidance about pain meds. I wrote about my resentment at being disfigured. Friends prayed for me and made me soup. I learned to receive with gratitude.

When I was seven years sober one of my daughters, age eleven, said, "Mom, my mouth feels funny and I can't taste anything." The whole side of her face became paralyzed. Bell's Palsy. The pediatrician told us we could only wait and see. I shared with my sponsor and at meetings how angry I was at God for doing this to my child. The paralysis slowly disappeared.


When I was ten years sober my boss retired and I lost my job. I dusted off my resume, prayed for guidance and looked for work. His successor hired me.

When I was eleven years sober I came home one evening to find that my husband had had a "minor" motorcycle accident. The next day, when he reluctantly agreed to go to the hospital, we discovered the broken collar bone, six broken ribs and collapsed hemorrhaging lung. He could have died. I turned him over to my Higher Power. I can't keep him safe.

When I was twelve years sober a series of accidents and medical misfortunes hit. My other daughter at age fifteen severely injured her knee and needed surgery. I sat by her hospital bed and prayed she would be able to run and ski and swim again. She recovered. Due to severe anemia, I had a hysterectomy. Then a spot on my upper lip was revealed to be an invasive skin cancer, which required extensive surgery on my face. I shared at meetings and other A.A.s told me afterwards how they had dealt with their own similar situations.

I am not going to drink over a crisis like one of these. I am going to drink over some minor mishap or even over something positive in my life, if I don't see to my spiritual condition.

This year, my nineteenth year sober, both daughters graduated from college. The closest I came to drinking was at a celebration lunch for them. I made a toast, on behalf of my husband and me, to both the graduates and to the friends and family who helped us raise them. Everybody held high their glasses of champagne, except me and my sober sister, the one who had Twelve-Stepped me so many years before. As she and I sipped sparkling water I felt different from everybody else and sad that I couldn't make a "real" toast to my daughters, when I was so proud of them.

But I had said my prayers that morning and been to a meeting the day before, and telephoned several of my sober alcoholic friends in between. Alone I can't stay sober. Working the Steps with my fellows, I can stay sober no matter what. 


## Each Day a New Beginning

*(Continued from page 11)*

In August 2003 we held our first annual picnic in Golden Gate Park.

Today the daily attendance runs between eighty and one hundred twenty. We have expanded from five service positions for the five weekly meetings to fifty. The meeting is comprised primarily of gay men and lesbian women, with ages ranging from twenties to seventies, multi-racial and multi-ethnic. Many members attend every day. Others attend one to four days each week. Most days we have five to ten newcomers in attendance. The group maintains a phone and temporary sponsors' list and has a newcomer packet of literature that it gives to newcomers.

There are many members with long-term sobriety including several members having more than twenty years of recovery. Many members show up as early as 6:30 a.m. for fellowship before the meeting. Some members go out for coffee, breakfast, and fellowship after the meeting.

Our purpose has remained the same from the beginning which is "...To give members an opportunity to start their day with a rededication to sobriety and to a spiritual way of life, not so much reliving the past but adopting the appropriate attitude for living this day successfully." 

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**Each month we'd like to feature the history of a different group. Let us know if you want to write about yours. Email [thepoint@aasf.org](mailto:thepoint@aasf.org) for more information or to submit the history of yours.**

# IFB Meeting Summary

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

**Regular Monthly Meeting  
Intercounty Fellowship Board  
1187 Franklin St., San Francisco, CA  
Wednesday, October 5, 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	
Alecs C.	Second Chance	R	Gerard W.	Any Lengths	P	Monika H.	SFPOA	A*
Alejandro D.	Fireside Chat	P	Gregory F.	Midnight Meditation	P	Nicholas L.	Some Are Sicker Than...	P
Amber W.	Sisters Circle	P	Greg S.	Beginner's Warmup	A*	Nicholas S.	Sutter St. Beginners	A*
Amy	Artists & Writers	A**	Jason K.	Cocoanuts	P	Omar C.	Tuesday Chip	P
Andy T.	Waterfront	A*	Jim T.	First Place	P	Pascal G.	Monday Night Stag	A*
Anthony J.	Founders Group	P	Joe G.	Beginners	P	Patty M.	Huntington Square	P
Brian H.	Living Sober with HIV	A*	Judi C.	Tuesday's Daily Reflections	P	Penelope P.	Amazing Grace	P
Bruce K.	Sunset Speaker Step	P	Julia W.	Sesame Step	P	Randy F.	We Care	A*
Carol E.	High Noon Wednesday	P	Justin S.	Alumni	A*	Rebekah D.	Fell Street Step	P
Chris H.	Friendly Circle	A*	Karin K.	24 Hour Plan	P	Rudi D.	Serenity Seekers	P
Chris T.	Keep Coming Back	A**	Lauren H.	Ten Years After	P	Ryan W.	Tiburon BB	A*
Curtis S.	Sunday Gay Men's Stag	A**	Lillian R.	Women's Promises	P	Sam C.	Boys Night Out	P
Dan H.	Each Day a New Beginning	R	Luis M.	High Noon Tuesday	P	Scott N.	Sunset 11'ers Sat.	P
Danna P.	Treasurer	P	Lynnore G.	Walk Of Shame	P	Stephanie R.	Live & Let Live	P
Daniel B.	Too Early	A*	Mark O.	Come 'n' Get It!	R	Stephen R.	Valencia Smokefree	P
David B.	Federal Speaker	P	Marvin R.	Bernal Big Book	P	Steve N.	Terra Linda Group	A*
David H.	Tuesday Downtown	A**	Matt T.	Fairfax Friday Night	P	Steve S.	Homegroup	P
David L.	Work in Progress	P	Matthew Y.	Marina Discussion	R	Terry B.	High Noon Thursday	P
David P.	Goodlands	P	Maury P.	Central Office Manager	P	Tim K.	High Noon Saturday	P
Don B.	Friday Fell Street	A**	Meredith R.	High Noon Friday	R	Tim M.	Join the Tribe	P
Doug D.	As Bill Sees It Sat 11am	P	Michael L.	Attitude Adjustment Hour	P	Tom R.	Mill Valley 7AM	A*
Edward F.	Happy Hour	P	Michael S.	Sunset 9'ers Sat.	P	Thomas K.	Mission Terrace	P
Francesca K.	West Portal	P	Mitzi H.	New Hope Big Book	A*	Victor V.	Stepping Up	A*
Gaspar L.	Keep It Simple	A*						

**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 By-laws.**

New IFB Reps Present		IFB Liaisons Present			
Dan Z.	Each Day a New Beginning	Adam E.	San Mateo General Service	Matt T.	Marin Teleservice
Sheila R.	Sundown	Lily S.	H&I	Trevor F.	Marin General Service
Larry B.	Castro Discussion				

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

#### IFB Reports

**Chair's Report:** Steve R. gave the report. The IFB is involved with two special events in October. Our IFB Committees need support. The COC is looking for a higher-yield savings or money market account for our prudent reserve.

**Treasurer's Report:** Danna P. gave the report. The net loss for January through August was (\$1,074) which is \$15,329 less than the budgeted

net loss of (\$16,403). The net income in August of \$670 exceeded the budgeted net loss of (\$1,340) by \$2,010. Unrestricted cash as of August 31, 2005 totaled \$29,169 and is only sufficient to pay the budgeted expenses for September totaling \$22,819. Unrestricted cash increased by \$4,247 primarily due to a reduction in Prepaid Expenses and Inventory.

**Central Office Manager's Report:** Maury P. gave the report. Maury attended the 20<sup>th</sup> Annual Central Office/Intergroup/AAWS Seminar in Charlotte, NC. She attended several workshops and spent time working with other managers on a survey tool for Intergroups. The important message from the conference is to 'educate and communicate.' The 12x12 will be available on CD early next year. The pamphlet covers are going to be redesigned. Central Office will be



## **IFB Summary** (Continued from page 16)

able to place book orders on-line in the near future. Hurricane Katrina aid is on hold. November is Gratitude Month.

Central Office Committee Report: Lynnore G. gave the report. Danna will present the 2006 budget at the October COC meeting. The COC will work on a supplement with suggestions for treasurers about monthly contributions. Discussed and support SF Unity Day. Decided to have sign up sheets for each committee at the IFB meetings. Central Office is on hold for Hurricane Katrina aid. Created a Fellowship Committee for the COC.

### 2. October Special Events – Funding and Staffing

A. Special Events Committee report: Fran K. gave the report. On October 15<sup>th</sup> the SEC is hosting an “OktoberFest” Picnic from 12-5pm at Speedway Meadows. Please attend the last planning meeting on October 11<sup>th</sup> at 6:30pm at Central Office. On October 29<sup>th</sup> the SEC is co-hosting San Francisco Unity Day with SF General Service, from 10am-5pm at the Urban Life Center. Volunteers are needed for both events.

B. Oktoberfest seed money: Ideally 200 people are expected. \$700 in seed money is requested.

Motion: Approve \$700 seed money for Oktoberfest. Motion seconded.

Favor – 37, Oppose – 2, Abstain – 2, Motion passes.

C. SF Unity Day: \$500 in production money is requested.

Motion: Approve \$500 for production of SF Unity Day. Motion seconded.

Favor – 34, Oppose – 1, Abstain – 2, Motion passes.

3. Committee Staffing: SF Unity Day needs 60 volunteers. Time was taken for IFB members to sign up on sheets posted on the wall.

7<sup>th</sup> Tradition and reading of the 12 Traditions: \$101.23 collected

### 4. IFB Committee Reports

Outreach Committee: No report. The committee meets the 3rd Thursday of the month at 6:30pm at Central Office.

Literature Review Committee: No report. The committee meets the 3rd Wednesday of the month at 6:30pm at Central Office.

The Point Editorial Committee: Maury P. gave the report. Meeting time moved to 5:30 pm. The Chair position is still open.

Contributions are needed; for more information or to submit an article, email [thepoint@aasf.org](mailto:thepoint@aasf.org). The committee meets the 2nd and 4th Tuesday of the month at 5:30pm at Central Office.

Orientation Committee: No report. Orientation of new IFB members takes place at 6:00pm, one hour prior to the monthly IFB meeting.

Website Committee: Jason K. gave the report. Chuck S. joined the committee. Discussed making meeting schedules more accessible and flexible. Discussed on-line 12 Step Service. Considering making the SF meeting schedule downloadable. Discussed 12 Step email assistance. The domain registration has been renewed. The committee meets the 2nd Thursday of the month at 6:00pm at Central Office.

12th Step Committee: Rudi DiP. gave the report. There was a workshop on September 14<sup>th</sup> at Central Office with 12 attendees and 5 shift sign-ups. The committee has four regular members but could use some more support. The committee meets the 2nd Wednesday of the month at 6:30pm at Central Office.

Special Events Committee: Fran gave the report. See above. The committee meets the 4th Tuesday of the month at 7:30pm at Central Office.

Special Needs Committee: Pene P. gave the report. The committee is still looking for an appropriate host meeting for ASL interpretation. Contact her if yours might be the right group. The committee meets the 4th Tuesday of the month at 6:30pm at Central Office.

Archives Committee: No report. The committee meets the 1st Monday of the month at 6:00pm at Central Office.

Nominating Committee: No report. The committee meets as necessary.

### 5. IFB Standing Committee Reports

SF Teleservice: Judy C. gave the report. The September Orientation meeting was attended by five volunteers. Four shifts were filled. A Friday Coordinator is needed. The committee meets on the 3rd Monday of the month at 6:30pm at Central Office.

SF PI/CPC: Judy C. gave the report. Speakers are needed. There is a workshop on October 29<sup>th</sup> at SF Unity Day at 11am. The committee meets the 2nd Monday of the month at 7:00pm. at Central Office.

### 6. Non-IFB Liaison Reports

General Service, SF: No report. The committee meets the 2nd Tuesday of the month at 1187 Franklin Street. Orientation is at 7:00pm and the business meeting is at 8:00pm

General Service, Marin: Trevor gave the report. The last meeting was enlightening due to the deciphering of the General Service Conference Report. The committee meets the 3rd Monday of the month at 9 Ross Valley Road, San Rafael. GSR sharing is at 7:00pm and the District Meeting is at 8:00pm

Teleservice, Marin: Matt T. gave the report. They had a booth at Unity Day. Lots of shifts were filled. The committee meets the 4th Tuesday of the month at 7:30pm at 1360 Lincoln, San Rafael.

PI/CPC, Marin: No report. The committee meets the 4th Thursday of the month at 7:15pm at 1360 Lincoln, San Rafael.

Bridging the Gap: No report. The SF committee meets the 2nd Tuesday of the month at 6:30pm 1187 Franklin/Geary, San Francisco. The Marin committee meets the 2nd Wednesday of the month at 6:45pm at 1411 Lincoln, San Rafael.

H & I: Lily S. gave the report. The meetings at St. Luke’s have been closed. Women are needed to go into jails. There are 70 meetings a week. Coordinators are needed. The SF Committee meets the last Thursday of the month at 1751 Sacramento St., SF. Orientation is at 7:15pm and the committee Business Meeting is at 8:00pm. The Marin committee meets the 2nd Tuesday 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 7:15pm.

Spirit of San Francisco: No report. The committee meets the 1st Monday of the month at 7:30pm at Central Office.

The next IFB meeting will be held Wednesday, November 2, 2005 at Star of the Sea Church, 180 Harrison St., Sausalito at 7:00pm

Respectfully submitted,


Lauren H.,  
IFB Secretary

## Tradition Eleven

(Continued from page 9)

General Service. Once a year the Committee sends letters to all the media in the local area asking that they honor the tradition and respect anonymity of members of the program.

“Twelve Steps and Twelve Traditions” discusses these issues. It points out one great benefit of Eleventh Tradition restraint: “It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through the arts and abilities of A.A.’s best press agents.” (p. 181) Do not blow your own horn. Let your friends do the talking.

At the same time, it is possible to take this tradition too far. Dr. Bob, according to “Dr. Bob and the Good Oldtimers” (p. 264), “said there were two ways to break the anonymity tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can’t be reached by other drunks.” As usual in A.A., the answer lies between the extremes. 

## San Francisco has a New Alano Club!

The new San Francisco Alano Club plans to open its doors on November 5<sup>th</sup>, at 1748 Market Street (between Gough and Octavia). The Alano Club will have room for small (10-15), medium (15-30), and large (50-100) meetings.

For further information e-mail [info@alanosf.org](mailto:info@alanosf.org).

## Slogan of the Month

### *Attitude of Gratitude*

by Mark M.

My sobriety date is November 1st, the first day of Gratitude Month. I rolled into the rooms of San Francisco A.A. a bleary-eyed, confused, obsessive newcomer. I did not grasp during my first thirty days of sobriety what gratitude month really meant—but I did throw a dollar into the basket when it went around a second time.


Gratitude Month is much more than a time to just cough up another \$30 for our “monthly A.A. pledge”—it’s also a chance to reflect more on a program that has give us so much—our lives back.

My first sponsor had me write out a gratitude list as part of my suggested assignments between reading “The Doctor’s Opinion” and “Bill’s Story”—while I was in the middle of working Step One. Every morning that week, it was suggested I add writing a gratitude list to my morning ritual of Big Book readings, prayers, and sitting quietly. I did not see the value of this. How was making a list of items for which I was thankful going to help me not drink? I wanted to move on to Step Two, not spend a week doing this.

However, I complied—and was amazed at how I felt each morning after writing my list. A momentary sense of calm and peace would wash over me, and I truly felt happy and thankful for having such a full life. Flash-forward many months and eleven steps later, and I have realized that we get sober to enjoy life and all it has to offer. While drinking, we withdrew from life one drink at a time—whether drinking red wine alone at home every night, or binging on vodka four nights a week at the local bars. Through adopting an “attitude of gratitude,” this alcoholic can stay in touch with the very gifts of life for which I got sober.

In the spirit of gratitude month, here is my impromptu gratitude list for November 2005:

Brazilian men; Ben & Jerry’s ice cream; peanut butter; electronic music; pepperoni pizza; Apple computers; travel; meditation; intuition; my convertible; New York City; London; my family; my cat; turntables; sobriety; eucalyptus groves; Black Sands Beach; driving across the Golden Gate Bridge; standing on the top floors of tall buildings; roller coasters; horror movies; tabloids; drag queens; bottled water; Iceland & trying to pronounce Reykjavik; maps; National Geographic Magazine; hiking; the views from Mt. Tam; Las Vegas; Scissor Sisters; iTunes Music Store; subway systems; architecture; sleeping in; Missy Elliott; ghattotech & booty house; my best friend Mouse; Los Angeles; traveling to India for work; Singapore; Midwest thunderstorms; God; Gothic churches; Minimalism; Prada; energy work; Spirit Rock; The hills of San Francisco; *It* by Stephen King.

Finally, if you’re reading this, I encourage you to stop for five minutes and make a spot-check gratitude list. It just might change your day. 

# Financial Statement

August 2005 - Intercounty Fellowship of AA

	<u>8/1-30/05</u>	<u>1/1 - 8/30/05</u>
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
<b>Contributions from Groups</b>		
Group Contributions	9,536.37	90,257.12
Honors	<u>0.00</u>	<u>74.99</u>
<b>Total Contributions from Groups</b>	9,536.37	90,332.11
<b>Contributions from Individuals</b>		
Individual - Unrestricted	584.14	3,050.48
Faithful Fiver	328.00	1,594.00
Honorary Contributions	<u>294.00</u>	<u>2,441.50</u>
<b>Total Contributions from Individuals</b>	1,206.14	7,085.98
<b>Gratitude Month</b>		
Gratitude Month - Groups	<u>0.00</u>	<u>3,451.68</u>
<b>Total Gratitude Month</b>	0.00	3,451.68
<b>Sales - Bookstore</b>	9,778.54	67,689.61
<b>Special Event Income</b>	0.00	1,329.37
<b>Newsletter Subscript.</b>	<u>33.18</u>	<u>410.12</u>
<b>Total Income</b>	20,554.23	170,298.87
<b>Cost of Goods Sold</b>		
Cost of Books Sold	<u>6,095.45</u>	<u>42,786.33</u>
<b>Total COGS</b>	<u>6,095.45</u>	<u>42,786.33</u>
<b>Gross Profit</b>	14,458.78	127,512.54
<b>Expense</b>		
<b>Employee Expenses</b>		
Wages & Salaries	3,237.00	52,854.09
Employer Tax Expenses	304.77	5,686.71
Health Benefits	598.00	6,126.00
Retirement/Annuity Expense	0.00	7,200.00
Workers Comp Ins.	<u>0.00</u>	<u>836.47</u>
<b>Total Employee Expenses</b>	4,139.77	72,703.27
<b>Professional Fees</b>		
Computer Consulting	<u>406.25</u>	<u>562.50</u>
<b>Total Professional Fees</b>	406.25	562.50
<b>Bank Charges</b>		
Credit Card Processing Fees	127.58	883.03
Bank Charges - Other	<u>0.00</u>	<u>108.90</u>
<b>Total Bank Charges</b>	127.58	991.93
<b>Postage</b>		
Bulk Mail	0.00	600.00
Postage - Other	<u>0.00</u>	<u>504.35</u>
<b>Total Postage</b>	0.00	1,104.35
<b>ASL Expense</b>		
ASL Other	<u>0.00</u>	<u>390.00</u>
<b>Total ASL Expense</b>	0.00	390.00
<b>IFB Literature</b>	8.76	52.56
<b>PI/CPC</b>	0.00	29.01
<b>Filing/Fees</b>	0.00	47.00
<b>Insurance</b>	0.00	2,383.68
<b>Internet Expense</b>	0.00	119.70
<b>Office Supplies</b>	182.19	2,332.93
<b>Shipping</b>	27.60	37.10

	<u>8/1 - 30/05</u>	<u>1/1 - 8/30/05</u>
<b>Rent - Office</b>	3,687.30	29,670.00
<b>Rent - Other</b>	75.00	525.00
<b>Equipment Lease</b>	1,139.24	4,048.82
<b>Repair &amp; Maintenance</b>	250.12	1,568.24
<b>Security System</b>	33.50	333.00
<b>Special Events</b>	0.00	610.00
<b>Telephone</b>	386.29	3,429.82
<b>Utilities</b>	0.00	1,508.57
<b>Bad Checks</b>	0.00	0.00
<b>Miscellaneous Expense</b>	<u>0.00</u>	<u>-461.33</u>
<b>Total Expense</b>	<u>10,463.60</u>	<u>121,986.15</u>
<b>Net Ordinary Income</b>	3,995.18	5,526.39
<b>Other Income/Expense</b>		
<b>Other Income</b>		
Other Income	0.12	0.12
Interest Income	<u>65.29</u>	<u>551.66</u>
<b>Total Other Income</b>	65.41	551.78
<b>Other Expense</b>		
Depreciation Expense	0.00	2,894.91
Amortization of Leasehold Impr.	<u>0.00</u>	<u>864.88</u>
<b>Total Other Expense</b>	<u>0.00</u>	<u>3,759.79</u>
<b>Net Other Income</b>	<u>65.41</u>	<u>-3,208.01</u>
<b>Net Income</b>	<u>\$ 4,060.59</u>	<u>\$ 2,318.38</u>

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