

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

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

The Point

February 2006

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.

Dating

by Jennifer C.

Dating — to me the *scariest* word in the English language. I was resigned to it being something I just couldn't do, like drinking or having a resentment. It was the dubious luxury of others.

As a shy pre-teen, I was unable to form any relationships. By full fledged teen-hood I was also a full fledged alcoholic, having found that alcohol made social situations easier. Thus began what some in the program call the retardation of my emotional maturity. I was only able to fall drunkenly into relationships where *love* was determined by how easily my boyfriend could score drugs or alcohol.

In my twenties, I limped through relationships, being a drunken mess; trying to pull myself together; doing anything I thought would make my partner happy—to the point of losing myself completely (as if I knew who I was or what I wanted). I never learned how to have a *healthy* relationship.

After getting sober, I ignored the suggestion not to date during my first year, and set out to make the same mistakes I had made during my drinking career—not being myself to please others; controlling and manipulating to get a person to stay with me, be with me, *love* me; picking people for their outsides and not bothering to learn what was inside; falling *madly in love* with people I didn't even know!

After a year of pain I finally gave up and decided that maybe I was just too broken to be in a relationship. Not dating for the next few years, I took my step work seriously, got commitments and began to have home groups. I found peace for a time with being single. Eventually a miracle happened, my life felt better, I started to make friends and the loneliness abated. Even relationships with family improved and flourished.

There was still something missing. I had learned how to be a better worker, co-worker, sister, daughter, sponsee, sponsor and most of all, FRIEND. Could I possibly have enough sobriety to attempt to walk through the one thing I feared most, had really no experience with and no idea how to go about? 'Dating?!' Lonely for affection, wanting a companion and possibly a family, after four years of sobriety I decided it was time to try again.

I went out with friends from the program, for dinners and movies, keeping it

(Continued on page 6)

February 2006....

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|---|---|
| Please note that Central Office will be closed on Monday, February 20 for the President's Day Holiday. | | | 1 FIRST WED Intercounty Fellowship Board Orientation 6 pm Meeting 7 pm 180 Harrison Ave. Star of the Sea Church Sausalito | 2 | 3 | 4 |
| 5 | 6 FIRST MON Archives Committee, Central Office, TBA Spirit of SF Committee, Central Office, TBA | 7 | 8 SECOND WED 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael 6:45 pm | 9 SECOND THU Website Committee Central Office, 6 pm | 10 | 11 |
| 12 | 13 SECOND MON SF Public Information Committee Central Office, 7 pm | 14 SECOND TUE 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 | 15 THIRD WED Literature Review Committee Central Office, 6:30 pm | 16 | 17 | 18 |
| 19 | 20 Holiday - Office Closed THIRD MON SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael GSR Sharing: 7 pm District Meeting: 8 pm | 21 THIRD TUE San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm | 22 | 23 FOURTH THU Marin PI Committee 1360 Lincoln Ave, San Rafael – Alano Club 7:00 pm LAST THU SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8:00 pm | 24 | 25 FOURTH SAT General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10 am Business Meeting: 12:30 pm |
| 26 FOURTH SUN Living Sober Convention Committee 1668 Bush, SF 5:30 pm | 27 | 28 FOURTH TUE 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 | | | Note: If a Committee Meeting falls on a day Central Office is closed, please call Central Office to see if the meeting may have been rescheduled. | |

From the Editor...

Welcome to the February issue of *The Point*. This month, we look at our relationships in sobriety. The cover story is about sober dating – what a concept! Many alcoholics face their biggest challenges when they embark on the search for a life partner without the social lubricant of alcohol. In Paros, Greece, a sober woman and her husband return to the scene of many a debauch and find the program awaiting them with open arms. In “First and Foremost,” a new mother ponders the challenges of taking on a truly lifelong relationship – having a child.

The continuing feature on the first 164 pages of Alcoholics Anonymous presents Bill’s Story; March will offer More About Alcoholism. As always, we also have a cartoon, the A.A. acronym of the month, and Dear Alky.

Our service bulletin this month is about the Twelfth Step Committee—when the hand of the alcoholic reaches out for help by calling Central Office and Teleservice, the members of this committee are the sober drunks who respond. If you are interested in this rewarding service opportunity, call Central Office or attend the next committee meeting on February 8th at 6:30 pm. Experienced A.A. members will share their experience, strength and hope about fulfilling the A.A. promise that we are responsible when anyone, anywhere reaches out for help.

The Point Committee invites letters and also contributions in the form of articles. We are especially interested in short pieces, 300-400 words, about long-running meetings in San Francisco and Marin, and longer pieces, up to about 600-700 words, on how you work your program at work and practice these principles in all your affairs. Please send your submission by e-mail as an MS Word attachment to thepoint@aasf.org.

We hope you enjoy this issue of *The Point*, as much as the members of The Point Committee enjoyed putting it together for you.

In Fellowship,
The Editor

Joke of the Month



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

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

The Point Editorial Committee:

Kathleen C., Lynne H.,
Maury P., Mike L., Morgan L.
and Dave F.

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



February 2006 Inside This Issue

| | |
|---|-------|
| Dating | 1 |
| February 2006 Calendar | 2 |
| From the Editor | 3 |
| Joke of the Month | 3 |
| Meeting Changes | 4 |
| Trusted Servant Registrations | 4 |
| Group Speakers | 5 |
| Flyers | 5 |
| AA on the Road: Paros, Greece | 6 |
| Dear Alky | 7 |
| Committee Contacts | 8 |
| Service Bulletin: The Twelfth Step Committee | 8 |
| Big Book Study Series: Chapter One—Bill's Story | 9 |
| Faithful Fivers | 10 |
| Beyond and Back | 10 |
| Literature Review: Q&A on Sponsorship | 11 |
| Group Contributions | 12—14 |
| First and Foremost | 15 |
| Individual Contributions | 15 |
| Gratitude Month Contributions | 15 |
| IFB Meeting Summary | 16—17 |
| New Online Schedule launched! | 17 |
| A.A. Acronyms: H.O.W. | 18 |
| Editorial Policy | 18 |
| Memorials & Anniversaries | 18 |
| Financial Statement | 19 |
| Subscription Form | 19 |



MEETING CHANGES

New Meetings:

| | | | |
|-----|----------|----------------|--|
| Sun | 8:30 pm | Castro | CAME TO BELIEVE, Alano Club, 1748 Market St. (Bg, Bk, Di) |
| Mon | 7:00 am | Castro | BIG BOOK GROUP, Alano Club, 1748 Market St. (BB, Bg, Di) |
| Mon | 5:30 pm | Castro | QUEERS, CRACKPOTS & FALLEN WOMEN, Alano Club, 1748 Market St. (ST) |
| Tue | 7:00 am | Castro | FULL MOON, Alano Club, 1748 Market St. (Bg, Bk, Di) |
| Tue | 12:15 pm | SOMA | COURTSIDE, 510 7th St./ Bryant (SD, wh) |
| Tue | 7:00 pm | Castro | SAFE HAVEN, Alano Club, 1748 Market St. (Wo) |
| Tue | 8:00 pm | Castro | LIGHTEN UP, Alano Club, 1748 Market St. (SD) |
| Wed | 7:00 am | Castro | PURPLE PASSION, Alano Club, 1748 Market St. (Bg, Bk, Di) |
| Thu | 7:00 am | Castro | THE JUGGERNAUTS, Alano Club, 1748 Market St. (Cl, Di, SS) |
| Fri | 7:00 am | Castro | LIVING SOBER, Alano Club, 1748 Market St. (Bg, Bk, Di) |
| Fri | 7:00 pm | Cathedral Hill | JUST ALKIES, 1101 O'Farrell/ Franklin; Fireside Room (Cl, Di) |
| Sat | 8:00 am | Castro | DAILY REFLECTIONS, Alano Club, 1748 Market St. (Bg, Bk, Di) |
| Sat | 10:00 am | Castro | ROMPER ROOM, Alano Club, 1748 Market St. (Bg, CC, SD) |

Meeting Changes:

| | | | |
|-----|---------|-----------|---|
| Mon | 8:30 pm | Castro | CASTRO MONDAY BIG BOOK, 150 Eureka/ Rm. 104 (was 100 Diamond at 8pm) |
| Tue | 8:00 pm | Excelsior | STREETWISE STEP STUDY, 981 Geneva Ave. (was CLADAAGH Step Study at 951 Geneva) |
| Wed | 8:00 pm | Castro | FRIENDSHIP GROUP, Alano Club, 1748 Market St. (was 601 Dolores/ 19th St.) |
| Sat | 8:15 pm | Excelsior | EXCELSIOR SATURDAY NIGHT FREE FOR ALL, 32 Ocean Ave. (was Free For All at 951 Geneva) |

No Longer Meeting:

| | | | |
|-----|----------|-----------|---|
| Sun | 3:30 pm | Castro | MEDICATIONS IN RECOVERY, 150 Eureka St./ 18th St. |
| Thu | 12:10 pm | Financial | HIGHER POWER LUNCH GROUP, 756 Mission/ 4th St. |

Recently Registered Trusted Servants December 2005

Below are the meetings and groups whose Trusted Servants registered with Central Office during December 2005. A total of twelve San Francisco Trusted Servants and six Marin Trusted Servants registered with Central Office during that time. Thank you for registering!

San Francisco

Big Book Group Mon. 7am; Come 'n' Get It! Fri. 6:30pm; Four Forty Niners Fri. 8pm; Gay Beginners Questions & Answers Fri. 7pm; Joys of Recovery Tue. 8pm; K.I.S.S. Mon. 6pm; Lighten Up Tue. 8pm; Living Sober Fri. 7am; The Juggernauts Thu. 7am; Newcomers Group Tue. 7pm; Only a Little Sun. 2pm; Surf Tue. 8pm

Marin

The Barnyard Group Sat. 4pm; Closed Women's Step Study Tue. 3:30pm; Mill Valley 7AM Tues. 7am; Monday Night Stag Mon. 8pm; Six O'clock Sunset Thu. 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.

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!

Coming Up!

BRISBANE BREAKFAST BUNCH

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

| DATE | SPEAKER | FROM |
|------|-----------|-----------|
| 2/5 | Jill L. | Daly City |
| 2/12 | Leslie D. | Daly City |
| 2/19 | Bob F. | Daly City |
| 2/26 | Tony Q. | Daly City |

TUESDAY DOWNTOWN

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

| DATE | SPEAKER | DOS | FROM |
|-------|----------|----------|-------------------|
| 02/07 | Steve B. | 10/20/02 | Rebound Group |
| 02/14 | Gail W. | 09/11/71 | SF Fellowship |
| 02/21 | Mike T. | 05/27/99 | Monday Men's Mtg. |
| 02/28 | Ed K. | 09/18/79 | Any Lengths Group |

FRIDAY ALL GROUPS

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

| DATE | HOST GROUP | SPEAKER | FROM | DATE | HOST GROUP | SPEAKER | FROM |
|-------|---------------|------------|---------------|-------|---------------|---------|----------------|
| 02/03 | New Life | Deborah C. | SF Fellowship | 02/10 | Serenity Step | Art H. | Join the Tribe |
| 02/17 | A Step Beyond | Herman B | SF Fellowship | 02/24 | We Care | Jim W. | We Care |

Have you ever wondered exactly what it takes to be *Group Secretary*?
Then come to the:

TRUSTED SERVANTS WORKSHOP

Where: AA Central Office
1821 Sacramento St.

When: Saturday, March 11th
from 11:30 AM to 1 PM

It's free! And pizza will be provided!

Have fun while learning about this trusted servant
position important to every group!

For details call Patty M. at 415-923-9883 or Monika H. at 415-618-0426



AA on the Road: Paros, Greece

by Linda H.

Rarely have we seen a person fail who has thoroughly followed our path.....

It was at that point that my voice broke and I could not continue reading.

It was the beginning of the meeting of the Paros, Greece Fellowship of Alcoholics Anonymous. I had been asked to read *How it Works* and was so overwhelmed with relief and gratitude to be in a meeting of "Alpha Alpha", that for the first time in an A.A. meeting, I actually cried.

I have a sordid history in Greece. My husband and I went to Antiparos, a neighbor island of Paros, for our honeymoon 12 years ago and we have continued to visit. It had been 3 years since I had been back to Greece and almost two years to the day since my last drink.

Prior to our trip, I did a search on a Paros online newsletter and happened upon an ad: "FACED WITH A DRINKING PROBLEM? Perhaps Alcoholics Anonymous can help. Weekly Meetings. Call XXXX." Phone number in hand, I was excited about experiencing A.A. in my favorite home away from home, Greece! I was determined

to make it to a meeting.

Since we've been traveling to Greece for so many years, we have made many friends, who, while on "holiday," really like to have a good time. Upon our arrival in Antiparos, we were greeted with hugs, kisses on each cheek and the traditional shot of Ouzo, which, this time, we promptly dumped in the nearest planter. I am extremely lucky to be married to a wonderful non-alcoholic man who quit drinking to help me stay sober.

I nervously called the A.A. phone number from the shop of a friend of ours and hesitantly responded to the "hello" on the end of the line with "Er, I'm calling about a meeting". I was relieved when the woman, whom I would soon know as Ulrike, said she was thrilled that I had called and asked if I would like to join them for a meeting on the following Tuesday. After working out the logistics we bid farewell and I immediately felt even more at home.

The day of the meeting, my husband and I set out on a

(Continued on page 11)

Dating (Continued from page 1)

simple. Then I began to think that maybe I couldn't 'fall in love' sober. Without alcohol, would there ever be fireworks again? Absolutely! Eyes met on the A.A. campus. I was asked out by a charming, cute fella from one of my regular meetings. In a few short dates I had thrown my Higher Power and that bag of A.A. tools right out the window, replacing them with a fallible human being who eventually decided I wasn't 'Miss Right'.

Here was my biggest fear come true. I was so hurt by the rejection, I took it so personally! I almost drank after two dates with one man. How does that happen? In the back of my mind I knew something was wrong, but in the midst of insanity we cannot always remember what it is that causes us to 'go crazy'.

But whatever we do, no matter how we feel, we don't drink. This was why I had worked the steps; this was why I had spent years going to meetings almost every other day. This was why I had made SOBER friends, built up a fellowship, had a sponsor I knew and trusted. All that work, all that time to remember one important thing: 'Don't Drink'.

I didn't. I was able to hold on and do the next right thing and let time pass. I asked for help, let myself be vulnerable and look 'pathetic'. I talked to A.A. friends

who reminded me that pain is growth. I eventually got out those A.A. tools and worked the steps around it with a sponsor and saw what my part was. When I did this I saw I was doing exactly what I had done when I was drinking. I had wanted what looked good on the outside, what I thought was good for me, not what GOD thought was good for me. I was trying to will a situation into being. I was doing THE EXACT SAME THING EXPECTING DIFFERENT RESULTS.

The fact that I had come so close to throwing my sobriety away over a couple of dates terrified me at first. I look back on it as a 'God' temper tantrum! 'Higher Power, MY will not YOURS be done!' But if I ever need validation that I am an alcoholic I can look back at that time and be assured! I am now grateful for what happened, grateful for everything my Higher Power throws at me, painful or not, because I am doing just what my Higher Power has planned for me.

I am still out there dating. I treat every date as a lesson, just as every step is a lesson, every friend is a lesson, and every sponsee is a lesson. Every person I date is a chance to grow and a chance to be out there in the world. I could hide in A.A. just as easily as I hid in my apartment with my bottle. But that, I don't think, is the idea of the program. The idea is to give us the tools to be able to handle the 'real world.' Sometimes quickly, sometimes slowly... a little at time... One day—and date—at a time. ↑

Dear Alky

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

Dear Alky,

I've been dating a girl in the program that had 10 years of sobriety - until she slipped. She's once again coming to meetings, and I know she'll be okay. But I'm concerned about my own sobriety and don't want to get into "saving her". What is your advice?

Signed,

Hopelessly in Love

Dear Hopelessly:

First off, Alky tries never to give advice, but rather to offer experience – and the occasional suggestion – in the spirit of Step Twelve. That said, your situation is not an unfamiliar one in A.A., and of course involves complications of the human heart. Nonetheless, it sounds like you may have answered your own question. The surest way to avoid “saving” your partner and to respond to your concern about your own sobriety is to focus on your own program – and leaving hers to her. No human power relieves us of alcoholism; that’s up to God, who can and will do just that, if earnestly sought. This may be a good time to strengthen your own relationship with God in whatever way best suits you, so that you can be of maximum service to your partner – and to other alcoholics. Good luck to you both.



Dear Alky,

Why does A.A. frown on dating in the rooms? I met the guy I am still with when I was three months sober. At the time we started dating, he had been sober for almost four years. We dated casually for a couple months. After I did my Fourth Step, we got serious, and have stayed that way since. I have been sober more than a year. I meet my sponsor regularly, have commitments and a home group, and go to at least four meetings a week. I feel I've grown up a lot in A.A. My partner and I both use the tools of the program in our relationship. How is this detrimental to either of us or to our programs?

Signed,

Happily Hitched



No human power relieves us of alcoholism; that's up to God.

Dear Happily:

Alcoholics Anonymous doesn't frown on dating in the rooms; indeed, it has no opinion one way or the other. Perhaps you're referring to the oft-repeated suggestion not to date in the first year of sobriety. This notion actually is found neither in the Big Book nor the 12X12. Still, it likely grew out of tested A.A. experience. Some newly sober alkies are tempted to replace alcoholic mania with the drama of dating. Yet if they do, they may find it difficult to engage in the deep self-examination required by the Twelve Steps. Others have found that relationships between newcomers and old-timers can feel power-imbalanced and potentially sobriety-threatening. But your experience is one of many that show why A.A. actually has no rules about dating – or anything else. Alky knows of two relationships that began in early sobriety and have gone the distance – one of them for decades. It's really up to God what happens;

we sober alkies can do our part by deepening our relationship with Him and following the sound guidance we receive from trusted A.A. friends.



Dear Readers,

A few columns back, Alky received a letter from a newly sober A.A. asking about cold remedies, and suggested the writer continue to work on his or her A.A. program. A reader subsequently wrote to specifically address the issue of such remedies. Her letter is excerpted below.

Dear Alky,

The simple answer of how to use cold medications is to read labels. I used to drink terpin-hydrate cough syrup before I got sober, whether I was sick or not. That stuff is something like 80% alcohol. When I first got a bad cold in sobriety, I discovered that there are alcohol-free cold treatments. Going to meetings, working the steps, helping other alkies (while giving them your cold?) and leaving the rest up to God are nice AA sentiments; however, modern medicine has made it possible for us to reduce the discomfort and duration of colds and the flu with alcohol-free preparations.

Signed, Georgia L.

If you have a question for Alky, please write to us at thepoint@aasf.org. We welcome our reader's 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

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Rudi D. rudra17@comcast.net

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LITERATURE COMMITTEE

Steve N. snolan12000@yahoo.com

ORIENTATION COMMITTEE

Tim M. gryffindor-house@earthlink.net

OUTREACH COMMITTEE

Chair Needed

THE POINT

Chair Needed

SPECIAL EVENTS

Fran K. 415.424.0626

SPECIAL NEEDS COMMITTEE

Pene P. 415.200-6261

TRUSTED SERVANTS WORKSHOP COMMITTEE

Monika H. monihar2002@yahoo.com

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

Service Bulletin

The Twelfth Step Committee *by Rudi D.*

When I joined the IFB last year, I wanted to get involved in service on a committee in order to really participate in what the Board does. At the time, the Twelfth Step Committee was defunct. I volunteered with another member and within a couple months of our first meeting, we put on a workshop at Central Office. A Twelfth Step Workshop is essentially a meeting in which a speaker shares her experience, strength and hope regarding Twelfth Step work. Those in attendance may volunteer to have their contact information to be added to the Twelfth Step list maintained by Central Office. The list is divided by neighborhood and specifies languages spoken and whether the volunteer is able to take someone to a meeting or just talk on the phone.

Since we began meeting again, several members of the IFB and some from the Fellowship at large have joined and become contributing members of the Twelfth Step Committee. We put on another workshop last month and have been meeting regularly (the 2nd Wednesday of the month at Central Office), exploring new ideas about how to reach more members of Alcoholics Anonymous who might be interested in getting on the Twelfth Step List and how the committee can continue to help the still suffering alcoholic. The current Committee is made up of interesting people and we always have dynamic brainstorming sessions about how we can most effectively serve A.A.. Currently, there are no women serving on the Committee which is unfortunate. Hopefully that will soon change.

We have decided to hold more workshops at times other than our regular meeting time in order to attract more members. The goal of the Committee is to orient and get telephone numbers of members of Alcoholics Anonymous who are willing to respond and live up to the Pledge of Responsibility, that when anyone, anywhere reaches out for help, we want the hand of AA to be there. In the past, I have experienced difficulty in finding someone to take a Twelfth Step call when answering phones at Central Office. It seems unbelievable given the size and scope of our Fellowship that we would encounter the slightest problem finding someone to call a suffering alcoholic. As members of the Twelfth Step Committee, we hope to ensure that Central Office and Teleservice never have a difficult time finding a sober member of Alcoholics Anonymous to answer the call for help.

None of us would be sober today if a desperate alcoholic in a strange city seventy years ago, six months sober and on the verge of drinking, had not been willing to pick up the phone and call for help. In fact, he called ten people he did not know and finally was put in touch with another drunk with whom he could share the message. They in turn reached out and began what some of us may take for granted; a worldwide fellowship based on one drunk talking to another.

We meet at 6:30pm on the second Wednesday of each month at Central Office. That's February 8th this month. Feel free to email me or call Central Office for more information. 

Big Book Study: Chapter One—Bill's Story

by Morgan L.

The last paragraph in Chapter One of the Big Book reads: *Most of us feel we need to look no further for Utopia. We have it with us right here and now.*

Bill's statement is provocative because I was constantly searching for Utopia. In the Webster's dictionary, Utopia is defined as, "an ideally perfect place." While Utopia varies for each of us, a universal definition is a world free from desire. Stated differently, each individual gets everything they want.

A common thread to the "what it was like" of shares, is the Alcoholic's struggle to have their needs met. This theme is demonstrated in Bill's Story. A young, intelligent, war veteran, with visions of grandiosity, Bill describes a Utopia where he is placed at the head of vast enterprises and recognized as important.

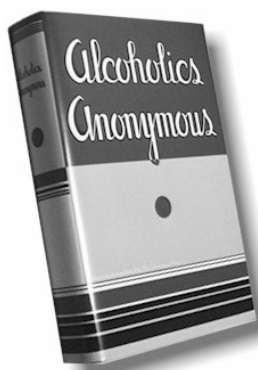
Bill's Utopia included success, fame and fortune. How many alcoholics have had similar visions? Others dream of security, safety, and love. Despite the specifics, Alcoholics all struggle to create a place where their needs are met.

Drinking was a constant companion to Bill's dreams and aspirations. During this period his drinking was, "not yet continuous," but disturbing to his wife. Bill eventually made a substantial fortune on the stock market. Moving closer to his ever elusive Utopia, he joined a prestigious country club, golfed every day, and acquired the, "impeccable coat of a tan one sees upon the well-to-do." Meanwhile, his drinking, "assumed more serious proportions, continuing all day and almost every night."

From the outside it appeared Bill reached his Utopia. And yet the drinking worsened. While Chapter 1 does not delve into why Bill's drinking worsened at a seemingly high point in his life I have my own suspicions – it wasn't enough.

I suffer from *fear of not getting what I want, and not wanting what I have*. I think back on my high points before Alcoholics Anonymous. When I was getting everything I wanted, I still wanted more. Moreover, I would drink to elevate feelings of euphoria. Being a true alcoholic, there was no amount of drugs and alcohol that could bring me to that final utopic plane.

I lived my life chasing fleeting desires. My desires remind me of mirages in the desert; no sooner than I crawled to the mirage, the image disappeared, reappearing several feet away.



*Most of us
feel we need
to look no
further for
Utopia.
We have it
with us right
here and now.*

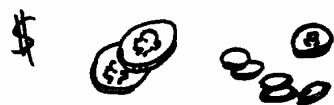
Bill faced a cutting blow in October 1929 when the stock market crashed. He used alcohol to find the courage to recover his fortune. During this period he, "hardly drew a sober breath." He writes that, "liquor ceased to be a luxury; it became a necessity." This line resonates deeply with me. When I found my material goods and accomplishments eroding, I no longer drank to chase an ever elusive Utopia of power and notoriety. Towards the end, my conceptions of Utopia were simple; numb the pain. As Bill writes, "The remorse, horror and hopelessness of the next mornings were unforgettable ... I stepped from the hospital a broken man."

At this time an old friend of Bill's visited him. Bill was amazed at how well his friend looked, "...fresh skinned and glowing. He was inexplicably different. He was on different foot. His roots grasped new soil." Working with his companion Bill developed a conception of God he was comfortable with and placed himself, "unreservedly in His care and direction." He made a list of his problems, deficiencies and resentments and read them to his recovered friend. However, Bill was still plagued by

waves of self-pity and resentment. He continued to abandon himself to helping other alcoholics as a solution to his own problems. Bill notes that such devotion to service "was a design for living that works in rough going."

Both Bill and his wife grew in the fellowship and continued to be of service. Such steps put Bill on road to the Utopia he had been searching for. Ironically, that world of happiness was the present moment. He finds that the Steps are the keys that unlock the door to present living and happiness. The Steps coupled with willingness, honesty, humility, faith and selfless service allowed Bill to see the beauty of the moment. Utopia is fiction – what Bill found was the perfection of reality – the here and now.

The program of Alcoholics Anonymous serves as a clear roadmap to reality – a world where all needs have already been met. *That Utopia exists right here and now*. When we cease grasping for mirages riding on the elusive wings of the future; when we are grateful for the present; when we trust that we have always been and will be always be provided for; and when we pass these vital messages to the next person who suffers, we find what we have always been grasping for. It has always been with us. **1**



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:

| | |
|--------------|------------------|
| Amy Joy Y. | Matt E. |
| Barbara M. | Michael R. |
| Brian H. | Nancie G. |
| Bruce D. | Pat P. |
| Caroline A. | Paul W. |
| David P. | Peg L. |
| Douglas C. | Pene P. |
| Elizabeth S. | Peter F. |
| Giles H. | Randall S. |
| Greg W. | Rich G. |
| Herman B. | Stephen N. |
| Jane K. | Steve A. |
| Janet B. | Steven S. |
| Jim H. | Tim M. |
| John F. | Tom M. |
| Lauren H. | Tony J. |
| Lisa M. | Wickie S. |
| Margarite S. | Dennis & Lucy O. |



Beyond and Back

by Anonymous

My sobriety has been amazing in so many ways. But as we all know, sobriety deals out lumps along with the gifts. It wasn't until well past my fifth A.A. birthday that I really came to believe that I could live life on life's terms fully.


Everything in my life had been going along smoothly, and then I noticed small changes. I began to lose a bunch of weight and feel rushes of energy that reminded me of using sensations. I found myself laughing maniacally while standing at the bus kiosk and in my friend's car, who hadn't said anything. One person told me my laugh was, "really disturbing." Another time, someone commented that what they said hadn't been THAT funny. I was resentful, but heard them.

I also started having reoccurring impulses and vivid mental sensations. I saw images of me cutting myself with sharp objects, putting a gun to my head and blowing it off, or jumping off a tall building. When I saw images of my body lifeless on the ground, I was overwhelmed with relief. These images occurred constantly, while I was at home, at work, or in the middle of a conversation.

I'd had obsessions before, but this was beyond anything I had ever experienced. I didn't want to share about it at group level so I just kept praying that the intrusive thoughts would go away. I worked steps around it, but the gruesome images would not be removed. Weeks dragged by. Drinking and using started to seem like a sane alternative.

At some point I was talked into going into a psych ward. That was the last thing I thought I'd be doing at five-plus years sober. But my life was unbearable and I was steps away from drinking or jumping. So in I went. I was "surrounded by my fellows" - half-dressed, talking to themselves, a few people bearing attempted suicide injuries, and some drunk and drugged out of their minds.

While in the ward, I felt the presence of my Higher Power more than I had in months. I felt safe despite the chaos. Everyday at least one person from the program would visit or call. I was diagnosed and treated as a bipolar depressive with extreme post-traumatic stress.

The medications have had to be adjusted a few times, but I have been "back" for a few years now and feel better than ever. The breakdown forced me to have a lot of humility and patience with myself. I'd heard of people with long term sobriety committing suicide and I could easily have been one of them. I am grateful to A.A. for helping me "deal with life's terms," and come out on the other side. Peace is a priority in my life today and if I have to take medication in addition to working the steps to have sanity, so be it. 

A.A. is self-supporting.

Central Office needs your support!

As an expression of gratitude for your sobriety, consider putting \$2 in the basket at your next meeting—or become a Faithful Fiver.

Literature Review Questions and Answers on Sponsorship by Steve N.



When my sponsor asked me if I was sponsoring anybody, I answered, "No. I am only on the Eighth Step." He sat quietly for a few minutes and then reminded me of my obligation to the guy who had less time and less experience staying sober. I had to share what I had learned on my journey to the Eighth Step. I could work the steps with a newcomer if I stayed one step ahead of him. Even though I started thinking about being a sponsor and made the decision, I did not immediately offer myself for sponsorship. I had about sixteen months when I sat down to read the book, *Alcoholics Anonymous*, with another man who was interested in getting sober. I was immediately beset with questions I could not answer. I called my sponsor and talked with other members with more time and experience. One of them handed me the pamphlet, *Questions and Answers on Sponsorship*.

The pamphlet is conference-approved and revised as of 2004. The pamphlet is twenty nine pages long and easy to read. I give it to every newcomer I can because it answers questions that have probably been around for seventy years. More importantly, it gives instructions on how to approach a potential sponsor if you are new and what to do if a newcomer approaches you about being a sponsor. The first section is for the person seeking sponsorship.

Some important questions that it answers: How does sponsorship help the newcomer? Must the newcomer agree with everything the sponsor says? May a newcomer change sponsors? I asked all these questions in the first few months of my sobriety. As a newcomer I was

concerned about the sharing of common interests with my sponsor, the availability of my sponsor and how a sponsor should be used when I had finished the Twelfth Step. Working the steps one at a time answered all those questions for me, but having a pamphlet would have helped.

The second section is for the person wanting to be a sponsor. Issues of how to talk to a newcomer's family, how to deal with slips, and different sponsorship styles are looked at and discussed. "Sponsorship is merely another way of describing the continuing special interest of a seasoned member that can mean so much to a newcomer turning to A.A. for help." (p.29) Once I have a prospect, I ask them if they are willing to go to any length for victory over alcohol. With a yes, we start reading from the title page of the Big Book, and when we get to a step we take it. At points throughout the book I have marked sections to pause and talk with the newcomer about what we are doing together and what they can expect of me as a sponsor. The pamphlet, *Questions and Answers on Sponsorship*, reinforces the idea that I have to be firm in certain areas and flexible in others. I recommend this piece of literature to all members of A.A., both new and old. Having a spiritual advisor has made living life sober easier. I do not go for days with troubling thoughts running through my head. He always asks me, "Where is your Higher Power in this particular situation?" Then he directs me to a particular passage, step or prayer that reminds me that GOD is running the show now. His final loving suggestion or subtle command is, "Go help a newcomer and be of service." ↑

A.A. On the Road (Continued from page 6)

short boat ride from Antiparos to Paros and then took a bus to the main port. Not feeling 100% sure of where we were going, we decided to forego another bus to Prodromos, the village where the meeting was to be held, and splurged on a taxi. Unbeknownst to us, Prodromos is just a small Greek village with little to no English spoken. These days, everyone in Greece uses cell phones, so there are no pay phones to speak of. With fierce determination, we approached one of the *taverna* owners and asked if he would call a number for us (the one that I originally contacted Ulrike on). Unfortunately, there was no answer!

We parked under the arch leading to the main village and I pulled out the Grapevines I had brought to share with the new friends I was sure to make. Then a woman approached and asked if we were there for the meeting. YES! I was so

relieved that, like a good A.A., I jumped up and gave Ulrike, that's who she was, a big hug.

The meeting that night was like none I had ever attended. The "fellowship" included one Greek man, Stratos, who spoke no English and two German women who lived on Paros and spoke fluent Greek. So everyone could fully participate, when something was spoken in English, one of the German women would translate it into Greek and when Greek was spoken, it would be translated into English. It sounds more complicated than it is and it actually gives you time to listen and appreciate what is said.

Leaving Greece after three meetings, I was overwhelmed with gratitude for our fellowship and amazed that in A.A. a tiny group of people on an island in the middle of the Mediterranean can thrive and keep the hand and heart of A.A. open to all. ↑

AA Group Contributions - November 2005

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

| Name | Nov. 2005 | YTD | Name | Nov. 2005 | YTD |
|---|----------------|-----------------|--|-------------------|--------------------|
| Fellowship Contributions | | | Marin Sober Group F 8pm | | 111.11 |
| AA Workshop | | 90.60 | Mill Valley 7D 7am | 1,112.23 | 2860.84 |
| Brisbane Breakfast Bunch | 52.00 | 320.60 | Mill Valley Discussion W 830pm | | 16.80 |
| Contribution Box | | 524.30 | Monday Blues M 630pm | | 713.00 |
| Deer Park Discovery Group | | 80.00 | Monday Night Stag (Tiburon) 8pm | 159.80 | 1802.57 |
| Gay Newcomers Group | | 20.76 | Monday Night Women's M 8pm | 120.00 | 429.39 |
| IFB | 75.10 | 962.82 | Nativity Monday Night Big Book M 8pm | | 200.00 |
| Marin General Service Unity Day 2005 | | 121.13 | Newcomers Step M 730pm | | 550.58 |
| Marin Teleservice | 200.00 | 700.00 | Noon Tu 12pm | | 219.50 |
| Special Events Committee | 69.16 | 69.16 | Noon Hope F 12pm | | 193.50 |
| Sunday Step Study | 30.00 | 195.70 | On Awakening 7D 530am | | 350.00 |
| The Chosen Ones | | 20.00 | Pathfinders Tu 12pm | | 440.30 |
| Traditions Workshop | 89.36 | 89.36 | Refugee Th 12pm | 200.00 | 300.00 |
| Unidentified Group | 1327.68 | 2683.55 | Reveille 7D 7pm | 100.00 | 100.00 |
| Western Roundup (Living Sober) | 1788.37 | 1788.37 | Rise N Shine Sun 10am | | 93.75 |
| Total Fellowship Contributions | 3631.67 | 7666.35 | San Geronimo Valley M 8pm | | 74.55 |
| Honors | | | San Geronimo Valley Book Study F 8pm | | 43.45 |
| Endless Summer F 830pm | | 74.99 | San Marin Step Study Sa 830pm | 42.00 | 42.00 |
| Total Honors | | \$ 74.99 | Saturday Serenity Sa 8pm | | 325.00 |
| Marin Group Contributions | | | Sisters In Sobriety Th 730pm (M) | 120.00 | 180.00 |
| 12 & 12 Study Sa 815am | | 174.50 | Six O'Clock Sunset Th 6pm | | 573.59 |
| 7am Urgent Care Group 7D 7am | | 200.00 | Sober & Serene F 7pm | | 462.00 |
| A Vision for You (Fairfax) Su 730pm | | 259.21 | Steps to Freedom M 730pm | | 173.90 |
| Attitude Adjustment 7D 7am | | 2866.50 | Steps To The Solution W 715pm | | 69.00 |
| Awareness/Acceptance M 1030am | | 216.00 | Stinson Beach Fellowship Th 8pm | | 641.04 |
| Beginners W 7pm | | 250.00 | Sunday Express Sun 6pm | | 311.80 |
| Beginners & Closed Tu 7pm & 830pm | 111.50 | 1859.37 | Sunday Night Corte Madera Sun 8pm | 400 | 400.00 |
| Blackie's Pasture Sa 830pm | 1,116.50 | 1116.50 | Survivors M 12pm | | 201.20 |
| Bounce Back M 6pm | | 90.00 | T. G. I'm Sober M 6pm | 98.19 | 213.26 |
| Candlelight Group Sun 8pm | | 69.94 | TGI Tuesday Tu 6pm | | 112.92 |
| Closed Women Step Study Tu 330pm | | 155.00 | T.G.I.F. F 6pm | 209.63 | 369.63 |
| Creekside New Growth Sun 7pm | | 104.00 | Terra Linda Group Th 830pm | 109.00 | 1589.69 |
| Crossroads Sun 12pm | | 765.00 | The Barnyard Group Sa 4pm | | 326.00 |
| Day At A Time 7D 630am | | 648.51 | The Fearless Searchers F 8pm | | 138.01 |
| Downtown Mill Valley F 830pm | | 566.53 | There is a Solution Tu 6pm | | 70.00 |
| Experience, Strength & Hope(Marin) Sa 6pm | | 109.80 | Three Step Group Sa 530pm | 350.00 | 350.00 |
| Fairfax Friday Night F 830pm | | 323.71 | Thursday Night Speaker Th 830pm | | 1499.00 |
| Freedom Finders F 830pm | | 515.01 | Tiburon Big Book Group W 730pm | | 250.00 |
| Gratitude Tu 8pm | | 543.36 | Tiburon Haven Sun 12pm | | 1141.05 |
| Greenfield Newcomers Sun 7pm | | 120.00 | Tiburon Women's Candlelight W 8pm | | 337.50 |
| Happy Hour (Marin) Th 6pm | | 109.80 | Tuesday Chip Meeting Tu 8pm | | 1250.00 |
| Happy, Joyous & Free 5D 12pm | | 363.00 | Wednesday Mid-Week W 6pm | | 63.11 |
| Hope Step Group Tu 730pm | | 150.00 | Wednesday Night Candlelight W 8pm | | 75.00 |
| Intimate Feelings Sa 10am | | 314.98 | Wednesday Sundowners W 6pm | | 98.66 |
| Inverness Sunday Serenity Su 10am | 100.00 | 160.00 | Women's Big Book Tu 1030am | | 185.50 |
| Island Group Th 8pm | | 410.00 | Women on Monday M 7pm | | 126.54 |
| Just Can't Wait 'til 8 M 630pm | | 191.75 | Women's Big Book Tu 1030am | | 80.50 |
| Keepin' It Real Th 6pm | | 60.00 | Women's Lunch Bunch F 12pm | | 100.00 |
| Living in the Solution F 6pm | | 306.00 | Women's Step Study Group M 12pm | | 240.00 |
| Marin Newcomers M 830pm | | 469.78 | Working Dogs W 1205pm | | 388.00 |
| | | | Total Marin Group Contributions | \$4,348.85 | \$34,371.49 |

| Name | Nov. 2005 | YTD | Name | Nov. 2005 | YTD |
|---|-----------|---------|---|-----------|---------|
| SF Group Contributions | | | Each Day a New Beginning W 7am | | 477.77 |
| 10pm Smokeless M 10pm | 36.14 | 36.14 | Early Joyous & Free Th 7am | | 20.00 |
| 515pm Smokeless W | | 149.40 | Early Start F 6pm | | 1447.68 |
| 6am Marina Dock Sa | | 148.00 | Easy Does It Tu 6pm | | 139.36 |
| 7am Grab Bag M 7am | | 51.81 | Embarcadero Group 5D 1210pm | | 1187.60 |
| 7am Speaker Discussion Th 7am | | 224.38 | Eureka Step Tu 6pm | 202.47 | 202.47 |
| 7AM As Bill Sees It Fri | | 100.00 | Eureka Valley Topic M 6pm | 226.03 | 445.60 |
| 830am Smokeless Tu | | 84.00 | Experience, Strength & Hope W 715pm | | 44.20 |
| A is for Alcohol Tu 6pm | | 203.19 | Federal Speaker Su 12pm | | 487.93 |
| A New Start F 830pm | 214.05 | 325.11 | Fell Street F 830pm | | 71.73 |
| A Vision for You (SF) Su 630pm | | 81.00 | Fell Street Step Su 8pm | | 198.51 |
| AA As You Like It Tu 530pm | | 257.94 | Firefighters & Friends Tu 10am | | 35.00 |
| AA Step Study Su 6pm | | 457.66 | Fireside Chat Sa 9pm | | 299.01 |
| Acceptance Group M 530pm | | 118.11 | Fireside Chat Th 8pm | | 80.97 |
| Afro American F 8pm | | 155.58 | Fireside Chat Tu 8pm | | 114.04 |
| Afro American Beginners Sat 8pm | 26.40 | 416.61 | Fireside F 830pm | | 94.00 |
| All Together Now Th 8pm | | 742.83 | First Place | | 39.60 |
| Alta Plaza (disbanded) | | 67.48 | First Step Speaker/ Discussion Th 730pm | 30.00 | 94.29 |
| Alumni W 830pm | | 180.00 | Founders' Group Sa 5pm | | 84.40 |
| Amazing Grace M 7pm | | 100.00 | Four Forty Niners F 8pm | 259.70 | 288.25 |
| Any Lengths Sat 930am | 481.25 | 481.25 | Friday All Groups F 830pm | | 938.00 |
| Artists & Writers F 630pm | | 1107.20 | Friday at Five F 5pm | | 100.00 |
| Artists & Writers DRUNKS ON DISPLAY | | 794.00 | Friday Knights Th 730am | | 112.93 |
| As Bill Sees It Sat 11am | | 293.00 | Friday Lunchtime Step F 12pm | | 280.00 |
| As Bill Sees It Th 6pm | | 531.36 | Friday Smokeless F 830pm | | 291.85 |
| As Bill Sees It Th 830pm | | 386.69 | Friendly Circle Beginners Su 715pm | | 705.56 |
| Ass in a Bag Th 830pm | | 40.80 | Gold Mine Group M 8pm | 138.75 | 467.17 |
| Beginner Big Book Step Th 6:30pm | | 90.00 | Haight Street Blues Tu 615pm | 276.00 | 276.00 |
| Beginners' Step Study Sat 630pm | | 201.33 | Haight Street Explorers Th 630pm | | 158.89 |
| Bernal Big Book Sat 5pm | | 327.68 | Happy Hour (S.F.) F 630pm | | 63.70 |
| Big Book Basics F 8pm | 30.00 | 533.37 | Happy Hour Ladies Night F 530pm | | 957.00 |
| Big Book Study Su 1130am | 109.00 | 498.72 | High Noon 5D 1215pm | | 612.89 |
| Birthday Party Sharing Our Sob. Sat 7pm | | 133.54 | High Noon Friday 1215pm | | 999.02 |
| Blue Book Special Su 11am | 60.00 | 157.42 | High Noon Monday 1215pm | | 985.70 |
| Boys Night Out Tu 730pm | | 133.80 | High Noon Thursday 1215pm | 133.12 | 927.19 |
| Buena Vista Breakfast Su 12pm | | 220.00 | High Noon Tuesday 1215pm | | 1034.46 |
| BYOL W 1230pm | 60.00 | 60.00 | High Noon Wednesday 1215pm | 45.00 | 932.80 |
| Castro Discussion (Show Of Shows) W 8pm | | 365.59 | High Sobriety M 8pm | | 625.60 |
| Castro Monday Big Book M 8pm | | 279.91 | High Steppers W 7pm | | 666.99 |
| Chips Ahoy Tu 12pm | 10.00 | 10.00 | Hilldwellers M 8pm | | 600.32 |
| CLAADAAGH Sat 815pm | | 101.35 | Home Group Sat 830pm | | 400.16 |
| CLAADAAGH Step Study Tu 8pm | | 60.25 | How It Works Sat 2pm | | 213.51 |
| Cocoanuts Su 9am | 257.00 | 548.45 | Hot Java F 12am | | 53.47 |
| Come N Get It F 630pm | | 54.00 | Huntington Square W 630pm | | 720.00 |
| Common Welfare Th 8pm | | 20.40 | Ingleside Beginners Su 5pm | | 54.45 |
| Cow Hollow Men's Group W 8pm | | 287.48 | Join the Tribe Tu 7pm | | 672.42 |
| Cow Hollow Young People's Tu 730pm | | 30.00 | Joys of Recovery Tu 8pm | | 109.46 |
| Creative Alcoholics M 6pm | | 441.82 | Keepin' It Real Th 6pm | | 60.00 |
| Design for Living Sat 8am | | 126.00 | Keep Coming Back Sa 11am | | 3062.48 |
| Diamond Heights Tu 830pm | | 300.00 | Keep It Simple Sat 830pm | | 503.77 |
| Drive Thru W 1215pm | | 224.84 | Last Call Su 10pm | 11.00 | 11.00 |
| Each Day a New Beginning F 7am | 500.00 | 1553.86 | Let It Be Now F 6pm | | 100.00 |
| Each Day a New Beginning M 7am | | 478.68 | Light Steppers Su 7pm | | 120.00 |
| Each Day A New Beginning Su 8am | | 1432.74 | Like A Prayer Su 4pm | | 227.28 |
| Each Day a New Beginning Th 7am | | 631.05 | Lincoln Park Sat 830pm | | 121.94 |
| Each Day a New Beginning Tu 7am | | 1178.24 | Live and Let Live Su 8pm | | 119.40 |

(Continued on p. 14)

(Continued from p. 13)


| Name | Nov. 2005 | YTD | Name | Nov. 2005 | YTD |
|---------------------------------------|-----------|---------|---|--------------------|---------------------|
| Living Sober W 8pm | | 512.05 | Stonestown M 8pm | | 188.88 |
| Living Sober with HIV W 6pm | | 333.42 | Straight Jackets Th 9am | 8.00 | 8.00 |
| Luke's Group W 8pm | | 148.00 | Sunday Bookworms Sun 730pm | | 244.33 |
| Lush Lounge Sa 2pm | 45.00 | 421.51 | Sunday Morning Gay Men's Stag Su 1030am | | 1083.32 |
| Marina Discussion F 830pm | 360.00 | 975.38 | Sunday Night 3rd Step Group 5pm | 228.82 | 400.42 |
| Meeting Place Noon F 12pm | | 66.98 | Sunday Rap Sun 8pm | | 240.00 |
| Meeting Place Noon W 12pm | | 91.15 | Sundown W 7pm | | 352.80 |
| Men's Gentle Touch M 7pm | | 180.00 | Sundown Steps Th 630pm | | 116.20 |
| Mid-Morning Support Su 1030am | | 808.80 | Sunrise Sunset Women's Step Th 545pm | | 60.00 |
| Midnight Meditation Sat 12am | | 259.54 | Sunset 11'ers Su | | 244.93 |
| Miracles Off 24th St W 730pm | | 510.56 | Sunset 11'ers Tu | | 196.32 |
| Mission Terrace W 8pm | 181.15 | 304.05 | Sunset 11'ers W | | 112.65 |
| Monday At A Time M 1pm | | 55.72 | Sunset 9'ers M | 199.30 | 236.17 |
| Monday Beginners M 8pm | | 495.60 | Sunset 9'ers F | | 222.70 |
| Monday Monday M 1215pm | | 330.97 | Sunset 9'ers Sa | 95.77 | 770.86 |
| New Friday Big Book F 12pm | | 27.15 | Sunset 9'ers Su | 24.00 | 286.78 |
| New Highs W 130pm | | 94.80 | Sunset 9'ers Th | | 410.03 |
| New Hope Big Book M 630pm | | 538.46 | Sunset 9'ers Tu | 65.00 | 447.78 |
| New Life W 7pm | 150.00 | 362.40 | Sunset 9'ers W | | 209.70 |
| Newcomers Tu 8pm | | 252.00 | Sunset Sobriety Th 730pm | | 411.00 |
| No Gurus Meditation Su 7pm | | 118.72 | Sunset Speaker Step Sun 730pm | | 400.20 |
| No Reservation M 12pm | | 279.52 | Surf Tu 8pm | | 1113.86 |
| Official Sea Lion Sighting Sa 930am | 18.00 | 29.00 | Sutter Street Beginners Sat 6pm | | 884.78 |
| One Liners Th 830pm | | 569.03 | Ten Years After Su 6pm | 580.84 | 1788.52 |
| Parkside Th 830pm | | 117.89 | The 24 Hour Plan M 7am | | 25.00 |
| Park Presidio M 830pm | 76.00 | 155.80 | The Drive Thru W 1215pm | 79.26 | 79.26 |
| Pathfinders Tu 12pm | 50.00 | 50.00 | The Parent Trap M 1230pm | | 119.85 |
| Pax West M 12pm | | 760.92 | The Pepper Group F 12pm | | 45.00 |
| Pinehurst Tu 730pm | | 128.00 | Thought For The Day F 730am | | 140.00 |
| Rebound W | | 55.00 | Thursday Night Speaker Th 830pm | | 935.00 |
| Red Road Healing Circle Th 6pm | | 121.48 | Thursday Night Women's Th 630pm | | 562.41 |
| Richmond Step Study M 730pm | | 84.00 | Too Early Sat 8am | 121.24 | 1158.83 |
| Rigorous Honesty Th 1205pm | | 50.00 | Transrecovery F 630pm | | 12.90 |
| Rose Garden Big Book Th 1205pm | | 85.40 | Tuesday Downtown Tu 8pm | | 1040.00 |
| Rule 62 W 10pm | | 481.93 | Tuesday's Daily Reflections Tu 7am | | 108.91 |
| Saturday Afternoon Meditation Sat 5pm | | 169.20 | Tuesday Sunset Nooners Tu 1230pm | 50.00 | 50.00 |
| Saturday Easy Does It Sa 12pm | | 674.57 | Valencia Smokefree F 6pm | | 852.03 |
| Saturday Night Regroup Sat 730pm | | 612.43 | Walk of Shame W 8pm | | 177.39 |
| Seacliff Th 830pm | | 92.53 | Washington Square M 7pm | | 334.80 |
| Second Chance Th 215pm | | 127.00 | Waterfront Sun 8pm | 336.67 | 1204.75 |
| Serenity House | | 1200.00 | We Care Tu 12pm | | 440.99 |
| Serenity Seekers M 730pm | | 686.37 | Wednesday Noon Steps W 12pm | | 104.27 |
| Sesame Step Tu 730pm | | 468.03 | Wednesday Women's Big Book W 615pm | | 144.00 |
| Seventh Wonder Group Sa 1230pm | | 86.18 | West Portal W 830pm | | 153.80 |
| SFPOA Th 7pm | 135.26 | 672.11 | Wits End Step Study Tu 8pm | 13.53 | 82.27 |
| Sisters Circle Su 6pm | | 196.31 | Women's 10 Years Plus Th 615pm | | 304.00 |
| Sisters In Sobriety M 7pm (SF) | | 260.00 | Women's Kitchen Table Group Tu 630pm | | 171.33 |
| Sober & Centered F 7pm | | 175.03 | Women's Promises F 7pm | | 451.48 |
| Sober Across the Board M 830am | | 117.87 | Women Living Sober Sa 1030am | | 18.53 |
| Sobriety & Beyond W 7pm | 217.80 | 562.80 | Women Who Drank Too Much Tu 615pm | 23.29 | 160.47 |
| Sometimes Slowly Sa 11am | 23.50 | 129.56 | Women Who Read | | 55.27 |
| Step Talk Su 830am | | 588.71 | Work In Progress Sat 7pm | | 121.74 |
| Steppin' Up Tu 630pm | | 305.61 | Total SF Group Contributions | \$ 6,188.34 | \$ 78,883.99 |
| Stepping Out Sat 6pm | | 151.70 | | | |
| Steps to Freedom M 730pm | | 116.36 | TOTAL GROUP CONTRIBUTIONS | \$14,168.86 | \$120,996.82 |

First and Foremost *by Liz K.*

Above all else I am an alcoholic. If I forget this and stop doing the footwork, working with others, and maintaining a spiritual condition, I will lose it all.

I began my journey into recovery in 1993. My sobriety date is August 1996 because it took a few years of pitiful and incomprehensible demoralization for me to understand I was either going to turn it over and live a spiritual life or die. I probably wouldn't have died physically, but would have experienced an emotional, mental, and spiritual death. My journey in recovery has been wonderful, painful, happy, devastating, and more life than I could have ever asked for. The gifts I have received in recovery are vast— one of which is my child and another is the child I am carrying.

I was a woman who was never going to have babies— ever. The thought of taking care of someone other than me was unfathomable. Yet here I am experiencing this amazing gift of motherhood. As with all responsibilities, the adjustment of motherhood has been a balancing act. I have had enough pain, experience, and growth to understand that if I don't honor the fact that I am an alcoholic and take care of my recovery above all else, I will be unable to be the mom and woman I want to be.

What this means in a practical sense is that I need to continue to do the footwork, show up and take care of my spiritual health. This means I must prioritize time for myself, and my recovery. When I carve out this sacred time and space I can live in faith and not let my fears or defects affect my life as a mom, a woman and an alcoholic. 

Individual Contributions Nov. 2005

INDIVIDUAL CONTRIBUTIONS

Honorary Contributions

11.00

22.00

85.00

Total Honorary Contributions

\$ 118.00

Unrestricted Contributions

44.00

150.00

56.36

200.00

200.00

Total Unrestricted Contributions

\$ 650.36

TOTAL

\$ 768.36

When was the last time your group updated its meeting information? Have you checked recently to see if Central Office has your group listed correctly in the printed schedule and online? If not, please do so now and give us a call right away to confirm or correct. The information we give out is only as reliable as that which is given us! We have Group Information forms on our website—www.aasf.org— so you can download one, fill it out and send it in today. We really appreciate our members assistance in helping us keep meeting information current! Thank You!

Gratitude Month Contributions 2005

| Name | Nov. 2005 | Name | Nov. 2005 | Name | Nov. 2005 |
|--------------------------------|------------------|---------------------------------|-----------|---------------------------------|--------------------|
| Marin Gratitude Month | | Diamond Heights Tu 830pm | 60.00 | Friday at Five F 5pm | 56.29 |
| Newcomers Step M 730pm | 170.25 | Artists & Writers F 630pm | 30.00 | How It Works Sat 2pm | 40.00 |
| Total Marin | \$ 170.25 | Sunset Speaker Step Sun 730pm | 76.19 | Early Start F 6pm | 132.89 |
| SF Gratitude Month | | Sunset 9'ers M | 192.80 | 6am Marina Dock | 576.94 |
| Greenwich Speaks M 830am | 17.50 | Stonestown M 8pm | 60.00 | Any Lengths Sat 930am | 207.91 |
| Straight Jackets Th 9am | 1.85 | Sinbar Su 830pm | 68.00 | Monday Beginners M 8pm | 30.00 |
| Artists & Writers F 630pm | 42.00 | A New Start F 830pm | 89.61 | Each Day A New Beginning Su 8am | 97.06 |
| Firefighters & Friends Tu 10am | 22.05 | Sometimes Slowly Sa 11am | 77.50 | Big Book Study Su 1130am | 58.15 |
| 6am Marina Dock | 15.00 | Sunday Night 3rd Step Group 5pm | 39.50 | Total SF | \$ 2,180.83 |
| Artists & Writers F 630pm | 17.33 | Come N Get It F 630pm | 91.50 | TOTAL | \$ 2,351.08 |
| Buena Vista Breakfast Su 12pm | 60.16 | Sunset 11'ers F | 20.60 | | |

IFB Meeting Summary — January 2006

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

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 | |
|---|--------------------------|-----|----------------------|-----------------------------|-----------|-----------------------|----------------------|-----|
| Alejandro D. | Fireside Chat | P | Gaspar L. | Keep It Simple | A** | Nicholas S. | Sutter St. Beginners | A* |
| Amber W. | Sisters Circle | A* | Gerard W. | Any Lengths | A** | Omar C. | Tuesday Chip | P |
| Andy T. | Waterfront | A** | Greg S. | Beginner's Warmup | P | Pascal G. | Monday Night Stag | P |
| Anthony J. | Founders Group | P | Jason K. | Cocoanuts | A* | Patty M. | Huntington Square | P |
| Brian H. | Living Sober with HIV | P | Jim T. | First Place | A* | Penelope P. | Amazing Grace | A* |
| Bruce K. | Sunset Speaker Step | P | Joe G. | Beginners | A* | Randy F. | We Care | A* |
| Carol E. | High Noon Wednesday | P | Judi C. | Tuesday's Daily Reflections | P | Rebekah D. | Fell Street Step | P |
| Chris H. | Friendly Circle | P | Julia W. | Sesame Step | P | Rudi D. | Serenity Seekers | A* |
| Chris T. | Keep Coming Back | A* | Justin S. | Alumni | A** | Ryan W. | Tiburon BB | P |
| Curtis S. | Sunday Gay Men's Stag | A* | Karin K. | 24 Hour Plan | P | Sam C. | Boys Night Out | A* |
| Dan Z. | Each Day a New Beginning | A* | Larry B. | Castro Discussion | P | Scott N. | Sunset 11'ers Sat. | P |
| Danna P. | Treasurer | P | Lauren H. | Ten Years After | P | Sheila R. | Sundown | A** |
| Daniel B. | Too Early | P | Luis M. | High Noon Tuesday | P | Stephanie R. | Live & Let Live | P |
| David B. | Federal Speaker | P | Lynnore G. | Walk Of Shame | P | Stephen R. | Valencia Smokefree | P |
| David H. | Tuesday Downtown | A** | Marvin R. | Bernal Big Book | A* | Steve N. | Terra Linda Group | P |
| David L. | Work in Progress | P | Matt T. | Fairfax Friday Night | P | Steve S. | Homegroup | P |
| David P. | Goodlands | P | Maury P. | Central Office Manager | P | Terry B. | High Noon Thursday | P |
| Don B. | Friday Fell Street | P | Michael L. | Attitude Adjustment Hour | P | Tim K. | High Noon Saturday | A** |
| Doug D. | As Bill Sees It Sat 11am | P | Michael S. | Sunset 9'ers Sat. | P | Tim M. | Join the Tribe | P |
| Edward F. | Happy Hour | R | Monika H. | SFPOA | P | Tom R. | Mill Valley 7AM | P |
| Elizabeth L-R. | Monday High Noon | P | Nicholas L. | Some Are Sicker Than... | P | Victor V. | Stepping Up | P |
| Francesca K. | West Portal | 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 | | | IFB Liaisons Present | | | | | |
| Orion P. | Marina Dock 6am | | | | Trevor F. | Marin General Service | | |
| Tedra M. | Come N Get It | | | | Mitsi H. | H & I | | |
| Chris P. | Early Start | | | | Casey L. | Marin Teleservice | | |

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the January 2006 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.

1. IFB Reports

Chair's Report: Steve R. gave the report. The Central Office hosted a successful holiday party last month. Central Office is running smoothly thanks to the dedicated workers and volunteers.

Central Office Manager's Report: Maury P. gave the report. There are phone shifts open on Tuesday 10-12pm and Friday 10-1pm. The annual inventory of the Central Office bookstore was conducted. The Central Office pamphlet will be discussed at the Marin and San Francisco General Service meetings in January. Many people have joined the Faithful Fivers which will do a lot to help us meet our budget this year; please continue having forms available at your meetings for those who want to sign up.

Central Office Committee Report: David P. gave the report. The monthly meeting was shorter due to the COC holiday party. A motion

for 'The Point committee to determine the number of flyers to be included in each issue provided that the group pay \$.05 per copy and provide the copies' did not pass.

Treasurer's Monthly Report: Danna P. gave the report. The net income for January through November was \$2,397 which is \$11,780 over the budgeted net loss of (\$9,383). The net income in November of \$5,643 was \$5,778 over of the budgeted net loss of (\$135). Unrestricted cash as of November 30, 2005 totaled \$34,961 and is sufficient to pay the budgeted expenses for December. Unrestricted cash increased by \$6,566 since October 31st. Prepaid Expenses decreased by (\$3,036) since there were no prepaid book orders outstanding as of November 30th. Inventory remained relatively unchanged. Accounts Payable decreased by \$2,000 primarily due to the November payment of an October invoice for inventory. Payroll Liabilities decreased by (\$1,046) primarily due to an annuity payment made in November.

7th Tradition and reading of the 12 Traditions: \$75 collected

2. 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: Steve N. gave the report. Two new members were oriented. Literature is being collected for meetings overseas. Discussed writing a letter of support for the Central Office pamphlet. Considering writing an historical pamphlet for SF/Marin AA. Their recording secretary position will rotate with each meeting. The committee meets the 3rd Wednesday of the month at 6:30pm at Central Office.

The Point Editorial Committee: Maury P. gave the report. The committee is in need of a Chair, an Editor, and a Print/Production person. New features in the Point in the coming year are – Big Book Study, Acronym of the Month, and a Service Bulletin. 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: Maury gave the report. The database that runs the online meeting schedule is being rebuilt and we are unable to make any changes until this task is complete. The webmaster hopes to be finished by the end of January. The committee meets the 2nd Thursday of the month at 6:00pm at Central Office.

12th Step Committee: No report. The committee meets the 2nd Wednesday of the month at 6:30pm at Central Office.

Special Events Committee: Fran gave the report. A Valentine's Dance was discussed at the last meeting. The committee meets the 4th Tuesday of the month at 7:30pm at Central Office.

Motion: IFB approval of seed money be waived for the Valentine's Dance because of time restriction and the funding proposal be presented to the Central Office Committee for approval.

For – 30, Against – 0, Abstentions – 3

Special Needs Committee: No report. 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.

Trusted Servants Workshop Committee: Monika gave the report. The committee met on December 10th. The target date for the next workshop is March 11th. Six volunteers are needed for set-up and other help. Contact Monika to volunteer at monihar2002@yahoo.com.

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

3. IFB Standing Committee Reports

SF Teleservice: Judi gave the report. They covered the holiday shifts while Central Office was closed. One new volunteer signed up this month. The committee meets on the 3rd Monday of the month at 6:30pm at Central Office.

SF PI/CPC: Bruce K. gave the report. The PI/CPC Speaker Workshop and Annual Business meeting will be held on January 21st. The committee meets the 2nd Monday of the month at 7:00pm. at Central Office.

4. 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: 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: Casey L. gave the report. The Annual Spaghetti Feed will be in March. Marin will confirm coverage of holiday shifts. 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: Mitsi H. gave the report. Literature Coordinator is 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.

5. Substantial Unanimity and Simple Majority

Discussion: Substantial unanimity should apply to votes that will affect groups as a whole. Procedural matters can be decided with a simple majority. A substantial unanimity is at least 2/3 of the vote, as stated in the Bylaws. Steve R., the IFB Chair, will be clear in the future when taking a vote.

6. Agenda Items for the Remainder of the Term

Discussion: Anyone can put items on the agenda. The theme of this term seems to be working on committees. Suggestions taken for agenda items are 1) Group Rep reports regularly being on the agenda, 2) Coffee at the IFB meetings.

7. Bylaws Items for Upcoming Review

The Bylaws committee will meet next month. The substantial unanimity clause will be discussed.

The next IFB meeting will be held Wednesday, February 1, 2006 at the Star of the Sea Church at 180 Harrison St., Sausalito at 7:00pm

Respectfully submitted,

Lauren H.,
IFB Secretary

New Online Schedule launched!

The IFB website committee is happy to announce the launch of some new features on the online meeting schedule. We've updated information on over 800 meetings to include complete addresses of all meeting locations, cross streets, meeting details, location details and a new mapping feature. You can now click on the Time, Address, Area or Designation links and the page will display a filtered view of yours earch. This new feature makes finding a **Big Book (BB) or Step Study (SS) meeting a breeze.**

In addition we've updated our XML/RSS feed to include links to the meeting details and map. RSS is "Really Simple Syndication", an innovative way to allow website visitors the opportunity to download the schedule to their PDAs and smart phones. Stay tuned for many more features in the months ahead!

H.O.W.

by Mark M.

The past 2 weeks have definitely challenged my serenity and spiritual connection. To start, I completed a second sex inventory with my sponsor. I wrote on the major entries from my first sex inventory, but this time I answered nine questions for each one—all taken from the Big Book Questions such as: “Where did I arouse bitterness?” Or, “Where was I self-deceived?” And ultimately, “What should I have done instead?” That last one is my personal favorite.

This sex inventory delved deeper than the first pass-through, chipping away and starting the rupture of old programming, patterns, thoughts, and mistaken beliefs around sex that I didn’t even know I had.

In the weeks leading up to the completion of this Fifth Step, I had felt this new excitement around planning my new sexual ideal arise, but going through this deep emotional upheaval was NOT in MY plan. However, it is

unfolding as it should (God’s will and plan), and my part is to be Honest, have an Open mind, be Willing to do the work and accept what I find.

Experience has shown me that honesty propels me forward in this program—and in life. I had the honor of speaking at an H&I meeting at a detox center in San Francisco the other night. For whatever reason (God, perhaps?), I gave one of my no-holds-barred shares. I only spoke for about 20 minutes, but the points I touched on during the “What it was like” and “What happened” parts of my story were what I once considered to be the deepest, darkest secrets of my past.

After I finished speaking, a gentleman approached me and thanked me for being so open and honest. Experience has continued to show me that sharing these experiences at group level in an A.A. meeting will help someone else. ↑

CONTRIBUTIONS

to Central Office were made through January 15, 2006 honoring the following members:

ONGOING MEMORIALS

Dina R., Bill M.
(Philadelphia)
John D. M.,
Leita G.
Vern S.,
and
Donald W.

ANNIVERSARIES.♪

Eileen M. 6 years
Leslie C. 16 years
Pat P. 11 years
Silas P. 42 years
“Tiburón” Closed: Dick F. 46 years

The Point Editorial Policy (adapted from the *A.A. Grapevine*)

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

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

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

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

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

Email submissions to thepoint@aasf.org.

This policy is subject to revision. ↑

Financial Statement

November 2005 - Intercounty Fellowship of AA

| | Nov 05 | Jan - Nov 05 | | Nov 05 | Jan - Nov 05 |
|--------------------------------------|-----------|--------------|---------------------------------|------------------|-------------------|
| Ordinary Income/Expense | | | Office Supplies | 503.97 | 2,983.53 |
| Income | | | Shipping | 416.64 | 77.69 |
| Contributions from Groups | | | Equipment Lease | 1,739.60 | 5,971.72 |
| Group Contributions | 14,168.86 | 122,523.83 | Repair & Maintenance | 178.00 | 2,174.36 |
| Honors | 0.00 | 74.99 | Security System | 33.50 | 433.50 |
| Total Contributions from Groups | 14,168.86 | 122,598.82 | Special Events | 0.00 | 1,710.00 |
| Contributions from Individuals | | | Telephone | 787.53 | 4,610.11 |
| Individual - Unrestricted | 650.36 | 6,496.21 | Utilities | 102.75 | 1,853.94 |
| Faithful Fiver | 238.00 | 2,513.00 | Travel | 0.00 | 763.24 |
| Honorary Contributions | 118.00 | 2,727.50 | Training | 0.00 | 20.00 |
| Total Contributions from Individuals | 1,006.36 | 11,736.71 | Bad Checks | 0.00 | 0.00 |
| Gratitude Month | | | Miscellaneous Expense | 0.00 | -461.33 |
| Gratitude Month - Groups | 2,351.08 | 5,902.48 | Total Expense | <u>17,165.85</u> | <u>171,718.67</u> |
| Gratitude Month - Individual | 150.00 | 150.00 | Net Ordinary Income | 6,162.95 | 7,679.49 |
| Total Gratitude Month | 2,501.08 | 6,052.48 | Other Income/Expense | | |
| Sales - Bookstore | 11,429.22 | 95,792.83 | Other Income | | |
| Special Event Income | 1,074.89 | 2,404.26 | Other Income | 0.00 | 0.12 |
| Newsletter Subscript. | 22.12 | 476.48 | Interest Income | 75.97 | 787.61 |
| Total Income | 30,202.53 | 239,061.58 | Total Other Income | 75.97 | 787.73 |
| Cost of Goods Sold | | | Other Expense | | |
| Cost of Books Sold | 6,873.73 | 59,663.42 | Depreciation Expense | 354.36 | 4,266.17 |
| Total COGS | 6,873.73 | 59,663.42 | Amortization Expense | 238.78 | 1,797.44 |
| Gross Profit | 23,328.80 | 179,398.16 | Total Other Expense | 593.14 | 6,063.61 |
| Expense | | | Net Other Income | -517.17 | -5,275.88 |
| Employee Expenses | | | Net Income | <u>5,645.78</u> | <u>2,403.61</u> |
| Wages & Salaries | 7,458.00 | 76,771.23 | | | |
| Employer Tax Expenses | 614.89 | 7,641.92 | | | |
| Health Benefits | 988.00 | 8,880.00 | | | |
| Retirement/Annuity Expense | 0.00 | 7,200.00 | | | |
| Workers Comp Ins. | 0.00 | 2,827.43 | | | |
| Total Employee Expenses | 9,060.89 | 103,320.58 | | | |
| Professional Fees | | | | | |
| Computer Consulting | 0.00 | 562.50 | | | |
| Total Professional Fees | 0.00 | 562.50 | | | |
| Bank Charges | | | | | |
| Credit Card Processing Fees | 139.37 | 1,297.80 | | | |
| Bank Charges - Other | 0.00 | 108.90 | | | |
| Total Bank Charges | 139.37 | 1,406.70 | | | |
| Postage | | | | | |
| Bulk Mail | 150.00 | 950.00 | | | |
| Postage - Other | 0.00 | 504.35 | | | |
| Total Postage | 150.00 | 1,454.35 | | | |
| ASL Expense | | | | | |
| ASL Other | 0.00 | 390.00 | | | |
| Total ASL Expense | 0.00 | 390.00 | | | |
| Rent - Office | 3,833.75 | 40,921.25 | | | |
| Rent - Other | 75.00 | 750.00 | | | |
| IFB Literature | 0.00 | 52.56 | | | |
| PI/CPC | 0.00 | -80.86 | | | |
| Filing/Fees | 85.00 | 132.00 | | | |
| Insurance | 0.00 | 2,383.68 | | | |
| Internet Expense | 59.85 | 289.15 | | | |

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February 2006

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ISSUE 02.06

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