

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

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

The Point

June 2006

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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

The Point

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

So, You're Going To Lead A Meeting?

by Li L.

In celebration of Founder's Month (June 10, 1935 marks the beginning of A.A.) our lead article is a wonderful piece courtesy of the Friday Forum Luncheon Club, a noon meeting at the Mayflower Hotel which met every Friday in Akron, Ohio (A.A.'s birthplace) in the 1940s. The following is from a leaflet that was prepared by group members interested in sharing their experience with those whose turn it was to speak before an A.A. meeting for the very first time.

In the "Foreward" it is stated that it was assembled by "a score of A.A.s, mostly veterans of a year or more..." How times have changed! I'm not sure anyone with less than 20 years sober in A.A. is considered a veteran these days... But, remember, this was written in the 1940s when our fellowship was still new.

It is interesting to note, that as with the Big Book, so much still holds true for alcoholics today. The advice is timely, it is still fresh and it will surely resonate with anyone who has had to endure an interminable drunkalogue. The advice is valuable for seasoned speakers as well. And yet, as with everything in A.A., these are suggestions only. The "Foreward" says this is not Gospel, nor meant to be definitive. As a suggestion, one can try it for results and see if it works. If not, throw it out.

We found this on-line, in an AA History e-mail forum: Thanks! It has been edited for length only, not content.




Be Brief. Your talk deserves the best effort you can put into it. Anything having to do with sobriety deserves nothing but the best. You can avoid the embarrassment of stumbling around groping for words and ideas if you will use the forethought of preparation. This does not

**The Annual Meeting
of the IFB is Wed.,
June 7th. See p. 11
for details!**

(Continued on page 6)

June 2006....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <u>FIRST MON</u> Spirit of SF Committee, Central Office, 7:30 pm	6	7 <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.)	8 <u>SECOND THU</u> Website Committee Central Office, 6 pm	9	10 Founders Day A.A. Celebrates 71 years!
11	12 <u>SECOND MON</u> SF Public Information Committee Central Office, 7 pm	13 <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	14 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael 6:45 pm	15	16	17 Trusted Servants Workshop at Central Office 11am
18 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day	19 <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	20 <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	21 <u>THIRD WED</u> Literature Review Committee Central Office, 6:30 pm	22 <u>FOURTH THU</u> Marin PI Committee, Alano Club 1360 Lincoln Ave, San Rafael - 7:30 pm	23	24 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10 am Business Meeting: 12:30 pm
25 <u>FOURTH SUN</u> Living Sober Convention Committee 1668 Bush, SF 5:30 pm	26	27 <u>FOURTH TUE</u> Special Needs Committee, 2:00 pm; Special Events Committee Central Office, 7:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30 pm	28 <u>FOURTH WED</u> Trusted Servants Work- shop Comm., Central Office, 5:30 pm	29 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8:00 pm	30	

From the Editor...

Welcome to the June issue of *The Point*. June is traditionally recognized as Founder's Month in A.A. and so this is our theme for this issue. Our cover article is a reprint from an early A.A. leaflet; valuable advice for the newcomer and the old timer. June is also the time of Father's Day and so we bring you a heartfelt and inspiring story of making amends and finding reconciliation through applying the principles expressed in A.A.'s Twelve Steps. We also have something for Graduation and the debut of our new feature, "The Bulletin Board", wherein A.A. members are encouraged to contribute their vision, their opinions, thoughts and observations on anything to do with A.A. in San Francisco, Marin and the world. We encourage everyone to contribute and to hold nothing back.

And once again, I'll remind you, our esteemed fellowship, that we also accept contributions in the form of articles for publication. Remember, *The Point* is yours.

We always welcome new committee members, too. Any A.A. can be a committee member. Right now *The Point* committee has no Marin County residents! How can we possibly reflect the vibrant heritage that Marin A.A. brings to our Intercounty Fellowship without a Marin member participating? We meet the second and fourth Tuesdays of the month at 5:30pm. Please consider joining us!

The Editor 

Joke of the Month

A man and his wife are awakened at 3 o'clock in the morning by a loud pounding on the back door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

Not a chance," says the husband, "It is three o'clock in the morning." He slams the door and returns to bed

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers. "

"Did you help him?" she asks.

"No. I did not. It is three o'clock in the morning and it is pouring rain outside!"

His wife said, "Don't you remember about three months ago when we broke down and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

The man does as he is told, gets dressed and goes out into the pouring rain.


He calls out into the dark, "Hello. Are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes! Please!" comes the reply from the darkness.

"Where are you?" asks the husband.

"Over here on the swing!!" replies the drunk. 

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 Committee:

Greg W., Kathleen C., Li L.,
Lynne H., Maury P., Mike L.,
Morgan L., Rick K., and Victor V.

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.



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MEETING CHANGES

New Meetings:

Sun	2:00 pm	Hayes Valley	ONLY A LITTLE S.F. Alano Club, 1748 Market St. (BB)
Sun	5:00pm	Hayes Valley	STEP SUNDAY S.F. Alano Club, 1748 Market St. (SS)
Mon	12:00 pm	Hayes Valley	LIVING IN THE NOW S.F. Alano Club, 1748 Market St. (Di)
Wed	7:00 pm	Marina	4th STEP WORKSHOP 2118 Greenwich/ Fillmore (BB, Bg)
Fri	6:45 pm	San Rafael	FIRESIDE 424 Mission Ave./ Mary St. (SS)
Fri	7:15pm	Hayes Valley	JETS, S.F. Alano Club 1748 Market St. (SD)
Sat	3:00 pm	Hayes Valley	HOW IT WORKS NOW S.F. Alano Club, 1748 Market St. (SD, SS)
Sat	7:00 pm	San Rafael	YOUNG PEOPLE'S BYOB 684 Pt. San Pedro Rd. (BB, Last Saturday: Speaker/ Chip)
Sat	8:00 pm	Hayes Valley	BIRTHDAY MEETING S.F. Alano Club, 1748 Market St. (SD, Ch)

Meeting Changes:

Wed	6:00 pm	Castro	LIVING SOBER WITH HIV 150 Eureka St./ 18th St. (Remove Gay)
Wed-Sun	7:00 pm	Mission	AA GAY Y LESBIANAS 333 Valencia/ 14th St. (was M-F; 1249 Alabama/ 24th St.)
Thu	8:00 pm	Hayes Valley	FIRESIDE CHAT GROUP S.F. Alano Club, 1748 Market St. (was 601 Dolores St.)
Last Sat	6:00 pm	Hayes Valley	BIRTHDAY PARTY SHARING OUR SOBRIETY S.F. Alano Club, 1748 Market St. (was 601 Dolores)

No Longer Meeting:

Thu	7:30 pm	San Rafael	HOPE STEP GROUP 100 Marin Center Dr. #38
Thu	8:00 pm	Hayes Valley	4TH STEP BIG BOOK S.F. Alano Club, 1748 Market St.
Sat	9:30 am	Outer Sunset	BEACH MEETING/ MEDITATION Great Highway/ Lincoln Way

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 has disbanded, please call the Central Office immediately, 415-674-1821.**
Thanks for your help in keeping the schedule accurate!

Recently Registered Trusted Servants April 2006

Below are the meetings whose Trusted Servants registered with Central Office during April 2006—nineteen in San Francisco and five in Marin. Thank you for registering!

San Francisco

10am Smokeless Sat. 10am; Big Book Basics Fri. 8pm; AA Gay Y Lesbianas Sun. 7pm; Extreme Makeover: Women's Step Study Mon 7:30pm; Friday All Groups Fri. 8:30pm; Happy Hour Fri. 6:30pm; How It Works Sat. 2pm; Huntington Square Wed. 6:30pm; Ingleside Beginners: Big Book Study Sun. 5pm; Moving Toward Serenity Wed. 8:30pm; No Reservations Mon. 12pm; Pure & Simple Sun. 6pm; Serenity House Open Sat. 8:30pm; Sometimes Slowly Sat. 11am; Steppin' Up Tue. 6:30pm; Sundown Wed. 7pm; Sunset Il'ers Tue. 11am; Wednesday Sunrise Smokefree Wed. 7am; Weekend Worker Sat. 7am

Marin

Awareness/ Acceptance Mon. 10:30am; Greenfield Newcomers Sun. 7pm; Monday Nooners Mon. 12pm; Women for Women Wed. 12pm; Women Who Drank Too Much Mon. 7:30pm

CONTRIBUTIONS

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

ONGOING MEMORIALS

Dina R.,
John D. M.,
Lita G.,
Vern S.,
and
Donald W.

ANNIVERSARIES 🎵

John M. 25 years, Ken M. 34 years
10am Living Sober: Sally S. 1 year
Sisters Circle: Camella W. 2 years
Diamond Heights: Karen K. 5 years
Island Group: Alice T. 7 years
Island Group: Lee T. 7 years
Sunset 9'ers: Russ R. 23 years

Coming Up!

FRIDAY ALL GROUPS

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

DATE	HOST GROUP	SPEAKER	FROM
06/02	TBA	Debbie D.	Primary Purpose, Dublin
06/09	TBA	Beverly C.	New Life
06/16	Buena Vista Breakfast	Liz G.	Friendly Circle
06/23	Epiphany Group	Michael McP.	Dueces Never Loses
06/30	Serenity House	Renshin-Judy B.	SF Fellowship

BRISBANE BREAKFAST BUNCH

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

DATE	SPEAKER	FROM
06/04	Dave G.	Pacifica
06/11	Katy P.	Redwood City
06/18	Tom P.	San Bruno
06/25	Becky N.	San Mateo

BIRTHDAY MEETING

1748 Market St.
San Francisco Alano Club
Saturday, 8 pm

DATE	SPEAKER
06/03	Nora
06/10	Suzanne D.
06/17	John G.
06/24	Ted R.

One great day; two great events!

Founders Day!

FOUNDER'S DAY

at
STAFFORD LAKE
JUNE 10th

All day 8am to 6pm ♦ Celebrating 71 years of A.A.



Coffee starts at 8:00am ~ Bar-B-Que at Noon - \$8.00 donation*

50/50 Raffle ♦ Live Music by Joe and Friends

Volleyball, Softball, Horseshoes, Fishing and Lots of

No Dogs Allowed in the County Park ~ Thank You ~

\$8.00 per car fee for entering the Park, Bring your friends & a Newcomer

For group sponsoring or individual commitments please call
Chris at 415.897.4881 or Frank 415.269.6075

Kids Eat FREE!
(12 yrs and under)

Thank you to our
Sponsoring Group:
Monday Night Stag



The IFB Special Events Committee
is happy to bring you a

Founders Day BBQ



Saturday, June 10th, 2006
Pine Lake at Stern Grove
(19th Ave. & Sloat)

Join us in gratitude for 71 years of A.A.
Festivities begin at 11 am

Barbecue, Fellowship, Fun, Games,
A.A. History presentation at 1pm
A.A. Meeting at 3:30

FREE!

Contact Fran K. for more
information
or to help 415.424-0626

FREE!

To get to Pine Lake head West on Sloat and turn right on Vale St.

So, You're Going To Lead A Meeting?

(Continued from page 1)

mean sit down and write out a speech. But organize your subject matter beforehand. If you have any doubts as to your memory – and remember, you may experience stage fright—prepare written notes. After preparing them, follow them closely or you may get off on a tangent, find yourself in a thicket of verbiage, and have difficulty in finding your way back into your notes. Remember, you owe your audience some consideration. To speak before a group with no preparation is an insult to their intelligence.

Be Brief. There is a saying among modern clergymen: “No souls are saved after the first twenty minutes.” The two-hour, yes, even the one-hour sermon is a thing of the past. In almost all cases effectiveness is lost after thirty minutes.

After the first half hour the average listener starts to wonder when the speaker will come to a climax and stop talking. His mind wanders, and what good the leader has done in his first half an hour immediately becomes undone. The longer he continues to talk, the less his listener will remember when it is all over.

Remember, alcoholics are restless people. They squirmed at sermons, twitched at movies, avoided long plays and concerts, almost never attended lectures. Demosthenes himself could not hold an alcoholic audience for more than half an hour. Don't flatter yourself by thinking you can. If you don't own a watch, borrow one and keep an eagle eye on it. When your half hour is running out, come to a speedy conclusion. Your audience will be profoundly grateful.

Be Brief. Lincoln's Gettysburg address lasted four minutes. The principle speaker of the day, Edward Everett, talked for two hours. No one but a professional historian today knows what Everett said. Every school child can give Lincoln's talk verbatim.

Be Brief. Speak up. Don't Mumble. Trained orators in the days before public address systems developed a hard and fast rule: Talk to someone – a friend if possible – in the very back row of the auditorium. Then you will be sure every one in the hall will hear you. And take your time. If you speak deliberately you may not crowd as many words into thirty minutes, but at least they will be understood.

Be Brief. Your audience knows you are an alcoholic and

a member of Alcoholics Anonymous. Your presence on the platform is proof of that – except in a few rare occasions where the speaker may be a non-alcoholic, and will be introduced as such. Consequently it is ridiculous to “qualify” yourself. It may be necessary to give some of your drinking history to illustrate what obstacles you had to overcome to become a practicing A.A. But keep it to a bare minimum. Avoid as you would the plague a blow-by-blow account of your drinking days and experiences. There are probably a dozen persons or more in the audience who can give you cards and spades on drinking background.

A recitation of drinking experiences has a definite place in the A.A. program. It establishes a bond between the A.A. and the man who may some day be a member. It helps convince the new man that he is not the only one in the world who has a problem. So your drinking story is valuable when you call on the prospect in his home, in jail, or in a hospital.

But at a meeting the audience is more interested in WHAT YOU HAVE DONE TO KEEP SOBER. Draw on your drinking experiences to illustrate points and make an end of it. “HOW I KEEP SOBER” should be the topic of EVERY A.A. leader.

Be Brief. Following are a few brief suggestions: Don't try to cover everything you know in one talk. You probably will be invited to lead at some future date. Try to use as much new material as possible in each talk. The man who heard you Monday night might hear you again on Thursday. No one knows all the answers. Don't give the impression that you are an exception to this rule. Don't read lengthy poems or quotations of any kind. They are boring. If you must quote, be brief. Don't criticize. Leave that for your fifth anniversary. And when your fifth anniversary comes, don't criticize. Be sincere. Don't be dramatic or play to the grandstand. Don't get involved in circuitous analogies. Someone has already built the ladder or constructed the house – probably better than you can. Don't be too positive. Rather, have strong suspicions.

Many a man who “is never going to take another drink” on Tuesday night is plastered as a new house Wednesday morning. Don't feel you must have a weighty answer to every comment from the floor. If you have no simple comment, a “thank you” will handle the situation. When you are finished, SIT DOWN. ↑

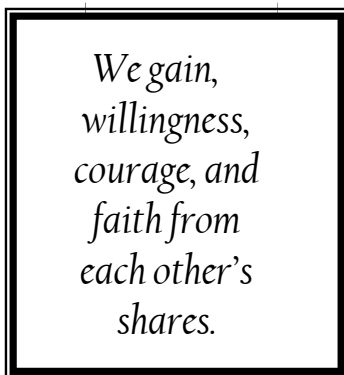
Dear Alky

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

Dear Alky,

I missed seeing your column in the April point. I always get a lot out of the questions and answers. Many of the questions are thoughts I've had in my own mind. Of course I've never written to you. I left that to others. I see now that I did the same thing with my meetings. I'd go and just expect the meeting to be there. I didn't volunteer or even raise my hand to share. I guess I figured someone else would bring up what was on my mind! Then I wouldn't have to put myself "out there". After reading your April Column (so to speak) I thought "what if I go to my meetings and they're not there?" Then it will be my turn to ask "Is everyone recovered?" I have now made commitments at two of my meetings. One as a co-coffee maker and the other setting up chairs. I still haven't raised my hand to share, but I'm working up to it. I'm trying to be more responsible for my own sobriety.

Still Speechless in San Francisco



P.S. Please edit this freely. As you can see, I have a hard time expressing myself properly. Of course I'm assuming that you can make sense out of it.

Dear Speechless,

I make perfect sense out of what you shared. I would never have known that you had any difficulty in expressing yourself. I felt like you when I was a newcomer and I still feel that way sometimes today. We share our experience, strength, and hope with each other. We gain, willingness, courage, and faith from each other's shares. If we went to meetings where newcomers and old timers didn't share we would be celebrating fewer AA Birthday's. A large part of the success of the AA program is the fact that we are willing to share with one another. Everyone has something to say that someone in the rooms can identify with. By

sharing we help others and we help ourselves. In chapter 7 "Working With Others" it says "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our 12th suggestion, carry this message to other alcoholics! You can help when no one else can." (Big Book, Pg. 89)

Alky

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

Bulletin Board



Dear Point—

I've been an avid reader of *The Point* for a few years now and am grateful for such a fine publication. This gratitude got me thinking about A.A.'s founders and how grateful I am to Bill and Bob. I knew that June was coming up and our Fellowship was founded on June 10, 1935 (in my home state of Ohio, no less!). From what I've read about this, Bill was the first of our Founders to hear some of the message through the Oxford Group, a kind of evangelical society, but I won't hold that against him. You get it where you get it. But, the difference with Bill was that he couldn't help but feeling that he could save himself from the obsession of alcohol by helping another in the same situation - alcoholics helping alcoholics.

It was no coincidence that Bill met Bob in that June of 1935 in Ohio. I guess Dr. Bob was having the same troubles with the bottle and was persuaded by his family to talk to Bill. Well, apparently that idea of one alcoholic helping another came to fruition that June afternoon and the Fellowship of A.A. as I know it, was born.

Now, 71 years have passed since that first meeting and it still goes on today. I know things have been translated and adapted somewhat to the changing times and attitudes about what makes an alcoholic and addict these days (wasn't Bill put on barbiturates at one time as a supposed "alcoholic cure"?), but the basic message is the same. I look at Tradition Three and realize that the whole thing is pretty simple. Not easy, but simple. Of course, there are those in "modern A.A." who like to quote Bill W. and feel the need to interpret what his true messages were as if they are channeling him, but that really doesn't matter. We all have what we need in the Big Book and the 12 and 12 (NOT the 12 BY 12!) and are free to read and interpret what we read in our own way. Bill and Bob simply shared their experiences with others still suffering back then and the same dialog happens today. Bill even declined the chance to have a statue or plaque in his honor as a Founder of A.A. That's a pretty good example of humility in my book.

So, at this time of Founders' Day, I just wanted to say, "Thank You" again for continuing to carry the message to all of us alcoholics out there and keeping alive the words and wisdom of those first two guys who met in Ohio.

signed—A Grateful Reader

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. lynnorel@aol.com

12th STEP COMMITTEE

Victor V. 415.726.0518

ARCHIVES COMMITTEE

Bruce K. bruceken@aol.com

LITERATURE COMMITTEE

Steve N. snolan12000@yahoo.com

ORIENTATION COMMITTEE

Tim M. gryffindor-house@earthlink.net

OUTREACH COMMITTEE

Chair Needed

THE POINT

Victor V. 415.726.0518

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

Chair Needed

SF TELESERVICE COMMITTEE

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

SF PI/CPC COMMITTEE

Jill H. 415.647.3553

Service Bulletin

The Trusted Servant's Workshop Committee

by Patty M.

Did you go to the Trusted Servants Workshop on Saturday, March 11th? It was an exciting and fun exchange on the topic of what it means to be a group secretary.

The Trusted Servants Workshop Committee develops, plans and holds these workshops for members of Alcoholics Anonymous. We try to inform, educate and inspire members on various group service commitments. In March our topic was the group secretary. In upcoming months we plan to highlight the group treasurer and literature person.

We are a committee of the San Francisco and Marin County Intercounty Fellowship Board (IFB). We are presently a committee of four: Monika H. is committee chair; Don B. is committee secretary; and Patty M. and Steve S. complete the roster. We are invaluablely aided by Maury P., our Central Office Manager. Initially, we met as needed, but recently set the 4th Wednesday of the month as our regular meeting day. That's when you can find us at Central Office from 5:30 to 6:30 pm.

Together we discuss the format, topics, and logistics for the workshops. We put together flyers to advertise our efforts. Maury provides printed handouts, practical suggestions and moral support. On the day of the workshop, we do the footwork to make the plans reality. We make the coffee, set up the chairs and order the pizza.

Before our first meeting, we spoke to members who planned and presented similar workshops in 2005. We took their suggestions and learned from their experiences.

So far, we've only presented the workshop on March 11th. It ran from 11:30 am to 1:00 pm. We were blessed with two dynamite speakers, Leslie C. and Derek D. They shared their experience, strength and hope on the topic of group secretary. Steve S. presided. The Q & A session after the speakers quickly turned into a dynamic sharing session. Attendees, speakers and committee members shared, gave suggestions, asked questions and helped each other. Pizza afterwards kept the session going as people continued to fellowship and share.

Feedback was very positive. Someone suggested we hold workshops more often. We'd love to, but we need your help. Like every IFB committee, the Trusted Servants Workshop Committee is open to all members of Alcoholics Anonymous. You can join us at Central Office on Wednesday, June 28th at 5:30 pm. Be a part of something exciting and fulfilling. Help us bring to the A.A. fellowship the knowledge we all need to do better service in the commitments that keep every group together and help us all stay sober. ↑

The next workshop is on Saturday, June 17th
and will focus on the group Treasurer.
See p. 15 for details

Big Book Study: Chapter Five—How It Works

By Morgan L.

I remember reading Chapter Five of the Big Book for the first time. I was in the doughnut shop at 25th Street and Church Street, hovering over my book so no one could see what I was reading (as if anyone cared, or noticed).

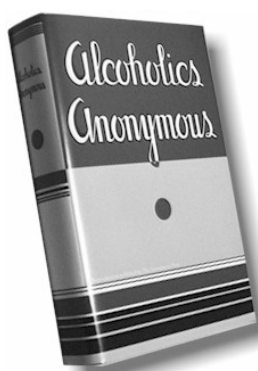
I furtively underlined the lines describing the metaphor of the actor running his life on self-will. The actor who “wanted to run the whole show; was forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way.” I was jarred by the similarities of my own experiences and the text. I too naively believed that if my arrangements would stay put, and if people would do as I wished, my show would be great.

While in college, I fell madly in love with a boy. As described in Chapter Five, I did everything I could to get us and keep us together, and ensure that my “show” was a success. I was kind, considerate, patient, generous; even modest and self-sacrificing. At others times I was, mean, egotistical, selfish, manipulative and dishonest.

By the end of my senior year, the boy I had scripted to play, ‘love of my life’ was secretly dating my best friend. I found out after snooping through her cell phone and finding text messages he sent to her. I remember thinking that my melodramatic life was similar to the soap opera, *Days of Our Lives*. The only differences of course, were my mutinous cast members.

A year and many “unscripted” disappointments later, I started to realize that no matter how hard I tried, how much I planned, how many lies I told, or how manipulative I was, I could not orchestrate the outcomes of my life. I wholly identified with the angry, indignant, self-pitying director, even felt sorry for him. My life mirrored his exactly; self-will run riot. How had I gotten there?

I grew up in an alcoholic home marked by anger, chaos, and confusion. Being the eldest of two daughters, I believed it was my duty to claw my way out of the hole we were in, carrying my family in tow. I had no faith that my parents or even God could take care of me. I was obsessed with planning and calculating to ensure I got what I needed. I saw myself as a soldier fighting the



What if I acted as if everything was just as it should be?

What if I believed God had taken care of it all?

What would life be like?

battle of life.

I was in essence, a ticking time-bomb ripe for self-destruction. At the root of my obsessive planning was a basic fear from which all others spawned; a fear that I wouldn’t be taken care of. When I was first sober, I was ignorant of how these fears manifested in my thoughts and actions; I only focused on the wreckage the fear caused. By doing Steps Three and Four with my sponsor as outlined in this chapter I saw how fear ruled my life.

I took Step Three and turned my will and life over to a power greater than myself. The Third Step in action meant letting go of my conniving and manipulative ways, also known as “fixing situations.” My sponsor read the passage in Chapter Five describing God as my new Employer. “Being all powerful, He provided what we needed, if we kept close to

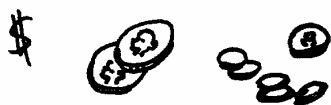
Him and performed His work well.” She reminded me that my new Employer did not need my help “fixing things.”

The second example of my Third Step in action was working my Fourth Step. I commenced to put pen to paper and saw the insanity of my thoughts. I saw that my fear had many guises and manifested itself in a multitude of ways. I saw that I was self-seeking because I was afraid I didn’t have enough. I was ego-centric because I was insecure. I lied because I thought the truth wasn’t good enough. After completing the steps, my fear slowly receded and my faith in a Higher Power increased.

Several weeks ago, a friend posed an interesting question; what if I acted as if everything was just as it should be? What if I believed God had taken care of it all? What would life be like? A passage in Chapter Five describes the results of such a situation perfectly,

“As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.” (p. 63)

Having faith that God has taken care of everything allows me the freedom, joy and happiness to just enjoy the show. ↑



Faithful Fivers!

Thanks for Your Support

Faithful Fivers are A.A. members who graciously pledge to contribute at least Five Dollars each month toward the support of Central Office in its efforts to carry the A.A. message to alcoholics who still suffer in the San Francisco and Marin area. As a Faithful Fiver, your personal contribution can and will make our vital services possible. We'd like to thank the following members for joining:

Ami Joy Y.	Matt E.
Barbara M.	Michael R.
Brian H.	Michael W.
Bruce D.	Nancie G.
Caroline A.	Pat P.
Carolyn S.	Paul W.
Casey L.	Peg L.
David B.	Pene P.
David H.	Peter F.
David P.	Randall S.
Elizabeth S.	Rebekah D.
Esther R.	Rich G.
Frances L.	Robert K.
Giles H.	Sheila H.
Greg W.	Stephen N.
Herman B.	Steve A.
Jane K.	Steve R.
Janet B.	Steven S.
Jim H.	Tim M.
Karen K.	Tom M.
Lauren H.	Tony J.
Lisa M.	Dennis & Lucy O.



Graduation from AA?

by Jean T.

Do we ever really graduate from A.A.? I am ever so grateful that the answer is a resounding and definite "No." But we do have milestones and commencements—new beginnings.

A big milestone in A.A. was taking the First Step, which took me a very long time because I was a periodic drinker. I could go as long as several years between drinks. When I did drink, though, it was always to a quick blackout.

I had such a hard time with Step One that I didn't raise my hand to celebrate my first birthday. Now, at twelve years, I proudly raised my hand and walked to the front of the room to collect my chip.

Every time there is an ending in my life, I feel intense grief and then realize that a new beginning is just around the corner. Perhaps this is why graduations ceremonies are called commencement ceremonies; new beginnings.

When each of my children left home to go to college, I felt intense grief for the end of the relationship as I had known it. The teenage years were spent with me learning to move from manager to consultant in each child's life. The new beginning was learning to have an adult relationship with each child as they learned to find their way in the world. Their way, not my way. God's will, not mine. I am surprised to find that I enjoy an adult relationship with each child even more than the day-to-day care giving.

My life became very full as I got sober AND worked a program. Working the A.A. program has given me the tools to not only accept life on life's terms but to thrive! I am now working the steps again with a new sponsor. We just finished some very intense Fourth and Fifth Step work. Working the steps is work, but the healing is unbelievable.

In fact, the more recovery I have, the richer and fuller my life is and the more tools I need. The tools come in the form of more meetings, more step work, more sponsoring, and more reaching out. I know that if I skimp on the recovery process, my recovery suffers. I believe that life offers us so many gifts and I want to be in a space to receive them and be grateful for them.

I remember hearing a woman at a meeting years ago say, "When things don't work out as I expect, I get really excited because I know that God has something special in store for me." I'm not quite at that level of recovery, but I *can* practice acceptance when things don't work out as expected. When I am able to get excited about unplanned and unexpected experiences, I will be at another milestone. This will be a graduation or commencement to a new level of recovery, and I will need my bag of A.A. tools more than ever! ↑

Literature Review

I Am Responsible: The Hand of AA by Monika H.



"I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

This simple declaration was presented to the fellowship at the 30th International Convention in Toronto, Canada in 1965, and captures the heart and soul of fellowship - one alcoholic sharing with another, one hand reaching out for the next.

This is also the title of a new book published by the A.A. Grapevine. It consists of 38 stories written by A.A. members and non-alcoholic friends of the fellowship, and explores taking responsibility for ourselves and others. There is a brief introduction by Bill W. written at A.A.'s 25 year point called "The Shape of Things to Come", where he wonders about the next great phase of A.A.'s life.

The stories are divided into seven sections which cover everything from carrying the message, to working with others. The stories are short and simply written, but their power and importance are immeasurable.

One such story is "A State of Honor," published in 1967 and concerns a tiny, very old Indian woman named Mary, who arrives at a meeting, takes a chair at the back of the room, and never looks at anyone during the meeting. Afterwards, she quietly approaches the author of the story, who is putting away the chairs. She asks for help because she can't stop drinking and explains that her old-fashioned son had forbidden her to ask for help. It was a common conception that the Indian people could take care of their own and great shame was associated with going outside the family for help. She had sneaked away from home to seek help.

For the next hour they talked and the author gave Mary an emergency supply of A.A. literature, a big book and a copy of the serenity prayer. Six months later she returned, sober, to thank the author for saving an old woman's life. I won't give away the ending but it brought me to tears.

I Am Responsible is a wonderful addition to the A.A. library and a great read for newcomers and old-timers alike. ↑

Intercounty Fellowship Annual Meeting

The Intercounty Fellowship Board (IFB) is the Board of Directors for the Central Office Serving San Francisco and Marin.

What is a Central Office?

"A central office (or intergroup) is an A.A. service office that involves partnership among groups in a community—just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups—functions which are best handled by a centralized office—and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

"Service centers usually have no authority on their own account; they derive it from the participating groups. Local group representatives reflect the groups' conscience in the service center operations.

(excerpts reprinted with permission from GSO's
A.A. Guidelines—Central or Intergroup Offices)

Annual Meeting

The Bylaws of the IFB state that there be an annual meeting on the first Wednesday in June. The IFB will report to the Fellowship on the activities of the previous twelve months and a new Board will be formed. Each group in San Francisco and Marin is encouraged to send a representative to this meeting. It is hoped that many of these annual meeting reps will become Intergroup reps and take part throughout the year in this service to the local fellowship. Please call the Central Office if you have any questions: from San Francisco—415.674-1821; from Marin—415.499-0400. ↑

June 7, 2006—7:00 pm

First Unitarian Church

1187 Franklin St. at Geary

San Francisco

AA Group Contributions - March 2006

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	March 2006	YTD	Name	March 2006	YTD
Fellowship			SF Group Contributions		
Brisbane Breakfast Bunch	30.00	68.00	6am Marina Dock Sa	60.00	60.00
Contribution Box	47.10	115.79	7am Speaker Discussion Th 7am		94.18
Deer Park Discovery Group		40.00	830am Smokeless Th		64.43
Gay Newcomers Group		13.57	A Vision for You (SF) Su 630pm		75.00
IFB	75.00	225.00	AA Step Study Su 6pm		286.75
Men's Forum Tu	1,000.00	1,000.00	Afro American Beginners Sat 8pm		28.35
The Chosen Ones	40.00	40.00	All Together Now Th 8pm	68.00	228.20
Unidentified Group	613.09	1,263.81	Any Lengths Sat 930am	37.80	180.60
Total Fellowship	\$ 1,805.19	\$ 2,766.17	Beginner Big Book Step Th 630pm		25.00
			Be Still AA Su 11am		120.84
Marin Group Contributions			Beach Meeting\Meditation Sa 930am		40.05
A Vision For You (SF) Su 730pm		40.00	Beginners' Step Study Sat 630pm		86.05
Beginners & Closed Tu 7pm & 830pm	117.00	573.00	Bernal Big Book Sat 5pm	100.97	269.71
Beginners Tu 7pm		156.00	Big Book Study Su 1130am		68.38
Beginners W 7pm		110.00	Boys Night Out Tu 730pm		21.00
Bounce Back M 6pm	120.00	120.00	Brokers Open Book Tu 130pm		141.60
Caledonia Sun 8pm		409.48	Castro Discussion (Show Of Shows) W 8pm		111.38
Closed Women Step Study Tu 330pm		112.50	Chips Ahoy Tu 12pm	27.00	68.00
Creekside New Growth Sun 7pm	39.00	39.00	Cocanuts Su 9am		79.00
Fairfax Friday Night F 830pm	100.00	100.00	Cow Hollow Men's Group		124.50
Girls Night Out W 815pm		10.65	Creative Alcoholics M 6pm	11.11	11.11
Gratitude M 2pm	20.00	20.00	Design for Living Sat 8am		235.09
Hillside Candlelight F 830pm	100.00	100.00	Each Day a New Beginning F 7am		528.00
Intimate Feelings Sa 10am		95.60	Each Day A New Beginning Su 8am		234.62
Island Group Th 8pm		161.50	Each Day a New Beginning Tu 7am		220.30
Keepin' It Real Th 6pm		60.00	Each Day a New Beginning W 7am	298.82	298.82
Mill Valley Discussion W 830pm		22.72	Easy Does It Tu 6pm		70.00
Monday Night Stag (Tiburon) 8pm		856.81	Early Start F 6pm	576.16	576.16
More Will Be Revealed F 12pm	30.00	30.00	Embarcadero Group 5D 1210pm	277.86	772.78
Nativity Monday Night Big Book M 8pm		100.00	Endless Summer F 830pm	26.00	26.00
Noon Tu 12pm		193.50	Eureka Valley Topic M 6pm	827.70	827.70
North Marin Speaker Sun 12pm		150.00	Federal Speaker Su 12pm		210.22
On Awakening 7D 530am		210.00	Fireside Chat Sa 9pm		180.00
Refugee Th 12pm		30.00	Fireside Chat Tu 8pm		81.28
Reveille 7D 7pm		100.00	Friday All Groups F 830pm		1,260.00
Rise N Shine Sun 10am		67.50	Friendly Circle Su 830pm		254.34
Saturday Serenity Sa 8pm		65.50	Four Forty Niners F 8pm		67.20
Six O'Clock Sunset Th 6pm		97.61	Goodlands Su 2pm		88.98
Spiritual Testost. Sun Men's Stag Su 830a		250.00	High Noon Friday 1215pm	170.37	351.94
Steps To The Solution W 715pm	40.00	40.00	High Noon Monday 1215pm		237.37
Streetfighters Sa 9am		46.80	High Noon Thursday 1215pm		42.60
Sunday Express Sun 6pm		100.00	High Noon Tuesday 1215pm		205.83
Sunday Friendship Sun 7pm		120.00	High Noon Wednesday 1215pm		86.21
Survivors M 12pm		138.00	Hilldwellers M 8pm		74.40
T.G.I.F. F 6pm	84.66	84.66	Hot Java F 12am		90.00
Terra Linda Group Th 830pm	100.00	300.00	How It Works Sat 2pm		55.39
The Barnyard Group Sa 4pm		240.54	Huntington Square W 630pm		411.51
Thurs. Night Speaker, MV		415.00	Ingleside Beginners Su 5pm	22.85	22.85
Tuesday Chip Meeting Tu 8pm		550.00	Joys of Recovery Tu 8pm		60.00
Tiburon Haven Sun 12pm	367.98	503.98	Keep It Simple Sat 830pm		93.32
Women's Big Book Tu 1030am		55.87	Last Call Su 10pm	40.00	115.00
Women on Monday M 7pm		150.27	Light Steppers Su 7pm		120.00
Total Marin Group Contributions	\$ 1,118.64	\$ 7,026.49	Living Sober with HIV W 6pm		245.96

Name	March 2006	YTD	Name	March 2006	YTD
Luke's Group W 8pm		60.00	Sunday Morning Gay Men's Stag Su 1030am	365.79	365.79
Lush Lounge Sa 2pm		208.80	Sunday Night Castro Speaker Disc Su 730pm		325.33
Marina Discussion F 830pm		517.67	Sunrise Sunset Women's Step Th 545pm		58.80
Meeting Place Noon F 12pm		50.40	Sunset 11'ers Su		102.85
Mid-Morning Support Su 1030am	134.59	134.59	Sunset 11'ers W		20.00
Midnight Meditation Sat 12am	125.00	125.00	Sunset 9'ers F		82.51
Miracles Off 24th St W 730pm		19.31	Sunset 9'ers M		119.11
Mission Fellowship		259.73	Sunset 9'ers Sa		131.65
Mission Terrace W 8pm	142.40	142.40	Sunset 9'ers Tu		166.68
Monday Beginners M 8pm		300.00	Sunset 9'ers W		136.09
New Highs W 130pm		70.80	Sunset Sobriety Th 730pm		278.00
New Hope Big Book M 630pm		22.69	Sunset Speaker Step Sun 730pm		80.00
New Life W 7pm		128.25	Sutter Street Beginners Sat 6pm		187.00
Newcomers Group Tu 7pm		214.50	Ten Years After Su 6pm		410.56
One Liners Th 830pm		667.86	The Drive Thru W 1215pm	9.87	136.70
Parkside Th 830pm	85.50	85.50	They Stopped In Time M 8pm	130.98	130.98
Pax West M 12pm		441.68	Too Early Sat 8am	195.05	312.05
Pax West Th 12pm		143.89	Transrecovery F 630pm		9.40
Pax West Th 12pm		40.15	Tuesday Big Book Study Tu 6pm		90.00
Rebound W 830pm		85.00	Tuesday's Daily Reflections Tu 7am	27.36	27.36
Rule 62 W 10pm		279.00	Walk of Shame W 8pm		120.00
Saturday Easy Does It Sa 12pm		351.29	Waterfront Sun 8pm		366.52
Saturday Night Regroup Sat 730pm		184.73	We Care Tu 12pm	59.57	183.92
Serenity House		300.00	Wednesday Women's Big Book W 615pm		60.00
Serenity Seekers M 730pm		395.00	West Portal W 915pm		103.21
Sesame Step Tu 730pm		237.13	Women Living Sober Sa 1030am	79.89	79.89
SFPOA Th 7pm	159.00	210.00	Women's 10 Years Plus Th 615pm		74.09
Sisters Circle Su 6pm		235.91	Women's Kitchen Table Group Tu 630pm		82.75
Sober & Centered F 7pm		120.95	Women's Promises F 7pm		78.85
Sober Across the Board M-Sa 830am	10.00	30.00	Work In Progress Sat 7pm		57.77
Sometimes Slowly Sa 11am	76.58	112.59	YAHOO Step Sa 11am		35.00
Step Talk Su 830am		294.25	Total SF Group Contributions	4,178.99	21,295.17
Stepping Out Sat 6pm	32.77	32.77			
Straight Jackets Th 9am		52.47	TOTAL	\$ 7,102.82	\$ 31,087.83

Gratitude Month Contributions 2005

Name	Amount
SF Gratitude Month	
Happy Destiny Sa 630pm	53.93
Each Day a New Beginning W 7am	151.00
Eureka Valley Topic M 6pm	98.09
Like A Prayer Su 4pm	43.64
Total SF Gratitude Month	\$ 346.66
Total Gratitude Month	\$ 346.66

Individual Contributions March 2005

Contributions from Individuals	Amount
Unrestricted Contributions	45.00
	25.00
	45.00
	100.00
Total Unrestricted Contributions	\$ 215.00
Honorary Contributions	14.00
	\$ 14.00
Total Honorary Contributions	
Total INDIVIDUAL CONTRIBUTIONS	\$ 229.00

A Day for my Father

by Lee C.

The relationship with my father was always a little rocky. He was a devout Mormon and right wing activist. I was a charter member of the flower power generation—a hippie. As a father, he did his best to tell me the dangers of drink and drugs. He sought to instill in me, a love for the Mormon Church, the Vietnam War and segregation. I wish I could say it was some superior morals that repelled me from his values. But it was far more simple: While living under his roof—I couldn't party the way I had to.

I moved out at 17 and never looked back, rarely contacting him, and then only to borrow money or a car. My mother died when I was 26 and he quickly remarried. His new wife didn't regard me as the prodigal son—she'd scarcely talk to me. When she would answer the phone, I could hear her yell to my dad "*that boy* is on the phone" But each time my father got on the line, his voice was always the same: loving and excited to hear from me—consistently offering encouragement and love.

That went on for 20 years—I didn't get sober till I was 47. All I could muster for my initial amends was a simple postcard that read "Dad I'm sober and doing OK". But at three years of sobriety, I was ready to approach him, to speak to what a bad son I had been.


I wrote out a letter to him, not to be mailed—or read aloud, but for my sponsor and I to make sure I was on the A.A. beam. My sponsor looked over the letter and said "loving words, and I imagine that they will sound great in the telling. But are you willing or even capable of living up to them?"

I called my dad the next day and asked if I could fly down for a visit. He said 'of course, but what on earth for?' I only said that 'Perhaps I can start being a better son in your life'.

When I got off the plane, he was standing at the gate—crying. Then we were both crying. We held each other as we had when I was five years old. That night I spent an hour alone with him making amends. After he went to bed, his wife came into the living room. I had vowed that I wouldn't make amends to her.....But I did.

I flew back home a different man.

My father died one year later. He died an honorable, painless death. We spoke on the phone nearly every day before he slipped away—laughing and reminiscing. He passed away with the firm knowledge that we both loved each other. I participated in his funeral, head held high, without debilitating shame.

Now I am a father, I have three grown daughters. Hopefully I can apply his gift of unconditional love to them. 

THE SPIRIT OF SAN FRANCISCO

PRESENTS

"DANCING THROUGH THE DECADES"



AA SPEAKER MEETING & DANCE

SATURDAY, JUNE 17TH, 2006

AA Speaker Meeting - 8:00 - 9:00 PM

Dance - 9:30 PM - 12:30 AM

Contest - 10:30 PM

THE ALAMO CLUB

1748 Market Street (at Gough)

San Francisco

\$10.00 DANCE

Come dressed representing your favorite decade:

50's, 60's, 70's, 80's, 90's or whatever.

Costume Contest for each decade, 5 decades, 5 prizes!

Information (415)752-9930

Save the date

The Spirit of San Francisco Convention - October 13th - 15th, 2006
Convention Registration Coming Soon at www.spirit-sf.org

Recent Deaths

Holly P.

We print the names of any members who have recently died when the names have been sent to us. Unlike the Honors section, which appears elsewhere, Recent Deaths is for information only. This one-time listing is not dependent upon a contribution in the name of the deceased.

Young People in AA: ACYPAA

by Anonymous

When I was a kid, I'd ask my mom, "how old are you?" and her answer was always "21+." Now that I'm 48 years old and mom is still "21+," I understand the issues of growing older a little better. In Alcoholics Anonymous, we hear young people's groups describe themselves as those with "room to grow," because that seems to include all of us! Clearly having room to grow, I accepted the invitation to attend the All California Young People in Alcoholics Anonymous (ACYPAA) convention held this year, February 23rd - 26th in Santa Clara and organized by PENYPAA, the Peninsula Young People's Group in San Mateo County.

While it took me a while to get used to some of the chanting (ACY!! ACY!! ACY!! PAA!! PAA!! PAA!! which was appropriate for ANY situation at the convention) and some of the activities, which included mini-bicycle races, a drag show, a comedy show, dances and karaoke, I quickly recognized the similarities to the A.A. program that has enabled me to stay sober for over 10 years. The panels (including a long-timers panel and discussions of service opportunities and A.A. history), marathon meetings and, particularly, the main speaker meetings were inspirational. The Saturday evening meeting included a County Countdown which reflected attendance from all over California, including A.A. members from San Francisco and Marin, and beyond our borders with members from Arizona, New York and Texas present. It was great to see San Francisco/ Marin

participation with Philo H. sharing at the closing meeting on Sunday morning.

In the end, ACYPAA was about carrying the message of Alcoholics Anonymous to the alcoholic who still suffers and that's the program I am familiar with. There were over 2,000 alcoholics, young and not that young, that attended the weekend in Santa Clara and my experience was a very successful one. The theme of the convention, "The effect was electric," comes from page 14 of the book, *Alcoholics Anonymous*, and refers to Bill W. describing his own spiritual awakening. The energy and enthusiasm of this gathering of sober alcoholics at ACYPAA clearly created an "electric" atmosphere that won't soon be forgotten by those that attended. The event was well-organized and extremely welcoming and despite my initial hesitation, I left ACYPAA reminded of the power of A.A. unity and grateful that A.A. is open to all regardless of their age. ↑

The 48th International Conference of
Young People in Alcoholics Anonymous
(ICYPAA) will be held June 29 to July 2,
2006 in New Orleans, LA
Register and Get More Information at
www.icypaa48.org



Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties

presents another fabulous

TRUSTED SERVANTS WORKSHOP

Spotlight on: Group Treasurer

Where does our money go? How do we pay our bills?

Is my meeting self-supporting?

These questions and many more will be answered!

Where: AA Central Office 1821 Sacramento St.

When: Saturday, June 17th from 11:30am to 1pm

Join us! It's free! And we'll feed you!

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

IFB Meeting Summary — May 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	A**	Elizabeth L.	Monday High Noon	R	Nicholas L.	Some Are Sicker Than...	P
Andy T.	Waterfront	A*	Francesca K.	West Portal	P	Nicholas S.	Sutter St. Beginners	A*
Anthony J.	Founders Group	P	Gaspar L.	Keep It Simple	P	Omar C.	Tuesday Chip	P
Brian H.	Living Sober with HIV	A*	Greg S.	Beginner's Warmup	P	Pascal G.	Monday Night Stag	P
Bruce K.	Sunset Speaker Step	P	Heather K.	Serenity Seekers	A**	Patty M.	Huntington Square	P
Brian K.	Eureka Valley Topic Disc.	A*	Joe G.	Beginners	P	Penelope P.	Amazing Grace	P
Carol E.	Happy Hour	A*	Joe H.	Gratitude Group	P	Rebekah D.	Fell Street Step	A*
Chris H.	Friendly Circle	A*	Judi C.	Tuesday's Daily Reflections	P	Richard R.	We Care	P
Chris T.	Keep Coming Back	A*	Julia W.	Sesame Step	A*	Ryan W.	Tiburon BB	A**
Clifford B.	Spawn of Straight Jacket	A*	Justin S.	Alumni	R	Sam C.	Boys Night Out	R
Creighton B.	Downtown Mill Valley	A*	Karin K.	24 Hour Plan	A*	Scott N.	Sunset 11'ers Sat.	P
Curtis S.	Sunday Gay Men's Stag	A*	Larry B.	Castro Discussion	A*	Stephanie R.	Live & Let Live	A**
Dan C.	Sunday Night Castro SD	A*	Lauren H.	Ten Years After	P	Stephen R.	Valencia Smokefree	P
Dan Z.	Each Day a New Beginning	P	Luis M.	High Noon Tuesday	P	Steve N.	Terra Linda Group	P
Danna P.	Treasurer	P	Lynnore G.	Walk Of Shame	P	Steve S.	Homegroup	P
Daniel B.	Too Early	A*	Matt T.	Fairfax Friday Night	P	Tedra M.	Come N Get It	P
David B.	Federal Speaker	P	Maury P.	Central Office Manager	P	Terry B.	High Noon Thursday	A*
David L.	Work in Progress	A**	Michael L.	Attitude Adjustment Hour	A**	Tim M.	Join the Tribe	P
David P.	Goodlands	A*	Michael S.	Sunset 9'ers Sat.	P	Tom R.	Mill Valley 7AM	P
Derek D.	Reality Farm	A*	Michelle W.	Cow Hollow Young Peoples	A*	Vickey D.	Sisters Circle	A*
Don B.	Friday Fell Street	P	Monika H.	SFPOA	P	Victor V.	Stepping Up	P
Dylan C.	They Stopped in Time	P	Orion P.	Marina Dock 6am	A*			

P = Present; A = Absent; R = Resigned; X = Alternate. 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	
Liz C.	Mill Valley Speaker	Casey L.	Marin Teleservice
		Mitzi H.	H&I

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the May 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. Next month is our Annual Meeting at 7pm followed by our regular meeting at 8pm. Reports from the events of the year past are given. Nominees to the COC are to be called for. Tonight the second reading of the Bylaws change will take place. The issue of free events will be discussed. The flyer and pamphlet policy will be re-considered.

Central Office Manager's Report: Maury P. gave the report. Next month is the Annual Meeting. Anyone submitting a report needs to email it to Maury by 5:00pm Monday, June 5th. Please distribute Annual Meeting flyers to the meetings you attend. Phone volunteers are needed to cover for summer. The May 2006 schedules will be available May 17th. Central Office is closed Monday, May 29th for Memorial Day. The 56th Annual General Service Conference is over. Francisco A., our Delegate, will report at the Post-Conference Assembly on May 20th on

the news of the proposed Central Office pamphlet. The new flyer policy that charges \$.05 cents for every copy made at Central Office does not include IFB committees.

Central Office Committee Report: Lauren H. gave the report. An upgrade to the Central Office network firewall was approved. The pamphlet 'Welcome to the IFB' will be updated. Flyers for events at the Alano Club may be included in *The Point* as long as they follow the existing Point Flyer Guidelines and are not promoting fundraising for the club itself. Meetings listed in *The Point* calendar should be held regardless of whether all members can attend. The Central Office Manager was given a pay increase after her performance review.

Treasurer's Monthly Report: Danna P. gave the report. The net loss for March was (\$3,228), which is \$887 greater than the budgeted net loss of (\$2,341). Unrestricted cash as of March 31, 2006 totaled \$49,303 and is sufficient to pay the budgeted expenses for three months. Unrestricted cash decreased by (\$2,032) since February 28th primarily due to the net loss for March, offset by a \$485 increase in Account Payable. Prepaid Expenses increased by \$478 due to prepaying a Grapevine order. Deposits decreased by \$1,210 which equals the \$840 refund received plus a penalty and premium adjustment.

2. Bylaws Reading

Steve R. read Article V, Section 10 of the Bylaws and added the proposed sentence at the end that read, "Former reps returning for a new term after an absence of more than two years are required to attend orientation."

3. Group Rep Reports

Steve R. of Valencia Smokefree reported that his group requested that Founders Day and Unity Day be free events.

4. Special Events Committee

Free Events Discussion: Because of the success of the Anonymous Prom and the income it provided Central Office, should certain events be free.

Motion: Based on our current financial strength and the great revenue generated at the Prom, that we give the fellowship Founders Day.

For - 11, Against - 12, Abstain - 9. Motion does not pass.

opinion is voiced and the motion is voted on again.

For - 18, Against - 9, Abstain - 6. Motion passes.

5. Nominating Committee

Nominating Committee is activated for selection of June COC members. The roles of the committee are reviewed.

7th Tradition and reading of the 12 Traditions: \$83 collected

6. Committee Concerns

a. Flyer policy: Event-related and informational flyer guidelines are proposed.

Motion: Approve the proposed flyer guidelines.

For - 29, Against - 2, Abstain - 2. Motion passes.

b. Member Guidelines: The question of whether the IFB needs to establish guidelines for members of its committees is posed. Discussion ensues. No motion.

7. IFB Committee Reports

12th Step Committee: Victor gave the report. There is a workshop on Saturday, May 6th at 10:00am at Central Office. The committee meets the 2nd Wednesday of the month at 6:30pm at Central Office.

Archives Committee: Lynnore gave the report. The committee did not meet at the regularly scheduled time last month. To make up for the missed meeting, the next meeting will be May 7th at 1:00pm at Central Office. The committee meets the 1st Monday of the month at 6:00pm at Central Office.

Orientation Committee: Tim gave the report. The committee requests that those rotating out of their IFB positions bring new members to orientation. Orientation is at 6pm, just prior to the IFB meeting.

Special Events Committee: Fran gave the report. Founders Day will be on June 18th in Golden Gate Park. The Chair position of this committee will be open as of July 2006. The Committee meets on the 4th Tuesday of the month at 7:30pm at Central Office.

Trusted Servants Workshop Committee: Monika gave the report. The next workshop is Saturday, June 17th from 11:30am to 1:00pm. The committee meets on the 4th Wednesday of the month at 5:30pm at Central Office.

Website Committee: Dan gave the report. The San Francisco/Marin AA website won a Webby Award. The committee meets the 2nd Thursday at 6pm at Central Office.

7. IFB Standing Committee Reports

SF Teleservice: Judi gave the report. Three new people signed up for shifts last month. The committee meets the 3rd Monday at 6:30pm at Central Office.

SF PI/CPC: Bruce K. gave the report. The committee has many speaking engagements in the near future. Several PSA's are being submitted for the air. There is a workshop on May 13th at 10:00am at Central Office. The Committee meets on the 2nd Monday at 7pm at Central Office.

8. Non-IFB Liaison Reports

Marin Teleservice: Casey gave the report. The phone volunteer guidelines are being updated. A new ad-hoc committee is being formed to look at the letter for meeting reps. Funds were approved to pay for a website address.

H&I: Mitzi gave the report. Volunteers are needed. The Literature position is still open.

The Annual Meeting of the IFB meeting will be held Wednesday, June 7, 2006 at the First Unitarian Universalist Church at 1187 Franklin in San Francisco at 7:00pm and the regular meeting will be at 8:00pm.

Respectfully submitted,

Lauren H., IFB Secretary

WHO RUNS A.A. IN SF AND MARIN? YOU DO!

To: The San Francisco and Marin AA Fellowship
From: The Intercounty Fellowship of Alcoholics Anonymous

2006 ANNUAL BUSINESS MEETING

The Annual meeting of the Intercounty Fellowship of Alcoholics Anonymous will be held June 7, 2006 at 7:00 pm at 1187 Franklin St., San Francisco, CA

- ✓ **Annual Report to the Fellowship**
- ✓ **Vote on Bylaws changes**
- ✓ **Seating of new Intergroup Reps**

Group representatives vote on bylaws changes -

Your group's representative may be your elected Intergroup Rep, or your group may elect a Group Delegate to vote only at the Annual Meeting. Each group is requested to elect a delegate to represent the group at this important meeting. The delegate will need to know the name of the meeting **as it appears in the schedule.**

New Intergroup Reps -

Newly elected and re-elected Reps will be seated at the June Intercounty Fellowship Board meeting immediately following the Annual Meeting.

PLEASE HELP US ENSURE THAT EVERY A.A. GROUP IS REPRESENTED IN DETERMINING THE POLICIES ESTABLISHED TO OPERATE THE CENTRAL OFFICE BY HAVING YOUR GROUP SEND A DELEGATE TO THIS MEETING.

**Call Central Office if you have any questions:
(415) 674-1821**

THANK YOU!



A.A. Acronym—F.I.N.E.

By Ted R.

Who makes these things up and how do they become part of our folklore in A.A.?

I understand that word of mouth recovery has to be brief and easily coded. That way the principles and values we hold can be easily remembered. Slogans, short quotes, even a page number (449) can speak volumes.

The acronyms that become common in our A.A. vocabulary attempt to convey the principles and values we live by.

The most frequently used acronyms in A.A. are HOPE, FEAR, SLIP and "ISM", one of my favorites.

There is another acronym that is not as commonly heard, and my least favorite because it implies the user is making a snap judgment and shuts down any honest communication. Or insinuates the person who says he is "fine" is shallow and unaware of deeper problems.

"How are you doing?"

"Fine, Thank you."

"Oh, You mean you are really f***ed up, insecure, neurotic and ego-centered?"

I usually turn and run as fast as I can from these A.A. spot-check inventory takers, who demand that every casual interaction result in hours of prolonged expression of deeply held fears, secrets and inferiority.

Usually if I reply with "Fine" there is a good indication I have very little to disclose to the person making the inquiry. Any further attempts to solicit information from me may result in a later need for an amends.

While the acronym may be a helpful tool in my daily Tenth Step personal inventory, I bristle if every greeting, before or after a meeting, is turned into a gestalt session.

Def. Gestalt psychology: the study of perception and behavior from the standpoint of an individual's response to configurationally wholes with stress on the uniformity of psychological and physiological events and rejection of analysis into discrete events of stimulus, percept, and response.

The Acronym Finder allows users to decipher acronyms from a database of over 430,000 entries. For some of you, this can be very entertaining activity between meetings.

These are the entries for the word FINE. As in, "How are you doing?" "Fine!"

FINE: Feeling Inadequate, Needing Encouragement

FINE: Feelings Inside Not Expressed

FINE: Fickle Insecure Neurotic and Emotional

FINE: Foggy Insecure Neurotic Emotional

FINE: Fouled Up, Insecure, Neurotic and Emotional (polite form)

FINE: Freaked Out Insecure Neurotic and Emotional

FINE: Frustrated Insecure Neurotic Emotional

I, for one, am learning to accept myself as a Foggy Insecure Neurotic and Emotional individual. If I tell you I am fine, please leave me alone. If I want to do a Fifth Step, I'll ask my sponsor. 📌

The Point Editorial Policy

The Point publishes articles submitted by members of Alcoholics Anonymous that reflect the full diversity of experience and opinion found within our fellowship. No one viewpoint or philosophy dominates its pages, and in determining the content, we 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. 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. While we

edit each submission for purposes of clarity, style, and length, we encourage all writers to express their own experience in their own unique way. Please note that submission of an article does not constitute promise of publication. 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. 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

March 2006 - Intercounty Fellowship of AA

	<u>Mar 06</u>	<u>Jan - Mar 06</u>
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	<u>7,102.82</u>	<u>31,087.83</u>
Total Contributions from Groups	<u>7,102.82</u>	<u>31,087.83</u>
Contributions from Individuals		
Individual - Unrestricted	240.00	2,836.90
Faithful Fiver	492.00	1,756.00
Honorary Contributions	<u>14.00</u>	<u>468.15</u>
Total Contributions from Individuals	<u>746.00</u>	<u>5,061.05</u>
Gratitude Month		
Gratitude Month - Groups	<u>346.66</u>	<u>2,526.40</u>
Total Gratitude Month	<u>346.66</u>	<u>2,526.40</u>
Sales - Bookstore	9,432.43	27,826.89
Newsletter Subscript.	<u>88.48</u>	<u>187.10</u>
Total Income	<u>17,716.39</u>	<u>66,689.27</u>
Cost of Goods Sold		
Cost of Books Sold	5,660.50	17,379.27
Credit Card Processing Fees	<u>151.74</u>	<u>438.63</u>
Total COGS	<u>5,812.24</u>	<u>17,817.90</u>
Gross Profit	<u>11,904.15</u>	<u>48,871.37</u>
Expense		
Employee Expenses		
Wages & Salaries	7,610.97	22,654.47
Employer Tax Expenses	669.53	2,648.18
Health Benefits	788.00	2,364.00
Workers Comp Ins.	<u>359.53</u>	<u>714.61</u>
Total Employee Expenses	<u>9,428.03</u>	<u>28,381.26</u>
Bank Charges	0.00	0.00
Postage		
Bulk Mail	<u>0.00</u>	<u>200.00</u>
Total Postage	<u>0.00</u>	<u>200.00</u>
Rent - Office	3,833.75	11,501.25
Rent - Other	0.00	75.00
Filing/Fees	0.00	260.00
Insurance	0.00	1,826.00
Internet Expense	0.00	213.97
Office Supplies	427.87	973.55
Shipping	19.09	16.73
Equipment Lease	0.00	1,739.60
Repair & Maintenance	188.00	639.72
Security System	98.50	165.50
Special Events	850.00	1,100.00
Telephone	0.00	494.78
Phone Book Listings	0.00	153.00
Utilities	204.46	621.98
Bad Checks	<u>-7.00</u>	<u>0.00</u>
Total Expense	<u>15,042.70</u>	<u>48,362.34</u>

	<u>Mar 06</u>	<u>Jan - Mar 06</u>
Net Ordinary Income	-3,138.55	509.03
Other Income/Expense		
Other Income		
Interest Income	<u>42.05</u>	<u>204.90</u>
Total Other Income	<u>42.05</u>	<u>204.90</u>
Other Expense		
Depreciation Expense	354.36	1,063.08
Amortization Expense	<u>238.78</u>	<u>716.34</u>
Total Other Expense	<u>593.14</u>	<u>1,779.42</u>
Net Other Income	<u>-551.09</u>	<u>-1,574.52</u>
Net Income	<u>-3,689.64</u>	<u>-1,065.49</u>

The Point is looking for a layout editor.

The Point Layout Editor must be able to attend The Point Committee meetings on the second and fourth Tuesdays of every month. They should be organized, detail-oriented, and possess strong computer (MS Publisher and MS Word). Training in graphic design and/or experience with layout or production for a publication or newsletter is strongly preferred, but not specifically required. Call Maury at Central Office, or come to a committee meeting, for more information!

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June 2006

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