

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

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

The Point

October 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.

Ten Ways to Do a Tenth Step

by Bree L.

10

1. **Big Book:** My favorite way to do a Tenth Step is to follow the directions from the A. A. Big Book on page 84 which suggests I continue to take personal inventory and when I am wrong to set right any mistakes as I go along. It tells me to watch for selfishness, dishonesty, resentment and fear which are all the things that crop up in this alcoholic's life. This passage about The Tenth Step comes right after my Step Nine amends. For me this means not to savor those disparaging remarks about my x-husband and to say a prayer when he jumps into my mind.

2. **At night:** This is an end of the day inventory when I constructively review my day. Again, those catch words: resentful, dishonest, selfish or afraid come up. Maybe I owe someone an apology. Do I need to talk about an issue? There's a group of review questions in the Big Book on page 84 that triggers a more thorough review.

3. **Upon awakening:** This looks at the upcoming day and again offers suggestions for staying on the spiritual path. Many of us have a morning ritual that includes spiritual readings such as *Daily Reflection* or *The Twenty-four Hour Book*. I have a morning meeting that gets me going on my spiritual path.

4. **Spot-Check Inventory:** This is when I find myself "tangled up" according to *The Twelve Steps and Twelve Traditions*. A quick set of questions to ask myself;

A. Is it true?

B. Is it kind?

C. Is it necessary?

Also ask about my part in the story. Then I can look at my side of the street, which can be hard to do. Usually I'm more than aware of the others faults and find it hard to ferret out mine.

5. **Pre-planned time of the day:** This means incorporating a Tenth Step into part of my daily routine. For a long time, I did a Tenth Step when I got off work. It was a date with myself to review what had transpired during my working day. I set it apart from

(Continued on page 6)

October 2006....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FIRST MON Spirit of SF Committee, Central Office, 7:30 pm	3	4 FIRST WED Intercounty Fellowship Board Orientation 6 pm, Meeting 7 pm, 1187 Franklin St./ Geary, First Unitarian Church, S.F. (Feb., May, Aug., & Nov in Sausalito at 180 Harrison Ave., Sausalito, CA; Star of the Sea Church)	5	6 FIRST FRI Trusted Servants Workshop Committee Central Office, 5:30 pm	7
8	9 SECOND MON SF Public Information Committee Central Office, 7 pm	10 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 Bus. Meeting: 7:15 pm	11 SECOND WED 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	12 SECOND THU Website Committee Central Office, 6 pm	13	14
15 THIRD SUN Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day	16 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	17 THIRD TUE San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	18 THIRD WED Literature Review Committee Central Office, 6:30 pm	19	20	21 Oktoberfest Picnic, 12pm to 5pm, See Flyer on Pg. 5!
22 FOURTH SUN Living Sober Convention Committee, 1668 Bush, SF, 5:30 pm	23	24 FOURTH TUE 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	25	26 FOURTH THU Marin PI Committee, Alano Club 1360 Lincoln Ave, San Rafael – 7:00 pm LAST THU SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm	27	28 FOURTH SAT General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10 am Business Meeting: 12:30 pm
29	30	31				



HAPPY HALLOWEEN

From the Editor...

Autumn is upon us and Fall is in the air! September and October in the Bay Area are so beautiful that it's a wonder that everyone is not all smiles and hugs. So this month we're bringing you sure-fire reminders of just how to keep that happy face. The Tenth Step! Our cover article outlines ten ways to clean out those cobwebs and our special report from New Orleans reminds us just how important it is to keep our side of the street clean. You never know what's in store – life can be very fragile so it's crucial we keep our relations with others right.

Once again I'd like to invite our readers to submit articles of interest to A.A. members for future publication in *The Point*. And poor old Dear Alky hasn't been hearing from too many of you either. I'd like to think we're all sufficiently recovered not to need such expert services, but somehow I don't think that's the case!

Attention all Trusted Servants: Here's a quick reminder that next month is Gratitude Month and meetings will need to take a group conscience on participation. Let's share our strength and show our gratitude when the basket comes our way and acknowledge all the hard work Central Office does for us.

Our committee is also in the midst of redesigning *The Point*. We're hoping to introduce our new look in the January 2007 issue. Keep your eyes peeled!

Have a very Happy Halloween!

-The Editor

Joke of the Month

Jim and Joe, two senior members of AA were wondering if there were AA meetings in heaven.

"Let's make a pact," Jim said. "The first one to go comes back and tells the other if there really are meetings there."

"Great idea," agreed Joe. A few months later Joe died.

Shortly after that, Jim was walking down the street when he felt a tap on the shoulder. It was Joe. *"Well, Joe, what's the verdict?"*

"There's good news and bad news," Joe replied. "The good news is that there are meetings all the time. It is truly a happy, joyous and free fellowship, full of honesty, acceptance, and wonderful support, and the best stories you have ever heard. HP even shows up at some and you can't imagine how great it is."

"That's great" Jim said enthusiastically. "But what's the bad news?"

"You're speaking next Friday."



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.,
Kenneth D., Maury P., Mike L.,
Morgan L., Rick K., Victor V.,
Bree L. and Jean M.

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.



October 2006
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MEETING CHANGES

New Meetings:

Wed	7:00pm	Castro	CODE BLUE BIG BOOK STUDY Davies Med. Center, 45 Castro/ Duboce, N. Tower, Rm. B-1 (BB)
Fri	12:00pm	Hayes Valley	FRIDAY REFLECTIONS SF Alano Club, 1748 Market/ Octavia (BK)

Meeting Changes:

Sun	6:00pm	Novato	SUNDAY EXPRESS 1907 Novato Blvd. (was 710 Wilson Ave.)
Mon	8:00pm	Mission	A COFFEE POT & A RESENTMENT 2900 Florida (was Mission Meeting)
Thu	5:45pm	SOMA	RED ROAD HEALING CIRCLE 1275 Harrison St./ 9th St. (was 555 De Haro at 6:00pm)
Thu	6:15pm	Potrero Hill	WOMEN'S 10 YEARS PLUS 953 De Haro/ Southern Hts. (was 500 De Haro)
4th Thu	7:00pm	San Rafael	MARIN PI/CPC COMMITTEE Marin Alano Club, 1360 Lincoln Ave. (was 7:30pm)
Fri	6:00pm	Nob Hill	TRANS RECOVERY 815 Hyde St./ Sutter, 2nd Floor (was 1145 Bush St./ Hyde at 6:30pm)

No Longer Meeting:

Wed	7:30pm	Cathedral Hill	E.S.H. 1187 Franklin St.
Sat	12:00pm	Financial	NEW BIG BOOK STUDY Old St. Mary's Church, 660 California/ Grant
Sat	12:00pm	Financial	POWER OVER DRUNKENNESS Old St. Mary's Church, 660 California/ Grant
Sat	7:00pm	Duboce Park	BROTHERS IN RECOVERY 940 Haight St./ Divisadero

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 August 2006

Below are the meetings whose Trusted Servants registered with Central Office during August 2006 — thirty-four in San Francisco and four in Marin. Thank you for registering!

San Francisco

10am Daily Reflections Thu. 10am; 5:15 PM Smokeless Fri. 5:15 pm; As Bill Sees It Tue. 12:10pm; Big Book Study Sun. 11:30am; Castro Discussion (Show of Shows) Wed. 8pm; Coven Mon. 7pm; Each Day a New Beginning Tue. 7am; Each Day A New Beginning Thu. 7am; Embarcadero Group 5D 12:10pm; Fell Street Step Sun. 8pm; Friday Night Women's Meeting Fri. 6:30pm; Joys of Recovery Tues. 8pm; Living in the Now Mon. 12pm; Living Sober Wed. 8:00 p.m.; Meeting Place Noon Fri. 12pm; Monday Nooners Mon. 12:15pm; Red Road Healing Circle Thu 5:45pm; Strait Jacket Thu. 9am; Sunday Night Castro Speaker Discussion Sun. 8pm; Sundown Steps Thu. 6:30pm; Sunset II'ers Mon. 11am; Sunset II'ers Tue. 11am; Tuesday Downtown Tue. 8pm; Tuesday Downtown Beginners Tue. 7pm; Tuesday Morning Reflections Tue. 7am; The Drive Thru Wed. 12:15 pm; Thursday Night Women's Thu. 6:30pm; Twelve Steps to Happiness Fri. 7:30pm; Waterfront Sun. 8pm; Wednesday Women's Big Book Wed. 6:15pm; Weekend Worker Sat. 7am; West Portal Wed. 8:30 pm; Wharfrats Thu. 8:15 pm; Y.A.H.O.O. Step Sat. 11am

Marin

Gratitude Tues. 8pm; The Fearless Searchers Fri. 8pm; Primary Purpose Wed. 8:30pm; Steps to Freedom Mon. 7:30pm

Recent Deaths

Surf Group: Ninabelle S. 44

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.

CONTRIBUTIONS

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

ONGOING MEMORIALS

Dina R., Lita G.,
Bob C. & Donald W.

ANNIVERSARIES

Wednesday Women's Big Book:
Catherine S. 3 years
Any Lengths: Ed K. 27 years

Coming Up!

FRIDAY ALL GROUPS

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

<u>DATE</u>	<u>HOST GROUP</u>	<u>SPEAKER</u>	<u>FROM</u>
10/06	Hoodlum Haven	Gail W.	Huntington Group
10/13	Rodeo Dr. Dry Dock	Phil K.	SF Fellowship
10/20	TBA	Jim W.	Valencia Smoke Free
10/27	TBA	Shirley S.	Thursday Night Women's

BIRTHDAY MEETING

1748 Market St.
San Francisco Alano Club

<u>DATE</u>	<u>SPEAKER</u>
10/07	Tony D.
10/14	David P.
10/21	Bruce K.
10/28	Laura B.

TUESDAY DOWNTOWN

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

<u>DATE</u>	<u>SPEAKER</u>	<u>Home Group</u>
10/03	Bill R.	Friendly Circle Beginners
10/10	Jim H.	Join the Tribe
10/17	Gary D.	Work in Progress
10/24	Chris B.	Friendly Circle Beginners
10/31	Mike M.	Trinity

BRISBANE BREAKFAST BUNCH

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

<u>DATE</u>	<u>SPEAKER</u>	<u>FROM</u>
10/01	Karen W.	Brisbane
10/08	Ray C.	Mill Valley
10/15	Dave B.	Brisbane
10/22	Elizabeth	Sober 5150's, SF
10/29	Paul T.	Sober 5150's SF

Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties

2ND ANNUAL



AA OKTOBERFEST A SOBER CELEBRATION

OCTOBER 21ST • 12-5 P.M. • LOUIS B. SUTTER PARK

BBQ, GAMES, COUNTDOWN, MEETING

Burgers, Hot dogs, BBQ Chicken, and Salad provided
Bring your favorite potluck dish • Games for all ages
Raffle tickets sold throughout the day with great prizes
BBQ 12-2:30 • Games 1-3
Countdown 3:15
Speaker Meeting 3:30
For more information,
contact Brian H. at 415.724.5956
or brian 1969@mac.com

**\$5 Food
\$1 Soda/Water**
suggested donation

Louis B. Sutter Playground is part of McClaren Park. It is located at the intersection of University St. and Wayland St.. To get there, take the #44 bus and get off at Silver Ave. and Princeton St. Walk one block East to University and four blocks South to the park. For more detailed directions, go to transit.511.org/tripplanner or to maps.yahoo.com. Parking is available.

Announcing

Brisbane Breakfast Bunch 39th Anniversary Party

Sunday October 8th, 2006

250 Visitation Ave. Brisbane, CA

Community room under the library

Speaker: Ray C. from Mill Valley

Potluck and Arms Length 10:am

Meeting at 11:am

FRIDAY ALL GROUPS 65TH ANNIVERSARY CELEBRATION

SPEAKER CHIP MEETING & POTLUCK DESSERT BUFFET

WITH SHIRLEY K.
SAN FRANCISCO, CA

FRIDAY OCTOBER 27, 2006

7:30 PM POTLUCK DESSERT BUFFET

8:30 PM SPEAKER CHIP MEETING

URBAN LIFE CENTER
1101 O'FARRELL @ FRANKLIN

PARK ON GOUGH SOUTH OF GEARY
ENTER LEFT AT ST. MARKS SQUARE PARKING LOT

Practicing The Tenth Tradition

by Sharing My Experience, Strength, & Hope

by Juliet

My experience with practicing The Tenth Tradition is just like everything else I've practiced. Sometimes, I'm great at it. Other times, I suck. As with most things in my life, my ability to apply this A.A. tradition has grown as I have gotten older in sobriety, though I still slip up sometimes.

One guiding principle vis á vis The Tenth Tradition has become clear to me: As long as I am sharing my experience, strength, and hope, and not my opinions, I am practicing the spirit of The Tenth Tradition—indeed, the spirit of all of the A.A. traditions.

For me, the change in my thinking and sharing began when I had about five or six years of sobriety. My sponsor suggested I start practicing The Tenth Tradition with my family, specifically with my dad, as part of my living amends toward him. I had always felt afraid that I wasn't a good enough daughter, that he wished he'd had someone more normal, with less tattoos, less opinions that differed with his own, someone quieter, someone nicer. My fear that I wasn't good enough turned into a fear that he didn't love me, and, being the kind of alcoholic I am, I decided that, since I wasn't good enough as I was, I'd alienate my dad by arguing with him about politics. That way, if he

didn't seem to love me the way I wanted him to, I could chalk it up to that—not to my deepest fears about our relationship.

Of course, that didn't work! In the course of an inventory, I realized that this was a ploy so that I didn't have to have a real relationship with my dad and risk finding out I wasn't what I thought he wanted me to be. I didn't want to argue with my dad about politics all of the time, but I was used to it, so that's what I did. I had to practice not arguing with him, one day at a time. It was hard—and scary. I had to talk to my dad about what was going on in my life, not what was on CNN.

As I learned how to have a real relationship with my dad, I learned that I could have a real relationship with other people based on this principle too. I learned in A.A. of the principle of one alcoholic talking to another in the language of the heart.

In the 12 & 12, Bill W. wrote something to the effect that as long as we in A.A. never argue issues of politics, alcohol reform and sectarian religion privately, "It's a cinch we never will publicly." To me, this means that I need to share specifics about my particular beefs in these areas

(Continued on page 11)

Ten Ways (Continued from page 1)

stinking thinking in that I used the triggers from the Big Book for my Tenth Step review.

6. Check in: This is what I do with my sponsor or another person. I review those triggers once again. Was I resentful, selfish, dishonest or afraid?

7. Formatted Tenth Step: This is where I have a paper that I follow like a map and this is my system.

Start with a Third Step prayer.

Positive occurrences.

Review the triggers: resentful, selfish, afraid, secretive, dishonest, apology needed.

End with the Seventh Step prayer.

8. List my assets and liabilities: This is when I consider the good experiences and the not so hot ones. There was a long list that was floating around awhile back that I used for awhile. Eventually most of the items that need to be addressed get the needed attention.

9. Bathroom connection: This is when I lock myself in the

bathroom and flat out pray - any prayer I can think of. I've even gone through a couple Hail Mary's. There must be some connection between me and my Higher Power and I'll say whatever prayer I can muster knowing that the answer will come when my own house is in order. I just don't want to be hurtful to myself or anyone else and to be of as much service as I can muster. Eventually my Higher Power and an emergency call to my sponsor brings my part into the mix.

10. Written out inventory: This is another favorite way to do a Tenth Step. I get into my lounge chair or my bed with lots of pillows and write about what has happened through my day. Sometimes I'll use that format that starts with the Third Step prayer. It's a bit like my morning pages journaling, which I sometimes do, but I want to look for those trigger things mentioned in the Big Book and write about them. Sometimes it's nice to write out a Tenth Step before I fall asleep.

Whenever I finish any of these it's always a good idea to call my sponsor and it's mandatory to call if there's something that hangs on in my mind. If I continue to hold onto those resentments, it's my decision about how long I want to be miserable. ↑

Dear Alky

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

Dear Alky, I've been sober for several years and I'm active in A.A., contributing to my home group and doing service work in the district. My fiancée and I have been engaged for over one year. My fiancé is not an alcoholic and she occasionally has a beer at the house. We have a good relationship, and she respects my sobriety. About a year ago, my fiancé had taken a drink and a moment later, we had a passionate kiss. Since it's been almost a year since this event, I have a hard time remembering if I could actually taste the alcohol. I am disturbed by the memory but I don't want to reset my sobriety date over something I'd have such a hard time explaining.

In short, could it be considered a relapse if I kissed someone so soon after they took a drink, when alcohol might have still been on their tongue?

For the record, now we make sure that she washes her mouth out before we kiss. Crazy, but true.

Cautious Kisser

Dear Cautious,

In your particular situation, since you didn't intend to ingest alcohol, I would not consider that kiss a "relapse." Your concerns are not completely unfounded of course, because it's true that the phenomenon of craving can be triggered in an alcoholic even when they ingest the alcohol unintentionally. Sober alcoholics are therefore wise to be very conscious, for example, of alcohol found in cold medicine or used to prepare certain foods. And many alcoholics (including myself) have



When I was new, I was sometimes fearful that I would be "struck drunk,"

very disturbing experiences when accidentally tasting alcohol by picking up the wrong glass. So by all means use care if you are necking while your intended is midway through her martini.

My larger concern in reading your letter, however, is the level of fear you seem to be in of an accidental relapse and specifically your concern about having to "reset your sobriety date." If you are sober several years and living by the principles outlined in the Twelve Steps, you should be placed "in a position of neutrality" with respect to alcohol—the Big Book tells us that if we are in fit spiritual condition, we will recoil as if from a flame if we inadvertently take a sip.

When I was new, I was sometimes fearful that I would be "struck drunk," that I

would somehow end up drinking without even knowing how it happened. Chapter Two of the Big Book ("There is a Solution") talks a great deal about the strange mental blind spots that characterize an alcoholic's thinking right before a drink. The only real protection from those — in my experience — is through a higher power. By focusing on every little possible way that alcohol might "get to you," you are losing sight of the solution. The solution, as my favorite old-timer says, is simple, the solution is spiritual, the solution has absolutely nothing to do with the problem. If Alky were to hazard a guess, I'd say that you can better protect your sobriety by focusing on the steps, doing service and turning to your Higher Power for guidance than you can by rinsing out your loved one's mouth.

Good luck with the marriage!

Alky 


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



Bulletin Board

Gratitude Month is coming! Originating in the 1940's, Gratitude Month is a time set aside to express thanks to the fellowship. A.A. groups everywhere have

their own custom for celebrating Gratitude Month, including holding Tradition discussion meetings in place of the regular format, or by making "gratitude" the topic for discussion during the month. In San Francisco and Marin, many groups participate by passing the Seventh Tradition basket a second time, with the entirety of the collection from the second basket being contributed to Central Office. Individuals

can also make special gratitude contributions of either time or money. While financial support is always welcomed, many of the service committees are also in need of support and there are varieties to choose from. If party planning is your thing, check out the Special Events Committee; if you found your way to your first meeting in a hospital or DUI class, then maybe H&I or PI/CPC is right. Making yourself available for service outside of the group is another way of ensuring A.A. is still here for the alcoholic who still suffers. For more information call Central Office and ask about service opportunities. And in the meantime, while you ponder that, take a group conscience at your meetings and ask how they would like to acknowledge gratitude for this amazing program at this special time. 

COMMITTEE CONTACTS

Service Bulletin

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

Scott N. sconjovi@gmail.com

VICE CHAIR

Chuck K. 415.637.7330

TREASURER

Danna P. 415.595.9141

RECORDING SECRETARY

Chris T. 415.261.2522

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

David P. david@leadershipunleashed.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

Anthony J. anthony@sobersots.org

THE POINT

Victor V. 415.726.0518

SPECIAL EVENTS

Brian H. 415.724.5956

SPECIAL NEEDS COMMITTEE

Pene P. 415.200.6261

TRUSTED SERVANTS WORKSHOP COMMITTEE

Monika H. monihar2002@yahoo.com

WEBSITE COMMITTEE

Dan Z. 415.665.5166

SF TELESERVICE COMMITTEE

Judi C. sfteservice@aasf.org

SF PI/CPC COMMITTEE

Jill H. picpc@aasf.org

Want to Make Our Website Even Better?

by Tracy R.

The Website Committee develops and implements content and provides technical support for the Central Office website. We interact with other IFB Committees and Central Office staff with regard to content and desired features. Committee meetings are held monthly at Central Office on the second Thursday at 6:00 pm to discuss progress of assigned activities and/or demonstrate and discuss new features. Much of the committee's work is done between meetings.

Two years ago the Committee developed a new look and additional features for the website. Last year we focused on refining functionality and the database infrastructure for the meeting schedules. We revamped the database and updated the information it contained. We developed new capabilities and features in the process. These included mapping, improvements to RSS feed, online Twelfth Step chat, one-click Chinese and Japanese translation, more printable locally-produced literature and service materials.

Our committee worked extremely well as a team to review and update every single meeting location and detail. New features such as meeting search and filtering, mapping and meeting details were specifically designed to further our mission of carrying the message to the alcoholic.

We are embarking on developing and implementing more new features and services such as:

Online Trusted Servant Registration,


Online Meeting Update Reporting for name, location, and time changes, new meetings, temporary relocations, and cancelled meetings,

Greater search and reporting functionality for meeting schedules,

Improved features for Service, IFB Committee and Event Calendars, and

Training for Central Office and Teleservice volunteers

Working as a team on each of these features provides the opportunity to view the website as a newcomer or potential member of Alcoholics Anonymous and professionals who may be trying to help those having problems with alcohol. Is the information provided accessible, clear and useable without causing fear or frustration? How does the site demonstrate spiritual principles such as unity, inclusiveness, and open-mindedness? Are we straying from our Twelve Traditions when contemplating new features? What needs do existing and new groups and service committees have? In my time on the website committee, it is rare that we spend time on personal desires but seek instead to serve our users and visitors to the best of our abilities. Ego seldom appears and this has been but one reason why serving has helped my sobriety.

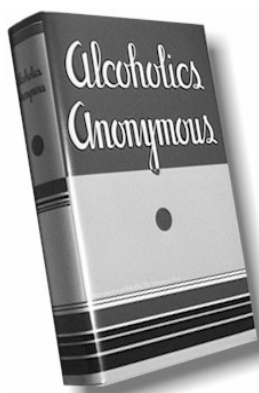
At this time committee members all use Windows but we know that not all website visitors do. If you are interested in participating in making our Webby Award winning website even better at carrying the message of Alcoholics Anonymous in San Francisco and Marin, we welcome you to join us. 

Big Book Study: Chapter Nine—“*The Family Afterward*”—by Morgan L

As isolated as many practicing alcoholics are, we don't live in a complete vacuum. Most alcoholics have left in their wake a trail of heartache and anger. For us to stay sober we must rectify these shattered relationships. Chapter Nine discusses right relations and uses the example of a recovering husband, whose family consists of a wife and children. The principles and advice given in this chapter is applicable to whatever “family” an alcoholic may have. I use the term “family” loosely, and include in its meaning immediate and not so immediate blood relations, lovers, and friends.

Like a newborn, a newly sober alcoholic is immensely selfish, able to think only of getting his primal needs met; namely getting and staying sober. In the first year of life, newborns eat, sleep and cry to communicate. Similarly, newcomers in Alcoholics Anonymous function at very basic levels. We do not become angry with newborns and ask them why they cannot think of other people's needs, nor do we ask them to communicate without tantrums. However, as the alcoholic grows, he or she must consider relations with others. As stated earlier in the Big Book, establishing right relations with others constitutes some of the alcoholic's chief problems. Below is a summary of the principles and tools Chapter Nine suggests a “family” employ.

One of the chief principles necessary to develop relationships with family is honesty. Chapter Nine suggests that the painful past of the alcoholic should not become a taboo topic. Rather than padlock the past, the alcoholic must face his grievances and rectify them. Only by facing our fears and resentments can we find the forgiveness to unlock our self-imposed shackles and continue forward. My personal experience is that I could not shake my past until I met it squarely in my Fourth and Ninth Steps. Until I wrote it out on paper and made my amends, I found that my past was still a large elephant in the room, separating me from my family. Once the alcoholic and family honestly face their past, they can use their own experience to help other families still struggling. My experience is a powerful tool which goes much further



“One of the chief principles necessary to develop relationships with family is honesty. Chapter Nine suggests that the painful past of the alcoholic should not become a taboo

in reaching a struggling alcoholic than a few catch phrases and a phone number.

Chapter Nine also includes love and tolerance among the principles essential to establishing right relations. As described in the chapter, my addiction did not occur in a vacuum, and I was not the only person who was hurt. Once I commenced this new way of life and completed my amends, I found that the hurt I caused significantly wounded others and their wounds ran deep. I could not expect that my family would easily recover. Case in point; after my amends my best friend of eight years has had no further contact with me. Rather than indulge in indignant, self-righteous anger, I pray for her happiness. I believe Alcoholics Anonymous is not only words I utter, but also actions I take. I am able to use my tolerance, acceptance and love for another as tools to keep my own sanity and serenity.

Another important principle is balance. In this chapter, the Big Book describes the recovering alcoholic who immerses himself either in his business or in the program of Alcoholics Anonymous. It explains that neither extreme is spiritually fitting or helpful and having too much of a good thing leads to neglected relations. The author of this chapter insightfully comments that a balanced spiritual and work life includes a life where we, “...keep our heads in the clouds with Him, but our feet firmly placed on earth. That is where our fellow travelers are, and that is where our work must be done.” The principle of balance allows the alcoholic to become a pipeline of spirituality and a tool of God.

There are other principles and tools listed in this chapter, which warrant further investigation for recovering alcoholics who desire to discover right relations with their family. Ultimately we learn that, “giving, rather than getting, will become the guiding principle.” As with newborns, newcomers in Alcoholics Anonymous must grow from selfish children into honest, loving, balanced adults who are able to, “play well with others.” Chapter Nine gives us important principles and tools to begin this process and repair and foster right relations with our families and our world. ↑

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



The "BIG" Easy Does It!

by Ted R.

In spite of obstacles and difficult times, the Gay groups in New Orleans rallied together and held their 19th annual "Greater New Orleans Roundup" on Aug. 11-13. With the theme: "Unsinkable 2006" using the quote

We, in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" that really works". (Alcoholics Anonymous, 4th edition, There is a Solution, pg 28).

The flyer for the roundup said, "It takes a bigger Queen than Katrina to stop the Greater New Orleans Round-Up!"

I arrived in New Orleans on Thursday, August 10th. A travel day that was marred by heightened security and delays. I was met at the airport by my host and taken directly to a small recently repaired house in the Lakeview area. Lakeview was the second most damaged area of New Orleans and many of the homes still have FEMA trailers on the front lawns. The weather was hot and humid, and it had been raining all day. Thunderstorms still darkened the sky.

It has long been a tradition for the roundup committee to host a BBQ for the A.A. speakers and out-of-town guests that arrive early for the convention. It was an enthusiastic small group that greeted me warmly and welcomed me to their City and home.

I felt uncomfortable in the unfamiliar surroundings and was uneasy viewing the destruction and abandoned buildings. Everywhere I looked were signs of the trauma that had wrecked the city of New Orleans.

I expressed my nervousness about coming into town to share my experience, strength and hope to a group that was demonstrating so much courage, determination and strength. "You just better be funny, we need a good laugh!" I heard jokingly from several committee members. I was glad that my friend Dan B. came to the convention to support me.

Every member with whom I spoke has a story of evacuation, destruction, death, and frustration. They all expressed that they have relied on A.A. and God to stay sober. One of the members explained to me how difficult it was to keep A.A. going in the aftermath of hurricane Katrina. Their meeting places were gone; there was no way to communicate with one another.

The infrequent use of last names made it difficult to track the whereabouts of members. Many were evacuated, ("evaporated" is a term the locals use). There were serious concerns and doubts that they would be able to have this year's Round-Up. Meetings were held randomly in homes, until regular meetings could be reestablished.

What I witnessed is that A.A. is strong and "unsinkable" in New Orleans. A few members were determined to have the convention, and that's all it

(Continued on page 15)

Literature Review

Daily Reflections

by Kirk W.



I was minding my own business, stapling as best as I could during my weekly telephone duties at Central Office, when the lovely and gentle Peter asked me how I feel about writing. Specifically, writing a 500- word piece (a review he called it) on the *Daily Reflections*. He said it would be for the October issue. The theme of the October issue of *The Point*, being The Tenth month of the year, is The Tenth Step. The *Daily Reflections* is a perfect fit for this as the readings are also coordinated into a step a month themes. The *Daily Reflections* is a great tool for The Tenth Step, which is asking me to keep examining life through the inventory tools and amend situations where we have missed the mark. Each page in the *Daily Reflections* has a quote from another A.A. piece of literature and members thoughts on this quote. As it was published in 1990, it's in everyday language and I don't often have to dig out my vintage dictionary to help understand what was being written. To be honest, when Peter asked me to do this, my first thought is that it will be easy as I read the *Daily Reflections* as part of my morning readings. Um, I mean, when I do my morning readings, I read the *Daily Reflections* but I can't remember when the last time was that I did some reading in the morning. See, I'm a "good" A.A. I love the idea of The Tenth Step! I like the idea of reading your experience, strength and hope to combat the negative thoughts that I wake up with. I love the idea of clearing up

my regularly appearing aches and pains that pop up in life. I very much like the idea of less wreckage in my wake and curving of my defects. But the idea of loving it is very different than the practice of carving out the time and creating the habit of opening a book, reading and listening to the words, letting the spirit of the words soothe and combat my alcoholic self-centered mind. I have a stack of books that live together on my kitchen table which includes an Al-anon daily book, the *Big Book*, *Daily Reflections*, *Daily Meditations for Women* (left over from an old room mate I think), another non A.A. daily book, as well as other "self help" books that speak to me. There are many fluffy reasons why I don't currently have this habit, but in the spirit of keeping it simple and staying in action, I think that good habits are exactly that, habits. Just like other good habits like eating well, exercising my body and my mind, having fun, telling the truth and getting enough sleep. These are habits that I pay attention to because I have connected the everyday, real life benefits and pleasure of these things. So here is the deal. I would like to get back on track with my morning habit. I would like to take 20-30 minutes in the morning to read, pray and meditate. I'll be forming this habit over the next few weeks and hopefully you will notice a change. So put the coffee on and crack open the *Daily Reflections*. I get up about 7:30 if you would like to join me.

Thank God for the *Daily Reflections* and thank God for A.A. ↑

Practicing (Continued from page 6)

with my sponsor and to share only generalities about these things in meetings. If I am following the spirit of the A.A. traditions, I will share about my struggle with acceptance, or with resentment, or with fear, or whatever the *real* issue is behind my inability to accept these things that I, for the moment, cannot change. Many Fourth, Fifth, and 10th Steps have taught me that my resentments are just window dressing for bigger problems and that when I let go of them, as it says in the *Big Book*, I "let God take me to better things." Is what I have to say really important enough to jeopardize the unity of the meeting by possibly starting a political or religious or A.A. argument? The answer to that question for me is "No way!" While I don't necessarily want to tailor my remarks to never offend anyone (impossible!), I also don't want to do anything that jeopardizes the group, since I believe what it says in the 12 & 12: "Most individuals can't recover unless there is a group."

One of the sayings I've heard in the rooms for many a year is that "We go to meetings to give, not to take." For me,

the difference between being a "giver" and a "taker" is the quality of what I bring to meetings with me. Am I sharing my experience, strength, and hope, or am I sharing my opinions? If I'm sharing my experience, strength, and hope, I'm sharing about how the principles I've learned in A.A. (service, unity, reaching out for help, acceptance, faith, humility, etc.) have helped me to live life on life's terms enough to stay sober for a few 24 hours. If I'm sharing my opinions, it sounds more like "You should do this to stay sober" rather than "This is what I did to stay sober."

My dad, with whom I so struggled to be real, died about 10 years ago. Fortunately, I'd had about four or five years of relating to him one person to another. I knew, when he died, that he loved me, even though we still occasionally butted heads, because I had taken that leap of faith in A.A. and practiced talking with him instead of arguing with him. By allowing me to have a relationship with him based on love and common ground, my nonalcoholic dad taught me something about A.A.: that I also need to have that relationship with all of you, too. ↑

AA Group Contributions - May 2006

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	July 2006	YTD	Name	July 2006	YTD
Fellowship			More Will Be Revealed F 12pm		30.00
Brisbane Breakfast Bunch	26.00	180.00	Nativity Monday Night Big Book M 8pm		200.00
Contribution Box		310.04	Newcomers Step M 730pm		117.60
Deer Park Discovery Group		40.00	Noon Tu 12pm		193.50
Gay Newcomers Group		19.71	Noon Hope F 12pm		125.00
IFB	94.60	569.73	North Marin Speaker Sun 12pm		150.00
Marin Teleservice		1,347.87	On Awakening 7D 530am		210.00
Men's Forum Tu		1,000.00	Pathfinders Tu 12pm	66.00	66.00
SEC Anonymous Prom		117.00	Primary Purpose W 830pm		300.00
The Chosen Ones		40.00	Refugee Th 12pm		30.00
Unidentified Group		2,237.97	Reveille 7D 7pm	100.00	300.00
Total Fellowship	\$ 120.60	\$ 5,862.32	Rise N Shine Sun 10am		231.94
Marin Group Contributions			Saturday Serenity Sa 8pm		65.50
12 & 12 Study Sa 815am	98.60	172.67	Sisters In Sobriety Th 730pm (M)		150.00
7am Grab Bag M 7am		40.00	Six O'Clock Sunset Th 6pm	100.68	247.85
A Vision for You (Fairfax) Su 730pm		50.00	Spiritual Testost. Sun Men's Stag Su 830a		250.00
Attitude Adjustment 7D 7am		1,149.65	Sober & Serene F 7pm		250.00
Awakenings		186.00	Steps to Freedom M 730pm		324.31
Awareness/Acceptance M 1030am		160.00	Steps To The Solution W 715pm		70.00
Beginners & Closed Tu 7pm & 830pm	322.09	1,279.59	Streetfighters Sa 9am		46.80
Beginners Tu 7pm		156.00	Sunday Express Sun 6pm		100.00
Beginners W 7pm		472.98	Sunday Friendship Sun 7pm		120.00
Blackie's Pasture Sa 830pm		127.08	Sunday Night Corte Madera Sun 8pm	692.50	692.50
Bounce Back M 6pm		120.00	Survivors M 12pm		138.00
Caledonia Sun 8pm		530.56	T.G.I.F. F 6pm		326.06
Closed Women Step Study Tu 330pm		250.00	T. G. I. Tuesday 6pm		94.56
Creekside New Growth Sun 7pm		94.00	Terra Linda Group Th 830pm	979.00	1,347.89
Crossroads Sun 12pm		1,075.00	Terra Linda Thursday Men's Stag Th 8pm	350.87	350.87
Downtown Mill Valley F 830pm		168.40	The Barnyard Group Sa 4pm		370.54
Experience, Strength & Hope(Marin) Sa 6pm		75.00	The Fearless Searchers F 8pm		70.52
Fairfax Friday Night F 830pm		100.00	There is a Solution Tu 6pm		270.49
Freedom Finders F 830pm		830.00	Thurs. Night Speaker, MV	221.50	1,018.00
Girls Night Out W 815pm		10.65	Tuesday Chip Meeting Tu 8pm		550.00
Greenfield Newcomers Sun 7pm		152.00	Tiburon Haven Sun 12pm		715.11
Gratitude M 2pm		20.00	We, Us and Ours M 650pm		189.50
Happy Hour (Marin) Th 6pm		75.00	Wednesday Noon W 12pm		383.00
Happy, Joyous & Free 5D 12pm		200.00	What's It All About F 12pm		64.50
Hillside Candlelight F 830pm		100.00	Women's Big Book Tu 1030am	110.00	304.17
Intimate Feelings Sa 10am		255.79	Women For Women W 12pm	50.00	50.00
Inverness Sunday Serenity Su 10am		100.00	Women on Monday M 7pm		211.84
Island Group Th 8pm		161.50	Working Dogs W 1205pm		550.00
Just Can't Wait 'til 8 M 630pm		126.50	Total Marin Group Contributions	\$ 3,859.31	\$ 23,848.53
Keepin' It Real Th 6pm		120.00	SF Group Contributions		
Living in the Solution F 6pm		492.66	515pm Smokeless F	42.03	132.03
Marin City Groups 5D 630pm		434.50	6am Marina Dock Sa		60.00
Mill Valley 7D 7am	578.86	1,760.29	7am Speaker Discussion Th 7am		94.18
Mill Valley Discussion W 830pm		22.72	830am Smokeless Th		64.43
Monday Blues M 630pm	189.21	461.71	830am Smokeless Tu		228.00
Monday Night Stag (Tiburon) 8pm		938.81	A is for Alcohol Tu 6pm		136.47
Monday Night Women's M 8pm		103.42	A Vision for You (SF) Su 630pm		115.00

Name	July 2006	YTD	Name	July 2006	YTD
AA As You Like It Tu 530pm	59.10	59.10	Friday Night Special F 8pm		14.00
AA Step Study Su 6pm		286.75	Friday Smokeless F 830pm	47.40	47.40
Afro American Beginners Sat 8pm	178.55	206.90	Friendly Circle Su 830pm		968.34
Afro American F 8pm		89.17	Gold Mine Group M 8pm		294.92
All Together Now Th 8pm	129.24	592.35	Goodlands Su 2pm		88.98
Amazing Grace M 7pm		50.00	Happy Hour Ladies Night F 530pm		288.42
Any Lengths Sat 930am	98.78	751.58	High Noon Friday 1215pm		699.87
Artists & Writers F 630pm		180.00	High Noon Monday 1215pm		633.75
As Bill CCs It Sun 8am		80.55	High Noon Saturday 1215pm	89.66	89.66
As Bill Sees It Th 830pm	343.16	680.40	High Noon Thursday 1215pm	163.46	506.66
Ass in a Bag Th 830pm	140.92	140.92	High Noon Tuesday 1215pm	73.98	509.22
Beginner Big Book Step Th 630pm		25.00	High Noon Wednesday 1215pm		356.71
Be Still AA Su 11am		120.84	High Sobriety M 8pm	404.22	404.22
Beach Meeting/Meditation Sa 930am		92.05	High Steppers W 7pm		135.98
Beginners' Step Study Sat 630pm		86.05	Hilldwellers M 8pm		74.40
Bernal Big Book Sat 5pm		519.03	Home Group Sat 830pm		292.80
Big Book Basics F 8pm	156.36	502.41	Hoodlum Haven F 8pm		760.00
Big Book Study Su 1130am		218.66	Hot Java F 12am		90.00
Blue Book Special Su 11am	36.88	36.88	How It Works Sat 2pm		104.33
Boys Night Out Tu 730pm		21.00	Huntington Square W 630pm		528.07
Brokers Open Book Tu 130pm		141.60	Ingleside Beginners Su 5pm		22.85
Castro Discussion (Show Of Shows) W 8pm		111.38	Join the Tribe Tu 7pm	462.00	462.00
Chips Ahoy Tu 12pm		88.00	Joys of Recovery Tu 8pm	62.40	122.40
Cocoonuts Su 9am		79.00	Just Alkies F 7pm		42.00
Come N Get It F 630pm	17.45	17.45	Keep Coming Back Sa 11am		1,376.99
Common Welfare Th 8pm		32.20	Keep It Simple Sat 830pm		93.32
Courtside Tu 1215pm		234.60	Last Call Su 10pm		183.40
Cow Hollow Men's Group		124.50	Light Steppers Su 7pm		170.00
Creative Alcoholics M 6pm		11.11	Like A Prayer Su 4pm		74.69
Crocker Park Sa 4pm	19.00	19.00	Live and Let Live Su 8pm	90.85	90.85
Design for Living Sat 8am	152.86	387.95	Living Sober W 8pm		208.80
Diamond Heights Tu 830pm		400.00	Living Sober with HIV W 6pm		287.96
Each Day a New Beginning F 7am	805.87	1,333.87	Luke's Group W 8pm	70.80	130.80
Each Day A New Beginning Su 8am		234.62	Lush Lounge Sa 2pm		208.80
Each Day a New Beginning M 7am	291.53	291.53	Marina Discussion F 830pm	1167.51	1,685.18
Each Day a New Beginning Th 7am	223.59	422.41	Meeting Place Noon F 12pm	82.86	226.26
Each Day a New Beginning Tu 7am	104.64	581.46	Mid-Morning Support Su 1030am		347.13
Each Day a New Beginning W 7am	294.20	877.28	Midnight Meditation Sat 12am		125.00
Early Joyous & Free Th 7am		60.00	Miracles Off 24th St W 730pm		69.17
Easy Does It Tu 6pm		160.00	Mission Fellowship		259.73
Early Start F 6pm		576.16	Mission Terrace W 8pm		142.40
Embarcadero Group 5D 1210pm	659.40	1,514.58	Monday Beginners M 8pm		300.00
Endless Summer F 830pm		26.00	Monday Monday M 1215pm	222.00	222.00
Epiphany Group Th 8pm		35.00	New Highs W 130pm		70.80
Eureka Step Tu 6pm		113.00	New Hope Big Book M 630pm		22.69
Eureka Valley Topic M 6pm		827.70	New Life W 7pm		128.25
Experience, Strength & Hope W 715pm	23.13	23.13	Newcomers Tu 8pm		36.14
Federal Speaker Su 12pm		210.22	Newcomers Group Tu 7pm		214.50
Fell Street Step Su 8pm		61.53	No Reservation M 12pm		120.15
Fireside Chat Sa 9pm		180.00	One Liners Th 830pm		1,081.23
Fireside Chat Th 8pm		213.28	Parkside Th 830pm		85.50
Fireside Chat Tu 8pm		81.28	Park Presidio M 830pm		175.20
Founders' Group Sa 5pm		28.20	Pax West M 12pm	346.20	1,025.88
Four Forty Niners F 8pm		67.20	Pax West Th 12pm		184.04
Friday All Groups F 830pm	575.70	2,382.38	Rebound W 830pm		85.00
Friday Lunchtime Step F 12pm		140.00	Rule 62 W 10pm		279.00
Saturday Afternoon Meditation Sat 5pm	36.00	160.20	Sunset Sobriety Th 730pm		278.00
Saturday Easy Does It Sa 12pm	490.30	841.59	Sunset Speaker Step Sun 730pm	110.68	190.68
Saturday Matinee 2pm		60.00	Surf Tu 8pm	325.00	325.00

Name	July 2006	YTD	Name	July 2006	YTD
Saturday Night Regroup Sat 730pm		341.64	Sutter Street Beginners Sat 6pm	46.25	233.25
Seacliff Th 830pm		151.70	Ten Years After Su 6pm		410.56
Serenity House		500.00	The 24 Hour Plan M 7am		112.80
Serenity Seekers M 730pm		945.00	The Drive Thru W 1215pm	263.08	572.37
Sesame Step Tu 730pm		237.13	The Parent Trap M 1230pm		272.59
SFPOA Th 7pm		210.00	The Pepper Group F 12pm	72.00	72.00
Sinbar Su 830pm	117.80	117.80	They Don't Know Who We Are Sat 7pm	180.00	180.00
Sisters Circle Su 6pm		370.45	They Stopped In Time M 8pm		130.98
Sober & Centered F 7pm	134.54	255.49	Thursday Night Women's Th 630pm		378.53
Sober Across the Board M-Sa 830am	20.00	100.00	Too Early Sat 8am		312.05
Sometimes Slowly Sa 11am		112.59	Transrecovery F 630pm		9.40
Step Talk Su 830am		791.18	Tuesday Big Book Study Tu 6pm		132.00
Stepping Out Sat 6pm		32.77	Tuesday's Daily Reflections Tu 7am		93.36
Stepping Stone Step Study M 7pm		375.00	Tuesday Downtown Tu 8pm	101.43	528.83
Steppin' Up Tu 630pm	103.80	180.60	Unconditional Surrender F 10am		31.00
Straight Jackets Th 9am	12.00	138.03	Valencia Smokefree F 6pm	132.00	252.00
Sunday Morning Gay Men's Stag Su 1030am		365.79	Walk of Shame W 8pm		120.00
Sunday Night Castro Speaker Disc Su 730pm		1,041.62	Washington Square M 7pm		95.85
Sunday Rap Sun 8pm		81.00	Waterfront Sun 8pm		573.10
Sundown Steps Th 630pm		197.37	We Care Tu 12pm	48.20	361.28
Sundown W 7pm		203.33	Wednesday Women's Big Book W 615pm		180.00
Sunrise Sunset Women's Step Th 545pm		109.20	West Portal W 915pm	77.63	180.84
Sunset 11'ers F		50.00	Wits End Step Study Tu 8pm		34.92
Sunset 11'ers Su	57.62	160.47	Women Living Sober Sa 1030am		79.89
Sunset 11'ers Tu		87.00	Women's 10 Years Plus Th 615pm	118.63	341.83
Sunset 11'ers W		20.00	Women's Kitchen Table Group Tu 630pm		82.75
Sunset 9'ers F		300.53	Women's Promises F 7pm		78.85
Sunset 9'ers M	103.26	222.37	Work In Progress Sat 7pm		57.77
Sunset 9'ers Sa		381.01	YAHOO Step Sa 11am		35.00
Sunset 9'ers Th		126.38	Total SF Group Contributions	\$ 10,185.95	\$ 51,319.70
Sunset 9'ers Tu		213.68			
Sunset 9'ers W		196.09	TOTAL	\$ 14,165.86	\$ 81,030.55

Scary A.A. Meetings


by Anonymous

When I first made the decision to go to an A.A. meeting, I had no idea what to expect. I assumed there would be a lot of old men in trench coats with urine stains and the room would smell like wet dogs. I was willing to try to attend one, just to make sure that I wasn't as bad off as those people.

My first A.A. meetings were all scary. The "old men in trench coats" weren't there, but they were scary just the same. I didn't realize what really went on in these places. Most times, the people in the meetings took turns talking about what they were going through in their lives and how they were not drinking. I had to just sit there during the first few (many) months of my sobriety because my fear was terribly overwhelming at times. I had many moments of sheer anxiety at the beginning of the meetings when the room suddenly got quiet and people started reading things.

The anxiety attacks slowly went away. Now, with a few years of sobriety and having attended many, many meetings, the notion of a scary meeting takes on a whole new context. There are meetings when the same person talks about the

same thing all the time and doesn't seem to be getting any better. That's scary. There are also meetings where someone shares from the floor and takes a substantial amount of time talking about esoteric things and seems to have no regard for the others who may need to share as well. That's scary. Lastly, there are those meetings attended by the subculture of A.A. who have an entirely unique way of sharing their experience, strength and hope and spend a lot of time writing in the meeting. Those meetings are scary, too, at least in my opinion.

What I have learned by attending A.A. meetings, scary or not, is that the process of getting and remaining sober is different for everyone. What works for one person or group of people may not necessarily work for others—or me. That's one of the beauties of A.A., in my opinion. We are free to attend any of the hundreds of meetings available to us and can make our own decision if a particular meeting works for us or not. I like that freedom. Maybe I'll just start one of my own A.A. meetings for those old men in trench coats. 

Skeletons in the Closet

by Victor V.

I quit drinking once for five years when I was thirty-three years old. The damage I had done in my life up to that point as a result of my behavior, which often was fueled by alcohol, haunted me on a daily basis. Yes, I wasn't drinking, but I was still unhappy and miserable on the inside. I thought that my unhappiness was a result of my drinking. It was only when I quit drinking that I realized that alcohol was not responsible for my unhappiness and turmoil, it only added to it. I pretended to be happy on the outside and prided myself as a result of not drinking. After five years my father convinced me to have a glass of wine, figuring that if I didn't drink for five years, certainly a glass of wine wouldn't hurt. Neither he nor I understood that the feeling I would get from the glass of wine after five years was enough to rekindle my active alcoholism. I had been a "dry drunk" for five years. Needless to say I began drinking again and before long was drinking more than I ever had. I drank another six years, lost my wife, my children, my house, and my business. The thought never occurred to me that I should quit drinking, because after all, I knew I could, but what was the point if I were sober and miserable. I might as well be drunk and miserable.

My drinking took to me to a place where my life was starting to fall apart on the outside. I needed to do something about it. My girlfriend thought that I should go to Alcoholics Anonymous. Once again I thought that I all I needed to do was to quit drinking.

After four years in A.A. and raising my hand as a newcomer I decided to get a sponsor. People at meetings talked about doing the steps. They talked about the skeletons in their closets, how they got rid of them, and



what they do to prevent the skeletons from getting back into the closet. The answers are in the steps. I was powerless over alcohol, my life was unmanageable, I needed to be restored to sanity by a power greater than myself (the A.A. program and the group), and I had to make a decision to turn my will and life over to the care of God as I understand God.

This brought me to Step Four. My resentments showed me that I was responsible for immoral behaviors which often led to my resentments.

Believe it or not these defects of character were responsible for the "Skeletons in my Closet". I was able to share them with my sponsor, reluctantly. Much to my surprise a feeling of relief had entered my life. The turmoil was not as bad as it used to be. All I did was look at my faults and admit them to myself, God and another human being. Unbelievable! I worked Steps Six, Seven, Eight, and Nine. I asked God to remove my defects of character. This meant work! I made amends to people for the wrongs that I had done. All of a sudden I was not bound up inside with turmoil. The skeletons were gone. Now it was time to practice Step Ten which meant a daily moral inventory. This is necessary for my inner happiness and sobriety today. By practicing the principles I have learned in A.A. on a daily basis, my moral inventory can be quite short. I can always be more loving, kind, and patient with others. I work on this every day. Sometimes I fall short, but A.A. has taught me how to continue growing spiritually even though I am not perfect. I am forty-eight years old today and I haven't had to pick up a drink in four years. The difference is that I am happy on the inside and I can deal with the pains of life in a way that makes me stronger in the end. In order for me to be at peace, those skeletons got'ta get out'ta the closet. ↑

The "BIG" Easy (Continued from page 10)

took! The convention was held at the Holiday Inn near the Superdome. The downtown area still has very little activity and is in need of much repair, most business' are boarded up and abandoned. The Roundup shared the hotel, eight blocks from the French Quarter, with an Army reserve unit that is housed in the hotel to provide security to downtown New Orleans. The uniformed men and women, and the gay members of A.A. made an interesting mix in the elevators. Everyone got along wonderfully.

There were 108 registered participants at this year's Roundup. Many Dallas A.A. members were there to support the Roundup, having befriended the New Orleans A.A. members that were evacuated to Dallas. The Traditions and Principles were demonstrated and tested in a way that had to be seen to be understood. I was humbled and overwhelmed with gratitude to be a part of A.A. and invited to participate in this wonderful example of "a design for living that really works," a testimony of survival, strength and the power of God's love in A.A. members. ↑

IFB Meeting Summary — September 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	
Andy T	Waterfront	A**	Derek D	Reality Farm	P	Nicholas L	Some Are Sicker Than...	A*
Anil K	Tiburon Monday Mens Stag	X	Don B	Friday Fell Street	A*	Nicholas S	Sutter St. Beginners	A*
Anthony J	Founders Group	P	Drea B	Serenity Seekers	A*	Omar C	Tuesday Chip	P
Armando R	Home Group	P	Dylan C	They Stopped in Time	P	Orion P	Marina Dock 6am	A**
Beatrice L	Mid Morning Support	P	Gaspar L	Keep It Simple	A*	Patty M	Huntington Square	P
Ben N	Stepping Up	P	Greg S	Beginner's Warmup	A**	Penelope P	Amazing Grace	P
Brian H	Living Sober with HIV	P	Jaime G	Sesame Step	P	Rebecca D	Valencia Smokefree	P
Brian K	Eureka Valley Topic Disc.	R	Joe H	Gratitude Group	A	Rebekah D	Fell Street Step	P
Bruce K	Sunset Speaker Step	P	Judi C	Tuesday's Daily Reflections	P	Richard R	We Care	P
Carol E	Happy Hour	P	Karen A	West Portal	P	Rick K	Join the Tribe	P
Casey L	Sunday Corte Madera	A**	Karen S	Alumni Group	P	Scott N	Sunset 11'ers Sat.	P
Chris H	Friendly Circle	P	Karin K	24 Hour Plan	P	Stephanie R	Live & Let Live	R
Chris T	Keep Coming Back	P	Larry B	Castro Discussion	P	Steve N	Terra Linda Group	P
Chuck K	Ten Years After	P	Liz C	Mill Valley Speaker	A*	Steve S	Past Chair	P
Clifford B	Spawn of Straight Jacket	P	Luis M	High Noon Tuesday	P	Tedra M	Come N Get It	P
Dan C	Sunday Night Castro SD	P	Mark W	Blue Book Special	A*	Terry B	High Noon Thursday	R
Dan Z	Each Day a New Beginning	P	Matt T	Fairfax Friday Night	P	Thea L	Walk of Shame	P
Dana R	Saturday Sunset 9'ers	P	Maury P	Central Office Manager	P	Tom R	Mill Valley 7AM	A**
Danna P	Treasurer	P	Michael L	Attitude Adjustment Hour	A*	Vickey D	Sisters Circle	A*
Daniel B	Too Early	R	Michelle W	Cow Hollow Young Peoples	A**	Victor V	Creative Alcoholics	P
David P	Eureka Step	P	Monika H	SFPOA	P			

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		Visitors		IFB Liaisons Present	
Doug	Fireside	Tracy R	Website Committee	Chris H	Spirit of SF
Paul M	Too Early			Karen S	SF General Service
Roger C	Early Start			Luke V	SFYPA
Tom K	High Noon			Trevor F	Marin General Service

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

IFB Reports:

Chairs Report: The COC met on August 26, 2006 for the Annual Retreat, an opportunity for outgoing members to share their experience, strength and hope with new members. Historically, this has been a valuable experience for smooth transitions from year to year. Scott noted he gained insight and greater understanding of regarding the natural conflict that comes with healthy differences in opinion. Scott also announced Marin Unity Day on September 16, 2006. The IFB will have a table set up to provide information about Central Office and the IFB. We have also been asked to do clean up following dinner and need volunteers from the IFB to help with both tasks.

Treasurers Report: The Net Income for July was \$2,309 less than the budgeted Net Income of \$2,576. Unrestricted Cash as of July 31, 2006 totaled \$50,128 and is sufficient to pay for budget expenses for three months.

Central Office Manager's Report: We have one morning shift available. Maury emailed information about the NCCAA liaison position. Members who did not receive the email were asked to contact Maury so that she can update their information. Maury announced that the American Red Cross has offered us a disaster preparedness program. The IFB was polled to see how many might be interested in attending if such a program were scheduled. Enough people indicated interest in attending that Maury will find an alternative to Central Office to have the program. Maury also announced that she is traveling to Akron, Ohio to attend the Central Office/Intergroup/AAWS Seminar. She will return to the office on Tuesday October 3, 2006.

(Continued on page 17)

(Continued from page 16)

Central Office Committee: Steve reported that the annual retreat was a very positive experience for all in attendance. During the usual August COC meeting, Maury reported that she has discovered that many AA groups are using our Tax ID number on their bank accounts. Scott agreed to follow up in person with these groups. Maury also announced that the price of chips is increasing on September 1, 2006. After discussion, Carol E. made a motion that we absorb the increase and not pass the cost on to groups. The motion passed. We also clarified the IFB's position regarding funding for the Special Events Committee. In keeping with the idea that the committee's purpose is not fundraising, our position is that we will budget both income and expenses, as we do today, but which offset each other, or equal a net zero in 2006.

Committee Reports:

Website: Dan Z. gave the report and a demonstration of Phase 2 of implementation of the advanced search capability. He explained that all of the old search criteria are still available, but that there are new ways to search for meetings, which are faster, and include a more intuitive interface. Dan reiterated the fact that the goal of the Website committee is to carry out the 12th Step, and to help do this, he asked that all groups check the website for accuracy of information and to complete and submit sheets when necessary with updated information.

Special Events: Brian H gave the report. The committee is planning Oktoberfest, which will take place on October 21, 2006 at McClaren Park. Brian requested \$1,000 for the event. Ben N. made a motion to make the funds available for the event. The motion passed unanimously. Dan Z. reminded the group that the website includes links to PDF versions of fliers for such events.

Schedule Committee: Steve S. gave the report. The committee met to review information gathered regarding possibly changing the format of the SF meeting schedule which would result in a cost savings. IFB members gave feedback from their respective groups. It seems that groups were equally divided between favoring the format change and opposing it. Larry B. indicated that more information gathering was necessary to make informed decisions, and that he would be willing to gather it. Dan Z. suggested that IFB members increase word of mouth regarding schedules being available online at AASF.org. No action is to be taken at this time.

Twelfth Step Committee: Victor gave the report and thanked everyone who was in attendance at the last workshop. Twenty-two AA's attended. Victor mentioned that a new goal for the committee was to develop a group who would take AA meetings into people's homes that are unable to attend outside meetings.

Literature Review Committee: Steve N's report said, "Business as usual." The committee meets the 3rd Wednesday, 6:30 pm at Central Office.

Orientation Committee: Tony gave no report. Steve brought up the concept of service sponsors, and polled the IFB for those who were unfamiliar with the term, those who'd be willing to be a service sponsor, and those who would like to get one.

Steve volunteered as the service sponsor coordinator

The Point Committee: Victor gave the report. He stated there are now 9 members, and the group also filled the layout editor position. The cover of the current issue of *The Point* features a graphic, which is one layout improvement already added.

Special Needs Committee: Pene gave the report. The committee is in the process of updating the meeting schedule with accurate accessibility information and read a list of groups that need to have facilities measured for Wheelchair Accessibility compliance. Maury requested this list in writing. Pene agreed to provide this list.

Servant Workshop Committee: Monika gave the report. The next workshop on September 9, 2006 will be covering the Literature commitment. The committee will also have a workshop at Marin Unity Day on Group Secretary. The group's regular business meeting will change to the first Friday of each month at 5:30 pm effective October 2006.

Regular Report from the Schedule Committee: Steve gave the report. When discussing the proposed format change, four items to consider are price, durability, "pocket-ability", and readability. The committee reiterated that there would be no action until further research can be done. The committee meets the Tuesday before the IFB meeting at David P's house.

Outreach Committee: The committee will be meeting on the 3rd Tuesday of each month. The time is yet to be determined.

Special Events, regular report: Brian H. reported that the committee is limiting their activities to four events annually, Oktoberfest, Central Office Anniversary/New Year's Event, Prom, and Founder's Day. The group hopes to break even after each event, not to raise money.

The 7th tradition was observed while Victor read the Twelve Traditions.

Trusted Special Committee Reports: SF Teleservice: Judy C. gave the report. There is an opening for the Information Coordinator position. Duties include; maintaining the volunteer database and keeping meeting minutes. This is a two-year commitment. Please call Peter at Central Office if interested.

SF PI/CPC: Bruce K. reported that the group was active this month speaking at DUI classes, providing information at Project Homeless Connect, and sending out letters to schools and local health care facilities offering to speak to students and staff.

Non-IFB Liaison Reports:

SF General Service: Karen S. gave the report. She reported that there was some discussion about activities at Unity Day. Karen stated that she would provide a written report summarizing the remainder of items discussed at the last meeting.

Marin General Service: Trevor F. gave the report. He also announced Marin Unity Day, September 16, 2006 at the Corte Madera Rec Center, 498 Tamalpais Drive.

Spirit of SF: Chris H. gave the report. The event is taking place October 13-15, 2006 at the Holiday Inn on Van Ness. More information will be coming.

SFYPA (SF Young People in AA): Luke reported that SFYPA is bidding to host the All California Young People (ACYPA) conference in 2008. He invited everyone to attend the Halloween Dance on October 31, 2006 at the Alano Club.

Group Rep Reports:

Pene P. announced that the Oyster Point Discussion Group is hosting Serenity on the Bay, September 28. See her for more details.

The next IFB meeting is Wednesday, October 4th at 7:00 PM at 1187 Franklin St. San Francisco, CA. ↑

Q.T.I.P. Quit Taking It Personally

by Bree L.

This is one of those zingers that hit me with a truckload of perspective. There's that old song, "I am always on my mind." So then I'm the only person I think about. Who else could possibly be impacted? It's really hard for me to see where people do things for other reasons beyond my scope of awareness. This was especially hard at work when decisions were made without consulting me or the worst was when I found out later after everyone else.

The part on page 60 in the Big Book, *Alcoholics Anonymous*, tells me about being the director and the actor and the prop person and trying to do everything. Realistically, I cannot be the one in charge.

I've heard that we are as sick as our secrets and I have worked on those secrets with my share of Fourths and Fifths and Tenths so I don't carry around lingering resentments and dishonesties. Now I get angry when people don't talk about their innermost secrets with me. I'm left out or slighted, especially when I learn those secrets from a third party. Sharing should be reciprocal according to my alcoholic way of thinking. People "should" be open like I appear to be. Now I can say "Q TIP" and get on with my recovery.

When I first came into the program I had a pretty healthy resentment list I didn't want to talk about. Those items were "off limits." This was stuff I never, ever would discuss, but for some reason I thought everyone else should be as "open and honest" as I thought I was. Well they're not and I take it personally. I can easily go into a whole mental routine about not

being good enough or a good enough friend or empathetic enough to be privy to another's inner secrets. My favorite line was, "Well, they never told me that." Bottom line, it's still about me.

Another reason not to take everything personally. Other people may not have my frame of reference and the world doesn't necessarily revolve around me. I got all bent out of shape last week when someone didn't tell me something I thought they should. My friend said, "Maybe they forgot." Here I thought all along it was because they didn't like me enough to tell me about it when there was a very good chance the person actually forgot.

One thing I've learned in A.A. is that there are many, many different personalities with a few pertinent principles to hang onto. I love the Twelfth Tradition that talks about "Principles before Personalities." It tells me that anonymity is the spiritual foundation for my program and there are some things better left alone. Specifically it talks about identities, but that principles before personalities concept can be applied to much more. So many times I've caught myself seeing more than what was in front of me. I have to stop and think about what is really happening, to look at the big picture rather than my small, alcoholic tunnel vision. As we say in A.A. -there is a Higher Power and I'm not it. My task is to carry the message, not monitor others for their openness or their behaviors and not read something into everything that happens to me and Q-TIP. ↑

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

June 2006 - Intercounty Fellowship of AA

	Jun 06	Jan - Jun 06			
Ordinary Income/Expense			Repair & Maintenance	210.74	1,302.18
Income			Security System	33.50	266.00
Contributions from Groups			Special Events	850.00	1,350.00
Group Contributions	13,288.55	66,864.69	Telephone	262.33	1,457.58
Total Contributions from Groups	13,288.55	66,864.69	Phone Book Listings	76.50	459.00
Contributions from Individuals			Utilities	244.21	1,339.51
Individual - Unrestricted	1,408.00	5,529.73	Bad Checks	0.00	0.00
Faithful Fiver	467.00	3,384.00	Total Expense	15,870.65	95,379.74
Honorary Contributions	139.00	902.15	Net Ordinary Income	3,727.21	7,242.91
Total Contributions from Individuals	2,014.00	9,815.88	Other Income/Expense		
Gratitude Month			Other Income		
Gratitude Month - Groups	550.00	3,500.28	Interest Income	367.35	1,757.44
Total Gratitude Month	550.00	3,500.28	Total Other Income	367.35	1,757.44
Sales - Bookstore	8,589.91	54,229.95	Other Expense		
Special Event Income	223.00	2,953.14	Depreciation Expense	96.43	2,191.76
Newsletter Subscript.	22.12	264.52	Amortization Expense	238.78	1,432.68
Total Income	24,687.58	137,628.46	Total Other Expense	335.21	3,624.44
Cost of Goods Sold			Net Other Income	32.14	-1,867.00
Cost of Books Sold	4,940.59	34,090.21		3,759.35	5,375.91
Credit Card Processing Fees	149.13	915.60			
Total COGS	5,089.72	35,005.81			
Gross Profit	19,597.86	102,622.65			
Expense					
Employee Expenses					
Wages & Salaries	7,826.10	46,017.89			
Employer Tax Expenses	614.19	4,510.74			
Health Benefits	952.00	5,113.00			
Workers Comp Ins.	0.00	714.61			
Total Employee Expenses	9,392.29	56,356.24			
Professional Fees					
Accounting	0.00	330.00			
Computer Consulting	0.00	343.75			
Outside Services	0.00	294.00			
Professional Fees - Other	0.00	-330.00			
Total Professional Fees	0.00	637.75			
Bank Charges					
Credit Card Clearing	0.00	0.00			
Bank Charges - Other	0.00	0.00			
Total Bank Charges	0.00	0.00			
Postage					
Bulk Mail	200.00	600.00			
Postage - Other	132.01	243.01			
Total Postage	332.01	843.01			
Rent - Office	3,833.75	23,002.50			
Rent - Other	300.00	450.00			
Filing/Fees	0.00	320.00			
Insurance	0.00	1,826.00			
Internet Expense	76.27	577.90			
Office Supplies	192.71	1,536.18			
Shipping	66.34	145.04			
Equipment Lease	0.00	3,510.85			

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