

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

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

# The Point

**December 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.

## Little Sister

by Anonymous



When my sister CC and I were kids we once drew a chalk line down the center of our shared room and promised death to whoever crossed the line. She thought I was a mean, bossy big sister. I thought she was an annoying, sensitive little sister. After high school we both left home. Mom and Dad had problems with alcohol and pills, so we set out to create some of our own.

We shared a two-room apartment in Baltimore, where we both went to college. It was fun for a while, but it got old fast and our tastes in substances were a little different. I thought her drunken dope-fiend friends were too low-rent for words. I drank



wine, went to art films instead of bars and was much more ladylike, or so I thought. I also feared that her friends were taking my sister away from me. I busted her to our parents who tried to have her committed. CC took the first bus out of town while they were at work and her friends hid her until the parents relented. She and I didn't speak for a year.

We both eventually moved to California, I to San Francisco, she to L.A. We were no longer sworn enemies, but both still drinking and using. She had been recruited by a big company in the arts world and was soon in the Hollywood social whirl. She whirled a little too hard, and quit minutes before the pink slip arrived. Then something happened. She started going to some kind of meetings. Next thing I knew, she was inviting me to go with her, every time I came down to visit.

I made fun of her. I figured Alcoholics Anonymous was just another one of her therapy-of-the-month fads. I half expected to see some sari-clad guru surrounded by incense smoke and devotees bestowing garlands around the necks of trusting believers. CC didn't care. She practiced promotion rather than attraction big time. "You're a mess. You need a meeting!" She dragged me to meetings in Hollywood. "Come on, we'll see movie stars." And we did.

(Continued on page 6)

# December 2006 . . . .

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <u>FIRST FRI</u> Trusted Servants Workshop Committee Central Office, 5:30 pm	<b>2</b>
<b>3</b> <u>FIRST SUN</u> SFYPAA Committee (San Francisco Young People in AA), SF Alano Club, 1748 Market St./ Octavia, 12:30pm	<b>4</b> <u>FIRST MON</u> Special Needs Committee, 5:30 pm  Spirit of SF Committee, Central Office, 7:30 pm	<b>5</b>	<b>6</b> <u>FIRST WED</u> 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)	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> <u>SECOND MON</u> SF Public Information Committee Central Office, 7 pm	<b>12</b> <u>SECOND TUE</u> SF Bridging The Gap 1187 Franklin St. at Geary, SF, 6:30 pm  SF General Service 1187 Franklin St., SF Orientation: 7 pm Meeting: 8 pm  Marin H&I 1360 Lincoln, San Rafael Orientation: 6:15 pm Bus. Meeting: 7:15 pm	<b>13</b> <u>SECOND WED</u> 12th Step Workshop Central Office, 6:30 pm  Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	<b>14</b> <u>SECOND THU</u> Website Committee Central Office, 6 pm	<b>15</b>	<b>16</b> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10 am Business Meeting: 12:30 pm
<b>17</b> <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day	<b>18</b> <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm  Marin General Service 9 Ross Valley Rd, San Rafael, GSR Sharing: 7 pm District Meeting: 8 pm	<b>19</b> <u>THIRD TUE</u> Outreach Committee, Central Office; 6pm  San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	<b>20</b> <u>THIRD WED</u> Literature Review Committee Central Office, 6:30 pm	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> <u>FOURTH SUN</u> Living Sober Convention Committee, 1668 Bush, SF, 5:30 pm  <b>31</b>	<b>25</b> <i>Christmas Day            Central Office            Closed</i>	<b>26</b> <u>FOURTH TUE</u> Special Events Committee Central Office, 6:30 pm  Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	<b>27</b>	<b>28</b> <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	<b>29</b>	<b>30</b> 

## From the Editor...

First of all, on behalf of Central Office and the Intercounty Fellowship Board of Alcoholics Anonymous, I would like to extend a very heartfelt "thank you" to all the individuals and groups who participated in Gratitude Month. Thanks!

Second, I am very, very excited to announce the introduction next month of a new look with new features for *The Point*. We've been working for quite a while now to spice up *The Point* and to have it reflect the creativity and values of our local Fellowship. I think you'll be pleasantly surprised at the outcome.

Perhaps you'd like to participate? We have exciting themes planned for upcoming issues. February will reflect the ever dreaded "R" word—Relationships in sobriety is our theme! March will be "Women's Month" and April will reflect the theme that we are indeed not a glum lot! Humor and Rule 62 will dominate the issue. Please consider contributing an article for these issues. Contact Central Office for article guidelines!

At the same time, we're very excited about celebrating the 60th Anniversary of Central Office which is January 27, 2007! Thinking about the origins of Central Office and the beginnings of Alcoholics Anonymous in the Bay Area always makes me feel grateful for those that helped create and sustain what we enjoy today. This Anniversary will be a chance to celebrate their efforts and a reminder that we need to be mindful of our origins in order to continue their work and service to the fellowship. Central Office is producing a pamphlet and planning a special event to commemorate this important occasion in our fellowship's history. Please join us in the celebration! It will be a great opportunity to listen and learn from our old-timers and to express our gratitude. Check for announcements at your meetings or contact Central Office for details of the celebration come the new year!

And finally, thank you to all who have made sobriety worth living in 2006. Happy Holidays and New Year!

—The Editor

## Joke of the Month

God grant me the senility to forget  
the people I never liked anyway, the  
good fortune to run into the ones  
that I do, and the eyesight to tell  
the difference.



### 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](mailto:thepoint@aasf.org) or call 415-674-1821.



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## MEETING CHANGES

### New Meetings:

Sun	12:15pm	Castro	BE STILL AA 501 Castro/ 18th St., 2nd Fl. (was <i>Castro Country Club</i> , 4058 18th St. at 11am)
Mon	12:10pm	Financial	EMBARCADERO STEPS & TRADITIONS YMCA, 169 Steuart St./ Howard; Ask greeter for Room (was <i>Starbucks</i> , 201 Spear St.)
Mon	2:00pm	Cathedral Hill	MONDAY NOONERS Urban Life Center, 1101 O'Farrell (was 12:15pm; ends at 5pm)
Wed	12:10pm	Financial	EMBARCADERO AS BILL SEES IT YMCA, 169 Steuart St./ Howard; Ask greeter for Room (was <i>Starbucks</i> , 201 Spear St.)
Thu	8:30pm	Castro	AS BILL SEES IT Castro Country Club, 4058 18th St. (was <i>Davies Medical Center</i> , 45 Castro St.)
Fri	12:10pm	Financial	EMBARCADERO GRAPEVINE YMCA, 169 Steuart St./ Howard; Ask greeter for Room (was 201 Spear St.)
Fri	2:00pm	Cathedral Hill	FELLOWSHIP OF THE SPIRIT Urban Life Center, 1101 O'Farrell (was 12:15pm; ends at 5pm)
Sat	4:00pm	Novato	THE BARNYARD GROUP 1905 Novato Blvd. (was 1907 Novato Blvd.)

### No Longer Meeting:

Sun	2:00pm	Hayes Valley	ONLY A LITTLE S.F. Alano Club, 1748 Market St.
Mon	1:10pm	Financial	EMBARCADERO GROUP Starbucks, 201 Spear St.
Tue	7:15pm	Hayes Valley	LESBIANS LIVING SOBER S.F. Alano Club, 1748 Market St.
Wed	1:10pm	Financial	EMBARCADERO SPEAKER/ DISCUSSION Starbucks, 201 Spear St.

**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 October 2006

Below are the meetings whose Trusted Servants registered with Central Office during October 2006 — twenty-seven in San Francisco and eight in Marin. Thank you for registering!

### San Francisco

The 12 Schleppers Thu. 8pm; 8:30pm Smokeless Sat. 8:30pm;  
 A Coffee Pot & a Resentment Mon. 8pm; All Together Now Thu.  
 8pm; Brokers Open Book Tue. 1:30pm; End of Isolation Thu. 6pm;  
 First Step Home Mon. 7:30pm; Franciscan Noon Discussion Mon.  
 12pm; Friday Knights Thu. 7:30am; Gay & Lesbian People of Color  
 Sat. 4pm; How it Works Sat. 2pm; Huntington Square Wed. 6:30pm;  
 K.I.S.S. Mon. 6pm; Marina Discussion Fri. 8:30pm; Moving Toward  
 Serenity Wed. 8:30pm; Newcomers Group Tue. 7pm; New Friday Big  
 Book Fri. 12pm; Panhandle Thu. 8:30pm; Reality Farm Thu. 8:30pm; Sisters Circle Sun. 6pm; Some Are Sicker Than Others Wed.  
 6pm; Stepping Out Sat. 6pm; Steppin' Up Tue. 6:30pm; Sunday Sunrise Sun. 7am; Tuesday Sunset Nooners Tue. 1pm; Valencia  
 Smokefree Fri. 6pm; Washington Square Mon. 7pm

### Marin

East San Rafael Big Book Mon. 7:30pm; Experience, Strength & Hope Sat. 6pm; Fairfax 12 & 12 Tue. 7:30pm; More Will Be  
 Revealed Fri. 12pm; Quitting Time Wed. 5:30pm; Serendipity Sat. 11am; Thursday Night Speaker Thu. 8:30pm; Women on  
 Monday Mon. 7pm

## Recent Deaths

Kentucky Dave  
 Jay B.  
 Richard B.

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.

## Coming Up!

### BRISBANE BREAKFAST BUNCH

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

<u>DATE</u>	<u>SPEAKER</u>	<u>FROM</u>
12/03	Michael W	Burlingame
12/10	Mark H	San Francisco
12/17	Joe L	Woodside
12/24	Andrew B.	San Francisco
12/31	Paul D.	Foster City

### TUESDAY DOWNTOWN

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

<u>DATE</u>	<u>SPEAKER</u>	<u>Home Group</u>
12/05	Charlie D.	Friendly Circle Beginners
12/12	Susan	SF Fellowship
12/19	Heidi	Too Early
12/26	Toni S.	Work in Progress

### 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>
12/01	TBA	Pegeen C.	Sundown Group
12/08	TBA	Michael M.	Friendly Circle
12/15	Alamo Square	Dennis O.	Join The Tribe
12/22	TBA	Jack G.	Hayward Fellowship
12/29	Amazing Grace	John O.	Amazing Grace

### BIRTHDAY MEETING

1748 Market St. S.F. Alano Club  
Saturdays 8:00 pm

<u>DATE</u>	<u>SPEAKER</u>
12/02	Jack B.
12/09	Jim McB.
12/16	TBA
12/23	George K.
12/30	Dan D.

## AA ALCOTHON

2900 24th street @ Florida, San Francisco

### CHRISTMAS ALCOTHON

starts  
Friday December 22nd @ 6:00pm  
through  
Monday December 25th @ 9:30pm

### NEW YEARS 2007 ALCOTHON

starts  
Friday December 29th @ 6:00pm  
through  
Monday January 1st @ 9:30pm

AA meetings start every 2 hours on the even hour from 6:00am till midnight  
(door closes at midnight Friday through Sunday, 10:00pm Monday)

SPECIAL NEW YEAR'S EVE MEETING DECEMBER 31ST, MIDNIGHT TILL 2AM  
(DOORS CLOSE @ 2:00AM)

### A Fundraiser for Living Sober / Western Roundup New Years Eve Masquerade Ball

Sunday, December 31st

7:30 pm AA—Al Anon meeting 8:30 pm DANCE

Harvey Milk Civil Rights Academy 4235

19th Street @ Collingwood

\$15 Suggested Donation No one turned away for lack of funds.

For more information contact : Zach D., 831-840-5440 or

Stephen H., 415-865-9978, twelvreal@aol.com

\*If ASL is needed for any event, please give 72 hour advance notice.

### NOVATO FELLOWSHIP

## 2007 NEW YEARS DANCE



6PM TO 12AM SUNDAY DEC. 31ST @

"OUR LADY OF LORETTO CHURCH"

NOVATO 1806 NOVATO BLVD.

MUSIC - FELLOWSHIP - SOBER FUN

5:30-6:30PM :FOOD & DANCE AFTER MEETING  
SALAD & DESERT DONATIONS CALL SUZIE @ 415-233-1224

7:00 PM : AA MEETING

WITH SPEAKER CYNTHIA B. FROM SONOMA

TICKETS

\$10

SPONSORING GROUP:  
SUN. 8:30 CANDLELIGHT  
NOVATO FRIDAY 2:00

FOR COMMITMENTS CONTACT:  
ERIN B. @ 415-509-2069  
CHRIS M. @ 415-897-4881

## The Family Afterward—It Ain't Always Warm and Fuzzy

by A Local Sot

When we were discussing the theme for December's issue of *The Point* and "The Family" was decided upon, I immediately piped up and volunteered to write something. This is because my experience has been that even though many folks in recovery regain the family connections severed by the disease of alcoholism, I did not. As a matter of fact I never had those connections to begin with.

Often at meetings recovering alcoholics will express gratitude at having been reunited with a family that disowned them or that they had disowned. Tears are shed and love pours forth as folks discuss how happy they are now that familial bliss has been reestablished.

Well, I gotta tell you folks, that's not how it's been for me. Other than my own dear mother, now departed, my family was and is just as alienated from yours truly as ever, despite my sincere attempts at amends. It seems that just because we happen to share the same genetic material, there's very little to bind us and we actually get along best when we don't see each other at all! So be it. Once, when discussing this with my sponsor I said, "Well, it's always been a case of they don't like me and I don't like them.

What's the problem?"

This brings up another question: What is family anyway? Truth to tell I have always felt much closer to my brother and sister alcoholics, both before and after recovery, than I have ever felt with my biological family. Even today, normies bore me to tears! I don't really want to have anything to do with them! Does this make me a bad person? Am I somehow slacking in my recovery because I don't see eye-to-eye with people that I have nothing in common with?

I think not!

One of the greatest joys of my recovery is the sense of belonging I find in the Fellowship of Alcoholics Anonymous. A functional family at last! One that I can rely on for help, guidance, and direction. And, best of all, most of you are actually people I like and can relate to. During holidays or stressful times I always want to be with my fellows in recovery. I thank you all for being there for me and I always hope to be there for you.

Happy Holidays! 📌

*Little Sister (Continued from page 1)*

I also saw the effects of Alcoholics Anonymous on my sister's life. This was a girl who, after a night of drinking, crashed a car and flipped it on its roof. She had emerged, all of her jewelry knocked off by the impact, her evening gown in shreds, screaming for her Charles Jourdan shoes. Now she was vice-president of a public relations firm and spent her evenings in A.A. meetings. She was happy. She wasn't perfect; she was still my annoying, sensitive little sister. I still made fun of her, but I wanted what she had.

Every time I went home I resolved to change my life the way she had changed hers. I started going to A.A. meetings, even though I was still drinking. Keep coming back, she told me. When I finally hit bottom and quit smoking dope, she was the one I called. When I announced proudly, "I quit smoking dope," she answered "And . . .?" When I replied, "And what?" she answered again, "What about alcohol?" I dithered about how alcohol wasn't really my drug of choice, I was mostly a pothead, I hardly even got drunk . . . she suggested I try

quitting alcohol. So I tried quitting alcohol. Twenty years ago, I tried quitting alcohol and have to this day, one day at a time.

Thanks to my sister, CC. My sister who crossed the chalk line, who practiced promotion as well as attraction, who took me to meetings, who showed me how quitting drinking and working the steps could change my life, the way it changed hers. My annoying, sensitive little sister. 📌

**Contributions honoring the following members were made through November 15th, 2006**

### Memorials:

Lita G., Bob C. & Donald W.

### Anniversaries:

**AA As You Like It:** John M.—15 years, Terry H.—27 years; Barbara W.—26 years; Jack W.—24 years; Abby L.—19 years; Jill H.—18 years; Cynthia C.—10 years

## Dear Alky

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

**Dear Alky, I am the secretary for two groups, which I love! My problem is that at one of the meetings there is an attendee (wheel chair bound) and he has a tendency to SNORE throughout the meeting. Today, he slept through the entire meeting and couldn't even participate in the Step reading as he was fast asleep. Several times he woke himself up with his own snoring, but it's disruptive.**



**Any suggestions on how to handle this? Is there a rule book? I give him credit for coming to the meetings, but if he sleeps through, what's the good? Osmosis? Should I just let it go?**

**--Stumped by Snoozer**

Dear Stumped,

There is no "rule book" in A.A. However, we do have the Twelve Traditions. Tradition Four says that "Each group should be autonomous except in matters affecting other groups or A.A. as a whole." If the snoring disrupts the group, you might consider bringing it up at a business meeting. Does your group want to suggest that someone who disrupts the meeting be asked to cease the disruption or leave the meeting? I've been a member of several groups that have incorporated policies regarding

disruptions—At one, the meeting format read by the secretary at the beginning of each meeting, states that disruptive behavior "will be addressed by the group conscience." That particular meeting has from time to time experienced aggressive or threatening disruptions.

A regular member's snoring, on the other hand, doesn't necessarily call for dramatic action. Alky recommends that you first do a Tenth Step. Inquire of yourself and share with your sponsor whether you are resenting this member for any other reason, whether you are being overly sensitive, or whether you are in judgment of how he is doing his program.

If you still find the behavior distracting to you and the rest of the meeting, Alky recommends that you speak directly to the person outside the meeting and let him know that his snoring is distracting to you personally. Ask if he might be willing to sit further from the front or adjust in some other way. If you feel uncomfortable with this option, then perhaps you should address the issue at a business meeting.

Ultimately, it may be up to the group to decide whether this member's snoring is a serious enough hindrance to everyone else's participation to take action. Keep in mind that for most alcoholics this program is the "last house on the block." If someone needs to snooze a bit in that house, ask yourself whether that behavior is actually so disruptive that you would consider asking an alcoholic to leave. ↑



## Bulletin Board: The Central Office Wish List

Normally, I don't think much about what I want or plan on giving for Christmas, instead focusing much more on the food (!!!) aspect of the holidays. However, having recently become a mother, this year I found myself thinking about those things and in the process I began to create a wish list—for Central Office. I wondered who my Santa would be, and figured, well, the groups I guess... and, more specifically, the individual members that make up our A.A. groups.

So, here it is— The Central Office Wish List:

- \* For each group in SF and Marin to have a registered Secretary and Treasurer. Registration forms are available on our website: [www.aasf.org](http://www.aasf.org).
- \* For each group to confirm that meeting listings are accurate in the printed schedule and on the website.
- \* For each group to maintain communication with Central Office and to pass our communications along to the group's members.

- \* For each group to write and maintain a Group History so that it does not get lost.
- \* For each of our service committees to have all the members it needs to carry the message effectively.
- \* For a number of young and teen-aged AA members to be available to do Twelfth Step work with the young and teen-aged alcoholics reaching out for help. Our next workshop is on December 13th and details are on p. 8.
- \* For an assortment of Bi- or Multi-lingual AA volunteers to extend the hand of A.A. to the widest possible community as members of our 12th Step list and through our PI/CPC committee.

In return, my gift to you, is an efficient and effective Central Office, that is carrying the message and extending the hand of A.A. so that anyone, anywhere, who comes to our part of the world and reaches out for help, does not come up empty handed.

With love and in service, Maury P. ↑



## 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**

Scott N. [sconjovi@gmail.com](mailto: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](mailto:david@leadershipunleashed.com)

#### **12th STEP COMMITTEE**

Victor V. 415.726.0518

#### **ARCHIVES COMMITTEE**

Bruce K. [bruceken@aol.com](mailto:bruceken@aol.com)

#### **LITERATURE COMMITTEE**

Steve N. [snolan12000@yahoo.com](mailto:snolan12000@yahoo.com)

#### **ORIENTATION COMMITTEE**

Anthony J. [anthony@sobersots.org](mailto: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](mailto:monihar2002@yahoo.com)

#### **WEBSITE COMMITTEE**

Dan Z. 415.665.5166

#### **SF TELESERVICE COMMITTEE**

Judi C. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

#### **SF PI/CPC COMMITTEE**

Jill H. [picpc@aasf.org](mailto:picpc@aasf.org)

## Service Bulletin

# The Sunshine Meeting

by Dave C.

The last time I saw Jean was at an A.A. meeting. This was no ordinary meeting, however. She had been battling a fatal illness for a long time, even riding her bicycle to meetings while undergoing radical therapies. The bike was no longer an option; she had become too weak to leave home. At her request, a few of us gathered for a meeting at her bedside. It was a magical experience. Jean was frail but happy to have us there. I shall never forget her spunk, smile and sense of humor. She passed into the spirit world a few days later. I have been blessed to have many opportunities to participate in such meetings, sometimes at a member's home and sometimes in a hospital. Every single one has been a gift, a special, moving and uplifting experience.

Now, the proposal and invitation. Some of us are investigating the possibility of establishing a list of volunteers willing to participate in this wonderful type of Twelfth Step practice, joining with a few others to bring a meeting to a fellow A.A., who is homebound or hospitalized due to injury or illness. We intend to call ourselves "The Sunshine Meeting" and operate under the auspices of the Twelfth Step Committee. The essential requirements for participation are willingness and responsibility.

It would work this way: Central Office gets a phone call requesting a meeting and tries to determine a date and time. Some of the members on the list are contacted to see if they can commit. Usually three to five members would be enough for this type of meeting. We would rotate through the list to ensure equal opportunities for all who sign up.

It seems clear that the need exists. There are several major hospitals in our area and A.A.'s from far away often come here for major operations. Wouldn't it be marvelous to be able to offer them a meeting, and to know that whenever this need arises the hand of A.A. will be there?

Details are still being discussed but we hope The Sunshine Meeting will soon be operational. There are three ways to help and participate:

- 1). Attend the next Twelfth Step Workshop at Central Office on December 13th at 6:30PM.
- 2). Attend the next meeting of the Twelfth Step Committee at Central Office @ 6:30 P.M. on Wednesday, January 10th.
- 3). Contact Central Office and ask to become a member of the Sunshine Meeting. ↑

### Intercounty Fellowship of Alcoholics Anonymous 12th-Step Workshop

Wednesday, December 13, 2006 at 6:30 p.m.

1821 Sacramento St., San Francisco, CA

To help educate and inform the Fellowship, members of Alcoholics Anonymous will share their Twelfth Step experience. If you are interested in serving the still suffering alcoholic by joining our list of 12th Step list of volunteers, please join us for the workshop. Join the **Sunshine Club** and take meetings to AA members who are homebound or hospitalized. Call Central Office at 674-1821 if you have any questions! Or e-mail us: [aa@aasf.org](mailto:aa@aasf.org)



# Big Book Study: Chapter Eleven—"A Vision for You"

by Morgan L.

Having celebrated two years of sobriety I no longer battle the constant compulsion to drink. I meet with my sponsor, go to meetings, have commitments, exercise, eat healthy and get eight hours of sleep. People ask me how I am doing and my answer is always the same, "Good. How about you?"

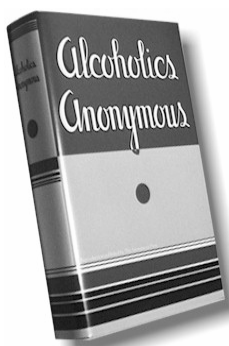
When I was out drinking, my life consisted of extreme highs and lows, cycling in rapid succession. When people inquired about my weekend I immediately launched into a titillating story laced with booze and drama.

About a year ago I realized that my well of gossip had dried substantially, I had no shocking weekend updates to report, and everything was just "fine." When I complained about my good life to my sponsor, she pointed me to Chapter 11 of the Big Book which discusses whether in fact recovering alcoholics are consigned to be a stupid, boring, glum, self-righteous people. This chapter reviews whether a sufficient substitute for liquor exists.

The substitute for a life with alcohol is a life in the fellowship of Alcoholics Anonymous. I initially thought fellowship in A.A. would be similar to that of a social club or sorority. To some extent the fellowship is a place where friendships are fostered and dates for Friday night can be made. The fellowship of Alcoholics Anonymous also saves other suffering alcoholics from a merciless and fatal disease. The fellowship of A.A. is about carrying the Twelve Steps to save lives.

The concept of using the fellowship to save lives is discussed in detail in Chapter 11. The chapter uses the metaphor of a sinking ship for the disease of alcoholism and the life raft for the fellowship and twelve steps of A.A. Step Twelve states that having had conscious contact with God, we carry the message to other alcoholics in hopes they will grab the life raft and escape the sinking ship.

In working with sponsees, taking commitments and doing H&I (Hospitals and Institutions outreach), I



realize that "saving others" is about more than helping another alcoholic; I am really helping myself. By participating in the fellowship of A.A., I increase my own chances for sobriety and cultivate spirituality, gratitude, compassion and joy.

This cultivation of spirituality and gratitude as a byproduct of working with another alcoholic can be seen in our twelve step work. Last week as I was explaining God-consciousness to a sponsee, I felt goose-bumps on my arms and an inexplicable feeling of peace and joy. As I listened during my H&I commitment to the rant of a hysterical woman whose mind was slowly deteriorating, my heart was filled with compassion and gratitude.

Several months ago I went to a teenage homeless shelter to work with a young girl trying desperately to stay clean and sober. She had no home and no parents and her son had died several weeks

before. She was struggling to maintain her sobriety and some semblance of sanity. In the months that I worked with her, I discovered what it meant to give of myself so that another may survive and rediscover life. I met with her every week, drove her to meetings, spent hours on the phone with Social Services and many more hours worrying about her. Working with her, I felt the enormous joy and wholeness of forgetting my own petty problems and joining the larger stream of life.

The fellowship of Alcoholics Anonymous not only creates an unexplainable bond between people, but turns drinking coffee together into a spiritual act where one's heart is touched. An evening of fellowship is more exciting than a weekend of bar hopping. Miracles happen. †

*The concept of using the fellowship to save lives is discussed in detail in Chapter 11.*

**On January 27, 2007  
Central Office will be  
60 years old!!!**

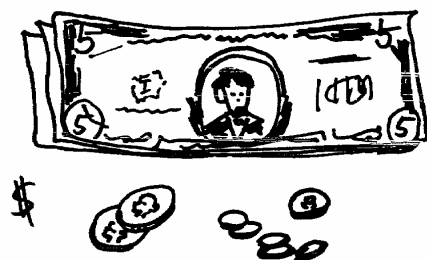
**Party details will follow in our January issue!**

## 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:

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



## Talking About Service

by Bree L.

"Must Be Present to Win" reads the coupon-shaped sign at a King's Beach meeting. I remember my first meeting when Dick C. in Oxnard said, "There's always a seat here for you and you're always welcome." The first way to be of service for me is to show up.

"The maximum way to be of service is by taking people to God through sponsorship as directed in the Big Book," says Don B. He further adds that when one approaches a newcomer and offers a phone number that is being of service.

"Life works best when I'm working with someone reading the Big Book and taking them through the steps," says Joe S. "The character defects that bubble up with my sponsees many times are the same things I'm working through. I know that all the answers needed are in the Big Book. Also, I don't have a lot of rules about sponsoring. I just ask that they not lie. My sponsor tells me to not be a taker in life and to stay on the firing line. The way to do that is to stay in the middle of the lifeboat, and I do that by working with sponsees."

Public Information is one way that Vernelle G. offers her service. She started by attending an orientation class and has been speaking to the public about alcoholism since. She tells of sharing her experience, strength and hope at a local high school. When she begins students invariably are text messaging and fooling around. Getting into her story, she notices that the room becomes quiet and one or two kids might put their heads down on their desks. She believes she might be describing someone in their family. As she leaves, students way-lay her in the hall to ask questions, too shy to speak up in class. She senses the kids don't have a place to talk about such things and she is able to tell them about A.A. and A.C.A. (Adult Children of Alcoholics, another fellowship). Vernelle has also spoken before DUI and college classes and spoken with physicians from all over the world at a Moscone Center conference.

"I love the Spirit," says Melanie J. when she talks of her service with the Spirit of San Francisco, our annual A.A. Conference. One of her sponsees spoke one year at a marathon meeting. Melanie agreed to be Secretary that year and has been working in special events ever since. Early on she became a speaker getter for a group in Arnold (a small town near Manteca) and expanded that to working on the program for the Spirit of San Francisco. She is this year's Chair. Managing such an event parallels her outside work as a controller. She is not uncomfortable examining the bottom line and looking to turn a profit. When she talks of taking on this formidable task, she said it seemed like "the next right thing to do." The best part, she says is that she is constantly meeting new people.

There is a huge need to address those who are dual diagnosed according to Elizabeth D. She started the "Sober 5150" meeting after dealing with her own mental problems and experiencing a similar meeting in Los Angeles. She saw

(Continued on page 15)

## Literature Review

# Circles of Love and Service

by Steve N.




I was introduced to General Service in my first year of sobriety. A member of a group that I did not have a commitment at needed an alternate to take his place at the end of his term. I knew nothing about what the commitment was, only that I needed a year of sobriety and the willingness to participate once a month at the district meeting. My first district meeting was frightening. I heard more acronyms in one hour than I had up to that point in my life. I had come for the business meeting and had missed the orientation and concepts study hour. I came expecting to see the G.S.R. that I was an alternate for, but he wasn't there. I took a deep breath and said a prayer and three wonderful things happened that night. I was welcomed and supported. I heard that people at this level of service stay sober. I was given two pamphlets: *Circles of Love and Service* and *G.S.R. General Service Representative*.

The pamphlet *G.S.R. General Service Representative* has printed on the cover, "May be the most important job in A.A." My ego was aflame and my ears opened. The pamphlet has two parts: The first is nine points describing the structure of the General Service Office and the services that it provides your group, with you as the group contact. The pamphlet also describes what to expect. You are invited to start studying the Traditions and Concepts and the Final Conference Report is made available to borrow. As a G.S.R. you can expect groups and individuals to approach you for guidance with the

Traditions.

The second part describes in eleven points when and how to elect a G.S.R., and what makes a good G.S.R.

Understanding the finer points of procedure and the structure of A.A. as a whole is reinforced with the pamphlet: *Circles of Love and Service, How the parts of A.A. all fit and work together*. This tri-fold pamphlet is the most colorful one on the literature table. Grabbing your attention, the pamphlet explains the relationship of the group to the General Service Conference in a simple flowchart format. Each group can have a representative that will carry the group's conscience to the conference through an elected delegate. Because A.A. takes care of its own business without outside help, each group conscience matters. In the process, at area assemblies, each group can bring problems and ideas to a wider number of group representatives who share their experience and strength. A group should never feel isolated if it is well represented by an active General Service Representative. Once a year the conference hears the voice or consciences of the groups on various agenda topics and takes appropriate action. These actions are carried back to the area and district by the delegate and back to the group by the General Service Representative.

If you are interested in learning, want to stay sober and love working intensely with other alcoholics, then pick up these two pamphlets and attend your district meeting to see what it is all about. 

## Family Dysfunction During the Holidays

by Anonymous

For me, the time between Thanksgiving and New Year's Day is filled with a lot of what I've always called "negative feelings". These are the feelings that I don't particularly want to feel, or deal with. I spent many years, before getting sober, pushing these feelings down deep and numbing them out with alcohol. Some of the feelings that I now see and attempt to deal with during this time of year are those regarding my family.

My family of origin (as is the term in some 12-Step programs) has always been rather dysfunctional. I see this more clearly now that I am more mature and have tools to see, understand, and accept the reality. Love, for example, was a word not used or spoken in my house. I don't recall a single time when the word was actually spoken. In our house, love was to be understood, so why

say it? During the holidays, the many presents and other goodies that my siblings and I would receive showed love. All of these physical things received would also show the neighbors how much my parents loved us and that, by having as many, or more, presents as they had, all was fine and normal inside our house.

That form of love would last about as long as the holiday that surrounded it, and the standard way of living – denial and vagueness – would somehow always find its way back into our house.

My parents couldn't really afford all of the gifts thrown at us during the holidays, and we really didn't need all of these material things, either. They just didn't know how to talk about love and how they felt about us because

(Continued on page 15)

# AA Group Contributions - September 2006

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	Sept. 2006	YTD	Name	Sept. 2006	YTD
<b>Fellowship</b>			Monday Blues M 630pm		461.71
Brisbane Breakfast Bunch		216.00	Monday Night Stag (Tiburon) 8pm		938.81
Contribution Box		448.24	Monday Night Women's M 8pm		103.42
Deer Park Discovery Group	40.00	80.00	Monday Nooners M 12pm		180.00
Gay Newcomers Group		19.71	More Will Be Revealed F 12pm		130.00
IFB	99.00	743.99	Nativity Monday Night Big Book M 8pm		200.00
Marin Teleservice		1,347.87	Newcomers Step M 730pm		117.60
Men's Forum Tu		1,000.00	Noon Tu 12pm		193.50
SEC Anonymous Prom		117.00	Noon Hope F 12pm		207.50
The Chosen Ones		40.00	North Marin Speaker Sun 12pm		150.00
Unidentified Group	737.00	3,377.57	On Awakening 7D 530am		210.00
<b>Total Fellowship</b>	<b>876.00</b>	<b>7,390.38</b>	Pathfinders Tu 12pm		66.00
<b>Marin Group Contributions</b>			Primary Purpose W 830pm		300.00
12 & 12 Study Sa 815am		172.67	Refugee Th 12pm		30.00
7am Grab Bag M 7am		40.00	Reveille 7D 7pm	100.00	400.00
7am Urgent Care Group 7D 7am	400.00	400.00	Rise N Shine Sun 10am		231.94
A Vision for You (Fairfax) Su 730pm	120.00	170.00	San Geronimo Valley M 8pm	115.00	
Attitude Adjustment 7D 7am	1191.57	2,341.22	Saturday Serenity Sa 8pm		65.50
Awakenings		186.00	Serendipity Sa 11am		115.00
Awareness/Acceptance M 1030am	200.00	360.00	Sisters In Sobriety Th 730pm (M)		150.00
Beginner's Help Th 8pm	60.00	60.00	Six O'Clock Sunset Th 6pm		247.85
Beginners & Closed Tu 7pm & 830pm		1,279.59	Spiritual Testost. Sun Men's Stag Su 830a		250.00
Beginners Tu 7pm		156.00	Sober & Serene F 7pm		250.00
Beginners W 7pm	363.11	836.09	Steps to Freedom M 730pm	29.91	354.22
Blackie's Pasture Sa 830pm		127.08	Steps To The Solution W 715pm		70.00
Bounce Back M 6pm	120.00	240.00	Streetfighters Sa 9am		46.80
Caledonia Sun 8pm		530.56	Stinson Beach Fellowship Th 8pm		250.00
Closed Women Step Study Tu 330pm		250.00	Sunday Express Sun 6pm		100.00
Creekside New Growth Sun 7pm		144.00	Sunday Friendship Sun 7pm		120.00
Crossroads Sun 12pm		1,075.00	Sunday Night Corte Madera Sun 8pm		692.50
Downtown Mill Valley F 830pm		168.40	Survivors M 12pm		138.00
Experience, Strength & Hope(Marin) Sa 6pm		183.00	T. G. I'm Sober M 6pm	5.00	78.77
Fairfax Friday Night F 830pm		100.00	T.G.I.F. F 6pm		424.77
Freedom Finders F 830pm		830.00	T. G. I. Tuesday 6pm		94.56
Friday Night Book F 830pm	24.00	24.00	Terra Linda Group Th 830pm		1,347.89
Girls Night Out W 815pm		10.65	Terra Linda Thursday Men's Stag Th 8pm		350.87
Greenfield Newcomers Sun 7pm		152.00	The Barnyard Group Sa 4pm		370.54
Gratitude M 2pm		20.00	The Fearless Searchers F 8pm		185.52
Happy Hour (Marin) Th 6pm		183.00	There is a Solution Tu 6pm		270.49
Happy, Joyous & Free 5D 12pm		200.00	Thurs. Night Speaker, MV		1,018.00
Hillside Candlelight F 830pm		100.00	Tuesday Chip Meeting Tu 8pm		550.00
Intimate Feelings Sa 10am		255.79	Tiburon Haven Sun 12pm		715.11
Inverness Sunday Serenity Su 10am		100.00	We, Us and Ours M 650pm		189.50
Island Group Th 8pm		406.58	Wednesday Noon W 12pm		383.00
Just Can't Wait 'til 8 M 630pm		126.50	What's It All About F 12pm		64.50
Keepin' It Real Th 6pm		120.00	Women's Big Book Tu 1030am		304.17
Living in the Solution F 6pm		492.66	Women's Step Study Group M 12pm		120.00
Marin City Groups 5D 630pm		434.50	Women For Women W 12pm		50.00
Mill Valley 7D 7am		1,760.29	Women on Monday M 7pm		211.84
Mill Valley Discussion W 830pm		22.72	Working Dogs W 1205pm		550.00
			<b>Total Marin Group Contributions</b>	<b>\$ 2,728.59</b>	<b>\$ 28,108.18</b>

Name	Sept. 2006	YTD	Name	Sept. 2006	YTD
<b>SF Group Contributions</b>			Embarcadero Group 5D 1210pm		1,787.58
515pm Smokeless F		132.03	Endless Summer F 830pm		26.00
6am Marina Dock Sa		174.60	Epiphany Group Th 8pm		35.00
7am Grab Bag M 7am	100.00	100.00	Eureka Step Tu 6pm		113.00
7am Living Sober W 7am	37.00	37.00	Eureka Valley Topic M 6pm		827.70
7am Speaker Discussion Th 7am	99.48	193.66	Experience, Strength & Hope W 715pm		23.13
830am Smokeless Th		64.43	Federal Speaker Su 12pm		427.57
830am Smokeless Tu		228.00	Fell Street Step Su 8pm		61.53
A is for Alcohol Tu 6pm		163.29	Fireside Chat Sa 9pm		180.00
A Vision for You (SF) Su 630pm		115.00	Fireside Chat Th 8pm		213.28
AA As You Like It Tu 530pm		59.10	Fireside Chat Tu 8pm		81.28
AA Step Study Su 6pm		541.51	Founders' Group Sa 5pm		28.20
Afro American Beginners Sat 8pm		206.90	Four Forty Niners F 8pm		225.20
Afro American F 8pm		89.17	Friday All Groups F 830pm		2,766.56
All Together Now Th 8pm	61.78	654.13	Friday Lunchtime Step F 12pm		140.00
Amazing Grace M 7pm		50.00	Friday Night Special F 8pm		14.00
Any Lengths Sat 930am	166.57	1,113.11	Friday Smokeless F 830pm		47.40
Artists & Writers F 630pm		180.00	Friendly Circle Su 830pm		968.34
As Bill CCs It Sun 8am		80.55	Gold Mine Group M 8pm		294.92
As Bill Sees It Sat 8pm	35.53	35.53	Goodlands Su 2pm		88.98
As Bill Sees It Th 830pm		680.40	Haight Street Explorers Th 630pm	104.40	104.40
Ass in a Bag Th 830pm		140.92	Happy Hour Ladies Night F 530pm		415.02
Beginner Big Book Step Th 630pm		25.00	High Noon Friday 1215pm		699.87
Be Still AA Su 11am		120.84	High Noon Monday 1215pm	178.00	811.75
Beach Meeting/Meditation Sa 930am		92.05	High Noon Saturday 1215pm	23.46	113.12
Beginners' Step Study Sat 630pm		86.05	High Noon Thursday 1215pm	182.06	688.72
Bernal Big Book Sat 5pm		683.97	High Noon Tuesday 1215pm		509.22
Bernal New Day 7D	300.00	700.00	High Noon Wednesday 1215pm		356.71
Big Book Basics F 8pm		502.41	High Sobriety M 8pm		404.22
Big Book Study Su 1130am		331.16	High Steppers W 7pm		135.98
Birthday Party Sharing Our Sob. Sat 7pm	136.43	136.43	Hilldwellers M 8pm		379.66
Blue Book Special Su 11am		36.88	Home Group Sat 830pm		292.80
Boys Night Out Tu 730pm		21.00	Hoodlum Haven F 8pm		760.00
Brokers Open Book Tu 130pm	134.40	276.00	Hot Java F 12am		90.00
Castro Discussion (Show Of Shows) W 8pm		111.38	How It Works Sat 2pm		104.33
Castro Monday Big Book M 8pm		77.86	Huntington Square W 630pm		528.07
Chips Ahoy Tu 12pm		88.00	Ingleside Beginners Su 5pm		22.85
Cocoanuts Su 9am	102.00	181.00	Join the Tribe Tu 7pm		462.00
Come N Get It F 630pm		17.45	Joys of Recovery Tu 8pm		122.40
Common Welfare Th 8pm		32.20	Just Alkies F 7pm		42.00
Courtside Tu 1215pm		234.60	Keep Coming Back Sa 11am	393.34	1,770.33
Cow Hollow Men's Group		124.50	Keep It Simple Sat 830pm		93.32
Creative Alcoholics M 6pm		11.11	Last Call Su 10pm		183.40
Crocker Park Sa 4pm		19.00	Light Steppers Su 7pm	50.00	220.00
Design for Living Sat 8am		387.95	Like A Prayer Su 4pm		74.69
Diamond Heights Tu 830pm		400.00	Live and Let Live Su 8pm		90.85
Each Day a New Beginning F 7am		1,333.87	Living Sober W 8pm		208.80
Each Day A New Beginning Su 8am		681.52	Living Sober with HIV W 6pm		287.96
Each Day a New Beginning M 7am		291.53	Luke's Group W 8pm		130.80
Each Day a New Beginning Th 7am		422.41	Lunch Bunch Th 12pm		120.00
Each Day a New Beginning Tu 7am		581.46	Lush Lounge Sa 2pm		330.84
Each Day a New Beginning W 7am		877.28	Marina Discussion F 830pm		1,685.18
Early Joyous & Free Th 7am	60.00	120.00	Meeting Place Noon F 12pm		226.26
Easy Does It Tu 6pm		230.00	Men's Gentle Touch M 7pm		180.00
Early Start F 6pm		576.16	Mid-Morning Support Su 1030am	530.37	877.50

Name	Sept. 2006	YTD	Name	Sept. 2006	YTD
Midnight Meditation Sat 12am		125.00	Sunrise Sunset Women's Step Th 545pm		109.20
Miracles Off 24th St W 730pm		327.77	Sunset 11'ers F		50.00
Mission Fellowship		259.73	Sunset 11'ers Su		160.47
Mission Terrace W 8pm		222.55	Sunset 11'ers Tu		87.00
Monday Beginners M 8pm		695.34	Sunset 11'ers W		20.00
Monday Monday M 1215pm		222.00	Sunset 9'ers F		358.80
New Highs W 130pm		70.80	Sunset 9'ers M		222.37
New Hope Big Book M 630pm		94.69	Sunset 9'ers Sa		381.01
New Life W 7pm		128.25	Sunset 9'ers Su		234.00
Newcomers Tu 8pm		36.14	Sunset 9'ers Th		126.38
Newcomers Group Tu 7pm		214.50	Sunset 9'ers Tu		213.68
No Reservation M 12pm		120.15	Sunset 9'ers W		196.09
One Liners Th 830pm		1,081.23	Sunset Sobriety Th 730pm		278.00
Parkside Th 830pm	142.80	228.30	Sunset Speaker Step Sun 730pm		190.68
Park Presidio M 830pm		175.20	Surf Tu 8pm		325.00
Pax West M 12pm		1,025.88	Sutter Street Beginners Sat 6pm		233.25
Pax West Th 12pm		184.04	Ten Years After Su 6pm		1,346.43
Pure & Simple Su 6pm	35.37	35.37	The 24 Hour Plan M 7am		112.80
Rebound W 830pm		380.80	The Drive Thru W 1215pm	118.05	765.77
Red Road Healing Circle Th 6pm		63.71	The Parent Trap M 1230pm		272.59
Rule 62 W 10pm		468.55	The Pepper Group F 12pm		72.00
Saturday Afternoon Meditation Sat 5pm		160.20	They Don't Know Who We Are Sat 7pm		180.00
Saturday Easy Does It Sa 12pm		841.59	They Stopped In Time M 8pm		130.98
Saturday Matinee 2pm		60.00	Thursday Night Women's Th 630pm	227.47	606.00
Saturday Night Regroup Sat 730pm		341.64	Too Early Sat 8am		312.05
Seacliff Th 830pm		151.70	Transrecovery F 630pm		9.40
Serenity House		500.00	Tuesday Big Book Study Tu 6pm		132.00
Serenity Seekers M 730pm		1,682.40	Tuesday's Daily Reflections Tu 7am		93.36
Sesame Step Tu 730pm	336.97	574.10	Tuesday Downtown Tu 8pm	292.97	821.80
SFPOA Th 7pm		210.00	Unconditional Surrender F 10am		31.00
Sinbar Su 830pm		117.80	Valencia Smokefree F 6pm	249.00	501.00
Sisters Circle Su 6pm		370.45	Walk of Shame W 8pm		120.00
Sisters In Sobriety M 7pm (SF)		25.00	Washington Square M 7pm		95.85
Sober & Centered F 7pm		255.49	Waterfront Sun 8pm		835.96
Sober Across the Board M-Sa 830am	40.00	180.00	We Care Tu 12pm		361.28
Sometimes Slowly Sa 11am		180.24	Wednesday Women's Big Book W 615pm		180.00
Step Talk Su 830am	106.77	1,047.95	West Portal W 915pm		180.84
Stepping Out Sat 6pm		32.77	Wits End Step Study Tu 8pm	71.82	106.74
Stepping Stone Step Study M 7pm		375.00	Women Living Sober Sa 1030am		79.89
Steppin' Up Tu 630pm		180.60	Women's 10 Years Plus Th 615pm		341.83
Stonestown M 8pm	151.20	151.20	Women's Kitchen Table Group Tu 630pm	96.76	179.51
Straight Jackets Th 9am		189.03	Women's Promises F 7pm		78.85
Sunday Bookworms Sun 730pm		120.00	Work In Progress Sat 7pm		197.94
Sunday Morning Gay Men's Stag Su 1030am		1,233.59	YAHOO Step Sa 11am		35.00
Sunday Night Castro Speaker Disc Su 730pm		1,368.62	<b>Total SF Group Contributions</b>	<b>\$ 4,864.00</b>	<b>65,445.25</b>
Sunday Rap Sun 8pm		81.00			
Sundown Steps Th 630pm		261.63	<b>TOTAL</b>	<b>\$ 8,468.59</b>	<b>\$ 81,030.55</b>
Sundown W 7pm	300.00	503.33			

The Central Office respectfully requests that all **Gratitude Month Contributions** be submitted as soon as possible. Please make sure you indicate **"Gratitude Month"** in the memo field. Thank you!

# Sponsorship

by Jean

For me, sponsorship is one of the more satisfying aspects of the program of Alcoholic's Anonymous. I had a hard time with the first step when I came in AA because I was a binge or periodic drinker who could go long periods of time without drinking. I had no successful tools for living when I went without drinking. I had just eliminated the drinking tool from my tool kit. But whenever I drank, I couldn't stop. I drank to blackout.

I attended AA without drinking for 4 months before I heard my story. Then I started raising my hand as a newcomer. I didn't take a one year chip as I hadn't really taken Step One. Then I got a wonderful, gentle sponsor who started me with the steps. On my two year birthday, I raised my hand and got a 2 year chip. My sponsor gave me a birthday card with her one year chip in it. I was very moved and touched. Here was someone who truly knew me. When someone knows me that deeply and accepts me, I heal.



Whenever I get a new sponsor, I work the steps again. Not only does this refresh my program, but my sponsor gets to know me in that special way that sponsors know us. It also gets me in the habit of calling her and working through life on life's terms with another person in recovery. Every doing of the steps deepens my recovery.

Whenever I get a new sponsee, we start at the beginning of the 12 Steps, no matter how far she has gotten with another sponsor. I get to know her and she learns to reach out. Her recovery deepens, as does mine, again. These relationships don't always become friendships, but they do become special relationships.

I always suggest that when looking for a sponsor, one look for someone who has worked all 12 steps, who currently has a sponsor herself and who will work the 12 Steps of Alcoholics Anonymous with her. ↑

## *Talking About Service (Continued from page 10)*

the need here in San Francisco. There was a time when she didn't feel like she belonged because she was grappling with more than alcohol and knew there were others like her. She notes there are Gay and Lesbian, Native American and artists and writers meetings but none for those with mental disorders. There are also strong beliefs about taking therapeutic medications and she recommends a pamphlet called *The A.A. Member and Medication*. The "Sober 5150" meeting addresses these issues using the twelve steps.

Every sponsor I've had has told me the importance of service," says Robert S. who is now the set-up person for a

Monday night Noe Valley meeting. It helps me stay sober, says Robert, who served as treasurer and literature person before taking on the set-up responsibilities. He says his most gratifying time was the four years he brought a meeting to the Ozanam Center. "I felt like I was on the front lines of sobriety. I'm thankful for any help, he says, and always remember that "Being of Service is Being of Service."

Don B. says that no one should ever be forced to leave A.A. because there was no place to be of service. As long as there's alcohol there will be alcoholics and opportunities. A.A. will never go out of business. ↑

## *Family Dysfunction (Continued from page 11)*

they received this same sort of love from their parents, and I'm certain all down the family line as well. Buying love may seem to work in the moment, but in my experience, does not last in the long haul.

Today, I see that my parents did the best that they could and only did what they knew. As a result of my sobriety, I

am able to talk to my mother about this (my father has since passed) and communicate my feelings. We actually talk about love now and there has been great healing between us. The communication between my siblings has been a little slower to come about, but the willingness to do so is there. I can now get through the holidays with much more clarity and realize that, although not perfect, my family is what it is and can accept that. ↑



# IFB Meeting Summary — November 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	P	Drea B.	Serenity Seekers	P	Omar C.	Tuesday Chip	P
Anil K.	Tiburon Monday Mens Stag	P	Dylan C.	They Stopped in Time	P	Orion P.	Marina Dock 6am	A*
Anthony J.	Founders Group	A*	Gaspar L.	Keep It Simple	A*	Patty M.	Huntington Square	P
Armando R.	Home Group	P	Jaime G.	Sesame Step	A*	Paul M.	Too Early	P
Beatrice L.	Mid Morning Support	P	Joe H.	Gratitude Group	P	Penelope P.	A is for Alcohol	P
Ben N.	Stepping Up	P	Judi C.	Tuesday's Daily Reflections	P	Rebecca D.	Valencia Smokefree	P
Brian H.	Living Sober with HIV	P	Harold A.	Marina Discussion	P	Rebekah D.	Fell Street Step	A*
Bruce K.	Sunset Speaker Step	P	Judy S.	Diamond Heights Group	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	P	Karen S.	Alumni Group	P	Roger C.	Early Start	A*
Chris H.	Friendly Circle	A**	Karin K.	24 Hour Plan	A*	Scott N.	Sunset 11'ers Sat.	P
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	P	Steve S.	Past Chair	P
Clifford B.	Spawn of Straight Jacket	A*	Luis M.	High Noon Tuesday	A*	Tedra M.	Come N Get It	P
Dan C.	Sunday Night Castro SD	A**	Mark W.	Blue Book Special	A*	Thea L.	Walk of Shame	A**
Dan Z.	Each Day a New Beginning	A*	Matt T.	Fairfax Friday Night	P	Tom K.	High Noon	A*
Dana R.	Saturday Sunset 9'ers	P	Maury P.	Central Office Manager	P	Tom R.	Mill Valley 7AM	P
Danna P.	Treasurer	P	Michael L.	Attitude Adjustment Hour	P	Tracy G.	Wits End	A*
David P.	Eureka Step	A*	Monika H.	SFPOA	A*	Vickey D.	Sisters Circle	A*
Derek D.	Reality Farm	P	Nicholas L.	Some Are Sicker Than...	P	Victor V.	Creative Alcoholics	P
Doug W.	Fireside Chat	P	Nicholas S.	Sutter St. Beginners	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

New IFB Reps Present	
Bryan H.	Men's Gentle Touch
Jess B.	Tiburon Big Book
Robert C.	Beginners Warmup

Liaisons Present			
Brian H.	Living Sober	Karen S.	San Francisco General Servi
Casey L.	Marin Teleservice	Trevor F.	Marin General Service

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

## IFB Reports:

**Chair's Report:** Scott N. gave his report: Although not well attended by members of the IFB, Scott reported that those who attended Oktoberfest had a great time. Scott reminded the Board that Saturday November 11, 2006 is Unity Day, which the IFB cosponsors with SFGS. Scott passed a sign up sheet asking for volunteers to help staff the IFB table.

**Treasurer's Report:** Danna P. gave the report: The Net Loss for September of (\$4,402) exceeded the budgeted Net Loss of (4,387) by \$132. Unrestricted cash as of September 30, 2006 totaled \$43,390 and is sufficient to pay for budgeted expenses for three months.

**Central Office Manager's Report:** Maury gave her report:

The Red Cross Disaster Preparedness training held on October 25 was well attended. A productive brainstorming session followed.

A local AA, Roland A., installed a new phone line at the office next to the volunteer workstation, allowing for volunteers to multi-task.

The Attitude Adjustment group, which meets daily at 7am in Fairfax, now has a regular ASL interpreter on Saturdays. We are working directly with the interpreter although she came to us through a professional interpreting agency.

Maury has been receiving bounce back messages from IFB members with Comcast Email accounts. Those with these accounts were asked to check their Spam blocker settings.

**COC Report:** Steve N. gave the report. Highlights from the last meeting include:

(Continued on page 17)

*Minutes (Continued from page 16)*

The treasurer's report was the focus of most of the meeting, which included a preliminary budget for 2007. The budget will be presented to the full IFB in December for discussion.

The wheelchair lift in Central Office was repaired and is up to code.

A motion was made and passed to buy a new safe and two computer monitors.

A motion was made and passed to allocate \$500 additional dollars for signers at Unity Day from the ASL budget.

**Special Outreach Committee Report:** Karen A. gave the report. Karen read a revision of the suggested script for using while doing outreach for the IFB to the groups. A motion was made and passed to accept the suggested script as presented.

7th Tradition collected. Patty M. read the 12 Traditions.

**Committee Reports:**

**12 Step Committee:** Chuck K. gave the report. The next workshop for orienting interested AA's will be December 13, 2006 6:30 PM at Central Office. The 12 Step Committee is forming a new group called the Sunshine Club, which will take meetings to those in hospitals or who are homebound.

**Archives Committee:** Bruce K. gave the report. Bruce announced that this committee could use another volunteer to help sort and catalogue documents and memorabilia of historical value to Central Office.

**Special Events:** Brian H. gave the report. He stated that he would provide accounting information regarding Oktoberfest at the December meeting.

The Special Events Committee is preparing food for Unity Day. Brian requested volunteers. He reported challenges preparing for events with minimal participation.

Brian is suggesting that the Special Events Committee reevaluate its plan of events, noting that some events seem to generate more excitement when events ideas grow spontaneously.

**Literature Review Committee:** Steve N. gave the report. Steve reported that the committee is still looking for information, memorabilia, and stories that might be included in a Central Office 60th Anniversary pamphlet.

**The Point Committee:** Victor V. gave the report. The next issue will feature a new cover. Other fun new features also on the way.

**Special Needs Committee:** Pene P. gave the report. She announced that this has been a great month with the addition of ASL interpretation at the Attitude Adjustment meeting.

Pene would also like to see the IFB adopt a statement of policy regarding maximum outreach effort to those with special needs at IFB sponsored events.

The Literature Review Committee has offered to help develop a pamphlet to be made available to groups regarding how to make meetings more accessible.

The committee will be making a proposal to the IFB in Decem-

ber to purchase an assistive hearing device to be made available to the groups through Central Office.

**Trusted Servant Workshop:** Patty M. gave the report. The committee will be conducting a workshop at Unity Day for The Group Secretary.

**Website Committee:** No report.

**Schedule Committee:** Larry B. reported that the committee will have a recommendation next month regarding printing a different sized schedule.

**Outreach Committee:** The committee reminded the IFB that it meets on the third Tuesday at 6:00 PM.

**Special Committee Reports:**

**SF Teleservice:** Judy C. gave the report: SF Teleservice was present at Spirit of SF. Although several attendees expressed interest there, no new volunteers attended the last meeting.

**PI/CPC:** Bruce K. gave the report. The group had a very busy month: School assignments, DUI classes, Project Homeless Connect, CPC at SOMA Mental Health Clinic, and attending the National Conference for Lawyers Assistance Programs. The next workshop will be held at Unity Day.

**Non-IFB Liaison Reports:**

**SF General Service:** Karen S. gave the report. During the last meeting, service descriptions were reviewed for upcoming elections. Unity Day preparations were also discussed.

**General Service Marin:** Trevor gave the report. Elections are being held at the Fall Assembly later this month. Trevor will no longer be meeting with the IFB, and shared very kind words about his experience with the Board.

**Marin Teleservice:** Casey gave the report. Casey reports that one position was filled, and that they are operating smoothly. They have also formed a sub-committee which will address the issue of individuals elected by groups to give Teleservice announcements in meetings, who are giving inappropriate or inaccurate information.

**PI/CPC Marin:** No report.

**Bridging the Gap:** No report.

**H&I:** No report.

**Spirit of SF:** No report.

**Living Sober:** Brian gave the report. General planning meetings are on the fourth Sunday of each month. The planning committee is planning a New Year's Eve fundraising Masquerade Ball.

**Group Rep Reports:**

Patty asked the IFB how to handle disruptive individuals.

Michael L. reported that his group is sponsoring an Alcathon, and are not passing the 7th Tradition for Gratitude Month. Maury replied that hosting the event is in and of itself an expression of gratitude and a great way to honor the tradition.

The next IFB meeting will be at 7pm on Wednesday, Dec. 6, 2006 at 1187 Franklin St./Geary in San Francisco.

## N.U.T.S.


What does it mean to be nuts? Being an alcoholic and thinking that I could drink like a normal person is nuts. Trying to live life, drinking every day, blaming others for my downfalls is nuts. I blamed others at work for my inability to succeed, I blamed my wife for my lousy marriage, I blamed my children for their bad behavior, I blamed my parents for my life, I blamed every one for my unhappiness. What was the solution? Drink, smoke, get stoned, anything to not feel the pain and unhappiness. I was miserable inside. The only people that I could relate to were those heading down the same path as me. I could sit in a bar, cry on someone's shoulder and they would understand. What was the purpose of living life this way? I had to deal with all of this crap and work just to stay alive. Was it worth it? The answer was always "no"! I would get upset about situations in my life, hang on to them and form resentments that I could hang on to for years. If only that was different, if only my wife was nicer, if only I would get paid more, if only my kids were better behaved, if only my parents would help me out when I needed it, if only, if only, if only. Would life ever get better? Maybe I will win the lottery then everything will get better, but if I bought lottery tickets I wouldn't have enough money to drink. I wasn't nuts, I was a victim.

Being tired of living this way I went to an A.A. meeting.



*by An Alcoholic Being Restored to Sanity*

There was talk about "The Steps". Get a sponsor and work the steps. I didn't need a sponsor or the steps. I was smart enough to go to one meeting a week and figure this thing out on my own. Hey, maybe I could drink again after I go to enough meetings. In the mean time, I drank and got stoned between meetings. Four years had gone by. I was in A.A for a long time and it wasn't working. Maybe it wasn't working because I was Not Using The Steps. The people in the rooms kept saying to get a sponsor, work

the steps, get a service commitment, and go to meetings. Then I got an idea: maybe I should get a sponsor, work the steps, get a service commitment and go to meetings. I started to do what was suggested and let go of my will. I became honest and willing. I worked the steps of A.A. I started to change. I wasn't as unhappy as I used to be, I wasn't drinking between meetings, my wife wasn't that bad, my kids were pretty decent, my job wasn't even as bad as I made it out to be. I learned to take responsibility for my life. My behavior changed. I learned about integrity and accountability. Four years of following these suggestions has given me a life beyond my wildest dreams, but I need to keep going to meetings and working the steps every day. If I don't I will once again be N.U.T.S. and a drink will be only a thought away. 

## New Years Eve Speaker Meeting & Dance



**Hosted by The Thursday Night Mill Valley Chip Mtg.**

**12/31/06**

**Doors Open 7:00pm**

**Speaker 8:00**

**Dance 9:30 – New Years**

**Corte Madera Rec. Center**

**498 Tamalpais Dr. Corte Madera**

**Call Charlie B. for more information: 415.306-1605**



# Financial Statement

September 2006 - Intercounty Fellowship of AA

	Sep 06	Jan - Sep 06		Sep 06	Jan - Sep 06
<b>Ordinary Income/Expense</b>			<b>Office Supplies</b>	309.02	2,256.90
<b>Income</b>			<b>Shipping</b>	159.32	134.73
<b>Contributions from Groups</b>			<b>Equipment Lease</b>	0.00	5,446.90
Group Contributions	8,468.59	101,073.81	<b>Repair &amp; Maintenance</b>	188.00	1,866.18
<b>Total Contributions from Groups</b>	8,468.59	101,073.81	<b>Security System</b>	33.50	366.50
<b>Contributions from Individuals</b>			<b>Special Events</b>	99.60	1,370.12
Individual - Unrestricted	100.00	5,855.51	<b>Telephone</b>	-2.29	1,965.13
Faithful Fiver	492.00	5,075.00	<b>Phone Book Listings</b>	1.17	613.17
Honorary Contributions	46.00	1,293.15	<b>Utilities</b>	228.76	2,070.98
<b>Total Contributions from Individuals</b>	638.00	12,223.66	<b>Travel</b>	0.00	461.35
<b>Gratitude Month</b>			<b>Bad Checks</b>	0.00	0.00
Gratitude Month - Groups	0.00	3,576.00	<b>Miscellaneous Expense</b>	0.00	0.00
<b>Total Gratitude Month</b>	0.00	3,576.00	<b>Total Expense</b>	16,317.98	144,928.20
<b>Sales - Bookstore</b>	7,933.73	78,379.54	<b>Net Ordinary Income</b>	-4,644.97	2,186.25
<b>Special Event Income</b>	0.00	2,953.14	<b>Other Income/Expense</b>		
<b>Newsletter Subscript.</b>	44.24	397.24	<b>Other Income</b>		
<b>Total Income</b>	17,084.56	198,603.39	Interest Income	403.33	2,925.52
<b>Cost of Goods Sold</b>			<b>Total Other Income</b>	403.33	2,925.52
Cost of Books Sold	5,257.36	50,041.15	<b>Other Expense</b>		
Credit Card Processing Fees	154.19	1,447.79	Depreciation Expense	37.72	2,601.27
<b>Total COGS</b>	5,411.55	51,488.94	Amortization Expense	238.78	2,149.02
<b>Gross Profit</b>	11,673.01	147,114.45	<b>Total Other Expense</b>	276.50	4,750.29
<b>Expense</b>			<b>Net Other Income</b>	126.83	-1,824.77
<b>Employee Expenses</b>			<b>Net Income</b>	-4,518.14	361.48
Wages & Salaries	8,350.00	71,067.89			
Employer Tax Expenses	676.03	6,538.82			
Health Benefits	952.00	7,969.00			
Workers Comp Ins.	1,138.00	1,852.61			
<b>Total Employee Expenses</b>	11,116.03	87,428.32			
<b>Professional Fees</b>					
Accounting	0.00	1,300.00			
Computer Consulting	0.00	343.75			
Outside Services	0.00	294.00			
Professional Fees - Other	0.00	-330.00			
<b>Total Professional Fees</b>	0.00	1,607.75			
<b>Bank Charges</b>					
Credit Card Clearing	0.00	0.00			
Bank Charges - Other	0.00	0.00			
<b>Total Bank Charges</b>	0.00	0.00			
<b>Postage</b>					
Bulk Mail	200.00	800.00			
Postage - Other	0.00	424.01			
<b>Total Postage</b>	200.00	1,224.01			
<b>Rent - Office</b>	3,833.75	34,503.75			
<b>Rent - Other</b>	150.00	675.00			
<b>Filing/Fees</b>	0.00	320.00			
<b>Insurance</b>	0.00	1,826.00			
<b>Internet Expense</b>	1.12	791.41			

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December 2006

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