

the Point

*The Point is that we are willing
to grow along spiritual lines.*

from Chapter Five of the book, Alcoholics Anonymous

1 JANUARY
2007

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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Intercounty Fellowship

of Alcoholics Anonymous

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Sixty Year Old Services all of San Francisco & Marin Fellowship



by Steve N.

The doors of Central Office opened on January 27th, 1947. Sixty years later, the office is still thriving and we're going to throw a party to celebrate! Join us on Saturday, January 27, 2007.

What were the reasons for opening Central Office in the first place? Did the original trusted servants and special workers throw a party with much fanfare? Why 1947? Why was the first location 693 Sutter St. in San Francisco? Who were the earliest personalities that participated in the decision making process and what happened to them? Did Central Office have any models to emulate or did they start from scratch?

These questions and many more have been compiled by the committees responsible for the celebration of sixty years of service at Central Office. Come to the celebration for some answers!

I can only speak from experience and write down the facts as I understand them. As much as I like to imagine the

early goings on at Central Office and the years of experience in between, I can certainly celebrate what we have today: A well run, well managed, legal non-profit corporation, located at 1821 Sacramento Street in San Francisco. The office has two paid special workers and numerous volunteers who continue an unbroken tradition of love and service.

The purpose, the service and the heritage of Central Office are important points to be celebrated in the upcoming year. The office provides the necessary services that no single group or individual A.A. can provide. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

In 1949 Bill W. wrote, "The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup."

(continued on page 6)

The Point is published monthly to inform AA 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 AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, the Intercounty Fellowship Board, the Central Office, or The Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

monthly calendar

january 2007

Events, Highlights and Happenings from All Around the Bay Area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Central Office Closed Happy New Year!	2	3 <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)	4	5 <u>FIRST FRI</u> Trusted Servants Workshop Committee Central Office, 5:30 pm	6
7 <u>FIRST SUN</u> SFYPAA Committee (San Francisco Young People in AA), SF Alano Club, 1748 Market St./ Octavia, 12:30pm	8 <u>SECOND MON</u> Special Needs Committee, 5:30 pm SF Public Information Committee Central Office, 7 pm	9 <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	10 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	11 <u>SECOND THU</u> Website Committee Central Office, 6 pm	12	13
14	15 <u>THIRD MON</u> M. L. King Jr. Day Central Office Closed SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, GSR Sharing: 7 pm	16 <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	17 <u>THIRD WED</u> Literature Review Committee Central Office, 6:30 pm	18	19	20
21 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day	22	23 <u>FOURTH TUE</u> Special Events Committee Central Office, 6:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	24	25 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	26	27 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm Central Office 60th Anniversary Celebration!
28 <u>FOURTH SUN</u> Living Sober Convention Committee, 1668 Bush, SF, 5:30 pm	29	30	31	Central Office will be closed on Monday, January 1st & Monday, January 15th. Our 60th Anniversary is on January 27th!		

From the Editor



Happy New Year everyone! *The Point* committee is pleased to introduce our new look and features for 2007. We hope you like what we have to offer as our gift to the San Francisco and Marin Fellowship.

Special thanks go to Jean M. for developing the cover design and internal graphics and Kenneth D. for implementing them. Great job folks! We are fortunate to have such creative people in our fellowship.

We hope this will inspire some of you budding and established thinkers and writers to contribute to our efforts. We're always looking for new perspectives and hope you will consider joining us. You don't need to be a *Point* committee member to have your experience, strength and hope published. All you need to do is keep it short, keep it simple, keep it anonymous and live in San Francisco or Marin.

February is already planned but March will be our "Women's issues" month and April will be our "not a glum lot" issue. We're especially hoping that those of you with a comic twist might help out with the "n.a.g.l." issue. We'd be pleased to publish original sobriety oriented cartoons and/or humorous graphics as well. Please contact Central Office for editorial guidelines.

One more word of encouragement.... We'd love to have a Marin representative on our committee. As it stands now we're all San Francisco folks. I know there are interested persons out there somewhere. We meet on the second and fourth Tuesday of every month, usually for one hour, at 5:30PM at Central Office. See? That was easy, wasn't it? And much better than fighting bridge traffic at that time of day...

Happy New Year to all of you from all of us at *The Point*. May your recovery be slow and graceful.

The Editor

the
Point

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CAPRICORN: DECEMBER 22—JANUARY 19

There are few things more frightening than a Capricorn coming face to face with the Third Step.

How quickly you material girls and boys back pedal through One and Two, reassessing what possible advantage there could be in further advancement. Ruled by Saturn, you are already deeply annoyed by the admission that there are powers greater than yourselves—much less any ideas of turning your will and your lives over to

some...some *illusion*. A clever sponsor (typically, Aquarius or Leo) will convince the dismayed Capricorn that the Third Step is an avenue to riches and rewards. All that has been lost through drink—whether money or career or reputation—will return threefold. Once you Capricorns can view the steps as the ladder of success, up you go! Tirelessly you craft your Fourth Step, omitting no detail—from embryo all the way up to the afternoon you read it to your sponsor

during your Fifth Step. You Caps have no use for those who put in any less of an effort. You may notice your sponsor bringing along food rations and possibly a toothbrush for this stage of your recovery. Once inspired, there's no stopping those of you born under the sign of the goat, from moving industriously toward recovery.

Not until you hit the Eighth Step anyway.



New Meetings:

Sun	9:00am	Larkspur	GLUM NOT! 375 Doherty Dr./ Riviera Cir. Mobile Classroom (Men, DI)
Mon	10:00am	Hayes Valley	BOOKENDERS SF Alano Club, 1748 Market St. (BB)
Fri	10:00am	Hayes Valley	BOOKENDERS SF Alano Club, 1748 Market St. (SS)

Meeting Changes:

Fri	7:15pm	Hayes Valley	SOBER & CENTERED SF Alano Club, 1748 Market St./ Octavia (was 1800 Market St. at 7pm)
Sat	8:30pm	Castro	KEEP IT SIMPLE Rec. Center, 100 Collingwood (was Med. Center, 45 Castro)

No Longer Meeting:

Mon	9:00am	Castro	(THE SPAWN OF) STRAITJACKET 3400 16th St./ Church
Mon	12:00pm	Hayes Valley	LIVING IN THE NOW SF Alano Club, 1748 Market St.
Tue	6:00pm	Inner Sunset	NEW GLASSES 533 Parnassus/ 3rd Ave.

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—November 2006

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

San Francisco

6AM Marina Dock 7D 6am; **7am Grab Bag** Mon. 7am; **Afro American** Fri. 8pm; **As Bill CCs It** (1st & 3rd) Sun. 8am; **As Bill Sees It** Tue. 12:10pm; **As Bill Sees It** Thu. 8:30pm; **Be Still AA** Sun. 12:15pm; **Bernal Big Book** Sat. 5pm; **Blue Book Special** Sun. 11am; **Chips Ahoy** Tue. 12pm; **Early Start** Fri. 6pm; **Eureka Step** Tue. 6pm; **Firefighters & Friends** Tue. 10am; **Haight St. Explorers** Thu. 6:30pm; **Last Call** Sun. 10pm; **Monday at a Time** Mon. 1pm; **Monday Beginners** Mon. 8pm; **One Liners** Thu. 8:30pm; **Park Presidio** Mon. 8:30pm; **Queers, Crackpots, and Fallen Women** Mon. 5:30pm; **Richmond Big Book Study** Thu. 7:30pm; **Sometimes Slowly** Sat. 11am; **Sundown** Wed. 7pm; **Sunset 11'ers** Fri. 11am

Marin

The Fearless Searchers Fri. 8pm; **Gratitude** Tue. 8pm; **Kids Welcome Group** Mon. 11:30am; **On Awakening** 7D 5:30am; **San Geronimo Valley** Mon. 8pm; **Thursday Night Miracles** Thu. 8:30pm

CONTRIBUTIONS

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

ONGOING MEMORIALS

Bob C.

ANNIVERSARIES

Doug P. 15 years
Paul M. 24 years
Barbara M. 49 years



BOOKWORM WANTED

The H&I Committee is looking for one or more people willing to take on the position of Literature Chair for San Francisco.

If you would like more information about this wonderful service position, please contact Gerri B. at 415-271-2762.

Happy 34th!

Come to the Anniversary of the Sinbar AA Meeting

Sunday, January 28, 2006
at St. Finn Barr

419 Hearst (at Edna) SF CA

8PM AA Speaker Meeting
9PM Pie and Ice Cream Social

BRISBANE BREAKFAST BUNCH

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

- 1/07 Speaker: Jack N. From: Sunday Wawona—S.F.
1/14 Speaker: Patty M. From: Huntington Square—S.F.
1/21 Speaker: Leslie M. From: Pierce and Clay—S.F.
1/28 Speaker: Mark M. From: Work in Progress—S.F.

BIRTHDAY MEETING

1748 Market St. Alano Club,
S.F., Saturdays 8:30 pm

- 1/06 Speaker: Melanie L.
1/13 Speaker: Kathleen S.
1/20 Speaker: Rachel M.
1/27 Speaker: Ardis J.

TUESDAY DOWNTOWN

1101 O'Farrell St. Urban Life Center, San Francisco,
Tuesdays 8:30 pm

- 1/02 Speaker: Scott Sobriety Date: 9/09/04 From: Friendly Circle Beginners
1/09 Speaker: Phillip Sobriety Date: 10/11/92 From: Artist and Writers
1/16 Speaker: Marya Sobriety Date: 5/24/94 From: High Noon
1/23 Speaker: Trish Sobriety Date: 11/27/80 From: Huntington Square

FRIDAY NIGHT ALL GROUPS

1101 O'Farrell St. Urban Life Center, San Francisco,
Fridays 8:30 pm

- 1/05 Host Group: "TBA" Speaker: Jim H. From: Join the Tribe
1/12 Host Group: "Central Office Committee" Speaker: Susan L. From: S.F. Fellowship
1/19 Host Group: "TBA" Speaker: Tom B. From: Serendipity, San Rafael
1/26 Host Group: "Monday Night Men's Stag" Speaker: John C. From: Stonestown Group

CENTRAL OFFICE CORDIALLY INVITES YOU
TO JOIN US AS WE CELEBRATE OUR

60TH ANNIVERSARY ON JANUARY 27, 2007

Central Office Open House! 6–7 p.m.—1821 Sacramento Street

Anniversary Celebration! 7–10 p.m.—Old First Church, 1751 Sacramento Street

The celebration which will include:

a display from the **ARCHIVES** of central office,
a panel of **OLD-TIMERS**,
a **SOBRIETY** countdown,
an **AA SPEAKER** Meeting,
and a potluck **DESSERT** and coffee hour



Then, Now and Always

by Anonymous

My dearest aunt unwittingly revealed a great truth to me during my recent visit to her nursing home. As she slips off into her Alzheimer's, all of her remaining awareness and memory is couched in the present tense and thus are with her right now.

Her father (long deceased), many children (far away, raising families of their own), other relatives and friends are all nearby. For her they are attending school in the next town, on leave from the military, serving lunch in her facility, or waiting for her in her room.

There's a kernel of truth in every statement but the events could've happened anytime in the last eighty years. I ponder this awhile and realize I'd watched the same phenomenon with my foster parents and other acquaintances, before the brief window closed quickly.

"The 24-hour chip is the only one I carry; I can't remember when I stopped collecting the others"

I begin to examine my own life and see right away that in my A.A. program I've been leaning this way for some time. The 24-hour chip is the only one I carry; I can't remember when I stopped collecting the others. In the last year or so I've come to articulate my higher power as the Spirit of the Universe, as described in the Chapter to the Agnostic, and thus have been carting around my two Big Books when I speak at meetings. They were given to me by a colleague in rehab (now deceased) and

a sister-in-law ('constitutionally incapable') and I want not only their memory but their physical presence with me when I share and quote from the books.

With a new sponsor and new vigor for working with others, I find myself on the same step at the same time with both sponsor and sponsees. That's a very grounding experience. In my employment and my service outside recovery, I implement my resolutions which grow out of the Eleventh Step. At home, I keep up with the dishes (mostly). Rather than dreaming or worrying, I even take steps today to develop a retirement and medical plan, which will one day accommodate my eventual senility.

For the first time I feel like I live permanently in the present, thanks to my aunt and my program.

Sixty Years (continued from page 1)

Services provided by Central Office are paid for primarily through group contributions and the sale of literature. Central Office answers inquiries from those seeking help – suffering alcoholics, sober alcoholics, meetings, groups, professionals and the general public.

Central Office receives requests for and arranges follow-up on Twelve Step calls, publishes meeting schedules, maintains a website (www.aasf.org) and publishes The Point newsletter. It acts as an information exchange for local groups, areas and committees. It cooperates with GSO and local General Service Districts and orders, sells and distributes A.A. Conference approved literature. This is the indispensable purpose for having a central office. For many years Central Office provided

these services to groups all the way to the Oregon border, with the exception of Alameda and Contra Costa counties in the East Bay. Now, Central Office officially serves San Francisco and Marin counties only.

I am one of many suffering alcoholics owing a debt of gratitude to Central Office for keeping the phone lines and doors open and the literature available.

In the Best of the Grapevine, Vol. 2, J.K. from Los Angeles wrote, "...at the other end of the telephone line was a man, and an office, and money to pay the man and to keep the office open; and behind all that was a system, an organization of A.A. groups supporting that office and sending representatives from the groups to watch over that office and see to its operations: and be

hind that was General Service Headquarters – men and woman, armed with the carefully documented experience of thousands of groups and dozens of central offices".

So get the word out to your groups. Central Office is throwing a party on Saturday, January 27, 2007. There will be an open house at Central Office at 6:00pm followed by an event across the street at 7:00pm with an old-timers panel, archives display, an A.A. meeting and of course lots of hot coffee and desserts.

Let's PARTY! Let's celebrate our sobriety! Let's think to the future about how important our Central Office is to us and what we can do to repay our debt for the legacy of service it has provided these past sixty years.

Dear Alky...



Questions and Answers
from one AA
to another

I have a difficult two-part question that I have never felt comfortable bringing up at group level or for that matter with my sponsor. The first part of the question is this: How do agnostics, atheists, Buddhists, Hindus, Wiccans and other religions deal with the 'God-prominent' program of A.A.? I know, it's a spiritual program, '... yadda, yadda, yadda' and I know it's a belief in a 'power greater than yourself'. But.... I have still felt left out when everyone holds hands and chants the Lord's Prayer at the end of a meeting or if a speaker bellows out, "...my higher power whom I choose to call God!" – as he scans the faces of the audience for signs of annoyance (or reassurance?). I often feel like I am more of an outsider who is allowed to attend meetings and not a real A.A. member.

The second part of the question is this: Where are these other faiths in A.A. being represented? I cannot believe I am alone, and I have attended a lot of meetings. I have never heard other faiths speak or share at meetings. I agree with Bill W. and others who say that A.A. is a spiritual program, but I am concerned. Are we as a society of alcoholics truly willing to be open-minded? Are we honestly being 'roomy and all-inclusive'? I realize this can be a touchy subject for

many A.A.'s and I have respect for monotheistic religions. I think they are beautiful and spiritual religions – I just do not think they are the only correct view points on spirituality, and it would be nice to hear other spiritual followers share their experience, their strength and their hope once in a blue moon. *"My name is anonymous, I am an alcoholic and I have a higher power that chooses to remain anonymous".*

--Yours truly,
Spiritual Outcast.

Dear Spiritual Outcast:

I'm sorry to hear that you are feeling like an outsider because of your unspoken questions about spirituality. I've often heard that the solution for feeling "not a part of" in the program is to participate more. I'd recommend doing some searching for folks in the rooms who talk about their spirituality in ways other than the "monotheistic God" that seems to make you feel uncomfortable. I have heard many, many people share in meetings that they do not have the same type of spirituality that you perceive to be so pervasive. Seek out those members who come at the "spiritual angle" in a way that you can relate to better. Even those who simply cannot define their spirituality at all, or who consider the group their higher power, may have valuable experience to share with you on how they've done the program. Also look into meetings for atheists or agnostics (there is one at the

Alano Club), or other meetings geared toward a non-mainstream spiritual path. Check out the meeting schedule and talk to your friends to see what the menu offers in this very abundant town.

As to your second question, Alky is aware of numerous practitioners of non-Christian and non-monotheistic spiritual paths within the San Francisco fellowship. One of my friends in the fellowship has a background in Wicca and always begins the serenity prayer with "God and Goddess, . . ." Additionally; there are many Buddhists of all schools in the San Francisco fellowship. I've heard quite a few of them speak and have even attended a meeting at San Francisco Zen Center that is devoted to the exploration of meditation and recovery. It is not an A.A. meeting, but many members of our fellowship attend it and you might find people to speak with about your questions.

Since you are sensing a lack of diversity of spiritual experience in the meetings you've been attending, perhaps you should get a secretary or "speaker-picker" commitment at a meeting and start seeking out speakers from a wider variety of places. Listen for people whose experience and journey you relate to, and ask them to share that experience with your meeting. You may be helping to fill a void that others have sensed as well. If the rooms are not feeling "all-inclusive" enough, ask yourself what *you* can do to make them more "roomy." Best of luck in your journey.

--Alky

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

The Three Legacies: Steps, Traditions and Concepts

Almost everyone in A.A. who has been around for few days is aware of the Steps. We may not understand them at first or know how to apply them but we know what they are. A dawning of awareness usually comes a bit later for the Traditions. We are told that they are for the Group what the Steps are for the individual. Sometimes we may even glimpse the spiritual qualities embodied in the Traditions but usually we ignore them until a conflict arises in the Fellowship. We are then reminded of their importance.

The Twelve Concepts, on the other hand, are rarely discussed at the individual or group level. Yet they are an important part of A.A. heritage and as such should be understood, especially by those who seek to be of service to the Fellowship at large.

As Bill W. explained, "These Twelve Concepts therefore represent an attempt to put on paper the why of our service structure in such a fashion that the highly valuable experience of the past and the conclusions that we have drawn from it cannot be lost..."

"Hence, a prime purpose of these Twelve Concepts is to hold the experience and lessons of the early days constantly before us. This should reduce the chance of hasty and unnecessary change."

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Step One

by Thea L

"We admitted we were powerless over alcohol - that our lives had become unmanageable."

Waiting for the traffic light in front of me to change, I tapped my right hand nervously against the steering wheel. One, two, three, I counted out loud. Mid-day traffic buzzed outside my car. Inside, however, the hustle hushed into a gentle hum syncopated only by my anxious hand tap.

While I waited for the light to turn, I eyed a bodega on the other side of the intersection. I knew that corner store well. Inside, a bored clerk wearing lots of gold jewelry and an itchy sweater would be watching a soccer game televised in black and white. Behind him, a large shelf enclosed in glass would hold bottles of brown and clear liquors.

"I will not go to the corner store; I will not go to the corner store; I will not go to the corner store," I said as the light turned green. Five seconds later I was walking through the front doors, gesturing the clerk to a shiny bottle of gin in the case behind him. His eyes stayed glued to the soccer game as I dropped \$14.07 in exact change on the counter and lifted the bottle from his hands.

"I am not going to drink this; I am not going to drink this; I am not going to drink this," I told myself as I walked out of the store and towards my double parked car. "Well, fine. Here we go." I said reluctantly, buckling my seat belt and twisting the cap off the bottle.

Towards the end of my bottom, my powerlessness over drugs and alcohol was painted in stark detail. Driving home from work for lunch, I did not

desire to be intoxicated. Later that night, I would not desire to stumble drunk around the lonely circuit from my living room to bathroom to bed.

I also did not desire the negative impact active alcoholism wreaked upon my life. Most *Point* readers are familiar with these outcomes, so it is unnecessary for me to describe them in greater detail.

Today, I have accepted my powerlessness over the first drink or drug. If I take one, I have no choice over the next. Now, my powerlessness is found in all other parts of life. I am powerless over my boss, my job, and my friends: every person, place or thing. When I try to control any of these things, my life becomes unmanageable, without exception.

Typically, I experience the unmanageability in the form of heavy feelings of resentment, depression, and anger that make it difficult for me to function. It's as if an earthquake rumbles and sends unintended waves of destruction throughout my life.

Accepting powerlessness is ironically a personally empowering act. I couldn't control my relationship with drugs and alcohol. I can't control elements of my life. It's not up to me, and I don't have to pretend it is. I no longer have to grip the steering wheel, horrified by my inability to drive past the liquor store. I have accepted my alcoholism; therefore I can - one day at a time - accept the world in and around me.

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

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Dan Z. 415.665.5166

SF TELESERVICE COMMITTEE

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SF PI/CPC COMMITTEE

Jill H. picpc@aasf.org



Tradition One by Nkechi

“Our common welfare comes first, personal recovery depends upon A.A. UNITY.”

Gossip or as the 12x12 refers to it, "character assassination" is subversive to A.A. Unity. Unity begins at home. So how does Unity begin at home? As one of my sponsors says, "we do not relate the intimate experiences of another person", in other words we do not gossip per instructions outlined in "The Family Afterward", page 125. It was suggested to me that I do not gossip for any reason whatsoever so as to be able to better identify when I am acting out through gossip. I remember challenging her on these principles, as many a sponsee has challenged me, as I always wanted in on "the scoop" of what was going on where, which kept me from focusing on my own life. I can reflect now that in early sobriety I was still interested in the "drama" of my childhood, the he-said, she-said, Adult Child of Alcoholic (ACA) behavior.

With step work I came to believe that perhaps we "gossipers" were sick alcoholics, struggling with low self-esteem and big shotism. All in all "gossip" eventually stopped working for me as a way to get out of myself, yup another drug, and I was left with the emotional hangover that comes from acting out of alignment with my new set of principles.

I see resisting the temptation to gossip as an opportunity to practice my spiritual tools and receive a spiritual experience. Now when I become perturbed about something or someone, I get to pray and then practice holding

on to "the story" until I can take it to my sponsor without spreading the poison. My sponsors help me flush out the poison and drain it out. Of course, their answers are always the same –

Inventory to identify my part and prayer to turn the situation over to my Higher Power, and then watch what my HP can accomplish on the spiritual plane. Much to my surprise, it is rarely my responsibility to change the people places and things to fit my personal desires. Our common welfare comes first, before mine! So I must surrender my "my" for the "we" and check in on my principles, lest I be subversive to A.A. Unity. I have found that I am more likely to gossip when I am not in spiritual connection and relationship with my sponsors and program. This kind of behavior takes me out of A.A. Unity and unfortunately is subversive to A.A. as a whole as it undermines individual members and "spreads" my will through my judgment and opinion, which is another way I block myself from the Sunlight of the Spirit. I have learned to participate in A.A. by setting aside my opinions and ideas about people, places, and things and the need to air them anywhere but with my sponsor.

I have learned to actively practice love, tolerance, and patience of my fellow A.A. members. It is imperative that I am edifying and not de-edifying of my fellow A.A.'s, my long-term sober family, so that I reap the rewards that

(continued on page 11)



Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. 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	Jim H.
Ami Joy Y.	Karen K.
Barbara M.	Lauren H.
Brian H.	Lisa M.
Bruce D.	Matt E.
Caroline A.	Michael W.
Carolyn S.	Nancie G.
Casey L.	Pat P.
David H.	Patti W.
David P.	Paul M.
Dennis & Lucy O.	Paul W.
Elizabeth S.	Peg L.
Frances L.	Peggy M.
Giles H.	Pene P.
Greg W.	Ralph P.
Herman B.	Randall S.
Jane H.	Rebekah D.
Jane K.	Regan C.
Janet B.	Rich G.
Jeanne C.	Robert K.
Jeff B.	Sheila H.

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Concept One

by Anonymous

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

Our First Step, admitting our powerlessness and unmanageability, is the foundation upon which A.A.'s Twelve Steps are built. Our Traditions begin with the foundation of Unity, the ultimate aim of our Traditions. The Twelve Concepts for World Service, then, should similarly begin with a foundation that doesn't just start a list, but provides a basis for all of the Concepts. This it does.

It's easy to look at this Concept only as a limitation of powers granted to service entities in A.A. In fact, this limitation is very real: as stated in our Second Tradition, our leaders do not govern and have no authority over individual members or the membership as a whole. Our entire service structure works by the principle of power flowing from the bottom up to the top. What the members want the groups do, and what the groups want, our service entities do.

But here, our First Concept also provides the mandate for world services. If the Fellowship had no responsibility or authority, there would be no point in stating where it rests. It's not enough to say that the membership calls the shots. Concept One calls the membership—and each member individually—to account for the responsibility of carrying A.A.'s message not just on an individual level but also worldwide. Just as we have responsibility at the group level, to take our turns as group secretary or coffeemaker for example, we

each have a responsibility to the larger group in our communities, nations, and ultimately to A.A. in our world.

For example, who decides what it says in *Alcoholics Anonymous* and in other A.A. literature? We do! Certainly, we delegate those jobs to committees, but the committees must be responsible to us all and rely on us to provide guidance and direction. If alcoholics don't pay attention to what goes on at the level of World and Intergroup Services, then those actions of the service entities become the voice of an elite, rather than the voice of the Fellowship. In A.A., an elite group has no authority. By contrast, the collective conscience at the group level and beyond is the expression of ultimate authority: that of a loving Higher Power.

This could be an overwhelming burden if it rested on the shoulders of a few. Fortunately, it doesn't take much when we each take part in the process. Simply paying attention to the reports of our trusted servants, making certain that our groups elect Intergroup and General Service Representatives (sometimes stepping up to those roles), and sticking around to vote on issues at business meetings are the only actions needed.

It's understandable that the Concepts may seem esoteric to some. To get a better feel for the spirit of the Concepts, I recommend reading *Alcoholics*

(continued on page 15)

My First Sponsee

by Morgan L.

I had mixed emotions the first time a woman asked me to sponsor her. While feeling honored and excited at the opportunity, I also felt like a virgin bride on her wedding night, full of jitters and worries. Before meeting the woman I consulted my sponsor, read through the first few chapters of Big Book and frantically scoured the Internet for sponsoring tips. What were the essential concepts I needed to cover with my new sponsee? Did I have “enough recovery” to do this?

For the next month I met with my new sponsee once a week and then suddenly she stopped calling me. I performed the same dance with several other women; we would meet a couple times and then they would slide off the face of A.A.

While disappointed at their disappearances, I became well versed in the Doctor’s Opinion and the first two chapters of the Big Book.

After I spoke at a meeting, a woman asked if I would sponsor her. I bought her a Big Book and scribbled my number on the cover. Thus began my first extended sponsor/sponsee relationship. This was one of the most intense and intimate experiences of my life. As I listened to her Fourth Step, working with her was no longer about me. I wasn’t thinking about whether or not I felt awkward or if I was “doing it right.” Instead I listened with compas-

“My work with this sponsee changed my relationship with Alcoholics Anonymous”

sion and a feeling of God consciousness overwhelmed.

My work with this sponsee changed my relationship with Alcoholics Anonymous. I listened with a new intensity when people shared at meetings because in addition to helping myself I was listening for tidbits to relay to my sponsee. As life got difficult for my sponsee she struggled to stay sober. I constantly worried about her relapsing. I wanted her “to get” the program of Alcoholics Anonymous so much that I began to overstep my boundaries and promise things I couldn’t deliver.

I promised her that I would make sure she didn’t become homeless. After relapsing, the woman was kicked out of her transitional housing program and she asked me if she could stay with me. I thought of Dr. Bob and the old timers who housed so many “wet” alcoholics. I also considered that my sponsee had relapsed, needed psychiatric and therapeutic services and was running from the law. Ultimately I felt that

I would be enabling her if I allowed her to stay at my place. Given her history I felt that the longer she had an easier softer way, the longer she would travel that road.

With a heavy heart and conflicting emotions I explained that I could not house her and encouraged her to keep her faith close and deal with life squarely on life’s terms. For several months she kept relapsing and I heard from her sporadically. Several months ago I received a call from her. She was in another program and sober. In the process of moving she had lost her cell phone but recently found my number in the Big Book I bought her six months earlier.

I learned several substantial lessons in working with this sponsee. I learned to set appropriate boundaries and think before I promised. I also learned the value of praying for God’s will and guidance before meeting sponsees, in order to ensure that I am working on a spiritual plane. Finally I learned to help my sponsees through the steps, and let go of the outcomes. These days when sponsees share their latest hare-brained ideas I smile at them the way my sponsors smiled at me, and say a little prayer in my head. I know that my job is just to take them through the steps and offer my experience, strength and hope; the rest is God’s work.

Tradition One (continued from page 9)

comes from practicing Unity, practicing spiritual principles over worldly personalities, and suspending my disbelief that my “petty” actions do not affect A.A. as a whole. With the right actions I get to grow spiritually and get

to be a contributing member of a unified fellowship no matter what my opinions are. While I may not agree with all the behaviors of my fellow A.A. members, recovery is about learning to disagree agreeably, and

having and using tools with which to tame my judgment and watch God and A.A. work at work in the lives of those who have come to get sober.

GROUP CONTRIBUTIONS

OCTOBER
2006

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Name	Oct. 2006	YTD	Name	Oct. 2006	YTD
			Happy, Joyous & Free 5D 12pm		200.00
Brisbane Breakfast Bunch	46.00	262.00	Hillside Candlelight F 830pm		100.00
Contribution Box	59.51	507.75	Intimate Feelings Sa 10am		255.79
Deer Park Discovery Group		80.00	Inverness Sunday Serenity Su 10am		100.00
Gay & Lesbian Newcomers	21.75	21.75	Island Group Th 8pm		406.58
Gay Newcomers Group		19.71	Just Can't Wait 'til 8 M 630pm		126.50
IFB	83.22	827.21	Keepin' It Real Th 6pm	60.00	180.00
Marin Teleservice		1,347.87	Living in the Solution F 6pm		492.66
Men's Forum Tu		1,000.00	Marin City Groups 5D 630pm		434.50
SEC Anonymous Prom		117.00	Marin Newcomers M 830pm	331.86	331.86
The Chosen Ones		40.00	Mill Valley 7D 7am		1,760.29
Unidentified Group		3,377.57	Mill Valley Discussion W 830pm		22.72
Total Fellowship	\$ 210.48	\$ 7,600.86	Monday Blues M 630pm		461.71
			Monday Night Stag (Tiburon) 8pm		938.81
Marin Group Contributions			Monday Night Women's M 8pm		103.42
12 & 12 Study Sa 815am		172.67	Monday Nooners M 12pm		180.00
7am Grab Bag M 7am		40.00	More Will Be Revealed F 12pm		130.00
7am Urgent Care Group 7D 7am		400.00	Nativity Monday Night Big Book M 8pm	100.00	300.00
A Vision for You (Fairfax) Su 730pm		170.00	Newcomers Step M 730pm		117.60
Attitude Adjustment 7D 7am		2,341.22	Noon Tu 12pm		193.50
Awakenings		186.00	Noon Hope F 12pm		207.50
Awareness/Acceptance M 1030am		360.00	North Marin Speaker Sun 12pm		150.00
Beginner's Help Th 8pm		60.00	On Awakening 7D 530am		210.00
Beginners & Closed Tu 7pm & 830pm		1,279.59	Pathfinders Tu 12pm	2.37	68.37
Beginners Tu 7pm		156.00	Primary Purpose W 830pm		300.00
Beginners W 7pm		836.09	Refugee Th 12pm		30.00
Blackie's Pasture Sa 830pm	581.67	708.75	Reveille 7D 7pm		400.00
Bounce Back M 6pm		240.00	Rise N Shine Sun 10am		231.94
Caledonia Sun 8pm		530.56	San Geronimo Valley M 8pm		115.00
Closed Women Step Study Tu 330pm		250.00	Saturday Night Sa 830pm	60.00	60.00
Creekside New Growth Sun 7pm	124.50	268.50	Saturday Serenity Sa 8pm		65.50
Crossroads Sun 12pm		1,075.00	Serendipity Sa 11am	67.50	182.50
Downtown Mill Valley F 830pm		168.40	Sisters In Sobriety Th 730pm (M)		150.00
Experience, Strength & Hope(Marin) Sa 6pm		183.00	Six O'Clock Sunset Th 6pm	117.31	365.16
Fairfax Friday Night F 830pm		100.00	Spiritual Testost. Sun Men's Stag Su 830a		250.00
Freedom Finders F 830pm		830.00	Sober & Serene F 7pm	350.00	600.00
Friday Night Book F 830pm		24.00	Steps to Freedom M 730pm	35.99	390.21
Girls Night Out W 815pm		10.65	Steps To The Solution W 715pm	45.00	115.00
Greenfield Newcomers Sun 7pm		152.00	Streelfighters Sa 9am		46.80
Gratitude M 2pm		20.00	Stinson Beach Fellowship Th 8pm		250.00
Happy Hour (Marin) Th 6pm		183.00	Sunday Express Sun 6pm	100.00	200.00

GROUP CONTRIBUTIONS, CON'T...

Name	Oct. 2006	YTD	Name	Oct. 2006	YTD
Sunday Friendship Sun 7pm		120.00	As Bill Sees It Sat 8pm		35.53
Sunday Night Corte Madera Sun 8pm	430.00	1,122.50	As Bill Sees It Th 830pm		680.40
Survivors M 12pm		138.00	Ass in a Bag Th 830pm		140.92
T. G. I'm Sober M 6pm		78.77	Beginner Big Book Step Th 630pm		25.00
T.G.I.F. F 6pm	137.00	561.77	Be Still AA Su 11am		120.84
T. G. I. Tuesday 6pm	46.43	140.99	Beach Meeting/Meditation Sa 930am		92.05
Terra Linda Group Th 830pm		1,347.89	Beginners' Step Study Sat 630pm		86.05
Terra Linda Thursday Men's Stag Th 8pm		350.87	Bernal Big Book Sat 5pm		683.97
The Barnyard Group Sa 4pm		370.54	Bernal New Day 7D		700.00
The Fearless Searchers F 8pm		185.52	Big Book Basics F 8pm	158.67	661.08
There is a Solution Tu 6pm		270.49	Big Book Study Su 1130am	100.00	431.16
Three Step Group Sa 530pm	500.00	500.00	Birthday Party Sharing Our Sob. Sat 7pm		136.43
Thurs. Night Speaker, MV	259.00	1,277.00	Blue Book Special Su 11am		36.88
Tuesday Chip Meeting Tu 8pm		550.00	Boys Night Out Tu 730pm		21.00
Tiburon Haven Sun 12pm	245.28	960.39	Brokers Open Book Tu 130pm		276.00
We, Us and Ours M 650pm		189.50	Castro Discussion (Show Of Shows) W 8pm	600.00	711.38
Wednesday Noon W 12pm		383.00	Castro Monday Big Book M 8pm		77.86
What's It All About F 12pm	79.00	143.50	Chips Ahoy Tu 12pm		88.00
Women's Big Book Tu 1030am		304.17	Cocoanuts Su 9am		181.00
Women's Step Study Group M 12pm		120.00	Come N Get It F 630pm	60.00	77.45
Women For Women W 12pm		50.00	Common Welfare Th 8pm		32.20
Women on Monday M 7pm		211.84	Courtside Tu 1215pm		234.60
Working Dogs W 1205pm		550.00	Cow Hollow Men's Group	116.40	240.90
Total Marin Group Contributions	\$ 3,672.91	\$ 31,896.09	Creative Alcoholics M 6pm		11.11
SF Group Contributions			Crocker Park Sa 4pm		19.00
515pm Smokeless F		132.03	Design for Living Sat 8am		387.95
6am Marina Dock Sa		174.60	Diamond Heights Tu 830pm		400.00
7AM As Bill Sees It Fri	75.00	75.00	Each Day a New Beginning F 7am	403.66	1,737.53
7am Grab Bag M 7am	10.10	110.10	Each Day A New Beginning Su 8am		681.52
7am Living Sober W 7am		37.00	Each Day a New Beginning M 7am	108.09	399.62
7am Speaker Discussion Th 7am		193.66	Each Day a New Beginning Th 7am	253.42	675.83
830am Smokeless Th		64.43	Each Day a New Beginning Tu 7am	215.02	796.48
830am Smokeless Tu		228.00	Each Day a New Beginning W 7am	143.45	1,020.73
A is for Alcohol Tu 6pm		163.29	Early Joyous & Free Th 7am		120.00
A Vision for You (SF) Su 630pm		115.00	Easy Does It Tu 6pm		230.00
AA As You Like It Tu 530pm		59.10	Early Start F 6pm	742.16	1,318.32
AA Step Study Su 6pm		541.51	Embarcadero Group 5D 1210pm		1,787.58
Afro American Beginners Sat 8pm		206.90	Endless Summer F 830pm		26.00
Afro American F 8pm	73.68	162.85	Epiphany Group Th 8pm		35.00
All Together Now Th 8pm	66.22	720.35	Eureka Step Tu 6pm		113.00
Amazing Grace M 7pm		50.00	Eureka Valley Topic M 6pm		827.70
Any Lengths Sat 930am	224.71	1,337.82	Excelsior Free for All Sa 8pm	28.75	28.75
Artists & Writers F 630pm		180.00	Experience, Strength & Hope W 715pm		23.13
As Bill CCs It Sun 8am		80.55	Federal Speaker Su 12pm		427.57
			Fell Street Step Su 8pm		61.53

GROUP CONTRIBUTIONS, CON'T...

Name	Oct. 2006	YTD	Name	Oct. 2006	YTD
Fireside Chat Sa 9pm		180.00	Lush Lounge Sa 2pm		330.84
Fireside Chat Th 8pm		213.28	Marina Discussion F 830pm		1,685.18
Fireside Chat Tu 8pm		81.28	Meeting Place Noon F 12pm		226.26
Founders' Group Sa 5pm		28.20	Men's Gentle Touch M 7pm		180.00
Four Forty Niners F 8pm		225.20	Mid-Morning Support Su 1030am		877.50
Friday All Groups F 830pm	279.13	3,045.69	Midnight Meditation Sat 12am		125.00
Friday Knights Th 730am	50.00	50.00	Miracles Off 24th St W 730pm		327.77
Friday Lunchtime Step F 12pm		140.00	Mission Fellowship		259.73
Friday Night Special F 8pm		14.00	Mission Terrace W 8pm		222.55
Friday Smokeless F 830pm		47.40	Monday Beginners M 8pm		695.34
Friendly Circle Su 830pm		968.34	Monday Monday M 1215pm	126.75	348.75
Gold Mine Group M 8pm		294.92	New Highs W 130pm		70.80
Goodlands Su 2pm		88.98	New Hope Big Book M 630pm		94.69
Haight Street Explorers Th 630pm		104.40	New Life W 7pm		128.25
Happy Destiny Sa 630pm	50.02	50.02	Newcomers Tu 8pm	60.88	97.02
Happy Hour Ladies Night F 530pm		415.02	Newcomers Group Tu 7pm	50	264.50
High Noon Friday 1215pm		699.87	No Gurus Meditation Su 7pm	130.40	130.40
High Noon Monday 1215pm	85.00	896.75	No Reservation M 12pm		120.15
High Noon Saturday 1215pm		113.12	One Liners Th 830pm		1,081.23
High Noon Thursday 1215pm		688.72	Parkside Th 830pm		228.30
High Noon Tuesday 1215pm	192.51	701.73	Park Presidio M 830pm	97.80	273.00
High Noon Wednesday 1215pm		356.71	Pax West M 12pm		1,025.88
High Sobriety M 8pm		404.22	Pax West Th 12pm		184.04
High Steppers W 7pm		135.98	Pure & Simple Su 6pm		35.37
Hilldwellers M 8pm		379.66	Rebound W 830pm		380.80
Home Group Sat 830pm	99.00	391.80	Red Road Healing Circle Th 6pm	38.00	101.71
Home Step Group	103.52	103.52	Rule 62 W 10pm		468.55
Hoodlum Haven F 8pm		760.00	Saturday Afternoon Meditation Sat 5pm		160.20
Hot Java F 12am		90.00	Saturday Easy Does It Sa 12pm		841.59
How It Works Sat 2pm		104.33	Saturday Matinee 2pm		60.00
Huntington Square W 630pm	514.79	1,042.86	Saturday Night Regroup Sat 730pm		341.64
Ingleside Beginners Su 5pm		22.85	Seacliff Th 830pm		151.70
Join the Tribe Tu 7pm		462.00	Serenity House		500.00
Joys of Recovery Tu 8pm		122.40	Serenity Seekers M 730pm		1,682.40
Just Alkies F 7pm		42.00	Sesame Step Tu 730pm	103.28	677.38
Keep Coming Back Sa 11am		1,770.33	SFPOA Th 7pm		210.00
Keep It Simple Sat 830pm		93.32	Sinbar Su 830pm		117.80
Last Call Su 10pm		183.40	Sisters Circle Su 6pm	411.21	781.66
Light Steppers Su 7pm		220.00	Sisters In Sobriety M 7pm (SF)		25.00
Like A Prayer Su 4pm	78.57	153.26	Sober & Centered F 7pm		255.49
Live and Let Live Su 8pm		90.85	Sober Across the Board M-Sa 830am	10.00	190.00
Living Sober W 8pm		208.80	Sometimes Slowly Sa 11am		180.24
Living Sober with HIV W 6pm		287.96	Sought to Improve Th 730pm	97.41	97.41
Luke's Group W 8pm		130.80	Step Talk Su 830am		1,047.95
Lunch Bunch Th 12pm		120.00	Steppin' Up Tu 630pm	111.51	111.51

GROUP CONTRIBUTIONS, CON'T...

Name	Oct. 2006	YTD	Name	Oct. 2006	YTD
Stepping Out Sat 6pm		32.77	The Drive Thru W 1215pm	96.33	862.10
Stepping Stone Step Study M 7pm		375.00	The Parent Trap M 1230pm		272.59
Steppin' Up Tu 630pm		180.60	The Pepper Group F 12pm		72.00
Stonestown M 8pm		151.20	They Don't Know Who We Are Sat 7pm		180.00
Straight Jackets Th 9am		189.03	They Stopped In Time M 8pm		130.98
Sunday Bookworms Sun 730pm		120.00	Thursday Night Women's Th 630pm		606.00
Sunday Morning Gay Men's Stag Su 1030am		1,233.59	Too Early Sat 8am		312.05
Sunday Night Castro Speaker Disc Su 730pm		1,368.62	Transrecovery F 630pm		9.40
Sunday Rap Sun 8pm		81.00	Tuesday Big Book Study Tu 6pm		132.00
Sundown Steps Th 630pm		261.63	Tuesday's Daily Reflections Tu 7am	60.00	153.36
Sundown W 7pm		503.33	Tuesday Downtown Tu 8pm		821.80
Sunrise Sunset Women's Step Th 545pm		109.20	Unconditional Surrender F 10am		31.00
Sunset 11'ers F		50.00	Valencia Smokefree F 6pm	156.44	657.44
Sunset 11'ers Su		160.47	Walk of Shame W 8pm		120.00
Sunset 11'ers Tu		87.00	Washington Square M 7pm		95.85
Sunset 11'ers W		20.00	Waterfront Sun 8pm		835.96
Sunset 9'ers F		358.80	We Care Tu 12pm	123.00	484.28
Sunset 9'ers M		222.37	Wednesday Women's Big Book W 615pm		180.00
Sunset 9'ers Sa		381.01	West Portal W 915pm		180.84
Sunset 9'ers Su		234.00	Wits End Step Study Tu 8pm		106.74
Sunset 9'ers Th		126.38	Women Living Sober Sa 1030am		79.89
Sunset 9'ers Tu		213.68	Women's 10 Years Plus Th 615pm		341.83
Sunset 9'ers W		196.09	Women's Kitchen Table Group Tu 630pm	150.00	329.51
Sunset Sobriety Th 730pm		278.00	Women's Promises F 7pm		78.85
Sunset Speaker Step Sun 730pm		190.68	Work In Progress Sat 7pm		197.94
Surf Tu 8pm		325.00	YAHOO Step Sa 11am		35.00
Sutter Street Beginners Sat 6pm	312.60	545.85	Total SF Group Contributions	\$ 6,967.48	\$ 72,412.73
Ten Years After Su 6pm		1,346.43			
The 24 Hour Plan M 7am		112.80	TOTAL	\$10,850.87	\$111,909.68

Concept I (continued from page 10)

Anonymous Comes of Age, available for sale at Central Office. Better yet, sign up for a shift answering phones at Central Office and read the copy sitting in the volunteer reading material bookshelf! Bill W. and Doctor Bob were aware that as the Fellowship grew, it would have to rely less on the enthusiasm and commitment of the founders, and more upon the collective strength of the groups exercising their responsibility. *A.A. Comes of Age*

is the story of that transformation coming to fruition. As always, Bill W.'s explanations of the Concepts can be found in *The A.A. Service Manual and Twelve Concepts for World Service*, also available at Central Office.

If you would like to write on one or more of the Twelve Steps, Traditions or Concepts for World Service, please email us at thepoint@aasf.org.



IFB Meeting Summary — December 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

Intergroup Rep	Group		Intergroup Rep	Group		Intergroup Rep	Group	
Andy T.	Waterfront	P	Drea B.	Serenity Seekers	A*	Nicholas S.	Sutter St. Beginners	A*
Anil K.	Tiburon Monday Mens Stag	P	Dylan C.	They Stopped in Time	P	Omar C.	Tuesday Chip	P
Anthony J.	Founders Group	P	Gaspar L.	Keep It Simple	P	Orion P.	Marina Dock 6am	A**
Armando R.	Home Group	P	Jaime G.	Sesame Step	P	Patty M.	Huntington Square	P
Beatrice L.	Mid Morning Support	A*	Joe H.	Gratitude Group	A*	Penelope P.	A is for Alcohol	P
Ben N.	Stepping Up	A*	Judi C.	Tuesday's Daily Reflections	P	Rebecca D.	Valencia Smokefree	P
Brian H.	Living Sober with HIV	A*	Harold A.	Marina Discussion	P	Rebekah D.	Fell Street Step	P
Bryan H.	Men's Gentle Touch	P	Jess B.	Tiburon Big Book	A*	Richard R.	We Care	A*
Bruce K.	Sunset Speaker Step	P	Judy S.	Diamond Heights Group	P	Rick K.	Join the Tribe	P
Carol E.	Happy Hour	P	Karen A.	West Portal	P	Robert C.	Beginners Warmup	P
Casey L.	Sunday Corte Madera	A*	Karen S.	Alumni Group	P	Roger C.	Early Start	A**
Chris H.	Friendly Circle	P	Karin K.	24 Hour Plan	P	Scott N.	Sunset 11'ers Sat.	A*
Chris T.	Keep Coming Back	P	Larry B.	Castro Discussion	A*	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	A*
Dan C.	Sunday Night Castro SD	P	Mark W.	Blue Book Special	A*	Thea L.	Walk of Shame	R
Dan Z.	Each Day a New Beginning	P	Matt T.	Fairfax Friday Night	P	Tom K.	High Noon (Monday)	P
Dana R.	Saturday Sunset 9'ers	P	Maury P.	Central Office Manager	A*	Tom R.	Mill Valley 7AM	P
Danna P.	Treasurer	P	Michael L.	Attitude Adjustment Hour	P	Tracy G.	Wits End	P
David P.	Eureka Step	P	Monika H.	SFPOA	P	Vickey D.	Sisters Circle	P
Derek D.	Reality Farm	P	Nicholas L.	Some Are Sicker Than...	P	Victor V.	Creative Alcoholics	P
Doug W.	Fireside Chat	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			Liaisons Present		
Ted	Alt. - Tiburon Monday Mens Stag					Jim W.	SFYPA	
Brian	Queers, Crackpots and Fallen Women					Ray M.	San Mateo General Service	

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

Chairs Report: Chuck K. gave the report for Scott N. Scott thanked everyone who participated with Unity Day. He noted that the level of participation increased with this event. Next month we will be looking at questions for an IFB group inventory.

Central Office Manager's Report: Chris T. gave the report for Maury.

Maury asked groups to inform Central Office if their meetings will be canceled or changed due to upcoming holidays. This information is very helpful for phone volunteers.

There is one regular phone shift open at Central Office. Central Office could also use extra substitutes over the holiday.

The Central Office Holiday Party is December 14, 2006 6:30 – 8:30.

The COC is hosting Friday All Groups on January 12, 2007.

The 60th anniversary of the Central Office is January 27, 2007. We are having an anniversary celebration that day. We are in the planning stages for the event, but please mark your calendars.

Central Office Committee Report: Steve S. gave the report.

The COC will be supporting Maury's effort to plan the Central Office 60th Anniversary Celebration.

Most of our last COC meeting was focused on discussing and finalizing the proposed budget for 2007.

(Continued on page 17)

We checked in on the 15 goals of the 2006-2007 COC, and found that we are making good progress on many of them, and made strong commitments to follow up on others before the December meeting.

It was agreed that Steve S. would spend some time at the next IFB meeting to explain the relationship between the IFB and the COC. This is one of the COC goals for the year.

Treasurer's Report and Presentation of the Proposed Budget for 2007. Danna P. gave the report.

Danna read the regular report for October 2006. The Net loss for October 2006 of (\$1,025) was less than the budgeted net loss of (\$3,507) by \$2,482. Unrestricted cash as of October 31, 2006 totaled \$44,035 and is sufficient to pay budgeted expenses for almost three months.

The proposed budget for 2007 was presented. The budget presented is a 'Zero-Budget', which Danna explained, means that we are neither planning for profit nor loss. Danna explained the two-step process she used to develop the budget.

Forecasting expenses for 2007 based on known factors and general inflation.

Determining the revenue needed to balance the budget before non-cash expenses to break even and reasonably allocating it between the various revenue categories based upon past years experience.

A motion was made to accept the budget as presented. The motion was carried. The budget was accepted as presented.

ASL Sound Field Request: Pene P. addressed the IFB. Pene made a formal request of the IFB to purchase a listening device. After discussion, it was suggested that the Special Needs Committee develop Policies and Procedures regarding the use of the equipment.

The following motion was made: The IFB, with remaining funds from the 2006 ASL Budget, will purchase 1 Nady Soundfield System for use at meetings, and IFB-sponsored events by December 31, 2006. The motion passed.

Pene also encouraged the IFB members to discuss the following accommodation statement with their groups, and return with feedback.

Persons requiring reasonable accommodations, including sign language interpreters, Assisted Listening Devices or print materials in alternative formats should contact Intercounty Fellowship Board, at Central Office (415) 674-1821 at least (time deadline to be determined) prior to the event.

Committee Reports:

12 Step Committee: Victor gave the report. The committee is holding a Workshop on December 13, 2006 at 6:30 PM at Central Office

Archives Committee: Bruce K. gave the report. The committee continues to sort through and catalogue artifacts and documents of historic relevance to Central Office. The committee is looking for one or two more volunteers.

Special Events: No further report for this evening.

Literature Review: Steve N. gave the report. In honor of the Central Office anniversary, the committee has been creating a pamphlet on its history.

Orientation Committee: The committee meets monthly at 6:00 PM before each IFB Meeting.

The Point: Victor gave the report. Inside this month's copy, there are subscription forms. Victor asked reps to suggest subscriptions to their groups as holiday gifts. The committee is also soliciting ideas for themes for upcoming issues.

Special Needs: No further report this evening.

Trusted Servant Workshop Committee: Monika gave the report. The committee meets on the first Friday of each month at 6:30 PM. The last workshop at Unity Day went well. The next workshop is being held on February 10, 2007. This workshop will feature the roles of group secretary and treasurer.

Website Committee: Dan Z. gave the report. The website has gone down due to technical problems that our hosting server has experienced. The committee is investigating alternative to the hosting server we currently use.

Schedule Committee: No report.

Outreach Committee: No report.

Special Committee Reports:

SF Teleservice: Judi C. gave the report. Between the November orientation session and their presence at Unity Day, Teleservice was able to fill six open shifts. There are still openings for the Monday and Tuesday coordinator positions. The phones were covered Thanksgiving and the Friday after. The committee is now scheduling for the upcoming holidays.

SF PI/CPC: Bruce K. gave the report. The committee meets on the second Monday of each month at Central Office at 7:00 PM. Following are some of the activities of the committee: 5 DUI classes, Unity Day workshop, a presentation to a local sorority, another presentation at SFGH in the psychiatric ward, and media outreach.

IFB Liaison Reports:

General Service, SF: Karen gave the report.

Results of the election of new officers were announced: Chair; Jeff O., alternate to Chair; Patrick, Secretary, Kenny K., and Treasurer, Jason B.

General Service decided to split the profit from Unity Day.

SFYPA: Jim W. gave the report. Jim informed the IFB that a schedule of the groups' many activities can be found on their website at www.sfpaa.org. He also announced that the group is trying to arrange a meeting on webcast between themselves and a group in London. The group meets on Sundays at the Alano Club at 12:30 PM.

Respectfully Submitted,

Chris T.

IFB Secretary

The next IFB meeting is on January 3rd, 2006 at 7:00pm at 1187 Franklin St. at Geary in San Francisco (First Unitarian Church).

If your group does not have an IFB representative come check it out. All are welcome!

H.O.P.E.

Honesty, Open-mindedness, Patience and Effort

by Ellen S.

When I look at those four words I think of Mother Teresa. One had to be a saint to know their meaning and use them as a guide for living. Hope is the backbone of our program. When I became sober I found I could appreciate this wonder of vessels, my muscles, skin and brain and especially my backbone. I am embarrassed that this precious body was ignored and trampled on in my drinking years.

Let's talk about hope. I need it like drinking of sixteen ounces of water every day. I had hope when I drank only it was covered by fear and a lack of self-esteem. Now it encompasses trust and confidence, my sober hope. My drunk hope was a fantasy. I was too loaded to know it wallowed in self-pity. In sobriety I have learned to use positive thinking for hope. This breeds faith and trust. It is wonderful to know in sobriety we have a mind that luckily was not damaged permanently. Positive thinking has shown me I am not alone in my program. I like to be

part of the circle at the end of a meeting. It reinforces me. I join hands to help another alcoholic as I have been helped. We have the same disease.

Honesty works well when it goes hand in hand with hope. It is so easy to be dishonest. I am tired of that. I want to raise the flag of courage. That's what it takes to be honest today. I got a mixed message about honesty when I was growing up. My Mother would try to sober my drunken Father by having him relate all of his conquests. Now as an adult, I see it was a sad situation for a tortured man. I knew as a child such a technique was dishonest. Children have no power; they run like a swift current in a river. It is only as sober adults that we see the advantage of being honest and genuine. I try not to have that rock that I call dishonesty in my hand. It will eventually harm others as well as myself.

When I have honesty, hope and courage they bring me to open-mindedness. I have no reason to fear

others as I have seen trouble in all kinds of people. I do not have all the answers and I was not put here to judge. It is easier to be open-minded than it is to judge others. When I drank I was the Queen of Judgment (also opinions). It was not an easy life, having to know all the answers, especially as my tongue became thicker and the night became full of shadows. I try not to judge others in my sober being.

Patience and effort are almost a couple. They belong together. It is not easy being a recovering alcoholic. It takes constant attention to our program's principles. Those kindergarten-like signs of ONE DAY AT A TIME or EASY DOES IT are a benefit. I try to have patience, as I am my own worst enemy.

Now that I have my sober mind back I want to appreciate it and I want to take care of it. Today, my new dry mind is like a freshly planted flower nourished by new ideas.

Editorial Policy

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

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

(This is a brief summary of the editorial policy of *The Point*.) For the Long Form, please go to the web site for San Francisco and Marin A.A. – www.aasf.org.

PI/CPC Annual Business Meeting and Speaker Workshop

Urban Life Center, 1101 Franklin St., Saturday January 20th 10am

- Current/former PI/CPC speakers are required to attend a speaker workshop at least once per calendar year, this is a great opportunity to refresh your speaker skills and reconnect with fellow speakers.
- Our Annual Business Meeting will summarize highlights of our 2006 PI/CPC activities
- Also, our current committee members will be sharing their great experiences being of service and advertise upcoming (or currently needed!) committee positions that will be filled at our February Business meeting.
- PI/CPC committee members are recommended to have 1 year of continuous sobriety
- PI/CPC speakers are required to have 2 years of continuous sobriety

Please join us in carrying the message of Alcoholics Anonymous to outside groups such as DUI classes, schools, and professional organizations & conferences. Hope to see you in January!

Intercounty Fellowship of AA

Financial Statement

october 2006

	<u>Oct 06</u>	<u>Jan - Oct 06</u>		<u>Oct 06</u>	<u>Jan - Oct 06</u>
Ordinary Income/Expense			Bank Charges - Other	0.00	0.00
Income			Total Bank Charges	0.00	0.00
Contributions from Groups			Postage		
Group Contributions	10,850.87	111,924.68	Bulk Mail	0.00	800.00
Total Contributions from Groups	10,850.87	111,924.68	Postage - Other	0.00	424.01
Contributions from Individuals			Total Postage	0.00	1,224.01
Individual - Unrestricted	159.24	6,014.75	Rent - Office	3,833.75	38,337.50
Faithful Fiver	327.00	5,402.00	Rent - Other	0.00	675.00
Honorary Contributions	391.00	1,684.15	IFB Literature	107.23	107.23
Total Contributions from Individuals		13,100.90	PI/CPC	89.40	89.40
Gratitude Month			Filing/Fees	0.00	320.00
Gratitude Month - Groups	0.00	3,576.00	Insurance	0.00	1,826.00
Total Gratitude Month	0.00	3,576.00	Internet Expense	73.78	865.19
Sales - Bookstore	8,917.54	87,286.28	Office Supplies	251.63	2,508.53
Special Event Income	0.00	2,953.14	Shipping	-170.85	-36.12
Newsletter Subscript.	44.24	441.48	Equipment Lease	0.00	5,446.90
Total Income	20,689.89	219,282.48	Repair & Maintenance	188.00	2,054.18
Cost of Goods Sold			Security System	33.50	400.00
Cost of Books Sold	5,960.64	55,995.23	Special Events	0.00	1,370.12
Credit Card Processing Fees	164.85	1,612.64	Telephone	245.39	2,210.52
Total COGS	6,125.49	57,607.87	Phone Book Listings	76.43	689.60
Gross Profit	14,564.40	161,674.61	Utilities	197.77	2,268.75
Expense			Travel	569.67	1,031.02
Employee Expenses			Training	60.00	60.00
Wages & Salaries	8,350.00	79,417.89	Bad Checks	0.00	0.00
Employer Tax Expenses	676.02	7,214.84	Miscellaneous Expense	0.00	0.00
Health Benefits	952.00	8,921.00	Total Expense	15,696.47	160,624.67
Workers Comp Ins.	0.00	1,852.61	Net Ordinary Income	-1,132.07	1,049.94
Total Employee Expenses	9,978.02	97,406.34	Other Income/Expense		
Professional Fees			Other Income		
Accounting	0.00	1,300.00	Interest Income	380.47	3,305.99
Computer Consulting	162.75	506.50	Total Other Income	380.47	3,305.99
Outside Services	0.00	294.00	Other Expense		
Professional Fees - Other	0.00	-330.00	Depreciation Expense	37.72	2,638.99
Total Professional Fees	162.75	1,770.50	Amortization Expense	238.78	2,387.80
Bank Charges			Total Other Expense	276.50	5,026.79
Credit Card Clearing	0.00	0.00	Net Other Income	103.97	-1,720.80
			Net Income	-1,028.10	-670.86

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