

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

FEBRUARY
2007 **2**

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

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R.E.L.A.T.I.O.N.S.H.I.P.— REALLY EXCITING LOVE AFFAIR TURNS INTO OUTRAGEOUS NIGHTMARE; SOBRIETY HANGS IN PERIL!

by Jan D.

Where were you in the early morning hours of August 31, 1997? I was on my knees, in the dark room of a gay bar in Europe, until a very grumpy cleaning lady turned the lights on. As I was staggering into the dawn, completely loaded and ashamed to look in the eyes of early commuters, word spread around the globe that the Princess of Wales had died in an accident. I cried for the better part of the following week.

R.E.L.A.T.I.O.N.S.H.I.P. - as far as acronyms go, I definitely started with the "outrageous nightmare". I lived a ghoul's life, haunting the bars and clubs and parks. I tried to drink just enough to feel attractive but not too much to become repellent. It never worked out. I always ended up with men who didn't even realize I was repellent, because they were exactly the same. However, if they decided not to drop me immediately, I would turn to inebriate sentimentality in a wink

and mumble marriage vows under my Martini breath. Needless to say I set myself up for some shattering scenes and dramatic breakups. I guess you could call such episodes my "really exciting love affairs".

And then Lady Di died. Wouldn't it be lovely if that had been my wake-up call? It would sound just like something from a gay fairy tale. Of course things don't happen that way. Another person's car crash couldn't make me quit drinking (not even my own car crashes could). But my subconscious picked up the message. This woman had it all: beauty, children, charity - and compulsive disorders and devastating dating debacles. No wonder I was so shaken. I had everything she had, minus all the good things. I could not live like that any longer. Still, it took me three more years, some minor STDs and a doctor's warning about the condition of my liver until I was ready

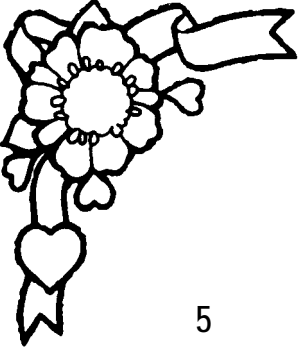
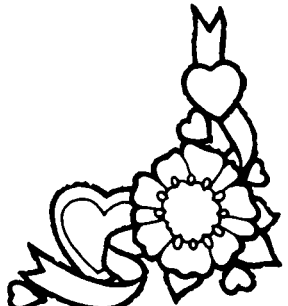
(Continued on page 6)

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

Events, Highlights and Happenings

February 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 <u>FIRST FRI</u> Trusted Servants Workshop Committee Central Office, 5:30 pm	3
	5	6	7 <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)	8 <u>SECOND THU</u> Website Committee Central Office, 6 pm	9	10 Trusted Servants Workshop, 10am to 12noon, Central Office
11	12 <u>SECOND MON</u> Special Needs Committee, 5:30 pm SF Public Information Committee Central Office, 7 pm	13 <u>SECOND TUE</u> SF Bridging The Gap 1187 Franklin St. at Geary, SF, 6:30 pm SF General Service 1187 Franklin St., SF Orientation: 7 pm Meeting: 8 pm Marin H&I 1360 Lincoln, San Rafael Orientation: 6:15 pm Bus. Meeting:	14 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	15	16	17
18 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day	19 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm Central Office Closed— Presidents' Day	20 <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	21 <u>THIRD WED</u> Literature Review Committee Central Office, 6:30 pm	22 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	23	24 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
25 <u>FOURTH SUN</u> Living Sober Convention Committee, 1668 Bush, SF, 5:30 pm	26	27 <u>FOURTH TUE</u> Special Events Committee Central Office, 6:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	28			

From the Editor

Whew! We made it through another holiday season and are now ready to get back to work on an issue which ails us both in recovery and out - relationships with other people. Mind you, my problem is not other people, but *my* relationships with them. This brings us to our theme for this month and I warn you, we aren't pulling any punches. If you don't believe me then take a few moments and read our cover story. It'll either shake your tree or cause you to nod your head in recognition like one of those stuffed doggies you see in the back window of a car. We're trying to put a little extra zest in *The Point*. I think we've succeeded!

We'd like to thank our outgoing layout person, Kenneth D., and let you know that we are looking for another volunteer. Layout is an important component of producing *The Point* each month. We use MS Publisher and require regular attendance at the twice-monthly meetings of *The Point* committee. Call Central Office for further details.

Sober Scope

You airy Aquarians take to AA like ducks to water. Typically, you've explored the outer limits of drinking, and have stories to tell that would curl the hair of a mere Gemini or Libra. Born under the sign of Uranus, you don't "hit bottom" as most drunks do—but, instead, experience a "major change in life direction." You delve into each step, eager to savor each nuance of this newfound spirituality and even

There's still time for writers to contribute to the April issue: "We are not a Glum Lot." We'd like to feature original humor, A.A. jokes, Rule 62 and related topics. We know there are jokesters in the local Fellowship. Please consider seeing your work in print! The deadline for submissions is February 15. The May issue will be more serious and will reflect A.A. and the law (everyone knows and loves court slips), and of course the most serious topic of all, Mom and Mother's Day. Deadline is March 15. Let's hear from our talented readers and Fellowship!

We'd love to have a Marin representative on our committee. As it stands now we're all San Francisco folks. There must be 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. Join us in service – we are not a glum lot!

—The Editor

AQUARIUS: JANUARY 20—FEBRUARY 18

more eager to explain it to others. As newcomers, you Aquarians can't wait to speak at meetings. It takes a good sponsor, hopefully a Taurus with prison time and many years of sobriety, to bring you eleventh-house natives back to earth. Your Fourth and Fifth Steps prove to be especially problematic, as Aquarians view themselves to be supremely unique, and detest describing their own characteristics in

the
Point

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such homespun prose as found in the Big Book. You were born to write screenplays, dissertations, documentaries. You are one-of-a-kind, so try not to overreact if your sponsor (the ex-con) skims through your Fourth Step briefly, is unable to pronounce most of the words, and says "You forgot sex."

In case you do, however, remember—there's still the Ninth Step.



New Meetings:

Sun	3:00pm	Hayes Valley	A.A. PAMPHLETS SF Alano Club, 1748 Market St. (DI, 50 Minutes)
Tue	7:00pm	Hayes Valley	GIRLS GONE WILD SF Alano Club, 1748 Market St. (SD, WO)

Meeting Changes:

Mon	7:00pm	Larkspur	GREAT FACT GROUP 2900 Larkspur Landing Cir (was 1900 Larkspur Landing Cir.)
Tue	8:15pm	Hayes Valley	LIGHTEN UP SF Alano Club (was 8pm)
Wed	1:00pm	GG Park	BYOL Clubhouse, 100 Bowling Green Dr. (was 12:30pm)
Thu	6:45pm	SF State	THURSDAY THUMPERS Rec. Center, Byxbee & Shields St. (was 7pm at 300 Stonecrest)
Thu	7:00pm	Fairfax	SUNLIGHT OF THE SPIRIT 2626 Sir Francis Drake Blvd (Remove CC)
Fri	6:30pm	SOMA	EVERY ROSE HAS ITS THORN (was 6pm)

No Longer Meeting:

Sun	7:00pm	Novato	PRINCIPLES BEFORE PERSONALITIES 1535 Grant Ave./ 5th St.
Tue	8:30pm	Mill Valley	TUESDAY SMOKELESS Church, 10 Old Mill at Lovell
Wed	8:15pm	San Rafael	TOOL TIME Marin Alano Club, 1360 Lincoln

Please Note: 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—DECEMBER 2006

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

San Francisco

7AM Living Sober Wed. 7am; **AA Pamphlets** Sun. 3pm; **Alamo Square** Sun. 7pm; **Back To Basics** Wed. 8 pm; **Came To Believe** Sun. 8:30 am; **Experience, Strength & Hope** Wed. 7:15pm; **Friday All Groups** Fri. 8:30pm; **High Noon Monday** Mon. 12:15pm; **How It Works** Sat. 2 pm; **One Liners** Thu. 8:30pm; **Marina Discussion** Fri. 8:30pm; **Serenity Seekers** Mon. 7:30pm; **Spiritually Founded Program of Action (SFPOA)** Thu. 7pm; **Sunset 9'ers** Wed. 9 am; **Sunset 9'ers** Fri. 9am; **Sunset Speaker Step** Sun. 7:30pm; **They Stopped In Time** Mon. 8pm; **Too Early** Sat. 8am; **Tuesday's Daily Reflections** Tue. 7am

Marin

Awakenings Sat. 8:30am; **Beginners Help** Thu. 8pm; **Bounce Back** Mon. 6pm; **Closed Women's Step Study** Tue. 3:30pm; **East San Rafael Big Book** Mon. 7:30pm; **Mill Valley 7am** Wed. 7am; **Terra**

CONTRIBUTIONS

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

ONGOING MEMORIALS

Bob C.

ANNIVERSARIES

Happy Hour Ladies Night:
Daranne S. 23 years



Come celebrate
**Stonestown Group's
 34th Anniversary!**

February 19, 2007

1011 Garfield Street @ Junipero Serra Blvd.

Potluck 6:30pm

Speaker Meeting 8:00pm

Bob J. of South San Francisco



**Come enjoy food and
 fellowship!**

BRISBANE BREAKFAST BUNCH

250 Visitation Way, Community Center
 under Library, Brisbane, Sunday, 11AM

02/06 Speaker: Lena N. From: After Work—Daly City

02/13 Speaker: Shane H. From: They Don't Know Who
 We Are

02/20 Speaker: Tara S. From: Big Book Basics

02/27 Speaker: Scott H. From: Sunday Night Castro Disc.

7AM SPEAKER DISCUSSION

2118 Greenwich St. SF,
 Marina Dock, Thursday, 7AM

02/01 Speaker: Nicole

02/08 Speaker: Barbara C.

02/15 Speaker: Ted J.

02/22 Speaker: Mitsi H.

03/01 Speaker: Bill H.

TUESDAY DOWNTOWN

1101 O'Farrell St. Urban Life Center, SF, Tuesday 8PM

02/06 Speaker: Nkechi Sobriety Date: 03/26/02 From: 8:30AM Smokeless

02/13 Speaker: Chuck Sobriety Date: 09/08/85 From: Friendly Circle Beginners

02/20 Speaker: Lily S. Sobriety Date: 05/06/98 From: Washington Square

02/27 Speaker: Zack Sobriety Date: 03/31/01 From: Sunset 9'ers

FRIDAY NIGHT ALL GROUPS

1101 O'Farrell St. Urban Life Center, San Francisco,

Fridays 8:30 pm

02/02 Host Group: Too Early Speaker: Chris W.. From: Thursday Women's

02/09 Host Group: TBA Speaker: Charles M. From: Federal Speaker Group

02/16 Host Group: TBA Speaker: Paul H.. From: Monday Night Spiritual Principles

02/23 Host Group: TBA Speaker: Lynn L. From: Gratitude Group, Sausalito

The Trusted Servants Workshop Committee of the



Intercounty Fellowship of Alcoholics Anonymous
 serving San Francisco and Marin Counties

is pleased to present a

Three-Way Trusted Servants Workshop

**Come and hear three speakers, each sharing their experience, strength and hope on
 a different trusted servant position: secretary, treasurer and literature person.**

Learn how these vital roles interact and help your group carry the message.

Where: Central Office, 1821 Sacramento St, SF

When: Saturday, February 10th, 10am to 12 noon

Coffee and snacks will be provided. For more information call Patty M. at 415-923-9883 or Monika H. at 415-618-0426.

RELATIONSHIPS IN SOBRIETY

by Anonymous

One thing that we frequently hear about in sobriety are the relationships we'll have. During the end of my drinking, the only relationship I had was with the bottle. Sometimes there may have been a warm body involved as well, but it was never what I'd call a quality relationship.

The rooms of A.A. have taught me many things about relationships. One of the first things I heard over and over again is that, as alcoholics, we're incapable of having a true relationship with another human being. That was a real downer to me. I thought I'd find dates and a boyfriend in the meetings. Sobriety was fine, but I really wanted a boyfriend. My priorities were a little screwed up in those early days. I failed to realize that there is a process to life in recovery and that sobriety has to come before anything else can occur, including romantic relationships.

My mind was so fixated on having romance, or getting a certain type of love, that I didn't see the many other types of relationships that can happen in A.A. First of all, there is a relationship that can be forged with a sponsor. That was a wondrous thing for

After many months, I was able to actually trust another person with certain things I never said out loud before.

me. After many months, I was able to actually trust another person with certain things I never said out loud before. Another type of relationship for me is that of the fellowship of A.A. as a whole. It is amazing to me how warm and welcoming a group of strangers can be — especially when walking into a strange, new A.A. meeting for the first time. "Those people" can be nice and actually say things that I can understand and have experienced in my own life. The first time a speaker "told my story", it was an awe-inspiring moment. After awhile the group of drunks in A.A. became part of a family and I actually ended up liking many of them.

I guess the best relationship of all is that with a "Power greater than myself". I didn't know what that meant during those first many months of new sobriety. I had the willingness to learn and know, though. I kept listening and actually began taking what the others said in meetings seriously. Soon after, the Third and Eleventh Steps made sense and became part of my daily practice. The interesting thing about having a relationship with a "Power greater than myself" is that it also is a relationship with myself. I didn't know how to have a relationship with myself before and there are times when I still don't.

As with many things in my life, I have learned that a relationship in A.A. can mean many other things than what my sometimes narrow mind sees. I can actually have real friendships and conversations with people I truly care about. I don't have to try so hard to get people to like me and it doesn't really matter if they don't. Relationships take on many shapes and sizes in A.A. and I truly grateful that I am able to experience them. Now, about that boyfriend...

("R.E.L.A.T.I.O.N.S.H.I.P.," continued from page 1)
condition of my liver until I was ready to make an attempt at sobriety.

It was exactly that: an attempt. I stayed sober for three months. Then I fell in love again, with a good man who just didn't understand alcoholism - and neither did I. "Sobriety hangs in peril" when you feel warm and fuzzy and safe. One perfect evening over Italian food he said: "You have been so good all this time, you can have a glass of wine." Two years later, he barked: "I

can't believe you're sloshed again" and walked out. I don't blame him. The truth was I had only wanted to get sober because I thought it would increase my chances to have a love life. Only when I got sick again, and near-fatal this time, I realized that without sobriety, I would not have a life at all.

So I committed to sobriety. And to A.A. And to all those cheesy one-liners. I committed to making coffee and setting up chairs and being a secretary. I committed to unerotic things like paying

bills and cleaning house. I committed to unexciting stuff like going to bed and getting up early. I committed to a new job and to staying out of bars and bath-houses. And one day, while I was in the middle of some boring commitment, I met a man. And since sobriety had taught me little more than how to commit, I committed to him. And to his daughter, and to his cat. We have been trudging the road to happy destiny together ever since, bumps and all. Sounds like a fairytale ending? Absolutely. If only Diana could see me now.

Dear Alky...



I was in a quasi-romantic/friendship relationship with a fellow A.A. for several years. Due to out-of-control ego on both our parts, we are now hardly speaking. We have tried to work it out but to no avail. The problem is we see each other at meetings all the time and I find it very difficult to even be polite to this individual. I've spoken with my sponsor but he's probably more dysfunctional with relationships than I am. Very few of our mutual A.A.s know what's happening so it's quite awkward. Any suggestions other than the cold shoulder or the heartless snub?

A.A. Campus Gone Awry

Dear Awry:

I'm terribly sorry to hear that your relationship has gone so very sour. Alky has heard that romantic relationships are like fertilizer for character defects, and it's often been true in my experience. That said, the solution is not to avoid dealing with the discomfort that can arise from this part of sober living but to do your A.A. work around it and get through the uncomfortable feelings. How? Simple (but not easy)! Use the steps! I'd recommend doing a full set of steps around the situation. If your sponsor is as "dysfunctional" in this area as you say, listen up for other A.A.s who seem to demonstrate a maturity and functionality around romance that you'd like to have for yourself. And ask one of these if he (or she) would be willing to act as your relationship sponsor on a temporary basis. Whether you

do go through all of the steps formally with this person or simply talk to him about his own experiences of relationships in the program, having a trustworthy person upon whom you can model your actions can be very valuable.

Another possibility would be to look into the Al-Anon program, which has provided a great deal of relief in the relationship department to many alcoholics that I know.

In the meantime, if you really cannot be civil to this person, perhaps you ought to try varying your meeting attendance a bit and give the both of you an opportunity to get over the initial "sting" of your falling out.

Best of luck!

Alky



"We are people who normally would not mix."

This premise of A.A., expressed in the beginning of our book *Alcoholics Anonymous*, pg. 17, has always been a fundamental principle on which our Fellowship is based. It states that we are all very different and very diverse, but equally committed to averting the "common peril" that threatens us all. It says that even though on a superficial level we may appear different, on a spiritual basis we are equal.

So why then do racism, sexism, homophobia and countless other thoughtless prejudices sometimes rear their ugly

heads in meetings of Alcoholics Anonymous? The answer may lie in spiritual immaturity.

Recently, on two occasions, at a large meeting here in San Francisco (of all places) I overheard homophobic comments bandied about in the same way that some folks used to use racial epithets. What was surprising was that the individuals involved had no compunction whatsoever about what they said.... Until I called them on it. By then I was so upset that had I been a newcomer I might never have returned

to the meeting or even to A.A. That, my friends, is the crux of the matter.

Whenever, by any word or action, I prevent someone from receiving "that which has been so freely given" (*Alcoholics Anonymous* pg. 19) I imperil my own sobriety and harm others. This is the antithesis of Step Twelve and sets in motion negative psycho-spiritual forces that will rebound. We must "practice these principles in all our affairs" or risk losing our hearts, our minds and our lives.

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 TWO

By Jon H.

"Came to believe that a Power greater than ourselves could restore us to sanity"

I had taken Step One, admitting my lack of power and the negative impacts on my life—both internally and externally. I had admitted that, left to my own way of managing my life, "I can't."

The first time around, I skipped over Step Two. Today this step represents to me a sense of relief, a practice of open-mindedness, and a launching point into a new life. It says, "He can."

First, came relief. When I realized there could be a divine presence out there watching over me, and when I was given the liberty to identify that Higher Power, I was relieved to know that I had been protected during all of my drinking blackouts. Would he now watch over me to make sure I would not drink? Could I take a leap of faith, that by relying on His presence alone I would not drink? Obviously not without my conscious cooperation. I would continue to attend meetings, meet newcomers, honor service commitments and try to learn the value of reaching out to others. Proof of a Higher Power was shown to me by His help in dealing with situations that used to baffle me. I became relieved to feel the Presence with me, knowing I was not alone. I was relieved to get through another day knowing where I parked my car and left my wallet. A firm foundation was under construction.

Second comes a practice of open-mindedness. Was I willing to believe that there was a Power greater than myself? For me, this was simple. I needed to ask for His help. I needed to be open-minded in my desperation. Contrary behavior would impede any progress. So I prayed each morning for selfish things like asking Him to make sure I would not drink or behave in sneaky ways. Then things started happening. Good things. I could feel them. I could smell them. I was alive. And then I prayed to my undefined Higher Power that I not sabotage these new paths of freedom. I will continue to look to open-mindedness as a key.

Third, launching us into our new lives. I keep coming to meetings and praying for God's will on a daily basis. How can I help someone? How can I look for someone to help? Through his will, not mine. His will wants me to look around and be present in the moment. My will is thinking about the rotten drivers on I-280 and what am I doing for Halloween (of '09) and how much I can't stand the morning radio show. His will is my new life.

Today, a sober life to me begins with being connected. Faith is a work in progress for me now. My life is one of reliance on a Higher Power, being fed by my sober actions, and in passing it on to newcomers.

(Continued on page 11)

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

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RECORDING SECRETARY

Chris T. 415.261.2522

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12th STEP COMMITTEE

Victor V. 415.726.0518

ARCHIVES COMMITTEE

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ORIENTATION COMMITTEE

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THE POINT

Victor V. 415.726.0518

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Pene P. 415.200.6261

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WEBSITE COMMITTEE

Dan Z. 415.665.5166

SF TELESERVICE COMMITTEE

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SF PI/CPC COMMITTEE

Jill H. picpc@aasf.org



TRADITION Two *by Cami W.*

“For our group purpose there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.”

As I reflect on Tradition Two, the words “Trusted Servant” jump out to me as the key to the long term growth and success of Alcoholics Anonymous. As the Twelve and Twelve eloquently points out, the group conscience is the true voice of A.A. and our trusted servants, “do not drive by mandate; they lead by example.”

Thus, trusted service is one of the secret A.A. weapons that allow us to keep our egos in check. Whenever important decisions need to be made, those who practice A.A. principles in and out of the rooms learn to approach every situation from a place of trusted service, asking ourselves, “How can I best be of service to God and my fellows?”

This was a revolutionary idea for me when I first came to A.A. I can honestly say that prior to my entry into recovery, 99.9% of my decisions were made from a place of self-service. I was the center of the universe and everything revolved around me. If decisions needed to be made, every solution was based on my needs often at the expense of others.

My entry into life as a trusted servant began during my first six months of sobriety when I served as a set up person at my then home group. The lack of glamour and prestige that came with this position was exactly what my over-

inflated ego needed. I showed up early, moved tables and chairs around and my job was done before anyone else arrived to witness my brilliance.

Over the years I did service by showing up at meetings, sharing at group level, talking to others and helping with tasks such as set up and clean up. When my first year passed I also began serving the group as an occasional speaker, telling my story in the standard format: What I was like before sobriety, what happened that brought me to A.A. and what I’m like now in recovery.

About a year into sobriety, I took a post on The Point committee and served our local Central Office by helping get the newsletter out. This was a fantastic commitment that I really enjoyed and learned a great deal from—especially about working with others as a sober person in recovery.

Now, at four years sober, I’m finding that my life outside of the rooms of A.A. is also about being of service to others. I’m currently in the process of changing my career so I can be in a more service-oriented profession.

I have A.A. and specifically my experience practicing Tradition Two to thank for these exciting changes. I can’t wait to experience the next steps in my life as a trusted servant.



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

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 Two

by Liz B.

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society on its world affairs.

I was having dinner with a friend who has been a General Service Representative for several years. As she talked about how much she enjoyed that service commitment, I found myself getting mildly annoyed.

"It's not my thing," I said flatly, hoping to change the subject.

"Oh, have you been a GSR?" she asked.

"No," I replied, "but I was an Intergroup Representative for a year and I hated it."

"Oh, that's too bad," she said. "I liked Intergroup myself. But you know, Intergroup is not General Service. Intergroup serves the local A.A. groups but it is not part of A.A.'s decision-making structure."

"Yeah, well, it's just not my thing," I repeated.

She graciously let it go and we went on to have a lovely dinner, but my jumpy reaction to the mere mention of General Service secretly bothered me for the rest of the evening. Why was I so uptight about it? What was I afraid of?

Apparently I had decided, without benefit of experience or evidence, that our General Service Conference was a group of power-mad control freaks trying to ruin the simplicity of my beloved program (and tell me what to do).

Nothing, however, could be farther from the truth.

The local groups – you and I – are the ultimate authority in Alcoholics Anonymous. Concept One guarantees us the final say. But we couldn't possibly do the actual day-to-day work of managing A.A.'s many world services, so we delegate that work to a smaller group of people whom we have chosen to speak and act on our behalf: the General Service Conference.

Whenever there is a decision that could affect A.A. as a whole, each A.A. group takes a group conscience, then sends its General Service Representative, or GSR, to make its voice heard at district meetings, area assemblies, and eventually (through delegates) at the General Service Conference. The Conference links local groups around the world, so it can serve as the official voice of Alcoholics Anonymous – about world service matters only.

The General Service Conference does not decide how we should run our meetings or sponsor people or carry out our program of recovery. We are fully protected against that sort of invasion of autonomy by our Fourth Tradition. The conference makes sure that any change in A.A. happens only because the vast majority of members want or need it.

As Bernard B. Smith, former chairperson of the board of trustees, said in 1954, we need the General Service

(Continued on page 18)

... AND ROMANCES!

by Anonymous

So you're a sober alcoholic and your girlfriend drinks. What to do? Be angry or sad? How is that going to help you? It will, but only if you do some work. I found that my home group was a savior and that active step and serenity work was going to be it.

The first thing my sponsor told me to do was take care of my self—I can't be of any use to anyone if I follow her path. That meant that I was to do 90 in 90 again. When I first told him that I thought she was going to go out he asked me to share WITHOUT talking negatively about her or any one else. In this way I might possibly be of service while also helping myself.

After we split up I was only to see her as if I was going on a 12th step call – NOT ALONE. I was to only go to our old house with another sober alcoholic. This became very real to me when I was at my old house and she was drunk and wanted me to drink with her, something we had done years before we dated. It was one of the times that some else's relapse nearly pulled me

*In this way I
might possibly be
of service while
also helping
myself.*

under. Going to slippery places to meet with her was also out of the question. One of our last girlfriend to boyfriend talks was at a bar near her work that time that I DID order a drink. Only thru the grace of GOD did I not drink. A sober friend called me while I sat there waiting for her, looking at a drink. Serendipity happens.

I also had to realize that I AM NOT HER SPONSOR and that I can't manage hers or anyone else's sobriety. It was a real lesson in the First Step— my life is unmanageable and I am definitely powerless over booze and how it

affects my life and others. I am able to have ideas about others and what they should do but I must remember they are only ideas . I can only be the hand of A.A. and she should talk not to me but another female A.A. member. Her sponsor or female friends in A.A. are there, it is up to her to use them not for me to rule hers or anyone's world, life or sobriety.

The last thing I was told to do and probably the best was to help others. I went out and got sponsees and shared with them my experience with getting sober and what I do to stay sober. Whether it is in my head and crazy or with serenity and grace I will only survive by being of service. It has been my sponsees that really saved my hide they call with their problems and drama and I for a time don't think about myself. That is the grace of god that I have always wanted to be free from internal dwelling of the mind.

I am just an alcoholic that has the desire to stay sober and I will go to the ends of the world or stay here for that.

(Recovery: Step Two, Continued from page 8)

I need no more proof of a Higher Power, not one iota. Today I need not be concerned with the hair color of my God, but how I can show love to Him in return.

This is why, while I feel like I skipped over this Step the first time around, he did not skip out on me. He never has, and never will so long as I look for Him and work for Him. We came, we came to, we came to believe. Here's to the Broad Highway!

Recent Deaths

Bruce G.

Eric S.

Katherine M.

Suzin W.

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.

GROUP CONTRIBUTIONS

NOVEMBER

2006

Name	Nov. 2006	YTD	Name	Nov. 2006	YTD
Fellowship			<i>Just Can't Wait 'til 8 M 630pm</i>		126.50
<i>Brisbane Breakfast Bunch</i>	54.00	316.00	<i>Keepin' It Real Th 6pm</i>		180.00
<i>Contribution Box</i>	100.08	607.83	<i>Living in the Solution F 6pm</i>		492.66
<i>Deer Park Discovery Group</i>		80.00	<i>Marin City Groups 5D 630pm</i>		434.50
<i>Gay & Lesbian Newcomers</i>		21.75	<i>Marin Newcomers M 830pm</i>		331.86
<i>Gay Newcomers Group</i>		19.71	<i>Mill Valley 7D 7am</i>		1,760.29
<i>IFB</i>	79.30	906.51	<i>Mill Valley Discussion W 830pm</i>		22.72
<i>Marin Teleservice</i>	1,116.99	2,464.86	<i>Monday Blues M 630pm</i>	233.00	694.71
<i>Men's Forum Tu</i>		1,000.00	<i>Monday Night Stag (Tiburon) 8pm</i>	842.58	1,781.39
<i>SEC Anonymous Prom</i>		117.00	<i>Monday Night Women's M 8pm</i>		103.42
<i>Spirit of San Francisco</i>	3,063.26	3,063.26	<i>Monday Nooners M 12pm</i>		180.00
<i>The Chosen Ones</i>		40.00	<i>More Will Be Revealed F 12pm</i>		130.00
<i>Traditions Workshop</i>	120.00	120.00	<i>Nativity Monday Night Big Book M 8pm</i>		300.00
<i>Unidentified Group</i>	252.31	3,629.88	<i>Newcomers Step M 730pm</i>		117.60
Total Fellowship	\$ 4,785.94	\$ 12,386.80	<i>Noon Tu 12pm</i>		193.50
Marin Group Contributions			<i>Noon Hope F 12pm</i>	104.00	311.50
<i>12 & 12 Study Sa 815am</i>		172.67	<i>North Marin Speaker Sun 12pm</i>	120.00	270.00
<i>7am Grab Bag M 7am</i>		40.00	<i>On Awakening 7D 530am</i>		210.00
<i>7am Urgent Care Group 7D 7am</i>		400.00	<i>Pathfinders Tu 12pm</i>		68.37
<i>A Vision for You (Fairfax) Su 730pm</i>		170.00	<i>Primary Purpose W 830pm</i>		300.00
<i>Attitude Adjustment 7D 7am</i>		2,341.22	<i>Quitting Time MWF 530pm</i>	100.00	100.00
<i>Awakenings</i>		186.00	<i>Refugee Th 12pm</i>		30.00
<i>Awareness/Acceptance M 1030am</i>		360.00	<i>Reveille 7D 7pm</i>	100.00	500.00
<i>Beginner's Help Th 8pm</i>		60.00	<i>Rise N Shine Sun 10am</i>	141.00	372.94
<i>Beginners & Closed Tu 7pm & 830pm</i>		1,279.59	<i>San Geronimo Valley M 8pm</i>		115.00
<i>Beginners Tu 7pm</i>		156.00	<i>Saturday Night Sa 830pm</i>		60.00
<i>Beginners W 7pm</i>		836.09	<i>Saturday Serenity Sa 8pm</i>		65.50
<i>Blackie's Pasture Sa 830pm</i>		708.75	<i>Serendipity Sa 11am</i>		182.50
<i>Bounce Back M 6pm</i>		240.00	<i>Sisters In Sobriety Th 730pm (M)</i>		150.00
<i>Caledonia Sun 8pm</i>		530.56	<i>Six O'Clock Sunset Th 6pm</i>		365.16
<i>Closed Women Step Study Tu 330pm</i>		250.00	<i>Spiritual Testost. Sun Men's Stag Su 830a</i>	350.00	600.00
<i>Creekside New Growth Sun 7pm</i>		268.50	<i>Sober & Serene F 7pm</i>		600.00
<i>Crossroads Sun 12pm</i>	367.50	1,442.50	<i>Steps to Freedom M 730pm</i>		390.21
<i>Downtown Mill Valley F 830pm</i>		168.40	<i>Steps To The Solution W 715pm</i>		115.00
<i>Experience, Strength & Hope(Marin) Sa 6pm</i>		183.00	<i>Streetfighters Sa 9am</i>		46.80
<i>Fairfax Friday Night F 830pm</i>	90.55	190.55	<i>Stinson Beach Fellowship Th 8pm</i>		250.00
<i>Freedom Finders F 830pm</i>		830.00	<i>Sunday Express Sun 6pm</i>		200.00
<i>Friday Night Book F 830pm</i>		24.00	<i>Sunday Friendship Sun 7pm</i>		120.00
<i>Girls Night Out W 815pm</i>		10.65	<i>Sunday Night Corte Madera Sun 8pm</i>		1,122.50
<i>Greenfield Newcomers Sun 7pm</i>		152.00	<i>Survivors M 12pm</i>		138.00
<i>Gratitude M 2pm</i>		20.00	<i>T. G. I'm Sober M 6pm</i>		78.77
<i>Happy Destiny F 7pm</i>	115.56	115.56	<i>T.G.I.F. F 6pm</i>		561.77
<i>Happy Hour (Marin) Th 6pm</i>		183.00	<i>T. G. I. Tuesday 6pm</i>		140.99
<i>Happy, Joyous & Free 5D 12pm</i>		200.00	<i>Terra Linda Group Th 830pm</i>		1,347.89
<i>Hillside Candlelight F 830pm</i>	121.00	221.00	<i>Terra Linda Thursday Men's Stag Th 8pm</i>		350.87
<i>Intimate Feelings Sa 10am</i>	57.71	313.50	<i>The Barnyard Group Sa 4pm</i>	138.00	508.54
<i>Inverness Sunday Serenity Su 10am</i>	115.00	215.00	<i>The Fearless Searchers F 8pm</i>		185.52
<i>Island Group Th 8pm</i>		406.58	<i>There is a Solution Tu 6pm</i>		270.49
			<i>Three Step Group Sa 530pm</i>		500.00

GROUP

NOVEMBER

CONTRIBUTIONS, CON'T...

2006

<i>Name</i>	<i>Nov. 2006</i>	<i>YTD</i>	<i>Name</i>	<i>Nov. 2006</i>	<i>YTD</i>
<i>Thurs. Night Speaker, MV</i>		<i>1,277.00</i>	<i>Come N Get It F 630pm</i>		<i>77.45</i>
<i>Tuesday Chip Meeting Tu 8pm</i>		<i>550.00</i>	<i>Common Welfare Th 8pm</i>		<i>32.20</i>
<i>Tiburon Haven Sun 12pm</i>		<i>960.39</i>	<i>Courtside Tu 1215pm</i>		<i>234.60</i>
<i>We, Us and Ours M 650pm</i>		<i>189.50</i>	<i>Cow Hollow Men's Group</i>		<i>240.90</i>
<i>Wednesday Noon W 12pm</i>		<i>383.00</i>	<i>Creative Alcoholics M 6pm</i>		<i>11.11</i>
<i>What's It All About F 12pm</i>		<i>143.50</i>	<i>Crocker Park Sa 4pm</i>		<i>19.00</i>
<i>Women's Big Book Tu 1030am</i>		<i>304.17</i>	<i>Design for Living Sat 8am</i>		<i>387.95</i>
<i>Women's Step Study Group M 12pm</i>		<i>120.00</i>	<i>Diamond Heights Tu 830pm</i>		<i>400.00</i>
<i>Women For Women W 12pm</i>		<i>50.00</i>	<i>Each Day a New Beginning F 7am</i>		<i>1,737.53</i>
<i>Women on Monday M 7pm</i>		<i>211.84</i>	<i>Each Day A New Beginning Su 8am</i>		<i>681.52</i>
<i>Working Dogs W 1205pm</i>		<i>550.00</i>	<i>Each Day a New Beginning M 7am</i>		<i>399.62</i>
<i>Total Marin Group Contributions</i>	<i>\$ 2,995.90</i>	<i>\$ 34,891.99</i>	<i>Each Day a New Beginning Th 7am</i>		<i>675.83</i>
<i>SF Group Contributions</i>			<i>Each Day a New Beginning Tu 7am</i>		<i>796.48</i>
<i>515pm Smokeless F</i>		<i>132.03</i>	<i>Each Day a New Beginning W 7am</i>		<i>1,020.73</i>
<i>6am Marina Dock Sa</i>		<i>174.60</i>	<i>Early Joyous & Free Th 7am</i>		<i>120.00</i>
<i>7AM As Bill Sees It Fri</i>		<i>75.00</i>	<i>Easy Does It Tu 6pm</i>		<i>230.00</i>
<i>7am Grab Bag M 7am</i>		<i>110.10</i>	<i>Early Start F 6pm</i>		<i>1,318.32</i>
<i>7am Living Sober W 7am</i>		<i>37.00</i>	<i>Embarcadero Group 5D 1210pm</i>		<i>1,787.58</i>
<i>7am Speaker Discussion Th 7am</i>		<i>193.66</i>	<i>Endless Summer F 830pm</i>		<i>26.00</i>
<i>830am Smokeless Th</i>		<i>64.43</i>	<i>Epiphany Group Th 8pm</i>		<i>35.00</i>
<i>830am Smokeless Tu</i>		<i>228.00</i>	<i>Eureka Step Tu 6pm</i>		<i>113.00</i>
<i>A is for Alcohol Tu 6pm</i>		<i>163.29</i>	<i>Eureka Valley Topic M 6pm</i>		<i>827.70</i>
<i>A Vision for You (SF) Su 630pm</i>		<i>115.00</i>	<i>Excelsior Free for All Sa 8pm</i>		<i>28.75</i>
<i>AA As You Like It Tu 530pm</i>		<i>59.10</i>	<i>Experience, Strength & Hope W 715pm</i>	<i>42.37</i>	<i>65.50</i>
<i>AA Step Study Su 6pm</i>		<i>541.51</i>	<i>Federal Speaker Su 12pm</i>		<i>427.57</i>
<i>Afro American Beginners Sat 8pm</i>		<i>206.90</i>	<i>Fell Street Step Su 8pm</i>		<i>61.53</i>
<i>Afro American F 8pm</i>		<i>162.85</i>	<i>Firefighters & Friends Tu 10am</i>	<i>100.00</i>	<i>100.00</i>
<i>All Together Now Th 8pm</i>	<i>40.80</i>	<i>761.15</i>	<i>Fireside Chat Sa 9pm</i>		<i>180.00</i>
<i>Amazing Grace M 7pm</i>		<i>50.00</i>	<i>Fireside Chat Th 8pm</i>		<i>213.28</i>
<i>Any Lengths Sat 930am</i>		<i>1,337.82</i>	<i>Fireside Chat Tu 8pm</i>		<i>81.28</i>
<i>Artists & Writers F 630pm</i>	<i>200.00</i>	<i>380.00</i>	<i>Founders' Group Sa 5pm</i>		<i>28.20</i>
<i>As Bill CCs It Sun 8am</i>		<i>80.55</i>	<i>Four Forty Niners F 8pm</i>		<i>225.20</i>
<i>As Bill Sees It Sat 8pm</i>		<i>35.53</i>	<i>Friday All Groups F 830pm</i>		<i>3,045.69</i>
<i>As Bill Sees It Tu 1210pm</i>	<i>133.95</i>	<i>133.95</i>	<i>Friday Knights Th 730am</i>		<i>50.00</i>
<i>As Bill Sees It Th 830pm</i>		<i>680.40</i>	<i>Friday Lunchtime Step F 12pm</i>	<i>180.00</i>	<i>320.00</i>
<i>Ass in a Bag Th 830pm</i>		<i>140.92</i>	<i>Friday Night Women's Meeting F 730pm</i>	<i>22.60</i>	<i>22.60</i>
<i>Beginner Big Book Step Th 630pm</i>		<i>25.00</i>	<i>Friday Night Special F 8pm</i>		<i>14.00</i>
<i>Be Still AA Su 11am</i>		<i>120.84</i>	<i>Friday Smokeless F 830pm</i>		<i>47.40</i>
<i>Beach Meeting\Meditation Sa 930am</i>		<i>92.05</i>	<i>Friendly Circle Su 830pm</i>		<i>968.34</i>
<i>Beginners' Step Study Sat 630pm</i>		<i>86.05</i>	<i>Gold Mine Group M 8pm</i>	<i>300.00</i>	<i>594.92</i>
<i>Bernal Big Book Sat 5pm</i>	<i>112.69</i>	<i>796.66</i>	<i>Goodlands Su 2pm</i>		<i>88.98</i>
<i>Bernal New Day 7D</i>	<i>200.00</i>	<i>900.00</i>	<i>Haight Street Explorers Th 630pm</i>		<i>104.40</i>
<i>Big Book Basics F 8pm</i>		<i>661.08</i>	<i>Happy Destiny Sa 630pm</i>	<i>37.17</i>	<i>87.19</i>
<i>Big Book Study Su 1130am</i>		<i>431.16</i>	<i>Happy Hour Ladies Night F 530pm</i>	<i>182.28</i>	<i>597.30</i>
<i>Birthday Party Sharing Our Sob. Sat 7pm</i>		<i>136.43</i>	<i>High Noon Friday 1215pm</i>		<i>699.87</i>
<i>Blue Book Special Su 11am</i>		<i>36.88</i>	<i>High Noon Monday 1215pm</i>		<i>896.75</i>
<i>Boys Night Out Tu 730pm</i>		<i>21.00</i>	<i>High Noon Saturday 1215pm</i>	<i>172.35</i>	<i>285.47</i>
<i>Brokers Open Book Tu 130pm</i>		<i>276.00</i>	<i>High Noon Thursday 1215pm</i>		<i>688.72</i>
<i>Castro Discussion (Show Of Shows) W 8pm</i>		<i>711.38</i>	<i>High Noon Tuesday 1215pm</i>		<i>701.73</i>
<i>Castro Monday Big Book M 8pm</i>		<i>77.86</i>	<i>High Noon Wednesday 1215pm</i>		<i>356.71</i>
<i>Chips Ahoy Tu 12pm</i>		<i>88.00</i>	<i>High Sobriety M 8pm</i>		<i>404.22</i>
<i>Cocoanuts Su 9am</i>	<i>259.20</i>	<i>440.20</i>	<i>High Steppers W 7pm</i>		<i>135.98</i>
			<i>Hilldwellers M 8pm</i>	<i>129.00</i>	<i>508.66</i>

GROUP

NOVEMBER

CONTRIBUTIONS, CON'T...

2006

<i>Name</i>	<i>Nov. 2006</i>	<i>YTD</i>	<i>Name</i>	<i>Nov. 2006</i>	<i>YTD</i>
<i>Home Group Sat 830pm</i>		<i>391.80</i>	<i>Saturday Night Regroup Sat 730pm</i>	<i>288.87</i>	<i>630.51</i>
<i>Home Step Group</i>		<i>103.52</i>	<i>Seacliff Th 830pm</i>		<i>151.70</i>
<i>Hoodlum Haven F 8pm</i>		<i>760.00</i>	<i>Serenity House</i>		<i>500.00</i>
<i>Hot Java F 12am</i>		<i>90.00</i>	<i>Serenity Seekers M 730pm</i>		<i>1,682.40</i>
<i>How It Works Sat 2pm</i>	<i>45.82</i>	<i>150.15</i>	<i>Sesame Step Tu 730pm</i>	<i>100.76</i>	<i>778.14</i>
<i>Huntington Square W 630pm</i>		<i>1,042.86</i>	<i>SFPOA Th 7pm</i>		<i>210.00</i>
<i>Ingleside Beginners Su 5pm</i>		<i>22.85</i>	<i>Sinbar Su 830pm</i>		<i>117.80</i>
<i>Join the Tribe Tu 7pm</i>		<i>462.00</i>	<i>Sisters Circle Su 6pm</i>		<i>781.66</i>
<i>Joys of Recovery Tu 8pm</i>		<i>122.40</i>	<i>Sisters In Sobriety M 7pm (SF)</i>		<i>25.00</i>
<i>Just Alkies F 7pm</i>		<i>42.00</i>	<i>Sober & Centered F 7pm</i>		<i>255.49</i>
<i>Keep Coming Back Sa 11am</i>		<i>1,770.33</i>	<i>Sober Across the Board M-Sa 830am</i>	<i>20.00</i>	<i>210.00</i>
<i>Keep It Simple Sat 830pm</i>	<i>340.51</i>	<i>433.83</i>	<i>Sometimes Slowly Sa 11am</i>	<i>137.94</i>	<i>318.18</i>
<i>Last Call Su 10pm</i>		<i>183.40</i>	<i>Sought to Improve Th 730pm</i>		<i>97.41</i>
<i>Light Steppers Su 7pm</i>		<i>220.00</i>	<i>Step Talk Su 830am</i>	<i>204.00</i>	<i>1,251.95</i>
<i>Like A Prayer Su 4pm</i>		<i>153.26</i>	<i>Steppin' Up Tu 630pm</i>		<i>111.51</i>
<i>Lincoln Park Sat 830pm</i>	<i>220.20</i>	<i>220.20</i>	<i>Stepping Out Sat 6pm</i>	<i>116.40</i>	<i>149.17</i>
<i>Live and Let Live Su 8pm</i>		<i>90.85</i>	<i>Stepping Stone Step Study M 7pm</i>		<i>375.00</i>
<i>Living Sober W 8pm</i>		<i>208.80</i>	<i>Steppin' Up Tu 630pm</i>		<i>180.60</i>
<i>Living Sober with HIV W 6pm</i>	<i>223.80</i>	<i>511.76</i>	<i>Stonestown M 8pm</i>		<i>151.20</i>
<i>Luke's Group W 8pm</i>	<i>36.00</i>	<i>166.80</i>	<i>Straight Jackets Th 9am</i>	<i>41.31</i>	<i>230.34</i>
<i>Lunch Bunch Th 12pm</i>		<i>120.00</i>	<i>Sunday Bookworms Sun 730pm</i>		<i>120.00</i>
<i>Lush Lounge Sa 2pm</i>		<i>330.84</i>	<i>Sunday Morning Gay Men's Stag Su 1030am</i>		<i>1,233.59</i>
<i>Marina Discussion F 830pm</i>		<i>1,685.18</i>	<i>Sunday Night Castro Speaker Disc Su 730pm</i>		<i>1,368.62</i>
<i>Meeting Place Noon F 12pm</i>		<i>226.26</i>	<i>Sunday Rap Sun 8pm</i>		<i>81.00</i>
<i>Men's Gentle Touch M 7pm</i>	<i>214.37</i>	<i>394.37</i>	<i>Sundown Steps Th 630pm</i>		<i>261.63</i>
<i>Mid-Morning Support Su 1030am</i>	<i>212.46</i>	<i>1,089.96</i>	<i>Sundown W 7pm</i>		<i>503.33</i>
<i>Midnight Meditation Sat 12am</i>		<i>125.00</i>	<i>Sunrise Sunset Women's Step Th 545pm</i>		<i>109.20</i>
<i>Miracles Off 24th St W 730pm</i>		<i>327.77</i>	<i>Sunset 11'ers F</i>		<i>50.00</i>
<i>Mission Fellowship</i>		<i>259.73</i>	<i>Sunset 11'ers M</i>	<i>55.00</i>	<i>55.00</i>
<i>Mission Terrace W 8pm</i>		<i>222.55</i>	<i>Sunset 11'ers Su</i>		<i>160.47</i>
<i>Monday Beginners M 8pm</i>	<i>230.07</i>	<i>925.41</i>	<i>Sunset 11'ers Tu</i>		<i>87.00</i>
<i>Monday Monday M 1215pm</i>		<i>348.75</i>	<i>Sunset 11'ers W</i>		<i>20.00</i>
<i>New Friday Big Book F 12pm</i>	<i>19.20</i>	<i>19.20</i>	<i>Sunset 9'ers F</i>	<i>101.18</i>	<i>459.98</i>
<i>New Highs W 130pm</i>		<i>70.80</i>	<i>Sunset 9'ers M</i>		<i>222.37</i>
<i>New Hope Big Book M 630pm</i>		<i>94.69</i>	<i>Sunset 9'ers Sa</i>		<i>381.01</i>
<i>New Life W 7pm</i>		<i>128.25</i>	<i>Sunset 9'ers Su</i>		<i>234.00</i>
<i>Newcomers Tu 8pm</i>		<i>97.02</i>	<i>Sunset 9'ers Th</i>		<i>126.38</i>
<i>Newcomers Group Tu 7pm</i>		<i>264.50</i>	<i>Sunset 9'ers Tu</i>		<i>213.68</i>
<i>No Gurus Meditation Su 7pm</i>		<i>130.40</i>	<i>Sunset 9'ers W</i>		<i>196.09</i>
<i>No Reservation M 12pm</i>		<i>120.15</i>	<i>Sunset Sobriety Th 730pm</i>		<i>278.00</i>
<i>One Liners Th 830pm</i>		<i>1,081.23</i>	<i>Sunset Speaker Step Sun 730pm</i>	<i>240.47</i>	<i>431.15</i>
<i>Parkside Th 830pm</i>		<i>228.30</i>	<i>Surf Tu 8pm</i>		<i>325.00</i>
<i>Park Presidio M 830pm</i>		<i>273.00</i>	<i>Sutter Street Beginners Sat 6pm</i>		<i>545.85</i>
<i>Pax West M 12pm</i>		<i>1,025.88</i>	<i>Ten Years After Su 6pm</i>		<i>1,346.43</i>
<i>Pax West Th 12pm</i>		<i>184.04</i>	<i>The 24 Hour Plan M 7am</i>		<i>112.80</i>
<i>Pure & Simple Su 6pm</i>		<i>35.37</i>	<i>The Drive Thru W 1215pm</i>	<i>115.11</i>	<i>977.21</i>
<i>Rebound W 830pm</i>		<i>380.80</i>	<i>The Parent Trap M 1230pm</i>		<i>272.59</i>
<i>Red Road Healing Circle Th 6pm</i>		<i>101.71</i>	<i>The Pepper Group F 12pm</i>		<i>72.00</i>
<i>Rose Garden Big Book Th 1205pm</i>	<i>25.25</i>	<i>25.25</i>	<i>They Don't Know Who We Are Sat 7pm</i>		<i>180.00</i>
<i>Rule 62 W 10pm</i>		<i>468.55</i>	<i>They Stopped In Time M 8pm</i>	<i>219.91</i>	<i>350.89</i>
<i>Saturday Afternoon Meditation Sat 5pm</i>		<i>160.20</i>	<i>Thursday Night Women's Th 630pm</i>		<i>606.00</i>
<i>Saturday Easy Does It Sa 12pm</i>		<i>841.59</i>	<i>Too Early Sat 8am</i>		<i>312.05</i>
<i>Saturday Matinee 2pm</i>		<i>60.00</i>	<i>Transrecovery F 630pm</i>		<i>9.40</i>

GROUP

NOVEMBER

CONTRIBUTIONS, CON'T...

<i>Name</i>	<i>Nov. 2006</i>	<i>YTD</i>	<i>Name</i>	<i>Nov. 2006</i>	<i>YTD</i>
<i>Tuesday Big Book Study Tu 6pm</i>		<i>132.00</i>	<i>West Portal W 915pm</i>		<i>180.84</i>
<i>Tuesday's Daily Reflections Tu 7am</i>	<i>393.61</i>	<i>546.97</i>	<i>Wits End Step Study Tu 8pm</i>		<i>106.74</i>
<i>Tuesday Downtown Tu 8pm</i>		<i>821.80</i>	<i>Women Living Sober Sa 1030am</i>		<i>79.89</i>
<i>Unconditional Surrender F 10am</i>		<i>31.00</i>	<i>Women's 10 Years Plus Th 615pm</i>		<i>341.83</i>
<i>Valencia Smokefree F 6pm</i>	<i>84.46</i>	<i>741.90</i>	<i>Women's Kitchen Table Group Tu 630pm</i>	<i>200.00</i>	<i>529.51</i>
<i>Walk of Shame W 8pm</i>		<i>120.00</i>	<i>Women's Promises F 7pm</i>		<i>78.85</i>
<i>Washington Square M 7pm</i>		<i>95.85</i>	<i>Work In Progress Sat 7pm</i>		<i>197.94</i>
<i>Waterfront Sun 8pm</i>	<i>320.93</i>	<i>1,156.89</i>	<i>YAHOO Step Sa 11am</i>		<i>35.00</i>
<i>We Care Tu 12pm</i>		<i>484.28</i>	<i>Total SF Group Contributions</i>	<i>\$ 6,320.04</i>	<i>\$ 78,732.77</i>
<i>Wednesday Women's Big Book W 615pm</i>		<i>180.00</i>	<i>TOTAL</i>	<i>\$ 14,101.88</i>	<i>\$ 126,011.56</i>

2006

GRATITUDE MONTH

CONTRIBUTIONS

NOVEMBER 2006

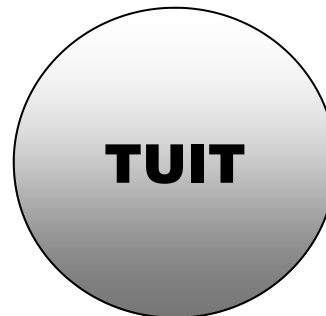
Marin	
Gratitude Month	
<i>Inverness Sunday Serenity Su 10am</i>	<i>39.00</i>
<i>Inverness Sunday Serenity Su 10am</i>	<i>38.00</i>
Total Marin	<i>\$ 77.00</i>

SF	
Gratitude Month	
<i>7am Smokeless</i>	<i>7.50</i>
<i>7am Smokeless</i>	<i>21.25</i>
<i>Each Day A New Beginning Su 8am</i>	<i>70.00</i>
<i>Eureka Valley Topic M 6pm</i>	<i>87.06</i>
<i>Firefighters & Friends Tu 10am</i>	<i>33.25</i>
<i>Friday Lunchtime Step F 12pm</i>	<i>10.00</i>
<i>Gold Mine Group M 8pm</i>	<i>33.00</i>
<i>Home Group Sat 830pm</i>	<i>40.39</i>
<i>Home Group Sat 830pm</i>	<i>18.14</i>
<i>Home Group Sat 830pm</i>	<i>33.00</i>
<i>Home Group Sat 830pm</i>	<i>21.59</i>
<i>How It Works Sat 2pm</i>	<i>53.25</i>
<i>Last Call Su 10pm</i>	<i>15.00</i>
<i>Mid-Morning Support Su 1030am</i>	<i>148.50</i>
<i>Sometimes Slowly Sa 11am</i>	<i>78.93</i>
<i>Straight Jackets Th 9am</i>	<i>15.00</i>
<i>Sunset 9'ers Su</i>	<i>41.16</i>
<i>Valencia Smokefree F 6pm</i>	<i>196.20</i>
Total SF	<i>\$ 923.22</i>

TOTAL ***\$ 1,000.22***

If your group participated in Gratitude Month and your Treasurer has not yet sent in the contributions, please ask him or her to do so as soon as possible. Thank you for your cooperation!

This is a Round Tuit—for those of you who are going to volunteer your services when you get around to it.



IFB MEETING SUMMARY — JANUARY 2007

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

The following groups have registered Intergroup Representatives. Those marked “P” attended the most recent IFB meeting. If your group was not represented, consider electing an Intergroup Representative (IFB) and/or an alternate so your group’s voice is heard.

Intergroup Rep	Group		Intergroup Rep	Group		Intergroup Rep	Group	
Andy T.	Waterfront	A*	Doug W.	Fireside Chat	A*	Nicholas L.	Some Are Sicker Than...	P
Anil K.	Tiburon Monday Mens Stag	P	Drea B.	Serenity Seekers	P	Nicholas S.	Sutter St. Beginners	P
Anthony J.	Founders Group	P	Dylan C.	They Stopped in Time	P	Omar C.	Tuesday Chip	P
Armando R.	Home Group	A*	Gaspar L.	Keep It Simple	P	Patty M.	Huntington Square	P
Beatrice L.	Mid Morning Support	A**	Harold A.	Marina Discussion	P	Penelope P.	A is for Alcohol	A*
Ben N.	Stepping Up	A**	Jaime G.	Sesame Step	P	Rebecca D.	Valencia Smokefree	A*
Brian P.	Queers, Crackpots and Fallen Women	P	Jess B.	Tiburon Big Book	A**	Rebekah D.	Fell Street Step	A*
Brian H.	Living Sober with HIV	P	Joe H.	Gratitude Group	A**	Richard R.	We Care	A**
Bruce K.	Sunset Speaker Step	P	Judi C.	Tuesday's Daily Reflections	P	Rick K.	Join the Tribe	P
Bryan H.	Men's Gentle Touch	A*	Judy S.	Diamond Heights Group	P	Robert C.	Beginners Warmup	A
Carol E.	Happy Hour	P	Karen A.	West Portal	P	Roger C.	Early Start	P
Casey L.	Sunday Corte Madera	P	Karen S.	Alumni Group	P	Scott N.	Sunset 11'ers Sat.	P
Chris H.	Friendly Circle	A*	Karin K.	24 Hour Plan	P	Steve N.	Terra Linda Group	P
Chris T.	Keep Coming Back	P	Larry B.	Castro Discussion	P	Steve S.	Past Chair	P
Chuck K.	Ten Years After	A	Liz C.	Mill Valley Speaker	P	Tedra M.	Come N Get It	P
Clifford B.	Spawn of Straight Jacket	A*	Luis M.	High Noon Tuesday	P	Thea L.	Walk of Shame	R
Dan C.	Sunday Night Castro SD	A*	Mark W.	Blue Book Special	P	Tom K.	High Noon (Monday)	A*
Dan Z.	Each Day a New Beginning	A*	Matt T.	Fairfax Friday Night	P	Tom R.	Mill Valley 7AM	P
Dana R.	Saturday Sunset 9'ers	P	Maury P.	Central Office Manager	P	Tracy G.	Wits End	A*
Danna P.	Treasurer	P	Michael L.	Attitude Adjustment Hour	A*	Vickey D.	Sisters Circle	A*
David P.	Eureka Step	P	Monika H.	SFPOA	P	Victor V.	Creative Alcoholics	A*
Derek D.	Reality Farm	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				Liaisons Present			
Cynthia H.	Friday Niners 9am		Nathan M.	Too Early Group		Ray M.	District 5 liaison
Jenifer W.	Like A Prayer		Scott B.	Saturday High Noon		Jeff O.	District 6 Chair
						Brian H.	Living Sober

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the January 2007 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: Scott N. gave the report.

Next month we will be conducting a group inventory of the IFB. Given the nature of the meeting and the amount of discussion involved, Scott asked committee chairs to

submit written reports, and unless there is pressing business, to forgo oral reporting.

Scott reminded the IFB, that Danna's term as treasurer will end in July. Scott asked reps to spread the word about the position opening.

Treasurer's Report: Danna P. gave the report.

The net income for November of \$3,668 was less than the budgeted Net Income of \$5,319 by (\$1,651). Unrestricted cash as of November 30, 2006 totaled \$46,630 and is sufficient to pay for budgeted expenses for almost three months.

Danna also distributed a job description for the IFB Treasurer position, and offered to be available to answer questions for prospective candidates.

Central Office Manager's Report: Maury gave the report.

There is one open phone position, and always a need for substitutes with flexible schedules.

Maury thanked everyone who participated in the Central Office Holiday party. It was well attended and everyone had a great time.

(Continued on page 17)

(IFB Summary, continued from page 16)

The 60th Anniversary of Central Office is January 27, 2007. We are having a celebration that day beginning with an open house at Central Office, followed by an Old-Timers panel, a sobriety countdown, an AA speaker meeting and a coffee and desert potluck at Old First Church. Please see Brian H. if you are available to be of service to help put this event together.

COC Report: Tony J. gave the report:

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

The committee is examining its goal of 90% attendance to IFB related events. We will either increase our attendance at future events or revise our goal.

A subcommittee is reviewing salary ranges for the Central Office Manager and the Special Worker and will bring recommendations to the next meeting.

We are examining our internal financial controls. Danna is leading a group to recommend improvements.

NADY Demonstration: The IFB had a guest from Hearing and Speech Center of Northern California, Laura Clark. Laura demonstrated the assistive listening device we approved to purchase last month.

Group Inventory Questions: Scott distributed a list of sample questions compiled from the Traditions and Concepts Checklist, to the IFB, which may be discussed next month during the group inventory. The IFB selected questions of interest and submitted the lists for tabulation.

Committee Reports:

12th Step Committee: No report.

Archives Committee: Bruce K. gave the report. The group now has three members and could use one or two more. The committee continues to catalog and file materials of historical significance. The committee is also in the process of conducting oral recordings from old-timers.

Special Events: Brian H. gave the report. The committee is currently involved in planning the 60th Anniversary Celebration. The next committee meeting is January 9, 2007.

Literature Review Committee: Steve N. gave the report: The committee is developing a pamphlet in honor of Central

Office's 60th Anniversary Celebration.

Orientation Committee: No report.

The Point Committee: Maury gave the report: The new layout of The Point was well received by the IFB. The committee made available special copies of The Point, which had trusted servant registrations inside. The committee is looking for someone to do the layout.

Special Needs: No report.

Trusted Servant Workshop Committee: Monika gave the report. The next workshop is being held on February 10, 2007 10am-12pm. This workshop will feature the roles of secretary, treasurer and literature person.

Website Committee: No report.

Schedule Committee: No report.

Outreach Committee: Jaime G. gave the report. The committee was visited by reps from SF General Service. They are investigating the possibility about combining outreach efforts.

Special Committee Reports:

SF Teleservice: Judi C. gave the report. Phones were covered for both Christmas and New Years holidays. Two daily coordinator positions were filled. The group is still looking for five regular volunteers and two coordinators.

PI/CPC: Bruce K. gave the report: Speakers attended four DUI classes. The workshop pamphlet that was developed by SF PI/CPC was disseminated by GSO to PI / CPC delegates all over the country. Comcast Channel 11 has been airing PSA's. The annual meeting and workshop of the PI / CPC, which will include a speaker's workshop, will be held on January 20, 2007.

Liaison Reports:

SF General Service: Karin S. gave the report. More elections were held during the last meeting. They met with the IFB Outreach committee to discuss a proposal for combining outreach efforts.

Marin General Service: No report.

Marin Teleservice: Casey gave the report. Casey is rotating out of this position. During December elections, liaison positions to the IFB and GSO were not filled.

Faye G. was elected chair. A spaghetti dinner is being planned. The committee is also looking to expand their website.

Marin PI/CPC: No report.

Bridging the Gap: No report.

H&I: No report.

Spirit of SF: No report.

Living Sober: Brian H. gave the report. The committee hosted a very successful New Year's Eve Masquerade Ball.

Group Rep Reports:

Patty M., from the Hunting Square meeting thanked the IFB for feedback she received regarding the issue of how to handle a disruptive group member.

Roger C., from the Early Start Group, informed the IFB that he 'googled' himself last week, a link appeared with a link to an attendance sheet from the IFB. Maury responded that another member had reported this, and that the issue has been corrected. Maury stated that she would let Dan Z. explain the server error next month, and to please inform Central Office as soon as possible when situations such as this arise.

Respectfully submitted,

Chris T.

IFB Recording Secretary

The next IFB meeting is on Wednesday February 7, 2007 at 180 Harrison Avenue in Sausalito (Star of the Sea Church) at 7:00pm. Orientation precedes the meeting by one hour.

If your group does not have an elected Intergroup Representative, also known as IFB rep, please join us to see if it is a service position you might be interested in volunteering for.

The IFB is the policy making group for your Central Office and a good resource for questions or problems related to the group. It serves as the Board of Directors for the Central Office (a legal requirement for any California non-profit corporation).

H&I LITERATURE CHAIR NEEDED ASAP!

You may have noticed a Want Ad in last month's Point for a Literature Chair for H&I. I was in Central Office recently, talking with Maury about how much I've enjoyed this position, and she suggested I write a little about it.

When I arrived in San Francisco in 2001, I started going to meetings right away. I still didn't know that many people by the end of 2002, but I had some extra storage space in a garage, so when the Literature Chair job came open, I grabbed it. That turned out to be one of the best decisions I have ever made.

Because of this commitment, in four short years I have gone from knowing hardly anyone in the City, to rarely going to a meeting where I don't know at least one person. Now, instead of feeling totally invisible, even within the Fellowship, I feel that I'm a part of the Fellowship. And, yes, it has even helped to fulfill the Promises. I don't think it's possible to be in regular contact with a bunch of drunks on a mission without having those feelings of uselessness and self-pity disappear!

I can't really express how wonderful

this job has been for me. A part of me doesn't want to give it up, but the Pink Pamphlet, our H&I guide, says two terms is the max, so it's time for me to go. It is suggested to have three years of current sobriety, but if you're close to that and you are interested, or just want more info, please contact me at 415-271-2762.

Yours in Love and Service

Gerri B.

AUTOBIOGRAPHY IN FIVE STEPS

AUTHOR UNKNOWN

- I. I walk down the street
There is a hole in the sidewalk.
I fall in – I am lost
I am helpless – It isn't my fault
It takes forever to find a way out
- II. I walk down the same street
There is a deep hole in the sidewalk
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But it isn't my fault.
It still takes a long time to get out.
- III. I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in...
It's a habit. My eyes are open
I know where I am.
It is my fault.
I get out immediately.
- IV. I walk down the same street
There is a deep hole in the sidewalk.
I walk around it.
- V. I walk down another street.

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.

(Service: Concept Two, continued from page 10)

Conference, "to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with the Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life." *

* From the A.A. Service Manual, 2002-2003 edition

Intercounty Fellowship of AA

financial statement**november 2006**

Nov 06 Jan - Nov 06

Nov 06 Jan - Nov 06

Ordinary Income/Expense

Income			Total Bank Charges		
Contributions from Groups			Postage		
Group Contributions	14,101.88	126,011.56	Bulk Mail	0.00	800.00
Total Contributions from Groups	14,101.88	126,011.56	Postage - Other	129.01	553.02
Contributions from Individuals			Total Postage	129.01	1,353.02
Individual - Unrestricted	2,890.00	8,904.75	ASL Expense	450.00	450.00
Faithful Fiver	575.00	5,982.00	Rent - Office	3,987.10	42,324.60
Honorary Contributions	254.00	1,948.15	Rent - Other	75.00	750.00
Total Contributions from Individuals	3,719.00	16,834.90	IFB Literature	14.11	121.34
Gratitude Month			PI/CPC	0.00	89.40
Gratitude Month - Groups	1,000.22	4,576.22	Filing/Fees	60.00	380.00
Gratitude Month - Individual	1,125.00	1,125.00	Insurance	0.00	1,826.00
Total Gratitude Month	2,125.22	5,701.22	Internet Expense	133.76	998.95
Sales - Bookstore	8,950.67	96,236.95	Office Supplies	461.89	2,970.42
Special Event Income	21.00	2,974.14	Shipping	245.90	209.78
Newsletter Subscript.	66.36	507.84	Equipment Lease	1,771.25	7,218.15
Total Income	28,984.13	248,266.61	Repair & Maintenance	489.61	2,543.79
Cost of Goods Sold			Security System	33.50	433.50
Cost of Books Sold	6,161.64	62,156.87	Special Events	419.10	1,789.22
Credit Card Processing Fees	200.81	1,813.45	Telephone	268.93	2,479.45
Total COGS	6,362.45	63,970.32	Phone Book Listings	75.40	765.00
Gross Profit	22,621.68	184,296.29	Utilities	5.43	2,274.18
Expense			Travel	0.00	1,031.02
Employee Expenses			Training	245.00	305.00
Wages & Salaries	8,350.00	87,767.89	Bad Checks	0.00	0.00
Employer Tax Expenses	676.04	7,890.88	Miscellaneous Expense	0.00	0.00
Health Benefits	952.00	9,873.00	Total Expense	19,052.78	179,677.45
Workers Comp Ins.	116.00	1,968.61	Net Ordinary Income	3,568.90	4,618.84
Total Employee Expenses	10,094.04	107,500.38	Other Income/Expense		
Professional Fees			Other Income		
Accounting	0.00	1,300.00	Interest Income	377.03	3,683.02
Computer Consulting	93.75	600.25	Total Other Income	377.03	3,683.02
Outside Services	0.00	294.00	Other Expense		
Professional Fees - Other	0.00	-330.00	Depreciation Expense	37.72	2,676.71
Total Professional Fees	93.75	1,864.25	Amortization Expense	238.78	2,626.58
Bank Charges			Total Other Expense	276.50	5,303.29
Credit Card Clearing	0.00	0.00	Net Other Income	100.53	-1,620.27
Bank Charges - Other	0.00	0.00	Net Income	3,669.43	2,998.57

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