

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2007
4
APRIL

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship

of Alcoholics Anonymous

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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.

WHAT'S SO FUNNY ABOUT BEING AN ALCOHOLIC?

by Ted R.

Who has not been to a meeting of A.A. where the speaker is talking while the group is laughing loudly at every horrible mistake or sordid event?

When I first arrived in A.A. it upset me very much, all this laughing. But, I have to ask, what didn't upset me?

Why is everyone laughing? I was too self-involved in my own failure at life to see the humor in anything. Being sent to A.A. was an insult. I could not imagine anything worse than sitting in smoky church basements on folding chairs, drinking bad coffee, seeing "old" men and women who had failed at life, and were then forced to go to these dreary rooms. I was after all, still young, and far too smart and cool to be there and I did not see anything funny about it. I remained angry for four years as I struggled to get my life together.

As I recall, my early days were not filled with humor and good times. I was involved in the drama that swirled around the meetings. Someone was always in crisis. "Did you hear about so and so slipping?" "Did you hear that she slept with him?" "Did you hear that the treasurer left with the money?" "Did you hear about So-and-So? He killed himself." "Are you going to share about THAT?" Every day it was something.

There were a couple of people I could identify as "funny" but I quickly dismissed them and their "loud, bar behavior" as un-recovered. I was there to do the steps, dammit. And "help" others. Seriously.

Finally, a fellow member tried to befriend me and get me to "lighten up". He said, "Don't take yourself so seriously. Remember 'Rule 62'." I didn't

(Continued on page 6)

monthly calendar

april 2007

Events, Highlights and Happenings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>FIRST MON</u> Special Needs Central Office, 5:30pm	3	4 <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)	5	6 <u>FIRST FRI</u> Trusted Servants Workshop Committee Central Office, 5:30 pm	7
8	9 <u>SECOND MON</u> SF Public Information Committee Central Office, 7 pm	10 <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	11 <u>SECOND WED</u> 12th Step Workshop Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	12	13	14 General Service Pre-Conference Assembly, Redwood Empire Fairgrounds, Ukiah, CA
15 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day General Service Pre-Conference Assembly, Ukiah, CA, Sunday Morning	16 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	17 <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	18 <u>THIRD WED</u> Literature Review Committee Central Office, 6:30 pm	19	20	21 SF PI/CPC Speaker Workshop, 10am, Central Office
22 <u>FOURTH SUN</u> Living Sober Convention Committee, 1668 Bush, SF, 5:30 pm	23	24 <u>FOURTH TUE</u> Special Events Committee Central Office, 6:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	25 	26 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	27	28 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
29	30					

From the Editor

One of the most amazing things about Alcoholics Anonymous is our ability, maybe it's really a need, to laugh at ourselves individually and collectively. It's often said that laughter is the best medicine so, when you're as sick as some of us were (and are), it takes a lot of laughter!

With that, we offer you our "Not a Glum Lot" issue of *The Point* in the hopes of brightening your day - and ours - a little. We sure had a lot of fun putting it together and hope you receive it in the lighthearted and respectfully irreverent manner in which it is offered. Please, whatever you do, don't take any of this too seriously (well, except the Financials, that is)! Remember Rule 62!

I'll never forget my first few A.A. meet-

ings when I thought to myself, "What are all these people laughing about? This is serious business. Don't they understand that MY disease requires special consideration and that I, and all my problems, are much too unique to laugh about! What are they thinking?" Then I heard someone use the phrase "terminally unique." Talk about looking in a mirror!

We hope you enjoy our offering this month and if not, well, you can always write something for future issues, humorous or not. We'd love to hear from you. Please call Central Office for guidelines.

Thanks to all our wonderful Fellowship for providing the support and encouragement to crank this rag out once a month! **IP**



ARIES:
MARCH 21—
APRIL 19

Sightings of Aries newcomers are rare indeed. You seem to arrive in the program fully evolved—sober, recovered and with all the Promises coming true. Considering that an Aries is never new at anything, this is understandable. Ruled by Mars, you fireballs blaze a trail through the Steps, ticking each one briskly off your list. You are energized by the fears and hesitations of others and will not tolerate anyone getting ahead of you in any way. This

accounts for your competitive, even sometimes combative relationships with your sponsors—at times resulting in criminal prosecution, but more often, just another 9th Step. As an Aries, you seek always to be admired. For anyone to disapprove of you, and to actually say so, is much like being thrown in front of an outbound BART train during rush hour. Not surprisingly, you are symbolized by the ram.

Although you have no problem work-

the
Point

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ing the Steps, the Traditions are another story. Your terrible screams upon hearing that A.A. ought never be organized, or that we should remain forever nonprofessional or—and this is the worst—that we have no leaders – is one of the most heart-wrenching debacles imaginable.

"Why, oh why, oh why..." sobs the typical Aries as the physical restraints are removed, "...did I give up breakfast gin for this?" **IP**



Meeting Changes:

Mon-Fri 9:00am	Inner Sunset	SUNSET 9'ERS 1390 14th Ave./ Judah (was 1329 7th Ave./ Irving)
Mon-Fri 11:00am	Inner Sunset	SUNSET 11'ERS 1390 14th Ave/Judah (was 1329 7th Ave./ Irving)
Mon 1:00pm	Inner Sunset	MONDAY AT A TIME 1390 14th Ave/Judah (was 1329 7th Ave./ Irving)
Mon 6:30pm	Inner Sunset	CREATIVE ALCOHOLICS 1329 7th Ave./ Irving (was 6:00pm)
Tue 1:00pm	Inner Sunset	TUESDAY SUNSET NOONERS 1390 14th Ave/Judah (was 1329 7th Ave./ Irving)
Thu 1:00pm	Inner Sunset	SUNSET REFLECTIONS 1390 14th Ave/Judah (was 1329 7th Ave./ Irving)
Thu 8:30pm	Hayes Valley	LIVING SOBER WITH HEPATITIS C 1748 Market St. (was Thursday Night Living Sober)
Fri 1:00pm	Inner Sunset	SPEAKER-DISCUSSION 1390 14th Ave/Judah (was 1329 7th Ave./ Irving)
Fri 5:00pm	Inner Sunset	FRIDAY AT FIVE 1390 14th Ave./ Judah (was 1329 7th Ave./ Irving)

No Longer Meeting:

Sun 6:00pm	Mission	PURE & SIMPLE St. Luke's Hospital, 3555 Cesar Chavez
Wed 6:00pm	Inner Richmond	MARINERS Church, 4301 Geary Blvd.
Thu 8:00pm	San Rafael	YAKKER San Rafael Alano Club, 1360 Lincoln/ Maple

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—FEBRUARY 2007

Below are the meetings whose Trusted Servants registered with Central Office during February 2007—thirty in San Francisco and nine in Marin. Thank you for registering!

San Francisco

5:15 PM Smokeless Wed. 5:15pm; 6AM Marina Sun. 6am; Ass In A Bag Thu. 8:30pm; Bernal New Day Mon. 7:30am; Came to Believe Sun. 8:30am; Castro Discussion (Show of Shows) Wed. 8pm; Cow Hollow Men's Group Wed. 8pm; Fireside Chat Sat. 9 pm; First Place Speaker Discussion Thu. 5:30pm; Goodlands Sun. 2pm; Happy Hour Thu. 6pm; High Sobriety Mon. 8pm; How It Works Now Sat. 3pm; Ingleside Beginners: Big Book Study Sun. 5pm; Join the Tribe Tue. 7pm; Just Alkies Fri. 7pm; Keep It Simple Sat. 8:30pm; Live & Let Live Sun. 8pm; Mission Terrace Wed. 8pm; Monday Monday Mon. 12:15pm; Rigorous Honesty Thu. 12:05pm; Six O'Clock Step Thu. 6pm; Sober & Centered Fri. 7:15pm; Speaker-Discussion Fri. 1pm; Sunset 11'ers Mon. 11am; The Parent Trap Mon. 12:30pm; Thursday Afternoon Step Study Thu. 1:30pm; Trans Recovery Fri. 6pm; Wits End Step Study Tue. 8pm; Y.A.H.O.O. Step Sat 11am

Marin

The Barnyard Group Sat. 4pm; Fairfax 12x12 Tue. 7:30pm; Happy, Joyous & Free 5D 12pm; Kids Welcome Mon. 11:30am; Mill Valley Gay/ Lesbian (All Are Welcome) Wed. 8pm; Saturday Night Sat. 8pm; Sausalito 12 Step Study Group Mon. 12pm; Women on Monday Mon. 7pm; Women's Big Book Tue. 10:30am

CONTRIBUTIONS

to Central Office were made through March 15, 2007 honoring the following members:

ONGOING MEMORIALS

Bob C.

ANNIVERSARIES

Ocala, FL: Lyle W.-32 years
 Irvine, CA: Doug P.-16 years
 Beverly C.-27 years, Veronica
 Mc C.-26 years, Karen C.-20 years
 The Parent Trap: Renee M.
 High Noon: Dave F.-9 years,
 Johnny-9 years, Griffin M.-8 years,
 Walter R.-5 years, Joe O.-4 years,
 Pandora N.-4 years, Drea B.-3 years,
 Darrius-1 year, Jessica-1 year,
 Peggy-1 year, Pete M.-1 year



SPEAKERS WANTED!!

**Carry the AA message to
schools, drunk driving
classes, community
organizations, the medical
community, and other
professionals who work
with alcoholics.**

PI/CPC WORKSHOP

(Requirement: two years of
continuous sobriety in AA)

***Saturday, April 21,
10am***

Central Office—
1821 Sacramento St.
(Between Van Ness
and Franklin)

**For further information,
call the Central Office:
674-1821**

BRISBANE BREAKFAST BUNCH

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

04/01 Speaker: Steve R. From: Valencia Smokefree
04/08 Speaker: Liz M. From: Brisbane, SF
04/15 Speaker: Eileen G. From: Colma Eye Opener
04/22 Speaker: Joe H. From: Valencia Smokefree
04/29 Speaker: Lena S. From: Watch Your Step, DC

TUESDAY DOWNTOWN

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

04/03 Speaker: Diane M. From: Mountain View, CA
04/10 Speaker: Gino H. From: San Jose, CA
04/17 Speaker: Tina A. From: Hollister, CA
04/24 Speaker: George P. From: Second Tradition Group, San Jose, CA

FRIDAY NIGHT ALL GROUPS

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

04/06 Host Group: Serenity House Speaker: John S. From: Young at Heart, Palo Alto
04/13 Host Group: Like a Prayer Speaker: Dr. Gil A. From: Serenity House, S.F.
04/20 Host Group: Friendly Circle Speaker: Penny P. From: Broken Elevator, Livermore
04/27 Host Group: Compass Group Speaker: Clancy I. From: Pacific Group, Los Angeles

7AM SPEAKER DISCUSSION

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

04/05 Speaker: Rachel G.
04/12 Speaker: Bill H.
04/19 Speaker: Rosemary
04/26 Speaker: Robin F.



Intercounty Fellowship of Alcoholics Anonymous

12th-Step Workshop

**Wednesday, April 11th, 2007
at 6:30 p.m.**

1821 Sacramento St., San Francisco, CA

*"Having had a spiritual awakening as the result of these steps, we tried to carry this
message to alcoholics and to practice these principles in all our affairs."*

To help educate and inform the Fellowship, members of Alcoholics Anonymous will share their Twelfth Step work experience. If you are interested in serving in this capacity, please join us for the workshop.

Both San Francisco and Marin Counties are seeking men and women willing to share their experience, strength and hope through 12-step work.

Call Central Office at 674-1821 if you have any questions! e-mail: aa@aaaf.org

QUEERS, CRACKPOTS AND FALLEN WOMEN

by Bree L.

The “Queers, Crackpots and Fallen Women” of the AA meeting name comes from the Third Tradition in the Twelve and Twelve. The full quote on page 40, includes “beggars, tramps, asylum inmates, prisoners, queers, plain crackpots and fallen women.” Bill used this sampling as a way of underlining those who qualify for A.A. as Tradition three states— The only requirement for A.A. membership of a desire to stop drinking.

The good news is that one doesn’t have to identify as a queer, crackpot or a fallen woman to attend. One only has to be an alcoholic and even if a person’s alcoholism is in doubt they are still more than welcome. The meeting offers a unique name plus a focus on the Twelve Steps and the Twelve Traditions. The format is to read a step one week followed by that same numbered tradition the next week.

The meeting began in November 2005 when the then new Alano Club opened

“I felt so blessed that AA was here for me when I needed it and wanted to give back what I had received.”

at 1748 Market Street, San Francisco. One of the founders said she wanted a group that focused on the traditions, because they are important for the continuity of AA. As she puts it, “I felt so blessed that AA was here for me when I needed it and wanted to give back what I had received.” Labeling herself as a “tradition follower” she said the traditions needed at least equal representation and noted that many meetings give the traditions short shrift while some don’t even read them. One concern was that people might not flock to

a straight traditions meeting so she added the steps along with the traditions and adopted the distinctive name. There is a lot of difference between a meeting and a group says a founding member. A meeting is just a meeting with nothing special whereas a group follows the traditions to make sure the group survives. She says the traditions clearly improve any A.A. meeting. That group becomes connected to A.A. as a whole through IFB and GSR representatives.

The group first started with a secretary and a couple of friends who came for support. Many times only one other person attended and the trusted servant would cover the rent. Slowly, slowly a few more people started to come and stay. There is an innovative quality about this meeting. Members seem to feel their uniqueness. This is best personified by the literature person who said, “I barely have enough

(Continued on page 7)

(What's so Funny...Continued from page 1)

understand his approach, and felt he was foolish and needed to behave while in meetings. I found out many years later that myself and another “serious” A.A. had been nicknamed the “Pointer Sisters” because we were so often seen pointing at people and talking about them.


Then, a miracle happened and I actually joined A.A. I began participating in the meetings and working the Steps. While this was indeed much more than simply attending meetings, it would still be a while before I started seeing

the humor in our thinking, our manner of sharing, our rituals, our collective (group) conscience and, at times, unconsciousness.

Then I was asked to sponsor someone. My friendship with my sponsee began to change my whole approach to A.A. I found humor in everything. At one meeting he and I had to leave the meeting in turns because we could not contain our laughter. I still don’t know what was so funny, but my joy of living and humor had returned. We were obnoxiously happy, and foolish.

A good friend of mine says, “I think

humor (the playful laughing kind, not sarcasm, etc.) is a gift that comes out of being spiritually centered, light of spirit and emotionally balanced - to play with and to generate joy for others.”

So, what’s so funny about being an alcoholic? When you listen to others, understand their struggles and the twisted thinking that dominates us, if you are like me, you will find yourself laughing as you identify with the joy of it all. Laughter, after all, is the best medicine. And the alcoholic is very sick. 

Dear Alky...



Dear Alky,

How come people in meetings laugh at me when I am sharing my deepest feelings?

Signed,

Confused A.A.

Dear Confused:

I'm guessing from the very brief and slightly cryptic nature of your question that what we may have here is something ala "Cool Hand Luke": a "failure to communicate." Alky is left to use my imagination to picture the context of the shares of which you speak: Can other people tell that you are sharing deep feelings, or are you saying

things in an offhand or joking manner (perhaps inadvertently) simply because you feel uncomfortable talking about deep things at group level? Using humor is a pretty common way to deflect people's attention away from the underlying real concern you may be trying to share. Do you encounter a similar response in one-on-one conversation, or are you perhaps "playing to" the group? Another possibility is that other people in your meeting may be uncomfortable themselves with someone exposing deep or difficult issues, and their laughter may simply be a nervous response. Or, it may in fact be the laughter so very commonly heard in A.A. meetings: The sound of recognition and relating to what is being shared.

If you are feeling hurt or somehow rejected by the lighthearted response to your shares, I recommend sitting down with your sponsor to talk about it, and perhaps writing a Tenth Step about it—investigate what it is you are seeking from your group that you are not receiving and whether or not there is something that you can do to communicate more effectively the feelings you want to share. It takes a lot of practice to become comfortable sharing your feelings—but it's an important part of A.A. life. Remember: What you share may very well be exactly what another suffering alcoholic needs to hear!

Alky 




BULLETIN BOARD

"A.A. and Sourdough Bread"

by David M.

(Queers....continued from page 6)

literature to keep myself sober." Another member identified himself as "An alcoholic constitutionally incapable of being honest with himself." This light hearted tradition-focused attitude sets the tone of honest acceptance throughout the meeting.

Tradition Three tells us that the primary purpose of any meeting is that one alcoholic help another. Queers, Crackpots and Fallen Women welcome all on Mondays at 5:30 PM at 1748 Market Street. 


Does this make any sense, or is it over thought, overblown AA gibberish? It's a weird analogy, but, since I'm in the food business, it makes total sense to me. This all popped into my head during a noon meeting where the man speaking was a pastry chef, and, well, one thing lead to another...blah, blah, blah.

A.A. and Sourdough Bread

It's fascinating how thoughts come to my sick mind at the weirdest times and this was one of them.

Why AA & Sourdough Bread? Simple: All sourdough begins with a starter of water, flour and sugar that forms the leavening for the bread. In AA (to me),

the starter is Step One. I need to keep going back to it, since it is the base of my recovery. I need to keep refreshing it, or it will die and be useless, just like sourdough starter, it needs new life. I need to keep returning to Step One to begin my day or end it, or both. How do I refresh the starter? Simple – by going to meetings, reaching out to other AA members and performing service. It keeps me and my starter "fresh", renewed and vital.

Bob and Bill created the "mother" starter and I need to keep mine alive and healthy so I can grow and bloom in my own program of recovery. 

The Three Legacies: Steps, Traditions and Concepts

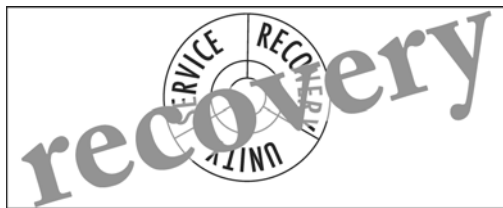
Almost everyone in A.A. who has been around for a few days is aware of the Steps. We may not understand them at first or know how to apply them but we know what they are. A dawning of awareness usually comes a bit later for the Traditions. We are told that they are for the Group what the Steps are for 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 FOUR *by Liz B.*

“Made a searching and fearless moral inventory of ourselves.”

Like many of us, I was terrified to approach Step Four. I thought its purpose was to illuminate precisely how I was to blame for everything that ever had happened to me and then to punish me deeply for it. The trouble was that I already believed everything was my fault — from hangovers to global warming — and I lived with constant guilt and shame. Alcohol had been a temporary source of relief, or at least a distraction from that. Now I had stopped drinking and you crazy people in Alcoholics Anonymous wanted me to hop on the Step Four express train to even more self-flogging. You were clearly out of your sadistic little minds.

I had started dreading Step Four even before I took Step One. (When it comes to fear and loathing, I like to plan ahead.) After taking Step Two, I felt a tiny bit less fearful because my sponsor emphasized that she and my Higher Power would walk with me every step of the way. As we worked on Step Three, I got a little peek into Step Four. Page 62 gave me the key: “Sometimes [people] hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.”

That doesn’t necessarily mean that I “started it,” as in throwing the first

punch. What it does mean, my sponsor carefully explained, is that I have made many decisions based on fear, arrogance, and other elements of my tender ego which eventually put me in harm’s way. This has nothing to do with guilt or blame; it is simply a matter of looking at one thing leading to another. She helped me to see, for example, that I had a pattern of going to great lengths to appear aloof toward men for whom I really cared deeply, because deep down I was afraid they would not want me if they knew how I really felt. Then when they took up with someone else, I was angry and hurt. My fear of being alone had led to a decision to be dishonest, which had put me in a position to be hurt. Of course, the decision to take the first drink had led to being drunk, which virtually guaranteed that I would be hurt, but dishonesty based on fear had been a part of my life even when I was sober. It had carried over from my childhood.

Looking at my past in that way empowered me to change my future. I saw that I could stop painting myself into corners. Without realizing it, I had turned my will (my thinking) and my life (my actions) about Step Four over to the care of my Higher Power. I was ready to begin the work that promised me not just a sober life, but a happier one.



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:

Contact information can be obtained in hard copies of this publication and, beginning in May, in the online version. Please bear with us as we improve our processes.

Thank you!




TRADITION FOUR

by Anonymous

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

I remember arriving in an unfamiliar city in my second or third year of recovery and attending my first A.A. meetings as a visitor. I was surprised at the way the meetings were run. The speaker-discussion format I was used to in San Francisco was not the norm there and they asked for newcomers and visitors at the end of the meeting instead of the beginning. Many of the things I was used to hearing were never said and they didn't read the Promises at any point in the meeting. I wondered how anyone in this town could stay sober, considering that they were doing it all wrong (at least according to me!). The real kicker came when I attended a young people's meeting. At this particular group it seemed like they had thrown the "rule book" out altogether. After the young people's meeting I went back to where I was staying and thought about it. I remembered something that an early sponsor had said to me many months before: "Our diversity is our strength." The idea that there was a "right way" and "wrong way" to do A.A. was something I had made up in my head. I was just reacting to my own fear. Being in a new place and not knowing anyone, I had hoped for and expected some continuity and the familiar rituals of Alcoholics Anonymous.

It had never occurred to me that A.A. meetings might be different in different places.

Since then I've had the chance to attend A.A. meetings all over the country and it seems that everywhere I go there are subtle and sometimes even drastic differences in the way meetings are run. I've also found a number of meetings in the Bay Area that follow very different formats. While I still get a little thrown off at first by the differences in the way some meetings are run, it usually only takes a minute for me to come back to the moment and see the similarities. The truth is that at the core of every Alcoholics Anonymous meeting, wherever you may go, the message is always the same: Recovery is possible. The order of the readings may change and they may have a different name for the meeting's commitments. But experience, strength and hope are universal. The fact that different meetings follow different formats just gives more people a chance to find the meetings that suit them. Not only is the fellowship of A.A. strong enough to embrace a wide-ranging diversity of formats, it's just like my sponsor said: "our diversity is our strength." 

If you are interested in contributing to *The Point* and would like to write on a Step, Tradition or Concept email us at

thepoint@aasf.org or call Central Office for guidelines.



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:

Ami Joy Y.	Jeanne C.
Andy T.	Jeff B.
Barbara M.	Jim H.
Brian N.	Karen K.
Brian P.	Loran W.
Brent H.	Marty C.
Callista S.	Matt S.
Caroline A.	Michael W.
Casey L.	Nancie G.
Catherine S.	Patti W.
David H.	Paul M.
David J.	Paul W.
David P.	Peggy M.
Dennis & Lucy O.	Pene P.
Doug C.	Ralph P.
Elizabeth S.	Rich G.
Esther R.	Robert K.
Frances L.	Sheila H.
Giles H.	Stephanie D.
Greg W.	Stephen R.
Herman B.	Steve A.
Jane H.	Steve F.
Jane K.	Tim M.
Janet B.	

If you would like to become a Faithful Fiver, please download a pledge form from our website or call or stop by Central Office! You will receive a complimentary subscription to The Point. And remember, individual contributions are 100% tax deductible!



CONCEPT IV

by Steve R.

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Several years ago the Literature Review Committee of our local Intergroup (The IFB) undertook to condense the Twelve Concepts into a 'window shade' version that could be posted at meetings like the Steps and Traditions. Three or four versions of varying length were produced and one was submitted to San Francisco General Service to take to the Area Assembly, where no further movement took place.

That exercise served me well because I studied the Concepts briefly but thoroughly when I otherwise would not have, and I can offer here a further condensation from the approved short form above:

Our traditional "Right of Participation" allows voting representation proportional to responsibility.

The background of this Concept is a trial-and-error experience that serves A.A. well. To learn more, read *Twelve Concepts for World Service* by Bill W. In the beginning of A.A., the Trustees held the power of the purse over Headquarters (now the General Service Office) and could essentially dictate day-to-day operational policy. The Concepts were adopted in 1962 and today the executives and staff of GSO manage the daily affairs and have an equal voice at the annual General Service Conference.

We can reverse-engineer Concept IV to

bring it down to the group and individual level. The Area Delegate, the District Committee Member, the General Service Representative, and the A.A. Member each vote at the stage where they exercise their power, and this unfortunately means that the right of participation is being underused by the A.A. groups and members. Attendance at General Service meetings is a low percentage of all registered groups. Attendance at many groups' business meetings is likewise low. Outside the Conference service structure, the same holds true for Intergroup. Groups and individual alcoholics are surrendering their right through lack of use.

Concept IV implies responsibility of the individual A.A. member for the functioning of the group. If each has only one vote, then each is equally responsible. When only a few cast their vote, they in effect become more responsible than others. When a discussion meeting is dominated by major sharers because of long silences, then the same is likely true in the business meeting and group conscience as well. Haven't we all occasionally seen divisive members try to railroad pet issues in groups without a firm, active group participation?

Bill's final comment encourages us to "accept the disciplines that our several tasks require." If our individual task in

(Continued on page 11)

IDENTITY THEFT

by Anonymous

There is much fear and concern these days about identity theft. The crime of the Information Age. It is in the news frequently. It is a hot topic on the 24 hour news stations. We get warnings to shred all mail, bills, anything with a name or personal information.

A must have in every household is a paper shredder. I don't have one but I try to remember to tear up all the junk mail that comes to my apartment, and all my credit card slips. I keep my eyes peeled for identity thieves that may be going through my garbage. I peel the address label off magazines before I toss them out. Help the authorities by reporting any sightings of people going through your trash or peeling off address labels from magazines in your doctors office. We all need to be alert to this crime.

The tables would be turned on an identity thief if he got hold of my identity. His life would be worse, not better. He would be sorry. Imagine his surprise when he would receive 3:00 AM phone calls from alcoholics not wanting to

*Imagine his surprise
when he would receive
3:00 AM phone calls
from alcoholics not
wanting to drink*

drink. He would get ten to twelve calls a day from newcomers "just checking in." A.A. Central Office would be calling to ask him to make a "Twelfth Step" call. He would be getting weekly calls to "share" at local meetings at inconvenient times and places.

He might also receive a few annoying calls from creditors. He would be told "Your payment was due last month, we are closing your account. This incident is being forwarded to our legal department for further action." He would be notified of overdraft charges on his

bank account. He would not be allowed to register his car at the DMV because of unpaid parking tickets.

I am trying to think of an advantage he would have in life if he stole my identity. He would have to explain the large gaps of unemployment in his resume. He may be notified by the local clinic that his name had been given them for possible exposure to an STD. Disability insurance investigators would be sending him forms monthly to take to his doctor, to verify proof of continued disability. And the IRS would be after him to pay a late fee for late filing of 2006 taxes.

Warning: There are risks to being an identity thief. You better do your homework, or you may end up stealing the identity of an alcoholic in early recovery. Or you might end up with mine, a fifty five year old gay alcoholic, with a chip on his shoulder, instead of one in his pocket. I had a hard enough time finding out who I am, it is way too much trouble to assume someone else's identity. **P**

(Concept IV, continued from page 10)

the service structure is to participate in our group, then the call for each of the trusted servant positions by the group will always be met with our raised hands and raised voices; our group will always be represented inside and outside the service structure.

The "Right of Participation" demands duty and discipline. That would fit nicely on a window shade. **P**

Recent Deaths

Sober Across the Board:

Homer L., Sr.
Robert I.

We print the names of any members who have recently died when the names have been sent to us. Unlike the **Ongoing Memorials** section, which appears on Page 4, **Recent Deaths** is for information only. This one-time listing is not dependent upon a contribution in the name of the deceased.

GROUP CONTRIBUTIONS

JANUARY

2007

Name	Jan 2007	Name	Jan 2007
Fellowship Contributions		<i>Each Day a New Beginning Tu 7am</i>	120
<i>Contribution Box</i>	49	<i>Each Day a New Beginning W 7am</i>	165
<i>IFB</i>	88	<i>Easy Does It Tu 6pm</i>	100
<i>Novato Fellowship Events Committee</i>	40	<i>Easy Does It Tu 6pm</i>	141
Total Fellowship Contributions	\$ 176.77	<i>Friday All Groups F 830pm</i>	229
		<i>Friday Noon F 12pm</i>	68
Honors		<i>High Noon Tuesday 1215pm</i>	179
<i>High Noon Friday 1215pm</i>	30	<i>High Noon Wednesday 1215pm</i>	42
Total Honors	\$ 30.00	<i>High Sobriety M 8pm</i>	566
		<i>High Steppers W 7pm</i>	90
Marin Group Contributions		<i>Hilldwellers M 8pm</i>	118
<i>Gratitude Tu 8pm</i>	267	<i>Home Group Sat 830pm</i>	127
<i>Hillside Candlelight F 830pm</i>	50	<i>Huntington Square W 630pm</i>	240
<i>Intimate Feelings Sa 10am</i>	76	<i>Join the Tribe Tu 7pm</i>	491
<i>Island Group Th 8pm</i>	168	<i>Like A Prayer Su 4pm</i>	32
<i>More Will Be Revealed F 12pm</i>	78	<i>Marina Discussion F 830pm</i>	625
<i>Noon Discussion Th 12pm</i>	945	<i>Mid-Morning Support Su 1030am</i>	557
<i>Saturday Serendipity</i>	99	<i>Miracles Off 24th St W 730pm</i>	292
<i>Six O'Clock Sunset Th 6pm</i>	90	<i>Monday Monday M 1215pm</i>	52
<i>Steps To The Solution W 715pm</i>	52	<i>Second Chance Th 215pm</i>	105
<i>Stinson Beach Fellowship Th 8pm</i>	225	<i>Sober Across the Board M-Sa 830am</i>	20
<i>Sunday Express Sun 6pm</i>	100	<i>Steppin' Up Tu 630pm</i>	53
<i>Tiburon Beginners & Closed Tu 7pm & 830pm</i>	590	<i>Straight Jackets Th 9am</i>	33
<i>Wednesday Mid-Week W 6pm</i>	182	<i>Sunset 11'ers Su</i>	134
Total Marin Group Contributions	\$ 2,920.96	<i>Sunset 9'ers F</i>	82
		<i>Sunset 9'ers Su</i>	287
SF Group Contributions		<i>Ten Years After Su 6pm</i>	152
<i>7am Marina Dock</i>	29	<i>The Drive Thru W 1215pm</i>	63
<i>7am Speaker Discussion Th 7am</i>	64	<i>Trudgers Discussion Su 7pm</i>	180
<i>A is for Alcohol Tu 6pm</i>	86	<i>Tuesday Step Meeting Tu 130pm</i>	2
<i>Afro American Beginners Sat 8pm</i>	23	<i>Twelve Steps to Happiness F 730pm</i>	123
<i>Any Lengths Sat 930am</i>	294	<i>Valencia Smokefree F 6pm</i>	224
<i>As Bill Sees It Th 6pm</i>	274	<i>Walk of Shame W 8pm</i>	263
<i>Big Book Basics F 8pm</i>	90	<i>Washington Square M 7pm</i>	171
<i>Birhtday Meeting Sa 8pm</i>	250	<i>Wits End Step Study Tu 8pm</i>	131
<i>Came To Believe</i>	38	<i>Women's 10 Years Plus Th 615pm</i>	414
<i>Design for Living Sat 8am</i>	211	<i>Women's Kitchen Table Group Tu 630pm</i>	102
<i>Each Day a New Beginning F 7am</i>	254	Total SF Group Contributions	\$ 9,019.08
<i>Each Day A New Beginning Su 8am</i>	460		
<i>Each Day a New Beginning Th 7am</i>	173	TOTAL	\$ 12,146.81

Gratitude Month Contributions for December 2006 should have been included on p. 17 of the March 2007 issue, but were accidentally left out. Therefore, both December 2006

and January 2007 Gratitude Month Contributions are on p. 13 of this issue. 

GRATITUDE MONTH CONTRIBUTIONS

Date	Name	Amount
	Marin Gratitude Month	
12/12/06	Downtown Mill Valley F 830pm	98
12/13/06	Experience, Strength & Hope (Marin) Sa 6pm	50
1/4/07	Gratitude Tu 8pm	113
12/13/06	Happy Hour (Marin) Th 6pm	50
1/9/07	Island Group Th 8pm	94
12/12/06	Mill Valley 7D 7am	1385
12/12/06	Newcomers Step M 730pm	190
12/12/06	On Awakening 7D 530am	381
1/8/07	Ross San Anselmo Group M 830pm	30
12/13/06	Terra Linda Group Th 830pm	144
12/29/06	Thurs. Night Speaker, MV	127
	Total Marin Gratitude Month	\$ 2,661.31
	SF Gratitude Month	
12/12/06	330 Smokeless W	21
12/13/06	515pm Smokeless W	52
12/12/06	6am Marina Dock	846
12/12/06	7am Grab Bag M 7am	38
1/30/07	7am Marina Dock	74
12/13/06	7am Step Discussion Tu 7am	32
12/13/06	830am Smokeless Sa 830am	19
1/30/07	A is for Alcohol Tu 6pm	75
12/13/06	AA Step Study Su 6pm	44
12/28/06	Alumni W 830pm	25
12/28/06	Any Lengths Sat 930am	269
12/13/06	Artists & Writers F 630pm	172
12/12/06	As Bill Sees It M 1210pm	44
12/28/06	As Bill Sees It Sat 11am	25
12/28/06	Ass in a Bag Th 830pm	62
12/18/06	Beginner's Warmup W 6pm	94
12/12/06	Big Book Basics F 8pm	54
12/28/06	Big Book Study Su 1130am	46
12/12/06	Blue Book Special Su 11am	54
12/13/06	Castro Discussion (Show Of Shows) W 8pm	180
12/12/06	Come N Get It F 630pm	50
12/13/06	Common Welfare Th 8pm	56
12/28/06	Creative Alcoholics M 6pm	66
12/28/06	Design for Living Sat 8am	88
12/13/06	Diamond Heights Tu 830pm	51
1/30/07	Each Day a New Beginning F 7am	162
12/13/06	Each Day a New Beginning M 7am	119
12/12/06	Each Day a New Beginning Th 7am	111
12/12/06	Each Day a New Beginning Tu 7am	89
12/12/06	Each Day a New Beginning W 7am	131
1/5/07	Easy Does It Tu 6pm	17
12/28/06	End of Isolation Th 6pm	38
12/12/06	Federal Speaker Su 12pm	44
1/8/07	Fireside Chat Th 8pm	68
12/13/06	Friday All Groups F 830pm	40
12/13/06	Friday at Five F 5pm	31
12/12/06	Friday Night Women's Meeting F 730pm	21
12/12/06	Gold Mine Group M 8pm	18
12/28/06	Happy Destiny Sa 630pm	14
12/12/06	Happy Hour (S.F.) F 630pm	48
12/12/06	Happy Hour Ladies Night F 530pm	72
12/21/06	High Noon Friday 1215pm	115
12/28/06	High Noon Monday 1215pm	100
12/28/06	High Noon Saturday 1215pm	52
12/12/06	High Noon Wednesday 1215pm	100
1/19/07	High Sobriety M 8pm	74
12/12/06	High Steppers W 7pm	30

Date	Name	Amount
1/30/07	Hilldwellers M 8pm	55
1/18/07	Join the Tribe Tu 7pm	117
1/25/07	Joys of Recovery Tu 8pm	57
12/18/06	Keep It Simple Sat 830pm	54
12/12/06	Living Sober W 8pm	69
12/12/06	Lush Lounge Sa 2pm	25
12/12/06	Marina Discussion F 830pm	80
12/13/06	Meeting Place Noon F 12pm	24
12/12/06	Men's Gentle Touch M 7pm	69
12/12/06	Midnight Meditation Sat 12am	18
1/24/07	Miracles Off 24th St W 730pm	80
1/9/07	Monday Beginners M 8pm	74
12/12/06	Monday Monday M 1215pm	24
12/14/06	Monday Noon Daily Reflections M 12pm	36
12/12/06	New Friday Big Book F 12pm	70
12/13/06	New Hope Big Book M 630pm	37
12/12/06	New Life W 7pm	58
12/12/06	No Reservation M 12pm	107
12/12/06	Pure & Simple Su 6pm	32
12/12/06	Reality Farm Th 830pm	118
12/18/06	Sesame Step Tu 730pm	159
12/12/06	Sinbar Su 830pm	97
12/12/06	Sisters Circle Su 6pm	72
12/12/06	Sober Across the Board M-Sa 830am	14
12/28/06	Sought to Improve Th 730pm	29
12/13/06	Step Talk Su 830am	150
12/12/06	Steppin' Up Tu 630pm	28
12/13/06	Stepping Out Sat 6pm	34
12/14/06	Stonestown M 8pm	75
12/12/06	Straight Jackets Th 9am	18
1/24/07	Sunday Morning Gay Men's Stag Su 930am	150
12/28/06	Sunday Night Castro Speaker Disc Su 730pm	100
12/12/06	Sundown Steps Th 630pm	26
12/12/06	Sundown W 7pm	62
12/12/06	Sunset 11'ers M	46
1/30/07	Sunset 11'ers Sa	23
1/25/07	Sunset 11'ers Su	22
12/12/06	Sunset 11'ers W	60
12/12/06	Sunset 9'ers M	66
12/12/06	Sunset 9'ers Su	127
12/12/06	Sunset 9'ers Th	95
12/12/06	Sunset 9'ers Tu	59
12/13/06	Sunset 9'ers W	48
12/12/06	Sunset Speaker Step Sun 730pm	64
12/12/06	Sutter Street Beginners Sat 6pm	71
12/12/06	Ten Years After Su 6pm	115
12/12/06	The Drive Thru W 1215pm	232
12/12/06	The Parent Trap M 1230pm	42
12/12/06	Thursday Night Women's Th 630pm	104
12/28/06	Tuesday's Daily Reflections Tu 7am	36
12/12/06	Tuesday Downtown Tu 8pm	118
12/13/06	Waterfront Sun 8pm	122
12/12/06	We Are Living Sober Su 2pm	10
12/28/06	We Care Tu 12pm	50
12/28/06	Wednesday Women's Big Book W 615pm	27
12/12/06	West Portal W 830pm	49
12/12/06	Wits End Step Study Tu 8pm	46
1/30/07	Work In Progress Sat 7pm	41
	Total SF Gratitude Month	\$ 7,918.35
	Total Gratitude Month Contributions	\$ 10,579.66

THE IMPOSTER IN THE MIRROR

by Dave N.

I am very grateful today to be staying off booze and enjoying recovery. Maybe that's why I've been thinking of the first step lately — because I am definitely one of those who counts himself fortunate to have sunk to some of the worst indignities imaginable on the continuum of human humiliation. You know, where the police are pointing at you, and you're looking around, wondering who the culprit is, and actually feeling a little bit sorry for the poor sucker who is about to be arrested — until they clasp *your* arms and tell you *you* have the right to remain silent. And then it does come back little by little, and reading a full transcript of the complaint is the equivalent of changing residence permanently to your socks, and wondering what all that body is doing up there that actually used to have self-esteem in the world. And of course you deny everything, but there seem to be eye-witnesses who remember that you really did, uh — well, let's not go into all that again.

But now, you are definitely wondering

if maybe you can't control your elbow as well as you thought you could. You're powerless. You even consider going to the last place on earth you think you could possibly belong — a flipping A.A. meeting. They got all this crap about God and a Higher Power, but, OK, you're willing to put up with it, especially if they sign your court cards anyway. I can attest from personal experience that it is amazing how many times a person can stand up and take a full swing of a baseball bat in the head without even thinking of moving out of the way.

But there are actually some cases where the message does start to sink in. And then, as we read over some of the other steps just for laughs, we see that, in reality, this powerless shtick is a hoax: We're not supposed to be powerless at all. We're expected to do all this other monkey business — inventories, amends, service. *Service* for crying out loud! Listen pal, *you* can put away the chairs if you want. *I* have a life. — Well, I mean, I used to. Once.

In my dreams.

OK, where do the frigging things go?

And the funny thing is that one day it dawns on you that you really are part of a whole greater than yourself, so that in a screwy way, what you said to the cops that day (well all those days) about how it wasn't *you* who did it was more or less true. You didn't do it. It was that imposter in your body with your name carrying your driver's license (when you *had* a driver's license) who did it. You were truly a beautiful spirit of innocence and love. You were the circle saying the serenity prayer. You were the spirit of God working among us. The powerless self was the imposter all along.

And *that's* why the luckiest thing that ever happened to me was to take a nose dive into a pile of elephant dung and wallow in it for years. It afforded me the opportunity of shaking hands with the imposter in the mirror and escorting him out of my life. **P**

HARDY, HAR, HAR.



An alcoholic judge gets tired of his caseload and decides to take the afternoon off. After a few drinks, he gets on the train headed for home. While on the train, he notices that the train starts spinning and promptly throws up all over himself.

Upon arriving at his home, his worried wife exclaims, "Thank God you're alright. What happened to you?"

The quick thinking judge explains that some drunk in court threw up all over him.

She says "well o.k., why don't you hop in the shower and get cleaned up"

While in the shower, the wife asks the judge, "you know that drunk who threw up on you, well, what did you do to him?"

The Judge responds "Uh, I umm, gave him 30 days."

Wife: "You should've given him 60 because he peed in your pants too!" **P**

LETTER TO THE EDITOR...


I don't know if this even matters, but just a friendly FYI, and not meant to disparage either Marty or Florence:

Marty Mann was not the 1st woman in AA. By many standards, she was the 1st woman who obtained what one might call long-term sobriety. She entered AA shortly after the 1st edition of the Big Book was published.

Florence R joined AA earlier. Her story, "A Feminine Victory", was in the 1st edition of Big Book. (see *Pass It On*, page 202).

There is scant documentation of other earlier women in AA, e.g., in *Dr Bob & Good Old Timers*.

Thanks again for a great article. I hope my comments are received in good taste.

Jeff O. 

A.A. HEADLINES YOU HAVEN'T HEARD

Bill W.'s Face Appears in a Slice of Toast

Dr. Bob Operated with Scalpel in One Hand, Cocktail in the Other

A.A.'s 12 Steps Delivered by Aliens Thousands of Years Ago

Alcoholism Cured by New Drug – Drunks Lining Up at Area Pharmacies

New Barf Bag Developed for Drinking and Driving

A.A. Exclusive – Lois and Anne Were Secret Lovers


Bill W. and Dr. Bob Had Secret Affair in Cleveland Hotel

Results Are In – It's the Tenth Drink that Gets You Drunk

A.A. a Cult? Betty Ford Tells All

The *12 and 12* Printed on Board, Making it The *12 by 12*

A.A. a Hoax – All Drunks are Still Drunks

Man's Higher Power Found Floating in Latte 

ONE-LINERS

from the Recovery Emporium

AA is the only place where you can walk into a room full of strangers and reminisce.

AA romance.... the odds are good... but the goods are odd.

Before I came to AA I was dead, but did not know enough to lie down.

Alcoholic: Someone who refuses to give up a life of failure without a fight.

An alcoholic is someone who wants to be held while isolating.

Alcoholic: "If I could drink like a normal drinker, I'd drink all the time!"

Directions to AA: Go straight to hell and make a u-turn.


Alcoholic: A person who when s/he goes to a wedding, wants to be the bride and when s/he goes to a funeral, wants to be the corpse.

Alcoholics burn their bridges in front of them.

An alcoholic is someone who finds something that works and then stops doing it.

Non-alcoholics change their behavior to meet their goals; alcoholics change their goals to meet their behavior.

Three most dangerous words for an alcoholic:....."I've been thinking"

An alcoholic is a man with two feet planted firmly in mid-air. 

IFB MEETING SUMMARY — MARCH 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
Amy B.	Tuesday Chip	X Drea B.	Serenity Seekers	A** Nicholas L.	Some Are Sicker Than...
Andy T.	Waterfront	P Dylan C.	They Stopped in Time	R Nicholas S.	Sutter St. Beginners
Anil K.	Tiburon Monday Mens Stag	P Gaspar L.	Keep It Simple	P Omar C.	Tuesday Chip
Anthony J.	Serenity Seekers	P Harold A.	Marina Discussion	A* Patty M.	Huntington Square
Armando R.	Home Group	A* Jaime G.	Sesame Step	P Penelope P.	A is for Alcohol
Beatrice L.	Mid Morning Support	P Jenifer W.	Like A Prayer	P Rebecca D.	Valencia Smokefree
Brian P.	Queers, Crackpots and Fallen Women	A** Jess B.	Tiburon Big Book	P Rebekah D.	Fell Street Step
Bruce K.	Sunset Speaker Step	P Johnny G.	High Noon (Wed)	A* Richard R.	We Care
Bryan H.	Men's Gentle Touch	A** Joe H.	Gratitude Group	A* Rick K.	Join the Tribe
Carol E.	Happy Hour	P Judi C.	Tuesday's Daily Reflections	P Robert C.	Beginners Warmup
Casey L.	Sunday Corte Madera	P Judy S.	Diamond Heights Group	P Roger C.	Early Start
Chris H.	Friendly Circle	P Karen A.	West Portal	P Scott B.	High Noon Sa
Chris T.	Keep Coming Back	P Karen S.	Alumni Group	P Scott N.	Sunset 11'ers Sat.
Chuck K.	Ten Years After	P Karin K.	24 Hour Plan	P Shawn M.	Regroup
Clifford B.	Spawn of Straight Jacket	A** Ken J.	High Sobriety	P Steve N.	Terra Linda Group
Cynthia H.	Sunset 9'ers F	A Larry B.	Castro Discussion	P Steve S.	Past Chair
Dan C.	Downtown Mill Valley	P Liz C.	Mill Valley Speaker	P Tedra M.	Come N Get It
Dan C.	Sunday Night Castro SD	A** Luis M.	High Noon Tuesday	P Tom K.	High Noon (Monday)
Dan Z.	Each Day a New Beginning	A* Mark W.	Blue Book Special	P Tom R.	Mill Valley 7AM
Dana R.	Saturday Sunset 9'ers	P Matt T.	Fairfax Friday Night	P Tracy G.	Wits End
Danna P.	Treasurer	P Maury P.	Central Office Manager	P Vickey D.	Sisters Circle
David P.	Eureka Step	P Michael L.	Attitude Adjustment Hour	X Victor V.	Creative Alcoholics
Derek D.	Reality Farm	P Monika H.	SFPOA	P Vincent L.	Artists and Writers
Doug W.	Fireside Chat	A** Nathan M.	Too Early	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	
Alejandro D.	Living Sober With HIV	Brian C.	Amy B.	Marin Teleservice
Blanca S.	Women's Promises	Jeff O.	Karen M.	District 10 Liaison
David D.	Keep It Simple	Tom H.	Karen S.	District 06 Liaison
Della	Friday High Noon		Ray M.	District 5 GSO Liaison
Lucas M.	They Stopped in Time			
Rick R.	Goodlands			
Virginia M.	Women Who Drank Too Much			

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

Scott thanked all those who showed last month for our IFB group inventory. The

COC also had a group inventory last month and is working towards the goals set forth at the beginning of the term. Scott asked the IFB to continue to announce the Treasurer's position opening this summer.

Treasurer's Report: Danna gave the report:

Danna brought two guests who are interested in the treasurer's position.

The net income for January of \$8331 exceeded the budgeted net income of \$6125 by \$2206. Unrestricted cash as of January

totaled \$61,245 and is sufficient to pay budgeted expenses for over three months.

COM Report: Maury gave her report.

There are a couple of phone shifts available. There is a one year sobriety requirement. Please call Peter at Central Office if interested.

Prices have increased on Grapevine materials.

Maury attended the bi-annual northern
(Continued on page 17)

(IFB Summary, continued from page 16)

California central office manager's meeting. Eleven offices were represented.

Maury asked the IFB to check their packets for fliers and announcements to make at home meetings.

Central Office is in the process of transitioning to a new database, which should streamline operations.

Maury also made a call for volunteers bilingual and 'young' members who are available to join the 12th Step committee. Central Office receives many calls for both.

Central Office Committee Report: Chuck K. gave the report.

The COC also participated in a group inventory.

An important announcement was made for reps to speak to their home groups and GSR's about an agenda item for the next General Service Conference. The agenda item proposes to eliminate volume discounts and incorporate shipping costs into literature costs. This would have a huge impact on Central Office Literature prices.

The salary review sub committee proposed raising the salary ranges of both the COM, and the Special Worker.

Chris and Maury are making progress on a Disaster/Emergency Plan for Central Office.

Special Request from SFYPAA: Jim W. addressed the IFB with a request for the IFB to write a letter of support for SFYPAA's bid to host the annual conference in 2008. Patty made the motion, "The IFB will write a letter of support to SFYPAA to host the 2008 state conference, and if MCYPAA approaches the IFB with the same request, we would honor that request as well." After the first vote, and hearing the minority opinion, the motion passed with substantial unanimity.

Group Inventory Follow-Up. After the notes were reviewed, and typos noted, Scott asked the group for action items.

Proposed Change to Bylaws: Pene P. made a motion to change the Bylaws relating to the term length and possibility of serving a second term. The proposed change must be read at three consecutive IFB meetings before it can be voted on.

Committee Reports:

12th Step Committee Report: Chuck gave the report: The committee is looking for support. Please attend the next Sunshine Club orientation on March 10, 2007. The Sunshine Club takes meetings to those who are homebound or in the hospital. The next 12th Step Workshop is April 11, 2007.

Archives Committee: Bruce K. gave the report. The committee has been involved with usual activities of sorting through and cataloging documents from Central Office. The committee will soon begin taping old-timers stories for preservation.

Special Events Committee: No report.

Literature Review Committee: No report.

Orientation Committee: No report.

The Point Committee: Rick K. is the new layout person.

Special Needs Committee: Pene gave the report. Chris H. is assuming the chair position. He has begun developing a policy regarding procedures for borrowing the newly purchased NADY equipment. Pene also discussed her desire for the IFB to adopt a statement of inclusion to be added to the Bylaws.

Trusted Servant Workshop Committee: Monika gave the report. The committee had a successful workshop in February, which focused on three trusted servant positions. She would like to see more volunteers on the committee as she will be rotating out of her position soon.

Schedule Committee: Larry B. gave the report. A small change to the size of the current schedule will result in a savings of over \$4000 on the next printing of the SF booklet schedule.

Outreach Committee: Scott N. gave the report. Scott noted that SF General Service was in attendance. They are forming a partnership to double outreach efforts. Known meetings that have not had contact with Central Office will be the first meetings targeted.

Special Committee Reports:

Teleservice: Judy C. gave the report. They covered the phones on President's Day. They continue to look for volunteers. The Friday coordinator position has been filled. March 19, 2007 is the next orientation

PI/CPC: Bruce K. gave the report. The next quarterly workshop will be held April 21, 2007 at Central Office.

IFB Liaison Reports:

General Service: Karen S. gave the report.

SF District 6 is looking for volunteers who can help translate CNCA Comments into Spanish.

Everyone is welcome to attend the next District 6 meeting on March 13, 2007 at 7 PM at the First Unitarian Church.

A workshop to discuss the Agenda Topics for the General Service Conference in NYC will take place on Saturday March 17, 2007. All are welcome to attend.

Anyone wanting to submit their story for the revised "AA for the Native North American" pamphlet can send in stories to the Literature Coordinator at PO Box 459 Grand Central Station NYC, NY 10163.

The "Letter to the Woman Alcoholic" pamphlet was voted to be and was removed from circulation February 1, 2007.

Other: Brian C., representing the Sometimes Slowly group, addressed the IFB requesting \$1,000 to help co-host a 2007 Prom. The discussion was tabled due to lack of time.

In service,

Chris T.



The next IFB meeting is on Wednesday April 4, 2007 at 1187 Franklin St. in SF 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).

“OOPS!” ...A TRUE STORY(?)

Author Unknown

A man goes to a party and has too much to drink. His friends plead with him to let them take him home. He says NO – he only lives a mile away. About five blocks from the party, the police pull him over. They check his license and ask him to get out of the car and walk the line. Just as he starts, the police radio blares out a notice of a robbery taking place in a house around the block. The police tell the party animal to stay put, they'll be right back


and they run around the corner to the robbery.

The guy waits and waits and finally decides to drive home. When he gets there, he tells his wife he is going to bed, and to tell anyone who might come looking for him that he has the flu and has been in bed all day.

A few hours later the police knock on the door. They ask if Mr. Smith is there and his wife says yes. They ask to see him and she replies that he is in

bed with the flu and has been there all day.


The police still have his driver's license. They ask to see his car and she asks why. They insist on seeing his car, so she takes them to the garage. She opens the door. There sitting in the garage is the police car, with all its lights still flashing.

(True story, told by the driver at his first AA meeting.) 

THE FOURTH COLUMN

by Patty M.


Since I got sober a few years ago, I have probably written thousands of resentments in the format described in the Big Book (chapter 5). I love using the columns, probably because it takes the mess in my head and puts it between tidy little lines. What many people in A.A. call “the fourth column” is really the punch line of an inventory. After the very entertaining process of spelling out who I’m pissed off at (first column) and just exactly what they did to wreck my day, life, universe, whatever (second column), I reflect on how I was affected by their actions (yup, the third column). At that point, I need to stop and ask myself, OK, so what’s my part

in this? That’s the fourth column. What was I trying to maneuver for my own purposes? What am I holding onto with a tight fist? What fear is governing my actions that I need to have a look at? After repeating this gentle process over and over, sometimes for days at a time, featuring the same cast of characters, I am changed and my thinking is transformed in a way that griping to my friends just doesn’t accomplish. None of them would dare ask me, “So, what’s your part in this?” Never once have I done a resentment list and not found something I was bringing to the situation. 

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 Central Office website—www.aasf.org. 

Intercounty Fellowship of AA financial statement

January 2007

	Jan 07		Jan 07
Ordinary Income/Expense			
Income			
Contributions from Groups			
Group Contributions	12,116.81		
Honors	30.00		
Total Contributions from Groups	12,146.81		
Contributions from Individuals			
Individual - Unrestricted	5,295.00		
Faithful Fiver	765.00		
Total Contributions from Individuals	6,060.00		
Gratitude Month			
Gratitude Month - Groups	1,324.42		
Total Gratitude Month	1,324.42		
Sales - Bookstore	11,069.65		
Special Event Income	923.64		
Newsletter Subscript.	55.30		
Total Income	31,579.82		
Cost of Goods Sold			
Cost of Books Sold	7,135.90		
Credit Card Processing Fees	213.87		
Total COGS	7,349.77		
Gross Profit	24,230.05		
Expense			
Employee Expenses			
Wages & Salaries	8,432.50		
Employer Tax Expenses	1,235.38		
Health Benefits	952.00		
Total Employee Expenses	10,619.88		
Bank Charges	0.00		
		Postage	117.00
		Special Needs Expenses	150.00
		Rent - Office	3,987.10
		IFB Literature	39.79
		PI/CPC	12.34
		Filing/Fees	20.00
		Insurance	1,932.00
		Internet Expense	74.99
		Office Supplies	380.45
		Shipping	-22.31
		Printing	840.88
		Repair & Maintenance	274.23
		Security System	33.50
		Special Events	293.30
		Telephone	248.35
		Phone Book Listings	79.00
		Utilities	190.61
		Miscellaneous Expense	0.00
		Total Expense	19,271.11
		Net Ordinary Income	4,958.94
		Other Income/Expense	
		Other Income	
		Interest Income	3,494.32
		Total Other Income	3,494.32
		Other Expense	
		Depreciation Expense	75.67
		Amortization Expense	45.91
		Total Other Expense	121.58
		Net Other Income	3,372.74
		Net Income	8,331.68

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