

# the Point

*The Point is that we are willing  
to grow along spiritual lines.*  
from Chapter Five of the book, Alcoholics Anonymous

2007  
JULY

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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## HAPPY, JOYOU\$ AND FREE: WHAT IS SELF-SUPPORT IN AN EVER CHANGING WORLD?

by Shannon L.

What is self-support in an ever-changing world? The concept of self-support itself has changed for me through the last few years. It used to mean rent for the room, coffee, and refreshments.

I recently had an opportunity to investigate what self-support means to a group I belong to. We discussed donations to the facility in which we meet each week. The facility requests that we pay no rent, so we've discussed what we can do to give back. The Seventh Tradition requires we pay something in return for their allowing us to meet inside the premises; otherwise there was an implied affiliation.

We've discussed contributions to our Intergroup and how that impacts our

meeting. If we're sending monies out to a governing board, should we not have representation? We've discussed contributions to our local District, Area and GSO. What does "support" mean here? Can we with good conscience just throw money at these service entities and assume that "they" will take care of whatever "they need to do." Now I know that there is no "THEY" in A.A.; it's a WE program.

We are the ones who take care of the services that we provide for ourselves as well as the newcomer. We are the ones who carry our groups' conscience to New York so our committees at GSO can serve our needs

(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

july 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>FIRST MON</u> Special Needs Central Office, 5:30pm	3	4 <i>Central Office Closed - Independence Day (IFB Meeting-2nd Wednesday)</i>	5	6	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> Intercounty Fellowship Board Orientation 6 pm, Annual 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)	12 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	13	14
15	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  Special Events Committee 216 Church St/ Market St., 7:30pm  San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo, 7:30 pm	18 <u>THIRD WED</u> 12th Step Committee Central Office, 6:30 pm  Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	19 <u>THIRD THU</u>  SF PI/ CPC Speaker Workshop 6:30pm, Central Office See Flyer- pg. 5!	20	21
22 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day  Living Sober Convention Committee, 1668 Bush, SF, 5:00 pm	23	24 <u>FOURTH TUE</u> 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	31				



## From the Editor

Happy, Joyous and Free! What a theme for a newsletter! Happy 'cause it's summer, Joyous about living sober, and Free of the compulsion to drink! It may get better than this but I, for one, will be hard pressed to remember when that might have been...

You will notice, I presume, the odd spelling of our cover story title. Well, July is the seventh month so we thought we would focus a little on the Seventh Tradition and what that means to all of us. Just as the Living Sober Conference this year has as its theme "*I am responsible*", we

thought we'd remind ourselves of the necessity of paying our own way.

We also bring you not one, but two, letters from interested readers commenting on articles that appeared in last month's *Point*. We always love hearing from our readers and hope to publish more soon. Feel free to write and express your thoughts. Feel free to send articles or letters of any length (though usually under a 1000 words) to [thepoint@aasf.org](mailto:thepoint@aasf.org).

Be well all and have a safe, happy and sober summer!

--The Editor 



## CANCER: JUNE 22-JULY 22


The most delicate flower cannot compare to the fragile recovery of a full-fledged Cancer. It is invariably the wounding world that brings them to the door, seeking the understanding and acceptance that has always been denied them. Who wouldn't drink after all they've gone through? New-comer-Cancer still holds on to the secret hope that he or she will finally learn to drink vintage wine in a lady-like or gentlemanly way—not gulping down three bottles and vomiting all over the new carpet as they do now. Cancer makes it clear that drinking and using were NOT FUN, and their Fourth Step is typically a litany of the

wounds and grievances that they have endured. The tiniest suggestion that they may have played a part in this painful saga is met with shock and (often tearful) indignation.

Ruled by the moon and symbolized by the crab, Cancer advances through the Steps petal by petal. Their Eighth and Ninth Steps may entail heartfelt displays of self-sacrifice. Despite this super-sensitivity, Cancer is a homebody. Their tendency to feather their nests generously and to consume on a lavish scale wards off great bouts of insecurity.

Henry the Eighth and Hunter Thompson were both born under this sign.

A typical Cancer is far more at peace with a gadget catalogue than the Big Book, and often think of retail outlets as a kind of higher power. Organic gardeners and Kundalini yoga instructors make ideal sponsors for these emotional water children.

With Jupiter in retrograde until July 9 this year, Cancer may be especially vulnerable — experiencing sudden unexplainable cravings for fruit dumplings or they may even begin to dream in different languages. Care must be  taken.

the  
**Point**

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### Meeting Changes:

3rd Sun	2:00pm	San Rafael	MCYPAA (Marin Young People) Marin Alano Club, 1360 Lincoln Ave. ( <i>Resuming meeting</i> )
Sun	7:00pm	Hayes Valley	SFYPA (San Francisco Young People) SF Alano Club, 1748 Market St. ( <i>was 12:30pm</i> )
Mon	1:00pm	Hayes Valley	AFTER WORK BIG BOOK SF Alano Club, 1748 Market St. ( <i>was WO</i> )
Wed	7:00pm	San Anselmo	WOMEN ON WEDNESDAY 1000 SFD Blvd, #10 ( <i>was 167 Tunstead</i> )
Thu	7:15pm	Financial	STEP SISTERS 235 Montgomery St/ Pine ( <i>was 930 Gough St.</i> )
Fri	7:00pm	Cathedral Hill	WORK IN PROGRESS 1101 O'Farrell St./ Franklin St. ( <i>was 930 Gough St.</i> )

### No Longer Meeting:

Mon	8:00pm	San Rafael	MONDAY KICKIN' WITH THE FELLAS Lundy's Restaurant, 1143 4th St.
Tue	7:00pm	Hayes Valley	GIRLS GONE WILD SF Alano Club, 1748 Market St.
Wed	7:00pm	Mission	AA GAY Y LESBIANAS 333 Valencia St.
Thu	3:30pm	Sausalito	THINKING MEN'S GROUP Sausalito Sailing Club

**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— MAY 2007

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

### San Francisco

**As Bill Sees It** Tue. 12:10pm; **Big Book Study** Sun. 11:30am; **Castro Discussion (Show of Shows)** Wed. 8pm; **Each Day a New Beginning** Tue. 7am; **Each Day A New Beginning** Thu. 7am; **Embarcadero Group 5D** 12:10pm; **Fell Street Step** Sun. 8pm; **Friday Night Women's Meeting** Fri. 6:30pm; **Sundown Steps** Thu. 6:30pm; **Sunset 11'ers** Mon. 11am; **Sunset 11'ers** Tue. 11am; **Tuesday Downtown** Tue. 8pm; **Tuesday Morning Reflections** Tue. 7am; **The Drive Thru** Wed. 12:15 pm; **Thursday Night Women's** Thu. 6:30pm; **Twelve Steps to Happiness** Fri. 7:30pm; **Wednesday Women's Big Book** Wed. 6:15pm; **Weekend Worker** Sat. 7am; **West Portal** Wed. 8:30 pm; **Wharfrats** Thu. 8:15 pm

### Marin

**Gratitude** Tues. 8pm; **The Fearless Searchers** Fri. 8pm; **Primary Purpose** Wed. 8:30pm; **Serendipity** Sat. 11am; **Steps to Freedom** Mon. 7:30pm; **Tuesday Twelve Step** Tue. 6:30pm; **Thursday Night Speaker** Thu. 8:30pm; **Women on Monday** Mon. 7pm

## CONTRIBUTIONS

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

### ONGOING MEMORIALS

Morning After: Bob C. 32 years

### ANNIVERSARIES

Afro American Beginners: Herman B. 36 years, Friday Night Special: Esther R. 32 years; Marina Dock 8:30am: Donald N. 26 years; A Step Beyond: Larry L. 25 year; Join the Tribe: John O. 19 years, Jim Hill 10 years, Saturday Afternoon Meditation: Carole Ann P. 16 years, High Noon: Michael H., Chavon 21years, Tess K. 14 years, Marya T. 13 years, Eban 11 years, Sharky 9 years, Andre 8 years, Silke T., Tom 7 years, Frank S., Sandi 4 years, Marcus, Ariel A. 3 years, Russ, Paul, Rae 2 years, Ian, Maggie 1 year ; Golden Gate for Seniors: William T. 18 months



## SPEAKERS WANTED!!

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

(Requirement: two years of continuous sobriety in AA)

## PI/CPC WORKSHOP

(Public Information/Cooperation with the Professional Community)

**Thursday, July 19, 6:30pm**

**Central Office**

**1821 Sacramento St**

**(Between Van Ness and Franklin)**

**For further information, call the  
Central Office:**

**624-1821**



## TUESDAY DOWNTOWN

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

07/03 Speaker: Bruce M.	From: Livermore
07/10 Speaker: Liz K.	From: San Jose
07/17 Speaker: Sean M.	From: Santa Cruz
07/24 Speaker: Emmy B.	From: Cupertino
07/31 Speaker: David C.	From: Livermore

## FRIDAY NIGHT ALL GROUPS

**1101 O'Farrell St. Urban Life Center, SF, Time???**

07/06 Host Group: Sutter Street Beginners	Speaker: Garry H.	From: Redwood City
07/13 Host Group: Home Group	Speaker: Gwen T.	From: Palm Springs
07/20 Host Group: Chips Ahoy	Speaker: Julie K.	From: Southbay
07/27 Host Group: Saturday Meditation	Speaker: Francine W.	From: Sausalito

## BRISBANE BREAKFAST BUNCH

**250 Visitation Way, Community Center  
(under library), Brisbane, Sunday, 11AM**

07/01 Speaker: Albert.	From: Friday Smokeless
07/08 Speaker: Melinda	From: San Francisco
07/15 Speaker: George	From: Friday All Groups
07/22 Speaker: Brad S.	From: St. Mary's
07/29 Speaker: Matt L.	From: Lincoln Park

IFB Presents:

## "Honky Tonk Hoe Down Prom"

W/ the band "77 El Deora"

Date: Saturday, July 28<sup>th</sup>, 2007

Meeting: 6:00 – 7:00 pm

Dance: 7:45 – 1:00 am

Cost: \$20.00 for single ticket, \$35.00 per couple

Location: Urban Life Center: 1031 Franklin Street SF, CA 94109

Directions: Up O'Farrell from Van Ness

(same place as "Friday All Groups" and "Tuesday Downtown")

No one turned away for lack of funds ... (N.O.T.A.F.L.O.\$)

INFO number: 415-513-2248, blivious@gmail.com



Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact the SF/Marin County Central Office (415) 674 - 1821 no later than \*five business days prior to the event.



# LETTERS TO THE EDITOR

Dear Editor,

Recently, at the business meeting of one of my favorite meetings, "Living Sober with Hep C", it was brought up that our group was the subject of a letter in the May issue of *The Point*. If it is indeed our group which is referenced in the article, I would like to present my own experience and strength with the hope that the writer's concerns will be allayed.

With the help of God and the Fellowship of A.A., I hope to celebrate my 23rd A.A. Birthday in a few short days. I believe my experience in sobriety has, with the exception of the problems that beset us all, largely been a happy, joyous, and, free one. One small bump in the road was my

*"I would like to  
present my own ex-  
perience and strength  
with the hope that the  
writer's concerns will  
be allayed"*

diagnosis a number of years ago with Hepatitis C, a souvenir from my years of drinking and drug abuse.

In preparation for my drug therapy, I found a new sponsor who has experience in A.A. while undergoing similar chemotherapy. I decided once again to have him take me through the 12

Steps. I also found the A.A. meeting in question, which I have been fortunate to be able to attend for the past few weeks of my therapy.

I can assure you that as a seasoned member of this fellowship, this meeting is open to all persons with a desire to stop drinking regardless of their health issues. On a weekly basis, members arrive to find that while they do not have experience with Hepatitis C, they have arrived at an A.A. meeting and are welcome and encouraged to share their experience, strength, and hope. This meeting is about using the Twelve Steps of A.A. to stay sober. It does not espouse to practice the twelve steps to assist in

*(Continued on page 14)*

*(Happy, Joyous and Free?: continued from p. 1)*

as we see them. We are the ones who find out if we are reaching out to those who don't get information through regular channels, to special needs of different natures. We are the ones who answer the phones and go out on the Twelfth-Step calls to retrieve the struggling drunks who don't know how to take the First Step.

As I said, the concept of self-support has changed as I grow in Alcoholics Anonymous. My home group format reads that we "sustain services beyond our own expenses which include..." and we then list all the service entities that we support. This has helped me to understand what the money goes for, and our obligation to our fellowship as a whole. When I make a literature announcement I don't say that the pamphlets are free,

I say that they are free for the taking and that they are paid for by the contributions of the group.

I read an early (1950s) Grapevine article on finance, which describes a movement by the General Service Office in New York (GSO) requesting each member of the fellowship raise their usual dime contribution to a dollar for two purposes. One, it would allow the GSO to be fully funded and able to carry out its functions. And two, it would serve to act as a census for total membership, giving us an idea as to how big the fellowship had grown. This was in the 1950's, and it seems as though the "dollar in the basket" idea has stuck. In 1950 the average family income was \$3,216 per year, a loaf of bread cost 14 cents, and a gallon of gas cost 20 cents. This was originally intended as a one-time contribution to GSO, but of course as our fellowship grows

and our services expand, and all the costs of doing business grow, the contributions to GSO need to grow. As of last year's financial report at GSO, each member of our California Northern Coastal Area (CNCA) of AA gave an average of \$4.35 – that is for the whole year. And CNCA that year was the largest contributor of any other area of the U.S. and Canada. These are just a couple of facts to think about.

This year there were a couple of issues on the World Service Conference Agenda, which raised my eyebrow in regards to self-support in an ever-changing world. It appears that the rest of AA as a whole raised an eyebrow because we chose to take action on several of the issues. One of which was create a self-support card to pass out to the meetings. It's interesting how times change. Are you ready to change?

**JP**

# Dear Alky...



**Dear Alky**

**I arrived at 10:30am for an 11:00am meeting. You would think that would have been plenty of time to get a seat. No such luck. There were probably ten people in the room, and fifty empty chairs, each one "taken."**

**Can we talk? No one should be saving seats for their imaginary twenty friends, or their ten sponsees. That is ego run amok.**

**Yes, I can bring this concern to a business meeting. I also wanted to raise this on a fellowship level. It happens at many of the large meetings.**

**I am grateful to know my sobriety doesn't depend upon any one meeting, but what about the first time newcomer, or the person coming back? It can be tough to walk into a room and feel there's no place for you. Let's remember our primary**

**purpose. This is A.A., not Junior High.**

**Signed,  
Empty Chair**

Dear EC,

I feel your pain, having formerly attended some of the larger, highly social nighttime meetings around town. In the last few years, as Alky has aged (ever so gracefully!), I've gravitated toward smaller meetings that don't have quite as much of a "see and be seen" aspect. Much easier seating. However, your point is well taken. While it is true that each group is autonomous when it comes to such picky details as seat-saving policy, it's not a bad idea to suggest at a business meeting that the group make a little more effort to be welcoming to the newcomer, the shy member, and the visitor.

Alky knows of a couple of meetings that have addressed this challenge by keeping the meeting space closed to all but the coffee and set-up people until 10 or 15 minutes before the meeting begins. However, I think it advisable to actually address the issue more directly. Perhaps your concern might bring about a much-needed group inventory.

These inventories are powerful tools designed to help group members really examine how well their group is meeting its primary purpose. If a group is creating an environment of competitiveness or cliquishness at such a basic level as seating, Alky would hazard a guess that there are many other ways in which newcomers, "loners" and visitors may find themselves feeling shut out, unwelcome, or ignored.

As we know, alcoholics as a group have a tendency to be insecure. I would imagine that many of us who feel compelled to save a seat for everyone we know do so out of a sense that being surrounded by our friends will be more comfortable than sitting among "strangers" at a meeting. Let's not forget that every one of us has been a stranger to the program at some point, and most of us have relied upon the generosity of such strangers to achieve and maintain our sobriety. Now that we are safely in the "lifeboat," let's not make the drowning alcoholics tread water at the back of the room. Let's make room for them right next to us, welcome them in and share this gift we have been so freely given.

Here's hoping you'll hang on to your seat!

--Alky 



## OBLIGATIONS SQUARELY MET

As is announced regularly at many meetings, part of self-support includes paying rent for the particular space where our groups meet. Rents at meetings in San Francisco vary as

much as meeting locations and facilities.

I regularly attend a meeting that struggles each week to meet its rent. Attendance at the meeting is incon-

sistent. One week there will be barely enough people to fill a small room, the next week there will be overflow,

*(Continued on page 13)*

## The Three Legacies: Steps, Traditions and Concepts

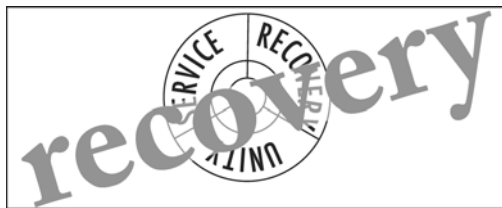
Almost everyone in A.A. who has been around for a few days is aware of the Steps. We may not understand them at first or know how to apply them but we know what they are. A dawning of awareness usually comes a bit later for the Traditions. We are told that they are for the Group what the Steps are for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

by Nkechi E.

***"Humbly asked Him to remove our shortcomings."***

I learned to practice the six steps which precede the Seventh Step by meeting with a sponsor once a week going through the steps one at a time. As my understanding grew, the fog started to clear, and my eyes were opened that I had done a botch job at living before coming to Alcoholics Anonymous. Even my best moral and philosophical convictions were mostly self-centered and I could rarely live up to them even when I wanted to, and especially while drinking. By the end of my drinking, the results of my running the show were self-evident: my family relations were strained, I felt useless, full of remorse, resentments, and self-pity, and none of my "old ideas" of how to live had proved sufficient to keep me away from that first drink.

These chunks of truth were a lot to swallow at once. It was hard for a prideful alcoholic of my type to admit that I had been sadly mistaken on how to run my life successfully, despite the accolades I had received from the world. Step Six taught me that my character defects gone wild were showing up all around me. Thankfully the very nature of continuing to progress through the steps gently eased me into the necessary state of Step Six readiness, willingness, and surrender.

The gentle surprise of the Seventh Step prayer (Alcoholics Anonymous,

p. 76) was that it instructed me to surrender to my Creator all of me, both the good and the bad for his usefulness, with the removal of my defects to be done in the order that He sees fit and not in the order that grants me the highest glory or comfort. I would have to give up all of my "old ideas" of perfectionism and humbly surrender to the reality of my flawed humanness. I came to realize I had no more power to eradicate my character defects than I had to stop drinking. The practice of Step Seven enables me, through prayer, to relinquish control and judgment of my character which grants me a new perspective on life. However it is my responsibility to work towards availing myself of the necessary state of readiness required for their removal by continuing to practice the steps, and continuing to take the suggestions offered me by A.A.

Today, I repeatedly offer to God my awareness and growing acceptance of my shortcomings. I strive by exercising willingness to live free and clear in mind body and spirit of the God-less chaos and wreckage I had accepted as normal before A.A. As my willingness grows, I move forward by humbly acknowledging I need help to re-create my life. This state of grace and humility comes and goes. I ask God to remove my defects as they arise.



## COMMITTEE CONTACTS

The following is a list of names and email addresses for IFB Officers and for most of the IFB committees. If you are interested in doing service on a committee, or if you wish to receive more information about a committee, please email that committee at the address.

### INTERGROUP OFFICERS:

#### **CHAIR**

Scott N. chair@aasf.org

#### **VICE CHAIR**

Chuck K. vicechair@aasf.org

#### **TREASURER**

Danna P. treasurer@aasf.org

#### **RECORDING SECRETARY**

Chris T. secretary@aasf.org

### COMMITTEE CHAIRS:

#### **CENTRAL OFFICE COMMITTEE**

David P. coc@aasf.org

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

Victor V. 12thstep@aasf.org

#### **ARCHIVES COMMITTEE**

Bruce K. archives@aasf.org

#### **LITERATURE COMMITTEE**

Currently Inactive

#### **ORIENTATION COMMITTEE**

Anthony J. orientation@aasf.org

#### **THE POINT**

Victor V. thepoint@aasf.org

#### **SPECIAL EVENTS**

Brian C. events@aasf.org

#### **ACCESS COMMITTEE**

Virginia M.. access@aasf.org

#### **TRUSTED SERVANTS**

#### **WORKSHOP COMMITTEE**

Monika H. tsw@aasf.org

#### **WEBSITE COMMITTEE**

Dan Z. website@aasf.org

#### **SF TELESERVICE COMMITTEE**

Judi C. sfteservice@aasf.org

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

Jill H. picpc@aasf.org



## TRADITION SEVEN

by Morgan L.

***“Every A.A. group ought to be fully self-supporting, declining outside contributions.”***

*“I learned there is always a lesson for the individual in the Traditions of the group.”*

A year ago whenever it was “Traditions Night” a loud groan escaped my lips. I disliked Traditions Night because I thought the Traditions guided the group and were not applicable to me. I now understand that for the Traditions to be actualized, individual alcoholics must implement them. The Traditions are a vital part of Alcoholics Anonymous as they not only sustain the group, but contain principles and lessons helpful for the individual alcoholic’s growth and maturity.

Tradition Seven states that every A.A. group should be fully self-supporting, declining outside contributions. A commonly cited reason for self-sufficiency is to ensure A.A.’s primary purpose is not diverted by benefactors with ulterior motives. Self-sufficiency requires individuals to consistently practice the Seventh Tradition by contributing to the basket at meetings. This practice is sometimes difficult for me given my self-centered, irresponsible manner. I feel as if I don’t have enough and won’t be able to get the things I want if I give to Alcoholics Anonymous.. This outlook changed when a sponsor shared her experience with faith,

responsibility, and giving, principles inherent in the Seventh Tradition.

On a whim my sponsor visited Glide Memorial Church. When the collection basket came around, she dropped all the money she had into it: twenty dollars. I asked my sponsor how she could so easily let go of her hard-earned money. She responded that her faith in her Creator to provide what she needed and a desire to give to the community made this small act easy. I should mention she unexpectedly received a large sum of money shortly after her Glide experience, further supporting the notion that all our needs are met.

Hearing her experience, I was able to see my own shortcomings. I had spent my entire life exhausting other people’s resources and running away from responsibility. Oftentimes I look in my wallet and my first reaction is to hold onto my money. The principles of faith, responsibility, and freely giving help me to do my part in upholding the Seventh Tradition. When I release my folded bill, freedom envelops me. Instead of living in the shackles of my fears and clutching what I have, I relinquish control and turn my care over to my Creator. These experiences exemplify how much the individual drives

*(Continued on page 11)*



Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. As a Faithful Fiver, your personal contribution can and will make our vital services possible. We'd like to

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

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 VII

by Anonymous

***“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.”***

Concept Seven provides A.A. with the means to resolve grave issues through a checks and balances system. Our Trustees have *legal* power to effect A.A.’s business. Our Delegates have *group authority* to effect A.A.’s business. Together, and with the Directors and Staff of the General Service Office, the Trustees and Delegates meet at the annual Conference and decide what is best for A.A. on a variety of matters. Trustees may veto Conference actions if the action is a clear violation of the charter, there is an overage in the conference budget for any fiscal year or if any special directive, plan or project becomes unworkable during the fiscal year.

Just as our government has a system of checks and balances between the executive and legislative branches so too does Alcoholics Anonymous. Our Trustees could be likened to our executive branch of government, while our Delegates in some ways resemble Congress. Our Trustees are experienced and well qualified for the committee for which they serve, e.g., finance, corrections, etc. Quarterly, the Trustees meet, review and make decisions on the annual budget, plans and other items affecting World Services.

While the 12 Concepts intended use is within the General Service structure, the 12 Traditions intended use is within the individual A.A. groups and the 12 Steps intended use is for the individual, all 36 are based on spiritual principles and may be applied equally well in any situation.

An A.A. Group example:

Jane Doe is a member of my home group. Jane thinks it is high time we upgrade the refreshments at our meeting. Jane polls the end of the meeting during announcements for all who would like gourmet coffee and cookies. There is an overwhelming positive response. Jane then states that it looks as if we are ready to upgrade. Meanwhile, our group Treasurer is looking over the group balance sheet. The group has entrusted her to act on our behalf. She is a bit like a trustee because she serves in the specialty area of finance. Based on her first hand experience she advises our group that we cannot afford to spend more money on refreshments and continue to make modest distributions to GSO, Central Office, CNCA and the District. The Secretary steps in and

(Continued on page 18)

# SOBER SURFER

by Adam N.

When I first got sober I was afraid that surfing would lead me back to drinking. None of my surfing buddies were in recovery. Drinking and drugs had become so tangled up with my passion for surfing I didn't believe I could keep them separate. I chose to live in Phoenix, Arizona so I wouldn't be tempted or tortured by the thought of dropping by the beach. I felt that sobriety had to be my priority and I had plenty of evidence that surfing was too distracting and consuming to be able to do it only occasionally. I might add that I was young, 25, and fully engaged in early sobriety's black and white thinking.

My first year in sobriety was devoted to keeping it simple. I got a job at a fast food joint and I joined the YMCA and swam laps. I went to a lot of meetings. I got a sponsor and started to work a program. I got involved in the fellowship of A.A. and found that life was pretty fun even without booze and the beach. I experienced many firsts in sobriety that year. Things I had done many times drunk I now experienced for the first time sober. The most memorable was my first A.A. dance. This still ranks number one in the lifetime awkward-feeling category. I always kept the idea of surfing in sobriety in the back of my mind. (That's why I swam laps, to be in shape to surf.)

After 9 months of my landlocked routine: meetings, work and swimming, I made it back to the ocean for a brief surf trip and a visit with old friends. I managed to stay sober and really enjoyed getting back out in the waves. I felt like I had discovered surfing all over again. What had changed was me. I had a new set of principles I was practicing and it was affecting everything in my life.

Sobriety has taught me some key things about surfing: I always underestimate how good it can be.

A balanced approach makes everything more rewarding. It's all about expectations. Some of my best moments surfing have been completely unexpected. When I put myself first I feel lonely and isolated. It's better together; surfing alone is dangerous and not as much fun. (Only half the chance of being eaten if you surf with a friend!) Taking turns and not interrupting are important to maintaining healthy relationships in and out of the water. Suit up and show up and wetsuit up; getting there is 90% of the battle.

Surfing has taught me some key things about sobriety: I am not in charge; there is a Higher Power. I don't know much beyond that, but when I think about all the miracles around me: waves, weather and the people in my life, I know there is

something bigger out there. Riding waves makes me feel connected to that Higher Power, the same feeling I get when go to a meeting or connect with another alcoholic. You can't ever ride the same wave twice, can't ever go to the same meeting twice. If it's good enjoy it, if it's bad there's always tomorrow. Get there early, stay late. The same camaraderie I sought as a surfer that was my demise in the parking lot I now find at meetings - especially in the parking lot!

I can see now that surfing enhances my sobriety and sobriety makes my surfing experience infinitely more rewarding.

**tP**



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*(Tradition Seven: continued from page 9)*

from practicing these "group-focused" Traditions.

While the Seventh Tradition is pri-

marily designed to keep the group's purpose singular, it has allowed me to practice walking in faith, trusting that my needs will be met, and giving to others what was so freely given to me. This newfound responsibility and

selflessness causes me to perk up on Traditions Night: there is always a lesson for the individual in the Traditions of the **tP** group.

# GROUP CONTRIBUTIONS

APRIL

2007

Name	Apr.	YTD	Name	Apr.	YTD	Name	Apr.	YTD
<b>Fellowship</b>			Quitting Time	100		As Bill Sees It Th 830pm	12	12
Brisbane Breakfast Bunch	36	132	Refugee Th 12pm	260		Ass in a Bag Th 830pm		152
Contribution Box	53	208	Reveille 7D 7pm	600		Back to Basics W 8pm	62	62
2900 Alcolthon		389	Rise N Shine Sun 10am	150	150	Beginner's Warmup W 6pm		70
Deer Park Discovery Group	35	35	San Geronimo Valley M 8pm	49		Bernal New Day 7D	300	790
Fellowship Contribution		9	Saturday Serendipity	99		Big Book Basics F 8pm	98	272
IFB	75	257	Sisters In Sobriety Th 730pm (M)	300		Big Book Beginners	60	60
Marin Teleservice	947	947	Six O'Clock Sunset Th 6pm	119	209	Big Book Study Su 1130am		114
Novato Fellowship Events Committee		149	Sober & Serene F 7pm	375		Birhtday Meeting Sa 8pm		250
Unidentified Group	92	92	Step Sisters (M.V.) Sun 7pm	100	100	Brokers Open Book Tu 130pm		34
<b>Total Fellowship</b>	<b>\$1,238</b>	<b>\$2,218</b>	Steps To The Solution W 715pm	92		Came To Believe Su 830am		108
			Stinson Beach Fellowship Th 8pm	225		Candlelight Meeting Th 10pm		42
<b>Honors</b>			Sunday Express Sun 6pm	100		Castro Discussion (Show Of Shows) W 8pm		341
High Noon Friday 1215pm		80	T. G. I. Tuesday 6pm	52		Castro Monday Big Book M 8pm		84
<b>Total Honors</b>	<b>80</b>		T.G.I.F. F 6pm	139		Cow Hollow Men's Group W 8pm		109
			Terra Linda Group Th 830pm	614	614	Design for Living Sat 8am		211
<b>Marin Group Contributions</b>			Terra Linda Thursday Men's Stag Th 8pm	77		Each Day a New Beginning F 7am	330	584
Attitude Adjustment 7D 7am		658	The Fearless Searchers F 8pm	78		Each Day a New Beginning M 7am		43
Beginner's Help Th 8pm		100	Three Step Group Sa 530pm	659		Each Day A New Beginning Su 8am	200	660
Beginners W 7pm		350	Thursday Night Speaker Th 830pm	190		Each Day a New Beginning Th 7am		173
Blackie's Pasture Sa 830pm		295	Tiburon Beginners & Closed Tu 7pm & 830pm	590		Each Day a New Beginning Tu 7am	151	271
Bolinas Monday Nioght & Step Study	50	50	Tiburon Haven Sun 12pm	345		Each Day a New Beginning W 7am	94	259
Closed Women Step Study Tu 330pm		150	Tiburon Women's Candlelight W 8pm	42		Early Start F 6pm		713
Creekside New Growth Sun 7pm	165	309	Wednesday Mid-Week W 6pm	182		Easy Does It Tu 6pm	120	361
Downtown Mill Valley F 830pm	149	677	What's It All About F 12pm	92		Embarcadero Group 5D 1210pm	475	475
Fireside F 8pm Bolinas		76	Women on Monday M 7pm	54		Epiphany Group Th 8pm		60
Freedom Finders F 830pm		1200	Women's Big Book Tu 1030am	119		Eureka Step Tu 6pm		257
Gratitude Tu 8pm		577	<b>Total Marin Group Contributions</b>	<b>\$1,778</b>	<b>\$14,823</b>	Eureka Valley Topic M 6pm		680
Happy, Joyous & Free 5D 12pm		750				Federal Speaker Su 12pm		252
Hillside Candlelight F 830pm		50	<b>SF Group Contributions</b>			Fell Street F 830pm		131
Intimate Feelings Sa 10am	36	112	515pm Smokeless W	179	179	Fell Street Step Su 8pm		91
Island Group Th 8pm		168	7am Marina Dock		154	Firefighters & Friends Tu 10am	35	35
Keepin' It Real Th 6pm		108	7am Speaker Discussion Th 7am		139	Fireside Chat Tu 8pm		345
Kids Welcome Group M 1130am		45	7am Step Discussion Tu 7am		15	Fogwatch Tu 7pm		23
Living in the Solution F 6pm		405	830am Smokeless Th		22	Founders' Group Sa 5pm		20
Marin City Groups 5D 630pm		250	A is for Alcohol Tu 6pm		102	Friday All Groups F 830pm		229
Mill Valley 7D 7am	286	286	A New Start F 830pm		553	Friday Knights Th 730am		36
Monday Blues M 630pm		212	AA As You Like It Tu 530pm		119	Friday Night Special F 8pm		10
Monday Night Women's M 8pm	109	109	AA Step Study Su 6pm		109	Friday Noon F 12pm		68
Monday Nooners M 12pm		180	Afro American Beginners Sat 8pm		52	Friday Reflections	10	10
More Will Be Revealed F 12pm		78	Afro American F 8pm		53	Friday Smokeless F 830pm		83
Nativity Monday Night Big Book M 8pm		100	All Together Now Th 8pm		46	Goodlands Su 2pm		36
Noon Discussion Th 12pm		1002	Amazing Grace M 7pm		16	Greenhouse Meditation		82
Noon Hope F 12pm		172	Any Lengths Sat 930am	179	657	Happy Hour Ladies Night F 530pm		178
Noon Tu 12pm		440	As Bill Sees It Sat 8pm		66	High Noon Friday 1215pm	132	132
Primary Purpose W 830pm		25	As Bill Sees It Th 6pm		274	High Noon Monday 1215pm	144	270

# GROUP CONTRIBUTIONS, CON'T...

Name	Apr.	YTD	Name	Apr.	YTD	Name	Apr.	YTD
High Noon Saturday 1215pm	204	204	Rebound W 830pm		185	Sunset 9'ers Su		432
High Noon Thursday 1215pm		322	Rodeo Drive Birthday Cake Style F 10pm		31	Sunset 9'ers Th	129	129
High Noon Tuesday 1215pm		577	Room to Grow F 8pm	114	114	Sunset 9'ers W	128	128
High Noon Wednesday 1215pm		106	Rose Garden Big Book Th 1205pm	84	84	Sunset Sobriety Th 730pm		360
High Sobriety M 8pm		566	Rule 62 W 10pm		525	Sunset Speaker Step Sun 730pm		285
High Steppers W 7pm		90	Saturday Afternoon Meditation Sat 5pm		60	Sutter Street Beginners Sat 6pm	84	84
Hilldwellers M 8pm		118	Saturday Night Regroup Sat 730pm		480	Ten Years After Su 6pm		354
Home Group Sat 830pm		127	Second Chance Th 215pm		105	The 24 Hour Plan M 7am		42
Huntington Square W 630pm	511	751	Serenity House	300	600	The Drive Thru W 1215pm	87	340
Join the Tribe Tu 7pm		491	Serenity Seekers M 730pm		57	The Parent Trap M 1230pm		343
Joys of Recovery Tu 8pm		36	Sesame Step Tu 730pm	100	284	Thought For The Day F 730am		36
Keep It Simple Sat 830pm		118	Sisters Circle Su 6pm	84	215	Too Early Sat 8am	1370	1370
Like A Prayer Su 4pm		32	Sisters In Sobriety M 7pm (SF)		4	Transrecovery F 630pm		18
Lincoln Park Sat 830pm		97	Sober Across the Board M-Sa 830am	40	140	Trudgers Discussion Su 7pm		180
Live and Let Live Su 8pm		172	Sobriety & Beyond W 7pm	188	188	Tuesday Downtown Tu 8pm	81	378
Living Sober with HIV W 6pm	36	36	Sometimes Slowly Sa 11am	90	90	Tuesday Step Meeting Tu 130pm		2
Luke's Group W 8pm		125	Step Talk Su 830am		288	Twelve Steps to Happiness F 730pm		123
Marina Discussion F 830pm		625	Steppin' Up Tu 630pm	90	143	Unidentified Group		103
Meeting Place Noon W 12pm	120	120	Stonestown M 8pm		99	Unidentified Group		68
Mid-Morning Support Su 1030am	250	981	Straight Jackets Th 9am	31	116	Valencia Smokefree F 6pm		420
Miracles Off 24th St W 730pm		292	Sunday Morning Gay Men's Stag Su 930am	754	754	Walk of Shame W 8pm		263
Monday Monday M 1215pm	45	97	Sunday Night 3rd Step Group 5pm	114	114	Washington Square M 7pm		171
New Clay M 2pm		27	Sunday Rap Sun 8pm		90	Waterfront Sun 8pm	200	200
New Hope Big Book M 630pm		106	Sundown W 7pm		360	We Care Tu 12pm	72	72
Newcomers Tu 8pm		277	Sunset 11'ers F		45	West Portal W 830pm		234
Noon Smokeless Th 12pm		10	Sunset 11'ers M		50	Wits End Step Study Tu 8pm		131
Park Presidio M 830pm		60	Sunset 11'ers Su		134	Women's 10 Years Plus Th 615pm		504
Pax West Th 12pm	319	838	Sunset 11'ers W	72	72	Women's Kitchen Table Group Tu 630pm		148
Pure & Simple Su 6pm	95	274	Sunset 9'ers F	64	146	Women's Promises F 7pm		50
Queers, Crackpots & Fallen Women		26	Sunset 9'ers M		194	Work In Progress Sat 7pm		68
						YAHOO Step Sa 11am		106
						<b>Total SF Group Contributions</b>	<b>\$8,435</b>	<b>\$32,440</b>
						<b>Total Group Contributions</b>	<b>\$11,451</b>	<b>\$49,560</b>

*(Bulletin Board: continued from page 7)*

requiring a larger room, but too few people to pay the increased rent.


There was a time when I was secretary that I would throw in the extra money needed to make the rent. While this was a choice I made willingly, I don't think it was the best one.

One of the most moving experiences of my early days in A.A. was the very adult, caring and compassionate way

one meeting I attended decided to disband after attendance could not support paying rent for the location. It was a sad decision, but very thoughtful, mature, and sensible ... quite unlike many of the decisions I made while drinking.

It is often difficult for groups to discuss money, whether it be a treasurer announcing that the basket will go around for a second time or a group representative talking with a landlord about the rent on a particular space.

A.A. tradition reminds us that every group ought to be self-supporting. While paying rent is only part of the equation, it is the most basic for many small groups.

In the *Twelve Steps and Twelve Traditions*, Bill W. reminds us that obligations squarely met are one of the permanent and legitimate satisfactions of right living. We need always keep that in mind, even when the basket comes around for the second time. 

# LETTERS TO THE EDITOR (CONTINUED)

*(Letter to the Editor: continued from page 6)*

recovery from any physical or mental illness other than alcohol.

Finally, I would like to point out that if the concerns are indeed with our group, I think it is being less than honest with the fellowship to call for

a group conscience about a group's name, without mentioning the group itself. And secondly, our group has taken a group conscience about our name and our meeting and that group conscience should be sufficient. And thirdly, there exists any number of groups currently listed in the A.A. schedule whose names could be simi-

larly used to question their adherence to the traditions, not the least of which is "Living Sober with HIV".

Live, and Let Live,  
Martin J.

**(This letter has been edited for length. Ed.)**

Martin:

Thank you for your letter to *The Point*. I hope that I may be able to clear up some misunderstandings. Your note seemed to come from the belief or assumption that the Inter-county Fellowship Board (IFB) is in some way trying to discriminate or attack the "Living Sober with Hepatitis C" meeting.

When your meeting formed and requested to be listed in the Central Office meeting database, there was a discussion at the Central Office Committee (the central office steering committee of the IFB) meeting – should we list in the meeting directory, both printed and online, meetings whose names may indicate they were "dual purpose"? After all, we already had one listed as "Living Sober with HIV" and we understood that your group's conscience is to list it with Hepatitis C in the name. However, others do have concerns about listing the meeting, and those cannot be - and should not be - "muzzled". A poll of Central Office managers in Northern California was unanimous: none would list your meeting in their schedule. A message from AAWS in New York regarding this issue is reprinted below:

"The "Living Sober with Hepatitis C" group's request to be listed in your office's meeting directory is, of course, a matter to be decided by the group conscience of the Central Office. Regarding the directories for the U.S. and Canada, published and maintained by G.S.O., the General Service Conference has asked that in keeping with A.A.'s Fifth Tradition that "dual purpose" or "double trouble" groups not be listed.

The question asked at times is "What's the difference between so-called dual purpose groups and special interest groups?" In our experience, groups for men, women, gays, etc. maintain a primary purpose of carrying A.A.'s message to the still-suffering alcoholic. With dual purpose groups, the focus is on two or more separate and distinct illnesses."

GSO is referring to Tradition Five and our singleness of purpose when talking about "dual purpose" meetings. Bill W. wrote in The Twelve Steps and Twelve Traditions, "Better to do one thing supremely well than many badly. That is the central theme of this tradition. Around it our society gathers in unity. The very life of our fellowship requires the preservation of this principle."

The question never arose, nor would it, whether your (or other) meetings should or should not exist or meet. In fact, a meeting is when two people say it's a meeting, provided they have no other affiliation. Instead, the question started as simply this: "Should meetings that seem to have dual purposes be listed in our Central Office meeting directory?"

Given the 'up-side down triangle' structure of A.A., we decided to take this discussion to the groups in the San Francisco and Marin fellowship. I believe that the best course of action is to bring the informed group conscience of our fellowship back to the IFB and the COC for guidance and trust that this will be the right course for us.

That discussion seems healthy and consistent with the A.A. Traditions. This isn't about any one group or another - it is about the informed group conscience of many groups throughout the region – how can Central Office best serve the fellowship and A.A. as a whole with regard to meeting names and assisting new groups as they form?

In Service,  
Scott N., IFB Chair

*(Continued on page 15)*

# THE SIMPLE CHOICE OF HAPPINESS

by Anonymous

There are many things in sobriety that I am learning and am extremely grateful about. I am amazed and dumbfounded at times when I learn how to do supposedly simple things in my life that non-alcoholics just do on their own.

The most basic of those, for me, is that I can choose, or not, to have a drink again. I can choose right now to go out to one of my many favorite watering holes, plop myself down on a barstool, and order my favorite beer and a shot. Of course, I know that it wouldn't be just one beer and a shot...


I also know that I can choose whether or not to show up for appointments, for example. I could blow them off, like I used to, and not even call to say I'm not going to make it. I choose to be responsible today and I choose to try to remain teachable. On some days that way of living is easier than on other days. I get the

*"I think that by being responsible, showing up for things, and doing things that are called 'esteemable', the emotion called happiness will come as a result"*

"f\*\*\*-its" quite often which lead to my choice, or not, to be restless and irritable.

There is one choice that I hear can be made in sobriety. That is the choice to be happy. I don't quite understand that one. How can someone simply choose to be happy in general or in life? I have never been able to choose my emotions and happiness is a big one. I don't think that by "acting as if" and choosing to be happy, that I'll be

that way. In my experience, I think that by being responsible, showing up for things, and doing things that are called "esteemable", the emotion called happiness will come as a result. I don't know when it will come and even if life will suddenly be a big ray of sunshine and rainbows if I help other people and practice acts of random kindness, for example.

I get very philosophical around the concept of happiness and I just don't really know how one realizes when they get that emotion. Happiness, just like everything else, is probably relative to everyone and is an individual thing. But how does a sober alcoholic, like me, learn how to get that elusive emotion? What class do I take and where can I rent the DVD? I guess I'm in the class right now, and that one is called the rooms of A.A. I'm still looking for a crash-course on it, though, and I don't even get an instructional DVD. Maybe that would make me happy. 


(Letter to the Editor: continued from page 14)

To the Editor:

Should we list gay meetings in the San Francisco Meeting Book? In 1975, some gays said no, because we were afraid maybe some people would be coming to the meetings just to see who was gay, or for curiosity. Eventually, it was decided to list gay meetings and Paul G., Central Office Manager at that time, gave his approval. And, you know, no one came out of curiosity. But this was a big decision at that time.

Yours truly,

Neil M.

*This letter was sent to The Point in response to our June article on the first Gay A.A. meeting in San Francisco. Initially, central offices would not list Gay meetings in the schedules if they were so identified. This was fellowship-wide at the time but was changed in 1974 when the General Services Conference decided to accord the same standard as applied to Men's and Women's meetings to Gay meetings.-Ed.* 

## **WRITE TO THE POINT!**

The Point Committee values your input. You may write to us at:

Central Office  
1821 Sacramento  
Street, San Francisco, CA  
94109

or e-mail us at:  
[thepoint@aasf.org](mailto:thepoint@aasf.org).

# IFB MEETING SUMMARY — JUNE 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	
Alejandro D.	Living Sober With HIV	P	Jaime G.	Sesame Step	P	Patti M.	Bernal New Day	P
Amy B.	Tuesday Chip	P	Jenifer W.	Like A Prayer	P	Patty M.	Huntington Square	P
Andy T.	Waterfront	P	Jess B.	Tiburon Big Book	R	Rebecca D.	Valencia Smokefree	P
Anil K.	Tiburon Monday Mens Stag	P	John G.	Each Day a New Beginning	P	Rebekah D.	Fell Street Step	R
Anthony J.	Serenity Seekers	P	Johnny G.	High Noon (Wed)	A*	Richard R.	We Care	P
Armando R.	Home Group	P	Joe H.	Gratitude Group	A**	Rick K.	Join the Tribe	P
Beatrice L.	Mid Morning Support	P	Judy S.	Diamond Heights Group	A**	Rick R.	Goodlands	P
Brian C.	Hit It & Quit It	P	Karen A.	West Portal	P	Robert C.	Beginners Warmup	R
Bruce K.	Sunset Speaker Step	P	Karin K.	24 Hour Plan	P	Roger C.	Early Start	P
Carol E.	Happy Hour	P	Ken J.	High Sobriety	A**	Ron M.	Live & Let Live	P
Casey L.	Sunday Corte Madera	P	Kevin N.	SFPOA	P	Scott N.	Sunset 11'ers Sat.	P
Chris H.	Friendly Circle	R	Larry B.	Castro Discussion	P	Shawn M.	Regroup	P
Chris T.	Keep Coming Back	R	Liz C.	Mill Valley Speaker	P	Steve K.	Eureka Valley Topic	R
Chuck K.	Ten Years After	P	Lucas M.	They Stopped in Time	R	Steve N.	Terra Linda Group	P
Dan C.	Downtown Mill Valley	A**	Luis M.	High Noon Tuesday	R	Tedra M.	Come N Get It	P
Dana R.	Saturday Sunset 9'ers	P	Mark W.	Living Sober with Hepatitis C	P	Thomas H.	Any Lengths	P
Danna P.	Treasurer	P	Matthew D.	Too Early	P	Tom K.	High Noon (Monday)	P
David C.	Mill Valley 7am	A*	Matt T.	Fairfax Friday Night	P	Tracy F.	Keep Coming Back	P
David D.	Keep it Simple	P	Maury P.	Central Office Manager	P	Tracy G.	Wits End	P
Derek D.	Reality Farm	P	Michael L.	Fairfax Attitude Adjustment	X	Victor V.	Creative Alcoholics	P
Erica R.	Miracles on 24th St.	P	Nancy I.	First Place	P	Vincent L.	Artists and Writers	P
Ian M.	Ass in a Bag	A*	Nicholas L.	Some Are Sicker Than...	P	Virginia M.	Women Who Drank Too Much	P
Jamie G.	Fireside Chat	P	Olive B.	Steppin Up	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.

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

## 1. IFB Reports

**Chair's Report:** Scott N. gave the report. Tonight we will have abbreviated reports due to the earlier Annual Business Meeting. We do have one action item for our newly reactivated Special Events Committee tonight and we will be polling the group for availability to serve on the COC as an at large member. The IFB will elect officers and at-large COC members next month. Next month's meeting will be held

on Wednesday, July 11, 2007 at this location rather than July 4, 2007 due to the holiday.

**Treasurer's Monthly Report:** Danna P. gave the report. The net income for April was \$4,994, which is \$8,038 greater than the budgeted net loss of (\$3,044). Unrestricted cash as of April 30, 2007 totaled \$51,979 and is sufficient to pay the budgeted expenses for the next two months. Unrestricted cash increased by \$997 since March 31st.

### Central Office Manager's Report:

Maury P. reported that we can use subs for phone shifts at Central Office. We're making plans for an information table at the upcoming Living Sober Conference. The General Service Conference took no action on the Intergroup pamphlet, eliminating

quantity discounts or changes to shipping procedures. The Grapevine is raising its subscription prices and our prices will reflect this increase. Maury will be out of the office from June 8 to June 25, 2007.

### Central Office Committee Report:

David P. gave the report. The COC reviewed its goals for the year, discussed support for new meetings regarding the traditions, and interviewed 2 candidates for the IFB Treasurer position and have decided to recommend Patrick M. to the IFB. Mark W. asked questions regarding group names and office policy.

## 2. Special Events Committee Funds

**Request:** Committee requested \$1,000 seed money for Prom event planned for July 28, 2007 at the Urban Life Center. After discussion, motion to approve re-

quest for 1,000 seed money for the July 28, 2007 Prom passed unanimously.

**3. Central Office Committee Nominations** The Roles and Responsibilities of the Central Office Committee members were read. The group was polled and members made themselves available. The Nominating Committee will consist of Bruce K., Nick L., and Andy T.

7th Tradition and reading of the 12 Traditions

**4. IFB Committee Reports:** Due to the

Annual Meeting, most committees did not give reports. See the Annual Meeting Summary for IFB Committee Reports.

**Access Committee** Virginia M. gave the report. Announced that she is the new Chair of the Access Committee. Asked the IFB to incorporate a California Relay Service (CRS) quick reference guide into Tele-service Manual and CO phone volunteer guide.

#### **5. Non-IFB Liaison Reports**

**Marin H&I:** Marin Unity Day will be Sep-

tember 15, 2007. Just had their 1<sup>st</sup> planning meeting.

**Living Sober Conference:** Request that Central Office/ IFB participate with an information table at the event.

The next IFB meeting will be held Wednesday, July 11, 2007 at the First Unitarian Universalist Church at 1187 Franklin in San Francisco at 7:00pm.

Respectfully submitted,

Maury P./ Rick K.,

**Annual Meeting Summary -** for the complete Minutes from the 2007 Annual Meeting of the IFB, held at 7pm on June 6<sup>th</sup>, 2007, please check with Central Office. Here is an excerpt:

#### **IFB Standing Committee Reports**

**12th Step Committee:** Victor gave the report. In the last year, the 12th Step Committee held four workshops in San Francisco. These workshops explain and educate those interested in answering 12th step calls. Also added the Sunshine Club which is a group of volunteers who take meetings to A.A. members who are ill or homebound and unable to get to meetings. We have had three workshops for the Sunshine Club in the past year. The committee meets the 2nd Wednesday of the month at 6:30pm at Central Office.

**Access Committee:** Formerly known as the Special Needs Committee, Virginia gave the report. Thanks to those who brought the website, and the schedule up to date with information on wheelchair access. Marin has a regularly ASL interpreted meeting in Fairfax 7AM- 8AM Saturday, Attitude Adjustment Hour. IFB purchased an assistive listening device for use by AA Groups, AA service entities and AA conferences and a lending agreement was implemented for the equipment. The committee meets the 1st Monday at 5:30pm at Central Office.

**Archives Committee:** Bruce K. gave the report. In the past year the committee spent virtually all its time cataloguing documents which had been stored in the various San Francisco central offices over the years. The committee meets the 3rd Sunday of the month at 2:00pm at Central Office.

**Literature Review Committee:** Steve N. gave the report. The committee worked on developing a history of CO and the IFB with the Archives Committee. After discus-

sion with Central Office staff, it was decided that the Literature Review Committee would serve better as an ad-hoc committee, so the present committee has disbanded.

**Outreach Committee:** Jaime G. gave the report. Created a list of 80 San Francisco meetings and 40 Marin meetings that need outreach based on their lack of communication with the Central Office. Created materials to use in outreaching. Marin volunteers have covered 90% of the 40 Marin meetings. The committee meets the 3rd Tuesday of each month at 6pm at Central Office.

**Schedule Committee:** New format for SF schedule will be out this year with the same cost as previous format.

**Special Events Committee:** Newly reformed committee wants to be available for the newcomer, to enjoy sobriety and foster AA community spirit. The committee meets the third Tuesday of each month at the Crepevine at 216 Church/ Market St. at 7:30pm.

**The Point Editorial Committee:** Victor V. gave the report. The committee redesigned the cover and layout of *The Point*. Added new features including Soberscope and offered an annual subscription to contributors. Conducted two special meetings involving the redesign of *The Point* and a group inventory of the committee. The committee meets the 2nd and 4th Tuesday of the month at 5:30pm at Central Office.

**Trusted Servants Workshop Committee:** Monika gave the report. The committee has been busy in 2006 and 2007. The committee hosted 6 workshops in the past year covering Trusted Servant positions of

Meeting Secretary, Treasurer, Literature Person, IFB Rep. and GSR. Patty M. will be the new chairperson of the committee and has plans for workshops for the rest of 2007. The committee meets on the 2nd Thursday of the month at 6pm at Central Office.

**Website Committee:** Dan Z. gave the report. The committee made many improvements to the website this year including recently adding new search features, interfacing with the new Central Office database developed by Michael P. and development with the Schedule Committee the formatting for new SF Meeting Schedule. The Website Committee chair position is currently open.

**SF Teleservice:** Judi C. gave the report. Covers 180 shifts per month in SF when Central Office is closed and currently has 5 shift openings and one Daily Coordinator position open. Planning for a Teleservice event scheduled for October 27, 2007 and will be discussing financing for the event with the IFB. The committee meets for its business meeting on the 3rd Monday of each month at 6pm at Central Office with the new volunteer orientation following at 6:30pm.

**SF PI/CPC:** Bruce K. gave the report. PI/CPC activities for this year included 57 DUI classes, 34 school presentations, many local outreach presentations including Project Homeless Connect and four speaker workshops. The Committee meets on the 2nd Monday of each month at 7pm at Central Office.

# REVIEW OF “BILL W. AND DR. BOB”

by Kristin P.

“Hi, Bill!”

It was sort of like watching your own child in their first kindergarten play: you’re completely biased and gushing with emotion.

My 12 year old daughter and I were lucky enough to attend “Bill W. and Dr. Bob”, at the New World Stages Theatre in New York last month and I loved it! Okay, it’s probably not on its way to Broadway, but, imagining that I was with our founders, witnessing them as they bottomed out, met each other and created our life-saving program, was a treasured experience and a vivid reminder of what we owe these two men.

As we found our seats, I kept wondering how many in the audience were, “one of us.” I looked around the sparse theatre, but there were no tell-tale signs. Then, the curtain rose and Bill (Robert Krakovski) and Dr. Bob (Patrick Husted) walked on stage.

“I’m Bill W. and I’m an alcoholic,” Bill said.

Most of the audience said, “Hi Bill!”

I felt right at home.

Playwrights Stephen Bergman, a doctor and novelist, and his wife, Janet Surrey, a clinical psychologist, are right on target with not only the se-

ries of events, but their portrayal of the personalities and complex relationship between Bill and Bob.

First we see Bill hit bottom and sober up with the help of Ebby and a dramatic spiritual experience. We then travel with him to Akron where it occurs to him at the Mayflower Hotel that instead of drinking he might feel better if he talked to another drunk, so he calls a minister who leads him eventually to a surgeon named Bob Smith.

Dr. Bob is sometimes relegated to second fiddle in the A.A. story, but here he is not only an equal to Bill, but an equally interesting character. Cynical secret drinker Dr. Bob drunkenly admits, “All I ever wanted was to have curly hair, play the piano, and tap-dance.” Trouble is, when Doc drinks he thinks he can. When he doesn’t drink, “I’m a monster, can’t function, with or without it, I’m a bastard.” (He also has 2 big tattoos!) Shame, humiliation, suffering, and, most excruciating, helplessness of alcoholics is seen in short dramatic scenes that are all part of the A.A. lore. We’ve heard them, read them and talked of them, but to see them on stage live was vivid.

Krakovski and Husted capture both characters spot on. We see Bill’s

grandiosity and Dr. Bob’s practical intelligence. We walk with them as they discover the main tenets of Alcoholics Anonymous, spiritual experience for those who abhor religion, (About Henrietta Seiberling, leader of the Oxford Group in Akron, Bob, speaking like an addled 15-year-old, proclaims: “It’s like having the D.T.’s. Every time I turn around, Henrietta Seiberling. When she says ‘the Divinity,’ I wanna puke.”), one drunk helping another (“I need to talk to another drunk!” says Bill to himself at the Mayflower Hotel), and “One Day at a Time” (Sitting on the hospital bed, A.A. Number Three tells our heroes that he couldn’t possibly imagine not drinking for the rest of his life and Bill says, “Why don’t you try the 24 hour plan? Just don’t drink today.” The words seem as much of a surprise to him and Dr. Bob as to their patient.)

As the play began, so it ends, with Bill and Dr. Bob standing alone on stage. Bill telling us about the passing of Bob in 1951 and how much he meant to him. He recalls the now famous line, “Bill, let’s not louse this thing up. Let’s keep it simple.” Then they say the Serenity Prayer. It was almost as good as going to a meeting.




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*(Concept VII: continued from page 10)*

announces that this will be an item of New Business at the next Steering Committee Meeting. The Steering Committee acts like the conference and discusses the matter until under-

standing is reached. The matter may then go to the larger group for further discussion or a vote or neither depending on how the group functions. Our treasurer does not possess true *legal* authority, but the group has en-

trusted her to carry out her duties and it is her responsibility to do that.

It seems that trusting our trusted servants, trusting our choice of trusted servants, and ultimately trusting *our* process and God are embodied in this  Concept.

Intercounty Fellowship of AA

# Financial Statement

**March 2007**

	Apr 07	Jan - Apr 07		Apr 07	Jan - Apr 07
Ordinary Income/Expense			Paper Purchased	191	734
Income			Software Purchased	0	41
Contributions from Groups			Shipping	-94	149
Group Contributions	9853	47883	Printing	0	841
Honors	132	212	Equipment Lease	0	1771
Contributions from Groups - Other	1465	1465	Repair & Maintenance	195	859
Total Contributions from Groups	\$11,451	\$49,560	Security System	34	134
Contributions from Individuals			Special Events	0	893
Individual - Unrestricted	2081	11894	Telephone	0	1050
Faithful Fiver	630	3393	Phone Book Listings	0	316
Honorary Contributions	94	485	Utilities	315	831
Total Contributions from Individuals	\$2,805	\$15,772	Miscellaneous Expense	0	66
Gratitude Month			Total Expense	\$15,603	\$70,641
Gratitude Month - Groups	315	3050	Net Ordinary Income	1847	11645
Total Gratitude Month	\$315	\$3,050	Other Income/Expense		
Sales - Bookstore	8847	38217	Other Income		
Special Event Income	0	924	Interest Income	71	3696
Newsletter Subscript.	85	472	Total Other Income	\$71	\$3,696
Total Income	\$23,502	\$107,995	Other Expense		
Cost of Goods Sold			Depreciation Expense	76	303
Cost of Books Sold	5887	24948	Amortization Expense	46	184
Credit Card Processing Fees	166	760	Total Other Expense	\$122	\$486
Total COGS	\$6,053	\$25,709	Net Other Income	-\$50	\$3,209
Gross Profit	17449	82287	Net Income	\$1,797	\$14,855
Expense					
Employee Expenses					
Wages & Salaries	8904	34311			
Employer Tax Expenses	606	3647			
Health Benefits	1021	3877			
Total Employee Expenses	\$10,531	\$41,835			
Professional Fees					
Computer Consulting	0	281			
Total Professional Fees	\$0	\$281			
Bank Charges	0	0			
Postage					
Bulk Mail	0	200			
Postage - Other	100	335			
Total Postage	\$100	\$535			
Rent - Office	3987	15948			
Rent - Other	0	375			
Special Needs Expenses	225	750			
IFB Literature	0	40			
PI/CPC	0	46			
Filing/Fees	0	20			
Insurance	0	1932			
Internet Expense	0	360			
Office Supplies	119	834			

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JULY 2007

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