

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2007
9
S E P T
E M B E R

A publication of the Intercounty Fellowship of Alcoholics Anonymous

“YOU BETTER WORK!”

by Ted R.

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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While working, I had difficulty with my employers and co-workers. I was warned, written-up and counseled. I found it difficult to be a team player. Coworkers were requesting not to work with me. They were switching their schedules to avoid me.

I was sober but still having problems with my attitude. I called my sponsor. He suggested an inventory on Work/Doctors/Bosses. He said until I owned my own hospital, I was going to be in a position to work for others. I needed to discover exactly what my part in these work relationships could be that was causing problems.

“We had a new Employer. Being all powerful, He provided what we needed, if we kept close to him and performed His work well.” (*Alcoholics Anonymous* pg. 63.)

After many years and many inventories, the tables turned. I was praised for my ability to work with others, and given excellent evaluations.

Then, without being well prepared or understanding all the implications, my health began to fail as a result of HIV infection. Working in a hospital

environment was detrimental to my health. I was advised by my doctor to go on disability.

It was not an easy decision. I had worked hard in sobriety to become a nurse, going to nursing school in early recovery. As an RN, I had job security with a certain amount of respect and admiration from others when I told them I was an RN (which I always managed to work into every conversation!).

I had much ego invested in my job. It gave me a purpose and a focus that had been missing for years while drinking. I felt guilty going on disability. Some A.A.s were actually condemning my decision, saying, “We are self supporting through our own contributions.”

Fear overwhelmed me. Could I live on disability? Could I live with a reduced income, with unstructured time, with the loss of respect and security? Other sober A.A.s shared with me that they had survived the transition. I turned to God, the literature and the fellowship for guidance. Knowing others had trod this path

(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

september 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <i>Labor Day Holiday</i> <i>Central Office Closed</i>	4	5 <u>FIRST 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)	6	7	8
9	10 <u>SECOND MON</u> Access Committee, Central Office; 5:30pm SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm	11 <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	12 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	13 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	14	15 Marin County Unity Day, Corte Madera, See Flier Pg. 5
16 <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	17 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	18 <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, 7:30	19 <u>THIRD WED</u> Website Committee, Central Office; 6:30pm	20	21	22 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
23 30	24	25 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	26	27 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	28	29

From the Editor

It works if you work it.... Gee, where have I heard that before? I'm not sure that saying originated in A.A. or in the treatment field, but, wherever it originated, it is certainly true. It's often said at the end of meetings and carries a lot of meaning.

In this issue, we bring you the theme of working and labor in many of its permutations, from what it's like to devote your life to helping suffering alcoholics, to having a baby in sobriety (now that's really *labor*!). We have some exceptionally insightful articles that we hope you enjoy.

And sadly, our long time Associate Editor, Kathleen C., a woman of much grace and wisdom, unfortunately had to resign from our committee. We wish her all the best as she trudges the road of happy des-

tiny and already miss her. She is a fine editor and a wonderful person.

Once again *The Point* Committee would like to invite interested members to join us in our bi-weekly efforts of putting out *The Point*. What we really need right now is more feminine energy, especially now that Kathleen is no longer a part of our efforts. That and someone from Marin! But, there really is no requirement other than being a part of the San Francisco and Marin Fellowship and being a good fit. Please consider joining us. We meet on the second and fourth Tuesdays of every month at 5:30pm at Central Office. I must say, this has been my favorite A.A. commitment of all time. Come join us!

The Editor 



VIRGO: AUGUST 23- SEPT. 22

by Madame Salami

The steep hill to serenity may seem daunting this month, shrewd Virgo, and cleaning the closets or a trip to the facialist will just not do the trick. It's back to the basics for you.

As Stella Lapsus, Madame Salami's insightful predecessor, reminds us, "Virgos are notorious for plodding guardedly through the steps and have been known to spend six months or more on their Fourth Step alone. They must edit and annotate and add bibliographies and references until it is absolutely perfect. They would rather chew glass than work a Fifth

Step however. Sometimes the only way to move the sober Virgo forward is to point out how further literary endeavors await them in their Eighth Step.

Stella adds, "Typically, those born under this earth sign are simply not told about the Ninth or Tenth Steps until the exact moment when their sponsor (hopefully a Scorpio) masterfully reveals how the publishing rights to both the book and movie version of the Virgo's written steps could be rescinded without full restitution of all characters therein, both

the
Point


Inside this Issue

SEPTEMBER 2007

"You Better Work!"	1
September 2007 Calendar	2
From the Editor	3
Soberscope—Virgo	3
Meeting Changes	4
Trusted Servant Registrations	4
Coming Up	5
Better on the Inside	6
Dear Alky	7
Bulletin Board	7
Recovery—Step Nine	8
Unity—Tradition Nine	9
Committee Contacts	9
Service—Concept IX	10
Faithful Fivers	10
Group Contributions	11
Laboring in Life	13
Website News	14
B.O.G.G.L.E.—Bad or Good, God Loves Everyone	15
IFB Meeting Summary	16
Letter to the Editor	18
Financial Statement	19

living and fictional."

Stella has it right, dear Virgo. Hard work is your hallmark but perfection is your pest. Molehills become mountains and soon you're holed up in bed with what you are sure is an ulcer, but may just be indigestion. Stop searching for typos in this column and reach out to that newcomer you have wanted to call or that old boss with an owed amends.

You've always been your worst enemy. This month, be your best friend. 



New Meetings:

Sun	7:30am	Hayes Valley	THE BREAKFAST CLUB SF Alano Club, 1748 Market St. (SD, Breakfast Available)
Mon	7:00am	Pt. Reyes Station	MORNING ATTITUDE ADJUSTMENT 6th St./ A St. (DI)
Wed	7:00pm	Fairfax	DESIGN FOR LIVING 2398 Sir Francis Drake Blvd. (BK, CL)

Meeting Changes:

Sun	7:30am	Hayes Valley	AS BILL CC's IT SF Alano Club, 1748 Market St. (was 665 Valencia St. at 8am)
Mon	8:00pm	San Rafael	RELAPERS; HALF MEASURES AVAIL US NOTHING (was Relapsers, Relapsers, add BG, DI)
Wed	7:00pm	Larkspur	LARKSPUR BEGINNERS (was Beginners)
Wed	8:30pm	Hayes Valley	THE LAUGHING YAK SF Alano Club, 1748 Market St. (was Friendship Group)
Sat	8:00pm	San Rafael	ALANO CLUB SATURDAY NIGHT Marin Alano Club (was Marin Center Hope, add DI)
Sat	9:00pm	Castro	FIRESIDE CHAT 152 Church St./ Market St. (was 3281 16th St./ Church)

No Longer Meeting:

Fri	6:00pm	Hayes Valley	JUST US DRUNKS SF Alano Club, 1748 Market St.
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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— JULY 2007

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

San Francisco

10 AM Daily Reflections Thu. 10:00; **As Bill CC's It** Sun. 7:30am; **As Bill Sees It** Tue. 12:10pm; **The Breakfast Club** Sun. 7:30am; **Cocoanuts** Sun. 9am; **Common Welfare** Thu. 8pm; **Embarcadero Grapevine** Fri. 12:10pm; **Friendly Circle** Sun. 8:30pm; **Friday Morning 12 Steppers** Fri. 7am; **Friday Smokeless** Fri. 8pm; **High Noon Saturday** Sat. 12:15pm; **High Sobriety** Mon. 8pm; **Like a Prayer** Sun. 4pm; **Live and Let Live** Sun. 8pm; **Lush Lounge** Sat. 2pm; **Queers, Crackpots, and Fallen Women** Mon. 5:30pm; **Rule 62** Wed. 10pm; **Sundown Steps** Thu. 6:30pm; **West Portal** Wed. 8:30pm; **What It's Like Now** Mon. 6pm, **Work in Progress** Sat. 7pm

Marin

Alano Club Saturday Night Sat. 8pm; **Design for Living** Wed. 7pm; **Intimate Feelings** Sat. 10am; **Larkspur Beginners** Wed. 7pm; **Morning Attitude Adjustment** Mon. 7am; **San Geronimo Valley** Mon. 8pm; **Relapsers; Half Measures Avail Us Nothing** Mon. 8pm; **Women on Monday** Mon. 7pm

CONTRIBUTIONS

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

ONGOING MEMORIALS

Morning After: Bob C. 32 years
Silas P.
Ken M.

ANNIVERSARIES

Matt S. 25 years
Christie 20 years,
Elizabeth C. 18 years
High Noon:
Noelle F. 3 years, Megan M. 2 years,
Nicole B. 1 year, Jackie B. 1 year
Fernley, Nevada: Linda J. 15 years
Goldmine Group: Abby 20 years
Tiburon Monday Night Stag:
Steve N. 5 years

COMING UP

mark your calendar

Is your group hosting an event? If you would like us to put information about it here, please email us a flier no later than the 10th of the previous month for the following month's issue. Fliers for local events are included on a first come basis and the date of the event is taken into account.

Fliers for additional events are downloadable from our Events Calendar at www.aasf.org.

Check them out!

TUESDAY DOWNTOWN

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

09/04 Speaker: Anita C. From: Valencia Smoke Free
09/11 Speaker: Milton From: Sausalito Cruising Club
09/18 Speaker: Bill I. From: Step Talk
09/25 Speaker: Nkechi From: Huntington Square

FRIDAY NIGHT ALL GROUPS

1101 O'Farrell St. Urban Life Center, SF, 8:30 pm

09/07 Host Group: Afro American Beginners Speaker: Michael M.
From: Altered Attitude, Santa Cruz
09/14 Host Group: Straight Jacket Group Speaker: Russell G.
From: Sunset Speaker Step
09/21 Host Group: Last Call Marina Dock Speaker: Greg B.
From: Marin Alano Wed. Speaker/Disc.
09/28 Host Group: The Spirit of SF Speaker: Marcel A. From: Too Early

BRISBANE BREAKFAST BUNCH

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

09/02 Speaker: Janelle S. From: Oyster Point Disc.
09/09 Speaker: Paul B. From: Pacifica
09/16 Speaker: Paul H. From: Burlingame
09/23 40th Anniversary Meeting!!
Speaker: Orrin C. From: Contra Costa
09/30 Speaker: Nancy F. From: San Francisco

THE SPIRIT OF SAN FRANCISCO 2007

WE ARE NOT A GLUM LOT

15TH ANNUAL AA CONVENTION WITH

AL-ANON PARTICIPATION

OCTOBER 12TH - 14TH, 2007



AA SPEAKERS & MORE

Friday Night - Clancy I. - Venice, CA
Saturday Morning - Spirit of Service Panel
Saturday Afternoon - Karen G. - Los Angeles, CA
Saturday Evening - Frank J. - Sherman Oaks, CA
Sunday Morning - Theresa F. - N. Hollywood, CA

AL-ANON SPEAKERS

Friday Night - TBA
Saturday Afternoon - Ellie H. - Hopkins, MN
Saturday Afternoon - Craig M. - Lincoln, NE

OPTIONAL ACTIVITIES

Friday Night - Comedy Show
Saturday - Golden Gate Dinner Buffet
Saturday Evening - Sobriety Dance
Sunday Morning - Raffle

ONLINE REGISTRATION
COMING SOON AT
WWW.SPIRIT-SF.ORG

NEW THIS YEAR -
SPANISH SPEAKING AA
MARATHON MEETINGS

Located at...Holiday Inn Golden Gateway -1500 Van Ness Avenue at California

Returning this year

THE SPIRIT OF SAN FRANCISCO 2nd ANNUAL GOLF CLASSIC

LOCATED AT HARDING PARK GOLF COURSE - HOME OF THE 2005 WORLD GOLF CHAMPIONSHIPS
THURSDAY, OCTOBER 11TH - \$150.00 REGISTRATION FEE INCLUDES CART, LUNCH, RANGE BALLS, AND TEE PRIZES

Marin County Unity Day 2007

"Unity, the Key to Service & Sobriety"



Saturday, September 15, 2007

2:00 - 10:00 pm

Corte Madera Recreation Center - 498 Tamalpais Dr., Corte Madera

You are invited to attend a wonderful day of carrying the AA message through Unity, Service and Recovery (and fun). The day will include:

- Panels, Skits, Big Book Trivia Contest, Raffles and so much more all day!!
- Potluck & Delicious BBQ, Live Music throughout the day and more!
- Sobriety Countdown & Speaker Meeting at 7:00
- Talent Showcase of our very own AA's singing, dancing and...to wrap up the day!

Marin County Unity Day is sponsored by the following service entities:

- Marin General Service
- Bridging the Gap (BTG)
- MCYPAA (Marin County Young People in Alcoholics Anonymous)
- Central Office / I.F.B.
- Hospitals & Institutions (H&I)
- Marin Teleservice
- Al-Anon

To volunteer or if you have any questions, contact Kiki F. 415.342.1651 or unityday07@yahoo.com.

No pets please.

BETTER ON THE INSIDE

by Molly D.

Last week, I'd borrowed Tarot cards from someone and had been "reading" them every night, attempting to divine an answer. A few days later, I went with a friend to see a "documentary" guaranteeing to bring unlimited fame and fortune, and began to think about what I'd like to manifest in my life.

Why would I put so much energy into knowing what the stars had in store for me? I am unemployed, and have been for six months. The first few weeks were great, waking up late, feeling like I was on vacation. But, as time has trudged on, it's felt a bit unsettling. Sending out resumes, having three interviews in six months, and watching copious amounts of TV, I began to feel less like a productive member of society, and more like a sloth. This is not a good place for me, an alcoholic. My mind has a death-wish hamster in it that loves to run overtime when I have down time.



And being unemployed allowed me a lot of down time.

A few months ago, my sponsor suggested that with my free time, I volunteer at Central Office, folding newsletters, boxing schedules etc. I said, "Yeah, sure that's a good idea." with no intention of really taking that advice. After all, I knew that my vision of my future involved me getting a job soon, and so there wouldn't be

time to do such altruistic things. And so, as could have been predicted, things have not worked out at all to my design. And finally, in enough pain from sitting in my house and reading want ads on the internet, I went to Central Office.

It was as helpful as my sponsor said it would be. I spent a few hours a few times a week with other recovering alcoholics. I was able to have a few laughs after begrudgingly dragging myself out of my self-imposed funk. I met new people, and saw old ones walk in that I hadn't seen in a while. It was great.

But still, this was temporary. Soon enough, I'd have a job, and this volunteering, however fun it may be, would be over. I read an e-mail forward the other day that said, "Alcoholics find something that works, and then stop doing it." Well, that is a perfect de-

(Continued on page 14)

("You Better Work!": Continued from page 1)
gave me hope. My experience in A.A. gave me strength. God gave me courage. I had to let go of my old ideas about security, property and prestige.

The literature took on new meaning in light of my current situation: "Every day is a day when we must carry the vision of God's will into all of our activities." and "We are in the world to play the role He assigns." (*Alcoholics Anonymous* pgs. 85 and 68.)

My sponsor said it was "The seemingly bad, leading to the good." I wanted to argue with him, as I had done for the previous twelve years, "Yea but, this is really bad. You don't

understand." I protested. In his wisdom he suggested "More meetings and more sponsees. You will have more time now."

I felt I had already sponsored more people and gone to more meetings than the average A.A. Surely now, I could relax and take it easy? Maybe rest on my laurels?

I thank God for blessing me with a sponsor that did not try to fix me or comfort me in that moment of despair. He told me his truth and experience, which was to abandon self in service. The first blessing was that when my mother became ill, I was available to fly home to

Oklahoma for a month and provide hospice care.

My time is now structured around meetings and commitments, always keeping an eye on my spiritual development in order to fulfill the program's singleness of purpose. I have been allowed to carry the message outside my own community, having the freedom from work, blessed with a very flexible schedule.

"Your job now is to be at the place where you may be of maximum helpfulness to others..." *Alcoholics Anonymous* pg. 102

I have a job. I have work to do. I am on disability. **TP**

Dear Alky...



Dear Alky,

I've been in the program for a little while, and have made friends here. One friend of mine is remaining sober, but continues to have "life problems" crop up in one way or another that she can't seem to move forward on. I listen to her on these matters, and try to be supportive by pointing to my own experience with "life on life's terms," but I am not sure where my responsibility lies as a fellow sober member of A.A. I want to be helpful, but at what point am I helping, and at what point am I hindering? What is my responsibility as a friend?

Puzzled Pal

Dear Puzzled:

It's up to your own conscience how far you should extend yourself – both as a friend and as a sober member of the fellowship.

Our "duty" as A.A. members, such as it is, extends only to making ourselves available to share our experience, strength and hope with the suffering alcoholic. The Big Book indicates that A.A. leaves up to each recovering alcoholic's individual conscience just how s/he will carry out that duty with respect to any particular "prospect". Your friend has gotten and is staying sober—that is a good sign that you and other A.A. members in her life have fulfilled and are continuing to fulfill your "primary purpose" where she is concerned. As a member of the fellowship, you don't "owe" her anything else.

As a personal friend, however, you may feel that there is more support or encouragement you wish to give her to help her through her other issues in life. You must seek your own inner counsel as to what is helpful or hindering. Ask her as well—tell her you would like to be helpful to her and ask her how you might best do so. It may be that just having someone to listen to her

woes brings her some relief or provides her with a sounding board for moving through her problems.

If you find yourself overwhelmed or developing resentments that she is not solving her other "life problems" to your satisfaction, perhaps you need to examine your own expectations. If you think that your friend needs some sort of professional support, perhaps you could gently suggest as much. If you find that she is not amenable to any input but simply wants to complain, you need to learn to set your own appropriate boundaries as to how much you want to participate in such conversations. In any event, in personal friendships as well as A.A. service work as a whole, the best advice Alky has for you is to try to follow the general principles of willingness, honesty and open-mindedness. That way, whether or not your friend solves her problems, you will know that you have done your best.

--Alky 



BRAIN SURGERY?


by Tommy D.

While I was sitting in a candlelight meeting recently there was a person sitting next me who was furiously thumbing a small device he had cradled in his palms. Being over fifty, I had to ask myself, just what is this person doing? Then, I saw the light from the screen and realized he must be "texting" or e-mailing someone. From the vehemence of the "thumbing" I figured he was having a fight with his girl or boyfriend or else he was sending important instructions to the White House regarding

international affairs. Either that or he was conducting brain surgery by remote. Or maybe he was in communication with NASA and was helping to restore the integrity of the heat tiles on the shuttle before it landed?

Anyway, by the time my rather sick thought processes got through all this the lead speaker's share was over and I had missed the last ten minutes.

Now, I have seen people in meetings reading newspapers, listening to headphones, picking their noses and

carelessly forgetting to turn off their cell phones or pagers. People even used to smoke in meetings! Can you imagine? But, this was a new one and it was equally distracting. So, I wonder, are folks going to use common sense and not engage in activities that are likely to disturb their neighbors in meetings or are we going to have to come up with a whole menu of obnoxious behaviors that are prohibited and read them at the beginning of every meeting? 

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 NINE

by Anonymous

"Made a list of all persons we had harmed, and became willing to make amends to them all."

I didn't do a formal Ninth Step until I had about eight years sober. "She must not have a good program," you might think.

I might have been a different person if I had done the Ninth Step within my first year. But I like who I am now, although I am still hard on myself. What this disclaimer really shows is that I still judge myself for taking so long, and I project that onto you. Yet, this self-awareness is exactly what I got from my first Ninth Step. I can distinguish between my thoughts and feelings and your external expressions. Even more basic, I now know that you don't act solely in reaction to me. There is a whole world out there that has nothing to do with me.

Let me tell you a little story about one of my first amends, when I had eight years sober. I had wreaked a bunch of havoc not only while I was drinking but also in my sobriety. Since I had no concept of personal responsibility, I acted in a self-centered manner most of the time, completely disregarding people's feelings. I had gotten involved with a man who had another girlfriend. This was one of those open relationships. I thought I would try it because he was really cool. To make a long story short, we all got involved in this three-way relationship and the girl fell in love with me, but I was

not in love with her. I just did it because I loved him. It all ended pretty quickly because I wasn't into her and he wasn't going to leave her for me, so I split.

Several months later when I was doing my Eighth Step, I put her on the list. Then for my Ninth Step I wrote her a letter admitting that I didn't love her. Mind you, she didn't know this. I had left the relationship telling them I couldn't do the poly-amorous thing, which was also true.

This is where the part about "except when to do so would injure them or others" comes in. In placating my guilty conscience, I really harmed her. She ended up writing me a few subsequent letters in which she expressed her deep pain about this situation that she had not been aware of. I learned a huge lesson about making amends for harms done to other people, but not just to relieve my own guilt.

These days, I continue to cycle through the steps and go through Step 9 on a regular basis. I cannot sit with myself if I have harmed someone knowingly. I first write about it, then pray about it, then talk to my sponsor, then contact the person and admit my wrongs, without injuring them more. Step Nine continues to help keep my right relationship to my fellows, myself, and my higher power.



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

Chuck K. chair@aasf.org

VICE CHAIR

Steve N. vicechair@aasf.org

TREASURER

Patrick M. treasurer@aasf.org

RECORDING SECRETARY

Ken J. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

Victor V. coc@aasf.org

12th STEP COMMITTEE

Shawn M. 12thstep@aasf.org

ARCHIVES COMMITTEE

Bruce K. archives@aasf.org

LITERATURE COMMITTEE

Currently Inactive

ORIENTATION COMMITTEE

Andy T. 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

Patty M. tsw@aasf.org

WEBSITE COMMITTEE

Michael P. website@aasf.org

SF TELESERVICE COMMITTEE

Judi C. sfteservice@aasf.org

SF PI/CPC COMMITTEE

Jill H. picpc@aasf.org



TRADITION NINE

by Li L.

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Sometimes, when attending a meeting, someone will introduce themselves by saying, “Hi, my name is Joe, and I’m a *real* alcoholic.” Well, Tradition Nine always makes me think “Now here’s a *real* tradition!”

If one could point to a single guiding principle that might have foreseen A.A.’s phenomenal success over the past 70 plus years, this tradition might be it. This tradition has not only stood the test of time, but was, according to *The Twelve Steps and Twelve Traditions* actually strengthened. Bill W. states there that this tradition used to read that A.A. needs “the least possible” organization or structure. Now we say it needs *none!*

What we’ve discovered and implemented since is an organic non-structure, a bottom-up hierarchy of service that neither controls, directs, orders or in any other way dictates what individual A.A.s or groups do or say.

Tradition Two and Tradition Nine are inextricably intertwined and are the foundation of the “anti”-organization that A.A. has become. Tradition Two states, “For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

This became especially clear to me while serving on the San Francisco and Marin Intercounty Fellowship Board and on Central Office Committee within that board. I have also been privileged to be a member of the committee that brings you this illustrious newsletter and I am always amazed at the wisdom of *group conscience* in action. For me, this has always been an outward sign of a Higher Power operating in our group deliberations, whether it be a traditional “loving God” or a more humanist “group process, a sum greater than its parts”. Either way, it works, albeit sometimes slowly! Whenever some hare-brained ego-trip threatens to derail the good orderly direction of a committee, some force will usually appear to lead the group in the right direction.

We “ought never be organized” and yet we are (somewhat, just a little). The paradox of the situation reveals the unique (at least in my experience) and almost perfect melding of the spiritual and the worldly. Our primary purpose is the work that we are sure we need to be doing, helping other alcoholics. Yet we still recognize that someone has to pay the bills and someone has to print the newsletter and someone has to answer the phone and someone has to

(Continued on page 13)



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.	John T.
Andy T.	Judi C.
Barbara M.	Karen K.
Brent H.	Liz & Aiden D.
Brian N.	Loran W.
Callista S.	Mary F.
Caroline A.	Marty C.
Casey L.	Matt S.
Catherine S.	Matt S.
David H.	Michael W.
David J.	Nancie G.
David P.	Pat P.
Dennis & Lucy O.	Paul W.
Doug C.	Pene P.
Elizabeth S.	Rich G.
Esther R.	Sheila H.
Frances L.	Stephanie D.
Giles H.	Steve A.
Greg S.	Steve B.
Greg W.	Steve F.
Janet B.	Sylvia D.
Jeanne C.	Tim M.
Jeff B.	Tom 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 IX

by Steve R.

“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world leadership, once exercised by the founders, must necessarily be assumed by the trustees.”

The discussion in *Twelve Concepts for World Service* makes clear that the second half of Concept IX is extremely stable, given the structure of the General Service Conference and the excellent track record of the area assemblies in the selection of their Delegates for more than fifty years. It's the first half, then, that we'll discuss here.

Continuous replacement of local leaders is the challenge that has to be met with appropriate choices, often on short notice and from a small field. It strikes me that if we are ever to solve this predicament, it has to be addressed at three levels simultaneously: the group; the sponsor; and the individual.

The A.A. Group can easily take responsibility by insuring, through an inventory or checklist, that it has a current and *active* General Service Representative and Intergroup Rep (IFB), and that members participate in H&I, Teleservice, and Public Information / Cooperation with the Professional Community. The culture of service starts with newer members hearing about it at business meetings and in officer reports. But it's hard to make positive changes in a group that has no history of service involvement and is long set in nonchalant ways. There aren't any 'enforcers' coming around to ensure

compliance with suggested Traditions and Concepts.

On the level of sponsors and individual A.A.s, we can make immediate improvements in the use of Concept IX, and most of the other Concepts, as soon as we read our monthly issue of *The Point*, and our awareness is raised in any degree. In the current case, all readers who are sponsors (hopefully a substantial majority) can make sure right now that they're at least familiar with all of the service areas noted above and active in one or more. The new member is far more likely to follow the leader – the sponsor – if he or she is walking the talk; and the talk should be a thorough review of the service world. Bill W.'s addendum on leadership (in *The A.A. Service Manual*) states that the timing here is everything. A sponsor initiates a second round of spiritual guidance when the protégé is encouraged to serve outside the nest of the home group.

Sponsees (the vast majority of us?) are actually leaders-in-training when we check our egos at the door as we start along the Steps and when we enter tutored service. In A.A., this is a crucial experience, because our leaders must methodically de-fuse ill-timed, irrelevant, and outright

(Continued on page 15)

GROUP CONTRIBUTIONS

aaa JUNE 2007

Name	Jun07	YTD
Fellowship		
Brisbane Breakfast Bunch	30	202
Contribution Box		334
2900 Alcothon		389
Deer Park Discovery Group		35
Fellowship Contribution		9
IFB	91	423
Marin Teleservice		947
Novato Fellowship Events Committee		149
Unidentified Group		1004
Total Fellowship	\$121	\$3,492

Honors		
High Noon Friday 1215pm		80
Total Honors		\$80

Marin Contributions		
A Vision for You (Fairfax) Su 730pm	80	80
Attitude Adjustment 7D 7am	2000	2658
Awakenings Sa 830am	35	35
Beginner's Help Th 8pm	100	200
Beginners W 7pm		350
Blackie's Pasture Sa 830pm		295
Bolinas Monday Nioght & Step Study		50
Closed Women Step Study Tu 330pm		150
Creekside New Growth Sun 7pm		309
Crossroads Sun 12pm	352	352
Downtown Mill Valley F 830pm		886
Fireside F 8pm Bolinas		76
Friday Night Book F 830pm		250
Girls Night Out W 815pm	75	75
Freedom Finders F 830pm		1200
Gratitude Tu 8pm		577
Greenfield Newcomers Sun 7pm	101	485
Happy, Joyous & Free 5D 12pm		750
Hillside Candlelight F 830pm		50
Intimate Feelings Sa 10am		112
Inverness Sunday Serenity Su 10am		105
Island Group Th 8pm		168
Keepin' It Real Th 6pm		108
Kids Welcome Group M 1130am		45
Living in the Solution F 6pm		405
Marin City Groups 5D 630pm		250
Mill Valley 7D 7am		286
Monday Blues M 630pm		212
Monday Night Women's M 8pm		109

Name	Jun07	YTD
Monday Nooners M 12pm		180
More Will Be Revealed F 12pm		78
Nativity Monday Night Big Book M 8pm		100
Newcomers Step M 730pm	484	484
Noon Discussion Th 12pm		1002
Noon Hope F 12pm		239
Noon Tu 12pm		440
Primary Purpose W 830pm		25
Quitting Time		100
Refugee Th 12pm		260
Reveille 7D 7pm		690
Rise N Shine Sun 10am		150
San Geronimo Valley M 8pm		95
Serendipity Sa 11am		226
Sisters In Sobriety Th 730pm (M)		300
Six O'Clock Sunset Th 6pm		209
Sober & Serene F 7pm		375
Step Sisters (M.V.) Sun 7pm		100
Steps To The Solution W 715pm		132
Stinson Beach Fellowship Th 8pm		300
Sunday Express Sun 6pm		200
Sunday Night Corte Madera Sun 8pm	126	126
T. G. I. Tuesday 6pm	38	90
T.G.I.F. F 6pm		139
Terra Linda Group Th 830pm		614
Terra Linda Thursday Men's Stag Th 8pm		77
The Barnyard Group Sa 4pm		83
The Fearless Searchers F 8pm	69	147
Three Step Group Sa 530pm	400	1059
Thursday Night Speaker Th 830pm		556
Tiburon Beginners & Closed Tu 7pm & 830pm		590
Tiburon Haven Sun 12pm		445
Tiburon Women's Candlelight W 8pm		42
Twice Blessed W 730pm		33
We, Us and Ours M 650pm		50
Wednesday Mid-Week W 6pm		182
What's It All About F 12pm		92
Women on Monday M 7pm		54
Women For Women W 12pm	97	97
Women's Big Book Tu 1030am		119
Total Marin Contributions	\$3,957	\$20,903

SF Group Contributions		
515pm Smokeless W	153	332
7am Grab Bag M 7am		55

Name	Jun07	YTD
7am Marina Dock		154
7am Speaker Discussion Th 7am		139
7am Step Discussion Tu 7am	43	58
830am Smokeless Th		22
A is for Alcohol Tu 6pm		102
A New Start F 830pm		617
AA As You Like It Tu 530pm		119
AA Step Study Su 6pm		109
Afro American Beginners Sat 8pm		52
Afro American F 8pm		53
All Together Now Th 8pm	55	186
Amazing Grace M 7pm		16
Any Lengths Sat 930am	13	722
As Bill Sees It Sat 8pm		66
As Bill Sees It Th 6pm		274
As Bill Sees It Th 830pm		12
Ass in a Bag Th 830pm		152
As Bill Sees It Tu 1210pm	147	147
Back to Basics W 8pm		62
Be Still AA Su 1215pm	157	157
Beginner's Warmup W 6pm		70
Bernal New Day 7D	287	1077
Big Book Basics F 8pm		272
Big Book Beginners		60
Big Book Study Su 1130am		114
Birthday Meeting Sa 8pm		250
Brokers Open Book Tu 130pm		34
Came To Believe Su 830am		143
Candlelight Meeting Th 10pm		63
Castro Discussion (Show Of Shows) W 8pm		341
Castro Monday Big Book M 8pm		84
Creative Alcoholics M 6pm	61	61
Code Blue Big Book Study		149
Cow Hollow Men's Group W 8pm	360	469
Design for Living Sat 8am		211
Each Day a New Beginning F 7am		584
Each Day a New Beginning M 7am		43
Each Day A New Beginning Su 8am		660
Each Day a New Beginning Th 7am		302
Each Day a New Beginning Tu 7am		271
Each Day a New Beginning W 7am		259
Early Start F 6pm		713
Easy Does It Tu 6pm		361
Embarcadero Group 5D 1210pm	520	995
Epiphany Group Th 8pm		60
Eureka Step Tu 6pm		257

GROUP CONTRIBUTIONS, CON'T...

Name	Jun07	YTD	Name	Jun07	YTD	Name	Jun07	YTD
Eureka Valley Topic M 6pm		680	Marina Discussion F 830pm		625	Sunset 11'ers F		45
Excelsior Free for All Sa 8pm		47	Meeting Place Noon W 12pm	113	233	Sunset 11'ers M		50
Federal Speaker Su 12pm		252	Men's Gentle Touch M 7pm	154	154	Sunset 11'ers Su		148
Fell Street F 830pm		131	Mid-Morning Support Su 1030am	242	1453	Sunset 11'ers W		72
Fell Street Step Su 8pm	36	127	Miracles Off 24th St W 730pm	229	521	Sunset 9'ers F		222
Firefighters & Friends Tu 10am		35	Monday Monday M 1215pm		97	Sunset 9'ers M		194
Fireside Chat Tu 8pm		345	New Clay M 2pm		27	Sunset 9'ers Su		432
Fogwatch Tu 7pm		23	New Hope Big Book M 630pm		106	Sunset 9'ers Th		129
Founders' Group Sa 5pm		20	Newcomers Tu 8pm		277	Sunset 9'ers W		128
Friday All Groups F 830pm		229	No Gurus Meditation Su 7pm		32	Sunset Sobriety Th 730pm		360
Friday Knights Th 730am		36	No Reservation M 12pm	303	605	Sunset Speaker Step Sun 730pm		285
Friday Lunchtime Step F 12pm		140	Noon Smokeless Th 12pm		10	Sutter Street Beginners Sat 6pm		84
Friday Night Special F 8pm	10	20	One Liners Th 830pm		484	Ten Years After Su 6pm		573
Friday Noon F 12pm		68	Park Presidio M 830pm		60	The 24 Hour Plan M 7am		42
Friday Reflections	10	20	Pax West Th 12pm		838	The Drive Thru W 1215pm	80	533
Friday Smokeless F 830pm		83	Pure & Simple Su 6pm		274	The Parent Trap M 1230pm		343
Friendly Circle Beginners Su 715pm		912	Queers, Crackpots & Fallen Women		26	The Pepper Group F 12pm		60
Goodlands Su 2pm		36	Reality Farm Th 830pm	128	128	Thought For The Day F 730am		36
Greenhouse Meditation		82	Rebound W 830pm		185	Thursday Night Women's Th 630pm		152
Haight Street Blues Tu 615pm		884	Rodeo Drive Birthday Cake Style F 10pm		31	Too Early Sat 8am	400	2070
Haight Street Explorers Th 630pm		80	Room to Grow F 8pm		114	Transrecovery F 630pm		18
Happy Destiny Sa 630pm		11	Rose Garden Big Book Th 1205pm		84	Trudgers Discussion Su 7pm		180
Happy Hour Ladies Night F 530pm		338	Rule 62 W 10pm		525	Tuesday Downtown Tu 8pm		378
High Noon Friday 1215pm	116	308	Saturday Afternoon Meditation Sat 5pm	88	148	Tuesday Step Meeting Tu 130pm		2
High Noon Monday 1215pm	266	537	Saturday Easy Does It Sa 12pm		228	Twelve Steps to Happiness F 730pm	72	195
High Noon Saturday 1215pm		204	Saturday Night Regroup Sat 730pm	314	794	Unidentified Group		171
High Noon Thursday 1215pm		322	Seacliff Th 830pm		197	Valencia Smokefree F 6pm		805
High Noon Tuesday 1215pm		577	Second Chance Th 215pm		105	Walk of Shame W 8pm	146	409
High Noon Wednesday 1215pm	127	338	Serenity House		600	Washington Square M 7pm		171
High Sobriety M 8pm		566	Serenity Seekers M 730pm		57	Waterfront Sun 8pm	150	350
High Steppers W 7pm	45	135	Sesame Step Tu 730pm	130	414	We Care Tu 12pm		72
Hilldwellers M 8pm	280	397	SFPOA Th 7pm		275	Wednesday Women's Big Book W 615pm		180
Home Group Sat 830pm		127	Sisters Circle Su 6pm		215	West Portal W 830pm		234
How It Works Sat 2pm		37	Sisters In Sobriety M 7pm (SF)		4	Wits End Step Study Tu 8pm		175
Huntington Square W 630pm		751	Sober Across the Board M-Sa 830am	40	220	Women's 10 Years Plus Th 615pm	140	644
Join the Tribe Tu 7pm		491	Sobriety & Beyond W 7pm		188	Women's Kitchen Table Group Tu 630pm		148
Joys of Recovery Tu 8pm		36	Sometimes Slowly Sa 11am		90	Women's Promises F 7pm		50
Keep Coming Back Sa 11am	549	549	Step Talk Su 830am		612	Work In Progress Sat 7pm		68
Keep It Simple Sat 830pm		118	Steppin' Up Tu 630pm		143	YAHOO Step Sa 11am		106
Last Call Su 10pm		101	Stonestown M 8pm		99	Total SF Group Contributions	\$6,896	\$46,323
Light Brigade Discussion Su 7pm	79	79	Straight Jackets Th 9am	37	174			
Like A Prayer Su 4pm		98	Sunday Morning Gay Men's Stag Su 930am		754			
Lincoln Park Sat 830pm		174	Sunday Night 3rd Step Group 5pm	143	257	Total Group Contributions	\$10,974	\$70,496
Live and Let Live Su 8pm		172	Sunday Night Castro Speaker Disc Su 8pm	368	368			
Living Sober with HIV W 6pm		36	Sunday Rap Sun 8pm		90			
Luke's Group W 8pm		169	Sundown W 7pm	306	666			

LABORING IN LIFE

by Anonymous

As I attempt to type one-handed, while nursing my four week old baby, I have to reflect – quickly – on the theme of “laboring” in sobriety. I agreed, some time ago, to submit a piece on this topic to *The Point*, yet the realities of a newborn have impeded and it just keeps slipping my mind. I guess my “incredibly short memory” doesn’t only apply to thinking about drinking. . . .

I’ve been in labor twice in sobriety. Both kids are healthy and that is the greatest gift my Higher Power has ever given me. But the labors were very different experiences. In part they were different for practical reasons — the first one lasted fifteen hours, the second only five. The first time around I planned for a home-birth and was disappointed that certain complications required going to the hospital; the second time I was planning to go to the hospital but my labor was so fast, I almost had my son in the car and he was born twenty minutes after our arrival at the hospital. The first time I sought an un-medicated, or “natural” childbirth and did a tremendous amount of mental and spiritual preparation for the experience, but ended up with back labor that I couldn’t manage and got an epidural. The second time, I was prepared to take the labor as it came and hoped I could get through

it without any interventions. The labor came on so quickly and intensely that even though I became quite insistent that we get to the hospital quickly and get me some drugs, by the time we arrived it was too late for any interventions and my son was born totally un-medicated.

As different as the two labors were in physical ways, the emotional experience was equally as contrasting. Although I went into labor at around the same time with both births – 10:30 at night – in the first case the experience started out like a “dark

night of the soul.” Even though my partner, a midwife and a very close friend were with me, I felt very much alone. I was terrified and the pain was far worse than anything for which I had mentally prepared myself. I knew nothing about back labor or the different positions a laboring woman can take to try to ease its intensity. One of the predominant feelings I experienced was anger; partially because I was disappointed that the labor wasn’t going the way I had envisioned it and partially in response to my overwhelming fear.

(Continued on page 18)




(Tradition Nine: Continued from page 9)

pack the literature and someone has to write *Dear Alky* and someone has to...

And therein lays the beauty of our “service boards” and “committees”. Any A.A. member can join them, any A.A. member can question any other

in the context of a business meeting, and all are constituted to serve the needs of A.A. rather than the other way ‘round, which is often the case in business and government. How our predecessors “stumbled” on such a system is nothing but miraculous. That it has worked all these years is

even more extraordinary. From the world services office down to the least influential steering committee, A.A. continues to function in a vibrant and dynamic way, filling the needs of those served by way of coffee, a newsletter or a seven figure budget. 

WEBSITE NEWS

Quick! When are the next 20 AA Meetings in San Francisco or Marin? What's the phone number for the 24-hour Hotline? How can I volunteer? Any interesting events this month?

The answer to all these questions – and more – can be found on our award-winning website:
www.aasf.org.


AA communication has come a long way since Bill and Ruth were mimeographing pamphlets and typing thousands of letters a year on a manual typewriter. Now, we are able to use the web to extend our reach farther and quicker.

The Website Committee of the Inter-county Fellowship Board (IFB) invites anyone interested in working on the web to attend our next meeting at the Central Office on Wednesday, September 19, 2007, at 6:30 p.m. This includes anyone from an existing committee that would like to make more use of the web to communicate or organize their volunteer activities.




We're especially interested in writers or graphic designers with web experience to help us keep the content of the site fresh and up-to-date.

In general, our plan is to build upon the existing site and to increase the content related to public service, outreach, and committee activities.

We look forward to seeing you on September 19, and if you'd like to talk before the meeting, you can reach us at website@aasf.org. 

ARE YOU GETTING THE POINT?

We do our best to get a copy of *The Point* to the Secretary of each group, free of charge, in order to keep our Fellowship informed about current AA activities and events. *The Point* includes personal stories, AA announcements, reports and financial statements. It is important that this information be made available to all the members of our fellowship. Information expands the Group Conscience, one of the strengths that holds Alcoholics Anonymous together. If you haven't heard these announcements or seen a copy of this newsletter at your meeting, let us know. And let your Secretary know that registration forms are available on our website:
www.aasf.org. 

(Better on the Inside: Continued from page 6)

scription. In all this time, my serenity level has been ebbing and flowing, mostly in proportion to the amount of time I spend thinking about me – my lack of employment, my dwindling back account, my life plan. And so, in an effort to know just when this torturous time in my life would end, I began to reach out desperately for an answer in other things, i.e. the “documentary” and the Tarot.

Not surprisingly, the Tarot cards read

that I was attached to material things, and that I need to increase my spiritual connection – that is, I need to meditate. I'd been praying those fox-hole prayers we all know so well, but I hadn't been taking the time to listen, to still my mind, to hear that “still, small voice” that may have been guiding me all along, if only I'd take the time to listen.

So out came my notes from my sponsor on Step Eleven meditation, how to start my day so that I'd be of maxi-

mum service. My situation has not improved, but I'm attempting to give my will over to my Higher Power every day. I've been trying to let go of my idea of what I'm supposed to “be” in life, of my expectations of who and what I am and should be. And so, even though things don't look different on the outside, today, they feel better on the inside.

Thanks, Central Office! 

B.O.G.G.L.E. —

BAD OR GOOD, GOD LOVES EVERYONE


by Grecia

When I'm feeling particularly boggled by someone's bad behavior (...like my own) I can use the alconym B.O.G.G.L.E. to relieve myself of resentments and judgment. It's a quick reminder of the patience my Higher Power (nicknamed God) has for us. When I become frustrated by bad behavior that can appear in my daily Tenth Step, or those times when I feel like a victim of another's bad behavior, I can just say "BOGGLE" and picture God with a cute smirk, waiting patiently and lovingly for us to get back into a good orderly direction.

In 1967, I was B.A.D. (born a drunk). And being B.A.D. means I've been really *bad* at times. In my life I have: lied to get out of trouble and get what I wanted; stolen drugs, alcohol, cars, money and property; abused friendships; physically assaulted people; disrespected teachers and elders; forged documents; cheated on boy-friends; denied my homosexuality and dated women; cheated employers; and the list goes on and on. During the worst of times, God loved me, protected me, and waited patiently for me to find the willingness to

change. There were subtle hints, like police encounters, car wrecks, and hospital visits, but I chose to pick up more booze instead of the hints.

Eventually, being B.A.D. and *bad* took me to my bottom – a life of daily alcohol and drug abuse, blackouts, deep debt, ruined relationships, terrible health, and spiritual bankruptcy. I hit that bottom while living (more like dying) with two other alcoholic-addicts, one of them a former member of A.A. on a relapse after five years clean and sober. She snuck out one day with all of her belongings. It turns out she had gone back to A.A. and raised her hand as a newcomer. A week after she left our "house of ruin," she telephoned me to explain and invite me to "The Ruins," a Gay A.A. meeting in Washington, D.C. I screamed profanities and hung up on her that day, but following a particularly awful week of drinking and blackout insanity I called her back and accepted her offer. That was November 12, 1989, and I haven't had a drink or a drug since. God was sitting in that A.A. meeting with a cup of bad coffee waiting for me and her to arrive.


Since the very first day of my sobriety, God has been working through other A.A. members to show me how to use the program tools to rebuild my life. Being good requires a lot of practice! Over time, I have become more capable of being a good son, brother, friend, employee, student, and a useful member of society. The slogan "progress not perfection" reminds me that I will always have plenty to learn and work on. When I fall back into bad behavior, I don't judge myself harshly; I ask God for help. I am as powerless over some of my character defects as I am over alcohol, so it sometimes requires a good dose of humility and repetition of the Seventh Step prayer to get me back on track. And when I am minding other people's character defects, I get the opportunity to practice granting them the same unconditional love and patience that I was granted. I can again say "BOGGLE" and know that God's loving arms are around us and we are being guided toward a happy, joyous, and free life of sobriety. 

(Concept IX: continued from page 10)

zany suggestions, while nurturing appropriate but competing movements. A neutral emotional state is imperative. Back in our groups, it allows us to ask, "Who is our GSR?" or "Why don't we have an Intergroup Rep?" We can lead from the floor.

I have had the privilege of leadership on three different boards in A.A.,

sandwiched around long-term commitments in the trenches, and can say that the rewards strongly outweigh the risks on a personal level, and that they extend into all my affairs. An early sponsor barked at me, "If you're available, then *be* available and act like it!" In other words, one has to be visible and active in committee service in order to be selected for any position. If your experience is to be

anything like mine, then as your name approaches in the roll-call at a third legacy election, expect an elevated heartbeat, visions of your personal antagonist on the committee to flash before your eyes, and old-fashioned stage-fright to clamp down on your voice. This is simply a Higher Power's sense of humor in testing your resolve. It can all be ended with a simple word: "Available!" 

IFB MEETING SUMMARY — AUGUST 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	A*	Jim H.	Friendly Circle Beginners	A*	Patrick M.	Treasurer	P
Amy B.	Tuesday Chip	P	John G.	Each Day a New Beginning	P	Patti M.	Bernal New Day	P
Andy T.	Waterfront	P	Johnny G.	High Noon (Wed)	R	Patty M.	Huntington Square	P
Anil K.	Tiburon Monday Mens Stag	P	Judy S.	Diamond Heights Group	A*	Rebecca D.	Valencia Smokefree	P
Anthony J.	Serenity Seekers	A*	Karen A.	West Portal	P	Rich D.	Eureka Step	A*
Armando R.	Home Group	P	Karin K.	24 Hour Plan	P	Richard R.	We Care	P
Beatrice L.	Mid Morning Support	A**	Ken J.	High Sobriety	P	Rick K.	Join the Tribe	P
Brian C.	Hit It & Quit It	A*	Kevin N.	SFPOA	A**	Rick R.	Goodlands	A**
Bruce K.	Sunset Speaker Step	P	Larry B.	Castro Discussion	P	Roger C.	Early Start	A*
Carol E.	Happy Hour	P	Liz C.	Mill Valley Speaker	P	Ron M.	Live & Let Live	A*
Casey L.	Sunday Corte Madera	P	Mark W.	Living Sober with Hepatitis C	P	Scott N.	Sunset 11'ers Sat.	A*
Chuck K.	Ten Years After	P	Matthew D.	Too Early	X	Shawn M.	Regroup	P
Dana R.	Saturday Sunset 9'ers	P	Matt T.	Fairfax Friday Night	A*	Steve N.	Terra Linda Group	P
David D.	Keep it Simple	A*	Maury P.	Central Office Manager	P	Tedra M.	Come N Get It	P
Derek D.	Reality Farm	A*	Michael L.	Fairfax Attitude Adjustment	A*	Thomas H.	Any Lengths	A*
Erica R.	Miracles on 24th St.	P	Michael P.	Sunset 9'ers Su 8am	P	Tom K.	High Noon (Monday)	A*
Ian M.	Ass in a Bag	R	Michael P.	Fri Morning 12 Steppers	P	Tracy F.	Keep Coming Back	P
Jamie G.	Fireside Chat	A*	Nancy I.	First Place	A*	Tracy G.	Wits End	P
Jaime G.	Sesame Step	A*	Nicholas L.	Some Are Sicker Than...	P	Victor V.	Creative Alcoholics	P
Jenifer W.	Like A Prayer	P	Olive G.	Steppin Up	P	Vincent L.	Artists and Writers	A**
						Virginia M.	Women Who Drank Too Much	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

David D. Every Day a New Beginning - Alt.
 Kate E. Attitude Adjustment - Alt.
 Joan T. They Stopped In Time

Visitors

Elizabeth B.
 Mary
 Paul T.

Liaisons Present

Don H. Marin H&I
 Kevin S. Marin Teleservice
 Ray M. District 05
 Robert B. Bridging the Gap

Following in an unofficial summary of actions, information, upcoming business and service opportunities discussed at the August 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

Chair's Report: Chuck K. gave the report, discussing rotation of individuals on committees, due to the IFB rotation and people taking on different roles within the IFB. He encouraged IFB Reps to think about how they would like to get involved. DCMC's for San Francisco and

Marin are presenting the idea about us having a liaisons from the IFB to both Districts. He will attend both District meetings this month and report back.

Treasurer's Report: Patrick M gave the report. YTD Net Income through June 30th, 2007 was \$14,316, which is \$14,464 better than budget. Unrestricted cash as of June 30th, 2007 was \$54,137 and is more than sufficient to pay for budgeted expenses for the next two months.

Central Office Manager's Report: Maury P. reported that the pamphlet "AA Service Opportunities" is included in the IFB Reps packets and there is a calendar on p. 2 of *The Point*. As

usual, there are fliers in the packets for upcoming events and workshops. Phone shifts are covered, but volunteers are always welcome to sign-up. There is a 1-year sobriety requirement. Call Central Office and ask for Peter if you are interested. The new database is almost ready to begin being used for emailing.

Central Office Committee Report: The roles and responsibilities of the COC members were reviewed. Victor V. was unanimously elected to serve as COC Chair. Rebecca D. was unanimously elected to serve as COC Secretary. Topics discussed included: a) approval of a motion to

(Continued on page 17)

August IFB Summary (Continued from page 16)

recommend to the IFB to increase to \$3,000 the amount an individual AA member can donate to the IFB/CO (following GSO's lead), b) the CO flyer policy, particularly for events hosted by the IFB or committees of the IFB, c) the possible establishment of an annual service fair to better inform the fellowship of various CO services and committee/service opportunities, d) the Treasurer's report, e) COC working agreements, and f) the possible times to hold a COC retreat within the next two months.

Actions:

a) Recommendation to increase the individual contribution limit. GSO has increased the limit for individual annual donations to AA from \$2000 to \$3000/year. Motion was made and seconded to raise the annual limit for individual donations to \$3000. For: 27. Against: 1. Abstention: 1. The minority opinion was offered; no re-vote was called for.

b) Teleservice request for funding. Judi C. requested \$700 to fund the annual Teleservice Volunteer Appreciation day on Saturday, October 27, 2007. Discussion ensued about the event, the amount of money needed, and the breakdown of the costs anticipated. Motion to fund the Teleservice Committee with \$800 was made and seconded. In favor: 31. Against: 0. Abstention: 2. No re-vote was called for.

c) Report on group names. Discussion was held about group names with dual purpose being listed in our schedule. An Ad Hoc committee is working on the issue and is not prepared to make any recommendations yet. Comments/opinions presented by Reps from their groups. A question was raised about how the Ad Hoc committee was formed, and if the members on the committee have any issues with HIV or Hep C. The committee was formed at the open invitation of the past

Chairperson at an IFB meeting. The committee is open for new members to join. Reps were encouraged to get involved with the Committee if they have the time and the interest. Maury will provide the contact information upon request.

Committee Reports:

12th Step Committee: Shawn M. introduced himself as the new chair. He requested volunteers to get involved with the committee. This committee involves the Sunshine Club and 12th Step workshops.

Access Committee: Virginia M., Chair, was contacted by Marin Teleservice regarding CA Relay Service. The committee is available to assist all members with speech and hearing difficulties.

Special Events Committee: Contact Central Office to volunteer to work on the committee.

The Point Editorial Committee: Victor V. gave the report. The committee is looking for more women to become involved with *The Point* Committee.

Trusted Servants Workshop Committee: Patty M. reported about an upcoming workshop at the Marin Alano Club.

Website Committee: Michael P. volunteered to become the new chair for the committee. Unanimous approval.

Outreach Committee: Karen A. reported that the committee NEEDS more members. The committee goes out to groups to educate them about the IFB and the AA service structure.

Special Committee Reports:

Teleservice: Refer to Action b).

PI/CPC: Bruce K. gave the report. The committee is always in need of volunteers to speak at a variety of non-AA groups, i.e.: DUI classes, schools, church groups. Contact PI/CPC at picpc@aasf.org.

IFB Liaison Reports:

SFGS: The General Service Summer Assembly will be August 11th, 2007 in Petaluma, CA.

Teleservice, Marin: Kevin S reported. Marin Unity Day is September 15th, 2007. Marin Teleservice is providing food for the event.

Bridging the Gap: Robert B. reported on how volunteers are matched with persons leaving various facilities who are in need of fellowship and support.

H & I: Don H. reported that he will be in contact with Maury at Central Office to discuss IFB participation at Unity Day.

The 7th Tradition was observed. A motion to adjourn was made, seconded and passed unanimously; the meeting ended at 8:55PM.

Respectfully submitted,

Ken J. Secretary 

The next IFB meeting is on Wednesday, September 5th, 2007 at 1187 Franklin Street in San Francisco at 7:00 p.m. Orientation starts at 6:00 p.m. and is required for all new members.

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

The IFB is the policy-making group for you Central Office and a good resource for questions or problems related to groups in San Francisco and Marin. It serves as the Board of Directors for the Central Office, a legal requirement for any California non-profit corporation.



Persons requiring reasonable accommodations at meetings of IFB, COC, IFB committees and service events sponsored by the preceding entities, including sign language interpreters, assistive listening devices or print materials in alternative format should contact the SF/Marin County Central Office (415) 674-1821 no less than five business days prior to the event.



LETTER TO THE EDITOR

To the Editor:

There has been some concern voiced, precisely where I am not sure, so let's just say "in the rooms" that a meeting with a special focus on, say, HIV or cancer, could violate one or more of our traditions. I have been going to one such meeting throughout my years of sobriety, and (being a real alcoholic) I have a few thoughts about this and, of course, think you will be fascinated by them.

Attending this group, I have seen some amazing things. I have seen A.A.s who were barely able to walk to or sit in the meeting without extreme pain share that their primary disease is alcoholism. I have witnessed many of these sober alcoholics die with dignity. Although I was in deep denial regarding my own HIV status, I found that just being in that room week after week gave me the courage to work the Steps. Who knows, maybe something rubbed off... I haven't had a drink in over 13 years.


Recently, I have heard tremendous shares from HIV negative people who are living with other life threatening illnesses such as leukemia and cystic fibrosis. It seems that the meeting is a safe place to talk about their own mortality and struggles in their sober journey. Our primary reason for being there, as in any meeting in the Fellowship, is our desire to stop drinking.

For me, the Traditions all boil down to a few basic things: 1) A.A. is an inclusive organization made up of individual drunks who participate in groups that are responsible to the authority of each group's collective conscience. 2) Every group is united in one goal: to carry the A.A. message. 3) Our groups must be financially independent, stay non-professional and unpaid, loosely organized and not bind themselves to outside institutions or endorse outside causes; and 4) Personal anonymity is sacred to us. These are the

litmus tests for me of an A.A. group, and the group to which I belong passes every one of them.

There is no question that the primary purpose of the group was and is to carry A.A.s message to those who are still struggling with alcohol. Ironically, of the 4-5 meetings I attend every week, this is the only meeting that displays the Steps and Traditions in a prominent place behind the speaker; a visual testimony to our common purpose.

The long version of Tradition Five reminds us that each group is a spiritual entity. The faith, hope and love that I have witnessed over the years in this group, brought together by the common bonds of struggle, disease, death and stigma has greatly enhanced my ability to turn a little of my life over to the care of God as I understand God.

Bob N. 


(Laboring in Life: Continued from page 13)

Moreover, the feeling of being alone in that fear was reminiscent of emotional pain from much earlier in my life and I was not prepared for such emotional "flashbacks."

The second labor, by contrast, seemed much lighter. I had a different partner and a different birth coach this time (not insignificant changes!) and the same close friend was there to support me. But my own attitude was much more "spiritually fit" this time around. In part, I was in a greater state of acceptance of the totally uncontrollable nature of childbirth. I "got" that although I'd be

a participant in the experience, I would not be able to direct it and that small comprehension of surrendering to the process was extremely valuable. Moreover, having shared with the people closest to me all of my grief over the way the first labor had gone and my fears of feeling emotionally abandoned, I was much more able to accept the love and support that my "birth team" were offering. Altogether, despite my brief, desperate desire toward the end of the process to get to the hospital and get some drugs, I'd say that my second labor experience was a much more

spiritually and emotionally satisfying one.

It's no coincidence that the principles of the program seem to have helped me through this just as they do through all of my toughest "labors": acceptance, surrender and reliance on other people and my higher power. And while I'm incredibly grateful for both of my beautiful children, I feel especially gratified that I seem to have learned something from the tougher experience of the first labor that enabled me to get through the second one with greater serenity and faith. 

Financial Statement

June 2007

	Jun 07	Jan - Jun 07		Jun 07	Jan - Jun 07
Ordinary Income/Expense			Paper Purchased	243.99	1,250.82
Income			Software Purchased	0.00	100.75
Contributions from Groups			Shipping	-176.78	218.70
Group Contributions	10,858.33	70,167.88	Printing	0.00	840.88
Honors	116.00	328.00	Equipment Lease	0.00	3,575.12
Total Contributions from Groups	10,974.33	70,495.88	Repair & Maintenance	195.00	1,328.46
Contributions from Individuals			Security System	98.50	266.00
Individual - Unrestricted	4,604.00	16,569.20	Special Events	0.00	892.96
Faithful Fiver	923.00	4,829.00	Telephone	270.75	1,588.37
Honorary Contributions	186.00	799.00	Phone Book Listings	79.00	474.00
Total Contributions from Individuals	5,713.00	22,197.20	Utilities	143.80	987.56
Gratitude Month			Training	25.00	58.20
Gratitude Month - Groups	0.00	3,284.98	Miscellaneous Expense	0.00	149.91
Total Gratitude Month	0.00	3,284.98	Total Expense	15,138.66	93,476.51
Sales - Bookstore	11,397.95	57,832.13	Net Ordinary Income	5,140.68	22,935.54
Special Event Income	0.00	923.64	Other Income/Expense		
Newsletter Subscript.	99.54	737.33	Other Income		
Total Income	28,184.82	155,471.16	Interest Income	72.74	3,841.84
Cost of Goods Sold			Total Other Income	72.74	3,841.84
Cost of Books Sold	7,703.12	37,939.20	Other Expense		
Credit Card Processing Fees	202.36	1,119.91	Depreciation Expense	75.67	454.02
Total COGS	7,905.48	39,059.11	Amortization Expense	45.91	275.46
Gross Profit	20,279.34	116,412.05	Total Other Expense	121.58	729.48
Expense			Net Other Income	-48.84	3,112.36
Employee Expenses			Net Income	4,212.58	14,316.17
Wages & Salaries	8,918.34	52,053.30			
Employer Tax Expenses	852.67	5,224.02			
Health Benefits	1,092.22	6,061.44			
Total Employee Expenses	10,863.23	63,338.76			
Professional Fees					
Computer Consulting	0.00	343.75			
Total Professional Fees	0.00	343.75			
Bank Charges	0.00	0.00			
Postage					
Bulk Mail	0.00	200.00			
Postage - Other	0.00	335.00			
Total Postage	0.00	535.00			
Rent - Office	3,987.10	23,922.60			
Rent - Other	150.00	600.00			
Access Expenses	0.00	1,050.00			
IFB Literature	0.00	39.79			
PI/CPC	0.00	46.40			
Filing/Fees	0.00	80.00			
Insurance	0.00	1,932.00			
Internet Expense	94.94	529.74			
Office Supplies	43.39	1,058.47			

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ISSUE 09.07

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