

the Point

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

2008 **1** JANUARY

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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Intercounty Fellowship

of Alcoholics Anonymous

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TRUSTED SERVANT REGISTRATION DRIVE

Happy New Year, everyone! We are starting 2008 with a Trusted Servant Registration Drive as part of our ongoing effort to have contact with each and every group in the Intercounty Fellowship (San Francisco and Marin Counties). To that end you will find each of the 692 English speaking groups listed in our schedule on the following pages with a notation made as to the type of contact we have had with each group. Notations will be made for each of the following types of contact: Currently registered Secretary, Treasurer and IFB representative, literature purchases and contributions between Oct. 1, 2006 through Nov. 30, 2007.

While we are happy to report that 554 meetings have had some type of contact with us, it is our sincere hope to see the range of contact go up – way up, in fact—in particular with regard to the number of registered Trusted Servants. Here is a brief view of the numbers:

	#: of Mtgs.	IFB Rep	Sec.	Trea.	Lit.	Contribution	No Contact
Marin	222	8	22	53	145	126	37
SF	470	55	92	64	312	292	101
Total	692	63	114	117	457	418	138

Central Office can function more effectively and do a better job of serving you if we have more contact with each group. Having a registered Secretary and Treasurer from each meeting will assure us all that every group gets a copy of our monthly newsletter, The Point, which is one of the most effective means of communication we have. Additionally, each group with an IFB representative has yet another link to us to access more information. Those who make literature purchases and send in contributions also receive regular communications.

By staying in contact with Central Office, your group can insure that there is always a way for us to reach you and we can be sure of serving the newcomer and practicing the Twelfth Step in the best way we can.

(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 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

january 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Happy New Year! Central Office is closed.	2 <u>FIRST WED</u> Intercounty Fellowship Board Orientation 6 pm, Meeting 7 pm, 1187 Franklin St./ Geary, First Unitarian Church, S.F. (Feb., May, Aug., & Nov in Sausalito at 180 Harrison Ave., Sausalito, CA; Star of the Sea Church)	3	4	5
	6 7 <u>FIRST MON</u> Access Committee, Central Office; 5:30pm	8 <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	9 <u>SECOND WED</u> 12th Step Workshop Central Office, 6:30 pm Marin Bridging the Gap 1411 Lincoln Ave., San Rafael, 7 pm	10 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	11	12
13	14	15 <u>THIRD TUE</u> Outreach Committee, Central Office; 6pm San Mateo General Service, St. Andrews Church, 7:30 pm	16 <u>THIRD WED</u> Website Committee, Central Office; 6:30pm	17	18	19 SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee, Speaker Workshop/ Annual Meeting — See Flyer on page 5!
20 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day Living Sober General Planning Meeting, Trinity Church, Bush & Gough, S.F., 5pm	21 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm Martin Luther King, Jr. Day - Central Office Closed	22 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	23	24	25	26 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
27	28	29	30	31 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm		

From the Editor


Happy New Year everyone! I hope and pray you all made it through the holidays happily, joyously and freely – especially free of the spirit that binds (blinds?) you and the DUI judge!

With much sadness we are saying *adieu* to long-time Point Committee member Mike L. (a.k.a. Fluffy) who has been our recording secretary and graphics consultant for five years. In the spirit of rotation he has decided to move on. We will miss his energy and commitment.

This issue is devoted to increasing the number of registered trusted servants. We have a new on-line system for registering Secretaries, Treasurers and Groups. Give it a try! It can be done at any time, not just the beginning of the term. Please peruse the listings on the following the pages and make sure your meeting is listed and that your trusted servants are registered. If your meeting has not been making contributions to the service structure (including Central Office and GSO) perhaps it is time for a

group inventory regarding the meaning of the Seventh Tradition. Does your meeting have an IFB rep and therefore a voice in the running of Central Office? If you know for a fact that a meeting no longer meets, please contact Central Office.

We introduce a new feature this month that might especially delight fidgety newcomers. Our word search puzzle, *Cunning, Baffling and Puzzelful*, will delight you for hours (well, maybe a few minutes). We also introduce *Meet the Meeting* that we hope will help to continue to build our community. Perhaps *Conversations with Long Timers* might be your cup of tea. In this issue, elder statesperson Helen K. shares her observations on the growth of A.A. in the past fifty years.

As always the estimable Alky (who is on vacation this month, in Tahiti, I think) and Madame Salami are back to share their insights and wisdom. We hope you enjoy all that we have to offer this year. Let 2008 be your best year ever! 



CAPRICORN: DEC. 22-JAN.20

by Madame Salami

Building a firm foundation is the key for any Capricorn who knows that the start of a new year can be a bit melancholy after the excitement of the holiday season.

You're stable and serious, confident and calm. But you can't do it alone, my capricious friend. You refused to go to all of those holiday parties because you just didn't want to waste your valuable time and resources on something with no tangible result. You were perfectly content to stay home and gloat about all the good things that happened to you last year.

Now, where's the good friend when you need him?

I know you've built a life based on the Twelve Steps and you just can't see why everyone can't follow in your hoof prints. That's not an excuse to stop. Take a deep breath, lend a hand, and see where it takes you. You've finished everything you've ever started. Don't stop now. The ladder's not going anywhere, so why not take it one rung at a time?

Take a chance this month and get to know someone new. People don't bite...and they're not there to tease


the
Point

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or embarrass you. (As hard as it may be to believe, the world no longer revolves around just you). You arrive thirty minutes early to impress the important people at the Tuesday meeting, anyway. Set a goal to use that time to talk with someone new. You'll meet the goal and possibly a new friend.

It's not pressure, it's a new idea. And I know how you hate those. But cheer, up, old goat, it's a new year with surprises galore. You're in for a wild ride 



New Meeting:

Tue 7:30pm Mission BEACH 547 SPEAKER-TAPE, 547 Valencia/ 16th St. (DI)

Meeting Changes:

Mon 8:30am Marina CAME TO BELIEVE 8:30AM Marina Dock, 2118 Greenwich St. (was "Greenwich Speaks")
 Wed 3:00pm Sausalito THINKING MEN'S GROUP 1 Napa St./ Bridgeway (was 3:30pm)
 Wed 8:00pm Mission LUKE'S GROUP 3555 Cesar Chavez St./ Valencia St. (add SD, remove DI)

No Longer Meeting:

Mon 8:00pm San Rafael MONDAY KICKIN' WITH THE FELLAS 1143 4th St./ A St.
 Wed 6:00pm Hayes Valley TRANS RECOVERY SF Alano Club, 1748 Market St.
 Wed 8:30pm Hayes Valley THE LAUGHING YAK SF Alano Club, 1748 Market St.
 Sat 11:00am Sunset AS BILL SEES IT 1400 Judah St./ 19th St.
 Sat 12:00pm Hayes Valley THE GREAT FACT SF Alano Club, 1748 Market St.
 Sat 7:00pm Sunset SUNSET BIG BOOK STEP STUDY 1400 Judah St./ 19th St.

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— NOVEMBER 2007

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

San Francisco

As Bill Sees It Tue. 12:10pm; **As Bill Sees It** Thu. 8:30pm; **Be Still AA** Sun. 12:15pm; **Bernal Big Book** Sat. 5pm; **Blue Book Special** Sun. 11am; **Chips Ahoy** Tue. 12pm; **Code Blue Big Book Study** Wed. 7pm; **Early Start** Fri. 6pm; **Embarcadero Steps & Traditions** Mon 12:15pm; **Eureka Step** Tue. 6pm; **Firefighters & Friends** Tue. 10am; **Friday All Groups** Fri. 8:30pm; **Haight St. Explorers** Thu. 6:30pm; **Last Call** Sun. 10pm; **Living Sober** Thu. 7am **Monday at a Time** Mon. 1pm; **Monday Beginners** Mon. 8pm; **One Liners** Thu. 8:30pm; **Park Presidio** Mon. 8:30pm; **Queers, Crackpots, and Fallen Women** Mon. 5:30pm; **Richmond Big Book Study** Thu. 7:30pm; **Sometimes Slowly** Sat. 11am; **Sundown** Wed. 7pm; **Sunset 11'ers** Fri. 11am

Marin

Awareness/ Acceptance Mon 10:30am; **The Fearless Searchers** Fri. 8pm; **Gratitude** Tue. 8pm; **San Geronimo Valley** Mon. 8pm; **Saturday Serenity** Sat. 8pm; **Thursday Night Miracles** Thu. 8:30pm

CONTRIBUTIONS

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

ONGOING MEMORIALS

Mary W. , Silas P.,
Ken M.

ANNIVERSARIES

Paul M. 25 years
Barbara M. 50 years
Tuesday Downtown:
George S. 18 years
Sometimes Slowly:
Barbara E. 19 years
High Noon:
Mark V. 10 years, Kyle H. 2 years
Bernal Big Book:
Jill H. 19 years

COMING UP

mark your calendar

BRISBANE BREAKFAST BUNCH

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

01/06 Speaker: Erin S. J. From: Excelsior Free-for-All
01/13 Speaker: Cynthia H. From: Islanders 12 Noon (Alameda)
01/20 Speaker: Bill K. From: Pleasant Hill Fellowship
01/27 Speaker: Terri L. From: Foster City Living Sober

TUESDAY DOWNTOWN

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

01/01 Speaker: Anita L. From: Love and Service Group, Pleasant Hill
01/08 Speaker: John A. From: San Francisco
01/15 Speaker: TBA From: TBA
01/22 Speaker: Robert B. From: 6AM Marina Dock, S.F.
01/29 Speaker: Karen C. From: A is for Alcohol, S.F.

FRIDAY NIGHT ALL GROUPS

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

01/04 Host Group: Bookenders	Speaker: Saida	From: Friday All Groups
01/11 Host Group: Join The Tribe	Speaker: Art H.	From: Friday All Groups
01/18 Host Group: Coconuts	Speaker: Charles G.	From: Dount Hole Lafayette
01/25 Host Group: Doing the Deal	Speaker: Celia H.	From: Thurs. Night Womens



SPEAKERS WANTED!!

Carry the AA message to schools, professional organizations,
the medical community, and drunk driving classes.

PI/ CPC SPEAKER WORKSHOP 10:30AM

(Speaker requirement: two years of continuous sobriety in AA)

Saturday, January 19, 2008

Urban Life Center, 1111 O'Farrell@ Franklin

(PI/CPC Annual Business Meeting to follow at 11:30am)

For further information, call the Central Office: 415-674-1821



Reasonable Accommodations Policy: 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.



Drunks on Display

hosted by
Artists and Writers group of AA

wants
YOU

to perform at the Talent Show and
Benefit for Central Office

Saturday, March 1st at 7:30

If you wish to perform and/or
donate cool stuff for a raffle please contact
Pete for performances 415-601-2000 Bryan for donations 415-336-2784

by Jan 25
12 Performers names will be drawn at the February 1st
meeting of Artists and Writers
Talent Show open to all
Painters. Poets, Dancers, Photographers, Ceramicists
or whatever your talent is
Each performance to be 5 minutes in length

Recent Deaths

“Chicago” Mike F.

Darryl S.
Richard W.

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

(*Servant Registration: continued from page 1*)

There have been many occasions when we have been asked by a particular church or hall for contact information for an existing group and we have not had that information. Occasionally, we'll get a call from someone asking why a meeting in the schedule wasn't

where or when it was supposed to be, and again, we haven't been able to reply with accurate information. Let's say good-bye to those occasions with 2007.

To facilitate this we now have the capability of processing Trusted Servant registrations on-line through our website. Help us achieve our goal of having

registered trusted servants for every meeting in SF and Marin. Spread the news, visit the site, download a form or do it online. We'll keep you posted with the results! Registration information is under "Resources for AA Members." Let us know if you have any questions and thanks in advance for your help!



MARIN COUNTY GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Tue	8:30pm	'Tiburon' Closed				Y	Y
Mon	8:00pm	11th Step Meeting			Y	Y	
Sat	8:15am	12 & 12 Study				Y	
Sun	7:00am	7 AM Group		Y		Y	
Mon	7:00am	7 AM Group				Y	
Tue	7:00am	7 AM Group				Y	
Wed	7:00am	7 AM Group				Y	
Thu	7:00am	7 AM Group				Y	
Fri	7:00am	7 AM Group				Y	
Sat	7:00am	7 AM Group				Y	
Sun	7:00am	7AM Urgent Care Group					Y
Mon	7:00am	7AM Urgent Care Group					Y
Tue	7:00am	7AM Urgent Care Group					Y
Wed	7:00am	7AM Urgent Care Group					Y
Thu	7:00am	7AM Urgent Care Group					Y
Fri	7:00am	7AM Urgent Care Group					Y
Sat	7:00am	7AM Urgent Care Group					Y
Sun	7:30pm	A Vision For You				Y	Y
Tue	10:00am	A Woman's Journey of Recovery					
Sat	8:00pm	Alano Club Saturday Night			Y		
Fri	8:00pm	As Bill Sees It		Y			
Sun	7:00am	Attitude Adjustment Hour	Y		Y	Y	Y
Mon	7:00am	Attitude Adjustment Hour				Y	Y
Tue	7:00am	Attitude Adjustment Hour				Y	Y
Wed	7:00am	Attitude Adjustment Hour			Y	Y	Y
Thu	7:00am	Attitude Adjustment Hour				Y	Y
Fri	7:00am	Attitude Adjustment Hour				Y	Y
Sat	7:00am	Attitude Adjustment Hour				Y	Y
Sat	8:30am	Awakenings			Y	Y	Y
Mon	10:30am	Awareness / Acceptance		Y	Y	Y	Y
Sun	9:30am	Back To Basics					
Thu	8:00pm	Beginners Help			Y	Y	Y

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Tue	7:00pm	Beginners Meeting					Y
Mon	7:00am	Big Book On The Barge					
Sat	8:30pm	Blackie's Pasture					Y
Wed	8:00pm	Bolinas Step Study					
Mon	6:00pm	Bounce Back				Y	
Sun	8:00pm	Caledonia					Y
Sun	8:30pm	Candlelight			Y	Y	Y
Sun	8:00pm	Candlelight Group			Y		
Mon	7:30pm	Candlelight Meditation		Y		Y	
Tue	3:30pm	Closed Women's Step Study		Y	Y	Y	Y
Mon	6:00pm	Constructive Criticism				Y	
Sun	7:00pm	Creekside New Growth				Y	Y
Sun	12:00pm	Crossroads				Y	Y
Sun	6:30am	Day At A Time				Y	
Mon	6:30am	Day At A Time				Y	
Tue	6:30am	Day At A Time				Y	
Wed	6:30am	Day At A Time				Y	
Thu	6:30am	Day At A Time				Y	
Fri	6:30am	Day At A Time				Y	
Sat	6:30am	Day At A Time				Y	
Wed	7:00pm	Design For Living			Y		
Fri	8:30pm	Downtown Mill Valley			Y	Y	Y
Sat	6:00am	Early Birds					Y
Mon	7:30pm	East San Rafael Big Book		Y		Y	
Sat	6:00pm	Experience, Strength & Hope					Y
Tue	7:30pm	Fairfax 12 & 12				Y	
Fri	8:30pm	Fairfax Friday Night		Y		Y	Y
Fri	6:45pm	Fireside					
Fri	8:00pm	Fireside			Y		Y
Thu	7:00pm	Four Horsemen				Y	
Fri	8:30pm	Freedom Finders				Y	Y
Fri	8:30pm	Friday Night Book			Y	Y	Y

(Continued on page 7)

MARIN COUNTY GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution	Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Fri	8:30pm	Friday Night Gay Men's Stag				Y		Mon	6:00pm	Monday Night Madness					
Wed	8:15pm	Girls Night Out			Y	Y	Y	Mon	8:00pm	Monday Night Meeting					
Sun	9:00am	Glum Not!						Mon	6:00pm	Monday Night Stag - 12 & 12	Y				
Mon	2:00pm	Gratitude						Mon	8:00pm	Monday Night Women's Group			Y	Y	Y
Tue	8:00pm	Gratitude			Y	Y	Y	Mon	12:00pm	Monday Nooners			Y	Y	Y
Mon	7:00pm	Great Fact Group						Fri	12:00pm	More Will Be Revealed				Y	Y
Sun	7:00pm	Greenfield Newcomers				Y	Y	Sat	10:00am	Morning After				Y	Y
Fri	7:00pm	Happy Destiny				Y	Y	Mon	7:00am	Morning Attitude Adjustment					
Thu	6:00pm	Happy Hour				Y	Y	Tue	7:00am	Morning Attitude Adjustment					
Mon	12:00pm	Happy, Joyous & Free			Y	Y	Y	Fri	7:00am	Morning Attitude Adjustment					
Tue	12:00pm	Happy, Joyous & Free				Y	Y	Mon	8:00pm	Nativity Monday Night Big Book			Y		Y
Wed	12:00pm	Happy, Joyous & Free			Y	Y	Y	Mon	7:30pm	Newcomers Step				Y	Y
Thu	12:00pm	Happy, Joyous & Free				Y	Y	Tue	12:00pm	Noon			Y		Y
Fri	12:00pm	Happy, Joyous & Free				Y	Y	Thu	12:00pm	Noon Discussion	Y			Y	Y
Fri	8:30pm	Hillside Candlelight				Y	Y	Fri	12:00pm	Noon Hope					Y
Sat	10:00am	Intimate Feelings		Y	Y	Y	Y	Sun	12:00pm	Noon Reveille					
Sun	10:00am	Inverness Sunday Serenity			Y	Y	Y	Sun	8:00pm	North Bay Discussion Group					
Thu	8:00pm	Island Group		Y		Y	Y	Sun	12:00pm	North Marin Speaker					Y
Mon	6:30pm	Just Can't Wait 'til 8			Y	Y		Tue	8:00pm	Novato Basics				Y	
Thu	6:00pm	Keepin' It Real					Y	Mon	8:00pm	Novato Monday Stag				Y	
Mon	11:30am	Kids Welcome Group			Y	Y	Y	Fri	2:00pm	Novato Spirit Discussion				Y	
Fri	7:00pm	Larkspur Beginners			Y	Y		Sun	5:30am	On Awakening Group			Y	Y	Y
Wed	7:00pm	Larkspur Beginners			Y	Y	Y	Mon	5:30am	On Awakening Group				Y	Y
Wed	8:30pm	Larkspur Step		Y				Tue	5:30am	On Awakening Group				Y	Y
Fri	8:30pm	Light My Fire 11th Step Prayer & Med						Wed	5:30am	On Awakening Group				Y	Y
Fri	6:00pm	Living In The Solution			Y	Y	Y	Thu	5:30am	On Awakening Group				Y	Y
Wed	8:30pm	Los Ranchitos				Y		Fri	5:30am	On Awakening Group				Y	Y
Fri	6:30pm	Magic Magnifying Mind						Sat	5:30am	On Awakening Group				Y	Y
Tue	6:30pm	Marin City Discussion						Tue	12:00pm	Pathfinder's				Y	Y
Thu	6:30pm	Marin City Healthy and Wise						Wed	8:30pm	Primary Purpose			Y	Y	Y
Wed	6:30pm	Marin City Speaker						Mon	5:30pm	Quitting Time				Y	Y
Mon	8:30pm	Marin Newcomers				Y	Y	Wed	5:30pm	Quitting Time				Y	Y
Mon	8:00pm	Marin Stag (aka Monday Night Stag)				Y	Y	Fri	5:30pm	Quitting Time				Y	Y
Fri	8:30pm	Marin Young People				Y		Thu	12:00pm	Refugee			Y	Y	Y
Sat	6:00pm	Men Only Stag						Mon	8:00pm	Relapsers; Half Measures . . .					
Sat	3:00pm	Men's Stag						Mon	7:00am	Reveille			Y		Y
Sun	7:00am	Mill Valley 7 AM	Y			Y	Y	Tue	7:00am	Reveille					Y
Mon	7:00am	Mill Valley 7 AM				Y	Y	Wed	7:00am	Reveille					Y
Tue	7:00am	Mill Valley 7 AM				Y	Y	Thu	7:00am	Reveille					Y
Wed	7:00am	Mill Valley 7 AM		Y		Y	Y	Fri	7:00am	Reveille					Y
Thu	7:00am	Mill Valley 7 AM				Y	Y	Sun	10:00am	Rise N Shine			Y	Y	Y
Fri	7:00am	Mill Valley 7 AM				Y	Y	Mon	8:00pm	Ross-San Anselmo				Y	Y
Sat	7:00am	Mill Valley 7 AM				Y	Y	Fri	8:00pm	S.G. Valley Book Study	Y			Y	
Wed	8:30pm	Mill Valley Discussion				Y		Mon	8:00pm	San Geronimo Valley	Y			Y	Y
Wed	8:00pm	Mill Valley Gay/Lesbian All Are...		Y		Y	Y	Sat	8:30pm	San Marin Step Study				Y	
Thu	8:00pm	Mill Valley Original Smokeless SS				Y		Sat	8:00pm	Saturday Night				Y	Y
Mon	6:30pm	Monday Blues				Y	Y	Sat	8:00pm	Saturday Serenity			Y	Y	Y

(Continued on page 10)

CONVERSATIONS WITH LONGTIMERS

by Helen K.

Helen K. came into A.A. in Berkeley in 1945 when she was 23 years old. At age 85, she has 53 years clean and sober today. Her first sponsor, Nick N., brought A.A. from San Francisco to Berkeley on the rails of the Key [transit] System, traveling over the Bay Bridge to the Alano Club, then on Grant Street in Chinatown. He would forego a pack of cigarettes a day to afford the fare.

Q. What size was A.A. in Berkeley when it began?

A. We started a group at the Shattuck Hotel in Berkeley, and I think there were 30 of us. The whole group went to a meeting, then we were each assigned to a “squad” of 15 [somewhat akin to today’s home group]. We’d go to a squad meeting and then afterwards play cards or play bingo or visit or whatever. If a squad got bigger than 15, then we had to form a new squad.

Q. How did newcomers find out about meetings?

A. Well, Nick put an ad in the Berkeley paper to start, I don’t remember the name of the paper, saying that if you have trouble with drinking, A.A. is in town, so call. It was amazing that people DID call. But see, we didn’t have TV at that time, at least in the East Bay.

Q. So how do you think TV has changed things?

A. People get very involved in TV and think they’re going to call but never quite get around to it.

Q. Did people pass the basket?

A. Yeah: “If you have some money, put some in; if you need some money, take some out.” It wasn’t said in jest, they meant it. And you couldn’t put any money in the basket until you owned a [Big] book.

Q. Were meetings different than they are now? How?

A. They were different. Very straight. No cover-up any place. You could interfere with the speaker. There was always cross-talk. I learned a lot from the cross-talk. No one held back any words; everyone said what they thought. Of course, the groups were a lot smaller. The meetings were good because we used to get down to real basic stuff. Like what was happening when they were sober. There was some talking about what it was like when they were drinking, but most of the talk was what it was like being sober and the problems they run into being sober.

Q. So people got help with all kinds of problems of daily life?

A. For instance, if a man wanted to divorce his wife, we’d ask, well, why do you want to divorce her, what’s she done? We’d get down to the nitty-gritty of it, like what are you going to do with the kids? Are you planning to be with someone else? They didn’t mince words.

Q. And this is in a group setting?

A. Yes.

Q. In a meeting today, you’d be advised to take that out of a meeting and talk to your sponsor.

A. That came up later. We encouraged people to have sponsors, but

we’d never use talking to your sponsor as an excuse. They would really hash it over in a meeting, and say, “Maybe you ought to talk to your sponsor about this, too.” Now it’s used as an excuse: “We don’t want to hear that — go talk to your sponsor.”

Q. Now it’s no cross-talk at all. How did it change?

A. Believe it or not, it came from *Alateen*. So it kind of drifted into us. I think it’s really ridiculous. I learned so much from cross talk. Others did, too. Now it’s just a bunch of speakers — it’s like everyone is a speaker.

Q. What was the hardest thing that you had to hear from the group that you recall?

A. That I was too young. They implied that maybe I wasn’t an alcoholic.

~ ~ ~

For me, the most thought provoking aspect of my hour and a half interview with Helen K. was her strong belief in the value of cross-talk. She trusts the power of the group to manage such discussions and concludes that the benefits outweigh the risks.

Helen currently attends a couple meetings a week, including one that approaches cross-talk through an “Ask It Basket” format. Participants write questions on pieces of paper and some are chosen at random for discussion.

The Point will be publishing an article in an upcoming issue exploring “cross-talk” and its value and history in A.A. (ed.)





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:

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NO PLACE TO HIDE

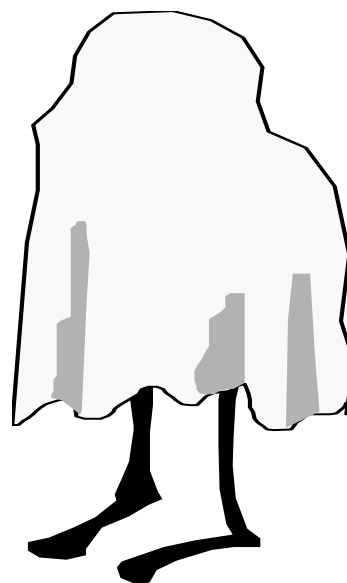
by Carole P.

Even with double digit sobriety, there are times when I feel like pulling the blankets over my head and saying, "no, no, no" to everything. It has been like that for the past few weeks. My Higher Power finally had enough of it (although I was capable of isolating in my apartment *ad infinitum*). I got a telephone call asking me to speak at a meeting, and even though my mind said "I'm too torn-up right now to speak," my mouth said "Yes, thank you for the honor." I met with my sponsor the next day and announced, "I don't feel very inspiring or funny or spiritual right now. Maybe it isn't such a good idea for me to be sharing." I was gently reminded where "my ideas" had taken me before.

So I showed up at the meeting and told the truth. My mother is in hospice in New York suffering from end stage dementia. I spoke about the Steps and the amends process and learning how to love my mother by working the program of Alcoholics Anonymous. I shared my grief and the powerlessness of losing a parent to dementia. This was not a light hearted share. Many people weren't even looking at me while I spoke. My mind was telling me I was bumming out everyone at the meeting. The topic was The Promises, and at first no one raised their hand. I thought people were numbed out by my tale of misery. Then slowly, the room came alive with other people's stories of love and loss. They shared about their own experiences and how they

held a parent's hand, or stood at the bedside sober, and watched someone they love die. They spoke of reconciliation and inspiration and Faith. They spoke of sorrow and fear and imperfection.

For me, the healing in the room was deep and the courage was enormous. There was so much gratitude for the program and for the miracles of sobriety. I slept that night, with more peace than I have felt for a long time. I am going back to NY again at the end of the month to be with my mother, and I will bring these stories with me. I know I am not alone. I have seen that with faith and the tools of Alcoholics Anonymous, people who ran from pain their whole lives, can learn to face the challenges of sobriety and live in the sunlight of the Spirit. **TP**



Please note that Group contributions are omitted this month to make room for the meeting list. They will return next issue with two months (Oct and Nov. 2007) worth of information.

MARIN COUNTY GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Sat	6:00pm	Saturday Women's Speaker					Y
Mon	12:00pm	Sausalito 12 Step Study Group				Y	
Sat	11:00am	Serendipity		Y	Y	Y	
Sun	6:00pm	Serenity					
Thu	7:30pm	Sisters In Sobriety			Y	Y	
Thu	6:00pm	Six O'clock Sunset		Y	Y	Y	
Fri	7:00pm	Sober & Serene			Y	Y	
Sun	8:30am	Spiritual Testosterone ...				Y	Y
Sun	7:00pm	Step Sisters				Y	
Mon	7:30pm	Steps To Freedom		Y		Y	
Wed	7:15pm	Steps To The Solution				Y	
Tue	8:00pm	Stinson Beach Big Book Study		Y			
Thu	8:00pm	Stinson Beach Fellowship		Y	Y	Y	
Wed	6:00pm	Strawberry Discussion			Y		
Sat	9:00am	Streethfighters					
Sun	6:00pm	Sunday Express			Y	Y	Y
Sun	7:00pm	Sunday Friendship	Y			Y	
Sun	8:00pm	Sunday Night Corte Madera	Y			Y	Y
Sun	7:30pm	Sunday Night Mill Valley...					
Sun	8:00pm	Sunday Night Step					
Thu	7:00pm	Sunlight Of The Spirit	Y			Y	
Mon	12:00pm	Survivors					Y
Mon	6:00pm	T. G. I'm Sober					
Fri	6:00pm	T. G. I. F.					Y
Tue	6:00pm	T. G. I. Tuesday			Y		Y
Thu	8:30pm	Terra Linda	Y		Y	Y	Y
Thu	8:00pm	Terra Linda Thursday Men's Stag				Y	Y
Sat	4:00pm	The Barnyard Group				Y	Y
Mon	6:30pm	The Bon Temps					
Fri	8:00pm	The Fearless Searchers			Y	Y	Y
Fri	8:30pm	The Novato Group-fri. Night Disc					
Tue	6:00pm	There Is A Solution				Y	
Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Wed	3:00pm	Thinking Men's Group					
Sat	5:30pm	Three Step Group				Y	Y
Thu	7:00pm	Thursday Night Book Club					
Thu	8:30pm	Thursday Night Miracles				Y	
Thu	8:30pm	Thursday Night Speaker	Y			Y	Y
Wed	7:30pm	Tiburon Big Book Group				Y	Y
Sun	12:00pm	Tiburon Haven				Y	Y
Wed	8:00pm	Tiburon Women's Candlelight		Y		Y	Y
Tue	8:30pm	Tuesday Big Book					
Tue	8:30pm	Tuesday Chip	Y			Y	
Tue	6:30pm	Tuesday Twelve Step		Y	Y	Y	
Wed	7:30pm	Twice Blessed					Y
Tue	5:30am	Upon Awakening		Y			
Thu	5:30am	Upon Awakening					
Mon	6:50pm	We, Us And Ours				Y	Y
Wed	6:00pm	Wednesday Mid-week					Y
Wed	8:00pm	Wednesday Night Candlelight				Y	
Wed	7:00pm	Wednesday Night SD					
Wed	12:00pm	Wednesday Noon					
Wed	6:00pm	Wednesday Sundowners				Y	Y
Fri	12:00pm	What's It All About				Y	Y
Wed	12:00pm	Women For Women				Y	Y
Mon	7:00pm	Women On Monday				Y	Y
Wed	7:00pm	Women On Wednesday				Y	
Mon	7:30pm	Women Who Drank Too Much	Y	Y	Y	Y	
Tue	10:30am	Women's Big Book				Y	Y
Fri	12:00pm	Women's Lunch Bunch	Y			Y	
Sun	4:30pm	Women's Meeting	Y				Y
Mon	12:00pm	Women's Step Study Group				Y	
Fri	7:00pm	Women's 12 X 12					
Wed	12:05pm	Working Dogs				Y	
Sat	7:00pm	Young People's BYOB				Y	

SAN FRANCISCO GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Wed	10:00am	10 AM Big Book					
Thu	10:00am	10 AM Daily Reflections					Y
Tue	10:00am	10 AM Living Sober					
Sat	10:00am	10 AM Smokeless			Y		
Mon	10:00am	10 AM Step Study					Y
Sun	10:00am	10 AM Week In Review					
Mon	10:00pm	10 PM Smokeless					
Tue	10:00pm	10 PM Smokeless					
Sat	10:00pm	10 PM Smokeless			Y		
Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Fri	5:30pm	11th Step Discussion					
Sat	10:30am	12 & 12					
Mon	12:00pm	12 Steps & 12 Traditions					
Thu	7:00am	12 X 12 Study					
Thu	1:30pm	1:30 Smokeless					
Fri	1:30pm	1:30 Smokeless					
Sun	3:30pm	3:30 Smokeless					Y
Mon	3:30pm	3:30 Smokeless					Y
Tue	3:30pm	3:30 Smokeless					Y

(Continued on page 11)

SAN FRANCISCO GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Wed	3:30pm	3:30 Smokeless					Y
Thu	3:30pm	3:30 Smokeless					Y
Fri	3:30pm	3:30 Smokeless					Y
Sat	3:30pm	3:30 Steps / Traditions					
Sun	5:15pm	5:15 PM Smokeless				Y	Y
Mon	5:15pm	5:15 PM Smokeless				Y	Y
Tue	5:15pm	5:15 PM Smokeless				Y	Y
Wed	5:15pm	5:15 PM Smokeless				Y	Y
Fri	5:15pm	5:15 PM Smokeless				Y	Y
Sat	5:15pm	5:15 PM Smokeless				Y	Y
Sun	6:00am	6 AM Marina Dock				Y	Y
Mon	6:00am	6 AM Marina Dock			Y	Y	Y
Tue	6:00am	6 AM Marina Dock				Y	Y
Wed	6:00am	6 AM Marina Dock				Y	Y
Thu	6:00am	6 AM Marina Dock				Y	Y
Fri	6:00am	6 AM Marina Dock		Y		Y	Y
Sat	6:00am	6 AM Marina Dock		Y	Y	Y	Y
Fri	7:00am	7 AM As Bill Sees It		Y		Y	Y
Mon	7:00am	7 AM Grab Bag		Y			Y
Wed	7:00am	7 AM Living Sober			Y		
Sun	7:00am	7 AM Smokeless					Y
Sat	7:00am	7 AM Smokeless					Y
Thu	7:00am	7 AM Speaker Discussion					Y
Tue	7:00am	7 AM Step Discussion					Y
Tue	8:30am	8:30 AM Smokeless					Y
Wed	8:30am	8:30 AM Smokeless					Y
Thu	8:30am	8:30 AM Smokeless					Y
Fri	8:30am	8:30 AM Smokeless					Y
Sat	8:30am	8:30 AM Smokeless					Y
Wed	8:30pm	8:30 PM Smokeless					
Thu	8:30pm	8:30 PM Smokeless		Y			
Sat	8:30pm	8:30 PM Smokeless					
Mon	8:00pm	A Coffee Pot & A Resentment			Y	Y	
Tue	6:00pm	A Is For Alcohol			Y	Y	Y
Fri	8:30pm	A New Start				Y	Y
Thu	6:00pm	A Step Beyond				Y	
Sun	6:30pm	A Vision For You		Y		Y	Y
Tue	5:30pm	AA As You Like It			Y	Y	Y
Sun	6:00pm	AA Step Study		Y		Y	Y
Sat	6:45pm	AA's & Relationships					
Mon	5:30pm	Acceptance Group				Y	
Fri	8:00pm	Afro American				Y	Y
Sat	8:00pm	Afro American Beginners				Y	Y
Mon	6:00pm	After Work					
Mon	6:00pm	After Work Big Book					
Sun	6:30pm	Agnostics & Freethinkers		Y		Y	
Sun	7:00pm	Alamo Square				Y	Y
Thu	8:00pm	All Together Now				Y	Y

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Wed	8:30pm	Alumni		Y	Y	Y	Y
Mon	7:00pm	Amazing Grace		Y			Y
Sat	9:30am	Any Lengths	Y		Y	Y	Y
Fri	6:30pm	Artists & Writers	Y			Y	Y
Sun	7:30am	As Bill CC's It - Motorcycle Mtg				Y	
Tue	12:00pm	As Bill Sees It					
Tue	12:10pm	As Bill Sees It				Y	Y
Wed	7:00pm	As Bill Sees It					
Thu	12:00pm	As Bill Sees It					
Thu	6:00pm	As Bill Sees It		Y		Y	Y
Thu	8:30pm	As Bill Sees It				Y	Y
Sat	8:00pm	As Bill Sees It				Y	Y
Mon	7:00pm	As We Understood Him		Y		Y	Y
Thu	8:30pm	Ass In A Bag		Y		Y	Y
Sat	11:00am	Atheists, Agnostics & Others				Y	
Wed	1:00pm	BYOL				Y	Y
Fri	7:00pm	Back To Basic					
Wed	8:00pm	Back To Basics				Y	Y
Sun	12:15pm	Be Still AA					Y
Tue	7:30pm	Beach 547 Speaker-Tape		Y			
Thu	6:30pm	Beginner Big Book Step				Y	
Tue	6:30pm	Beginners				Y	
Wed	6:00pm	Beginners Warm Up				Y	Y
Sat	6:30pm	Beginners' Step Study		Y		Y	Y
Sat	5:00pm	Bernal Big Book				Y	Y
Sun	8:00am	Bernal New Day				Y	Y
Mon	7:30am	Bernal New Day				Y	Y
Tue	7:30am	Bernal New Day		Y		Y	Y
Wed	7:30am	Bernal New Day				Y	Y
Thu	7:30am	Bernal New Day				Y	Y
Fri	7:30am	Bernal New Day				Y	Y
Sat	8:00am	Bernal New Day				Y	Y
Thu	8:00pm	Best Damn Big Book Discussion				Y	
Fri	8:00pm	Big Book Basics		Y	Y	Y	Y
Fri	1:00pm	Big Book Beginners				Y	Y
Tue	5:30pm	Big Book Discussion					
Mon	7:00am	Big Book Group					
Sun	11:30am	Big Book Study		Y		Y	Y
Thu	10:00am	Big Book Study					
Sat	7:30pm	Birthday Meeting				Y	Y
Sat	6:00pm	Birthday-Sharing Our Sobriety				Y	
Sun	11:00am	Blue Book Special	Y			Y	Y
Thu	7:00pm	Book Study/ Discussion					
Mon	10:00am	Bookenders				Y	
Tue	7:30pm	Boys Night Out					
Tue	1:30pm	Brokers Open Book		Y	Y	Y	Y
Sun	12:00pm	Buena Vista Breakfast				Y	
Sat	9:00am	Bushwackers					Y

(Continued on page 12)

SAN FRANCISCO GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution	Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Sun	8:30am	Came To Believe				Y	Y	Mon	7:30pm	Extreme Makeover: Women's Step Study				Y	
Sun	10:30am	Came To Believe						Mon	8:00pm	Fair Oaks Big Book Study					
Mon	8:30am	Came to Believe 8:30am					Y	Fri	12:00pm	Faith, Hope And Charity	Y			Y	
Fri	10:00am	Came to Believers						Sun	12:00pm	Federal Speaker			Y	Y	Y
Thu	10:00pm	Candlelight Meeting					Y	Fri	8:30pm	Fell Street				Y	Y
Wed	8:00pm	Castro Discussion (Show Of Shows)	Y			Y	Y	Sun	8:00pm	Fell Street Step				Y	Y
Mon	8:30pm	Castro Monday Big Book				Y	Y	Fri	3:30pm	Fellowship Of The Spirit					
Tue	12:00pm	Chips Ahoy		Y		Y	Y	Tue	6:00pm	Fellowship of the Spirit Men					
Sun	9:00am	Cocoanuts				Y	Y	Tue	10:00am	Firefighters & Friends			Y	Y	Y
Wed	7:00pm	Code Blue Big Book Study	Y	Y		Y	Y	Fri	8:30pm	Fireside				Y	
Fri	6:30pm	Come 'n Get It!	Y			Y	Y	Sat	9:00pm	Fireside Chat	Y			Y	
Thu	8:00pm	Common Welfare		Y		Y	Y	Tue	8:00pm	Fireside Chat Group				Y	Y
Wed	9:00pm	Compass				Y		Thu	8:00pm	Fireside Chat Group				Y	Y
Tue	12:15pm	Courtside				Y	Y	Mon	7:30pm	First Step Home				Y	
Mon	7:00pm	Coven				Y	Y	Thu	7:30pm	First Step Speaker/discussion				Y	
Wed	8:00pm	Cow Hollow Men's Group		Y		Y	Y	Tue	7:00pm	Fogwatch			Y	Y	Y
Tue	7:30pm	Cow Hollow Young People's				Y		Sat	5:00pm	Founders' Group				Y	Y
Mon	6:30pm	Creative Alcoholics	Y			Y	Y	Mon	12:00pm	Franciscan Noon Discussion		Y		Y	
Sun	7:00am	Daily Reflections						Thu	6:30pm	Freethinkers					
Mon	5:30pm	Daily Reflections						Fri	8:30pm	Friday All Groups				Y	Y
Fri	12:00pm	Daily Reflections						Fri	5:00pm	Friday At Five				Y	Y
Sat	8:00am	Daily Reflections						Fri	6:00pm	Friday Big Book Study					
Fri	10:00pm	Dark Secrets				Y		Thu	7:30am	Friday Knights				Y	Y
Sat	8:00am	Design For Living		Y		Y	Y	Fri	12:00pm	Friday Lunchtime Step				Y	Y
Tue	7:00pm	Deuces Never Loses						Fri	7:00am	Friday Morning 12 Steppers					
Tue	8:30pm	Diamond Heights	Y			Y	Y	Fri	8:30pm	Friday Night Special	Y				Y
Wed	8:15pm	Dignitaries Sympathy		Y		Y		Fri	6:30pm	Friday Night Women's Meeting				Y	Y
Sun	8:00am	Each Day A New Beginning				Y	Y	Fri	12:00pm	Friday Reflections					Y
Mon	7:00am	Each Day A New Beginning	Y			Y	Y	Fri	8:00pm	Friday Smokeless		Y	Y	Y	Y
Tue	7:00am	Each Day A New Beginning				Y	Y	Sun	8:30pm	Friendly Circle		Y	Y	Y	Y
Wed	7:00am	Each Day A New Beginning			Y	Y	Y	Sun	7:15pm	Friendly Circle Beginners	Y			Y	Y
Thu	7:00am	Each Day A New Beginning				Y	Y	Sun	4:00pm	From Survival To Recovery					
Fri	7:00am	Each Day A New Beginning				Y	Y	Tue	7:00am	Full Moon					
Thu	7:00am	Early Joyous & Free		Y				Sat	4:00pm	Gay & Lesbian People Of Color				Y	
Fri	6:00pm	Early Start	Y			Y	Y	Fri	7:00pm	Gay Beginners Living Sober				Y	
Tue	6:00pm	Easy Does It				Y	Y	Tue	1:00pm	Getting Fit at One O'Clock				Y	Y
Wed	12:10pm	Embarcadero As Bill Sees It				Y	Y	Mon	8:00pm	Gold Mine Group	Y			Y	Y
Thu	12:10pm	Embarcadero Big Book				Y	Y	Tue	1:30pm	Golden Gate Seniors					Y
Fri	12:10pm	Embarcadero Grapevine		Y	Y	Y	Y	Sun	2:00pm	Goodlands	Y		Y	Y	Y
Tue	12:10pm	Embarcadero Reflections			Y	Y	Y	Sun	7:00pm	Grapevine					
Mon	12:10pm	Embarcadero Steps & Traditions		Y		Y	Y	Tue	6:15pm	Haight Street Blues		Y		Y	Y
Thu	6:00pm	End Of Isolation					Y	Thu	6:30pm	Haight Street Explorers				Y	Y
Thu	8:00pm	Epiphany Group				Y	Y	Sat	6:30pm	Happy Destiny				Y	Y
Tue	6:00pm	Eureka Step	Y			Y	Y	Thu	6:00pm	Happy Hour					Y
Mon	6:00pm	Eureka Valley Topic				Y	Y	Fri	6:30pm	Happy Hour	Y			Y	Y
Fri	6:30pm	Every Rose Has Its Thorn				Y		Fri	5:30pm	Happy Hour Ladies' Night			Y		Y
Sat	8:00pm	Excelsior Free For All		Y		Y	Y	Fri	12:15pm	High Noon Friday				Y	Y
Wed	7:15pm	Experience, Strength & Hope				Y	Y	Mon	12:15pm	High Noon Monday	Y			Y	Y

(Continued on page 13)

SAN FRANCISCO GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Sat	12:15pm	High Noon Saturday			Y	Y	Y
Thu	12:15pm	High Noon Thursday		Y	Y	Y	Y
Tue	12:15pm	High Noon Tuesday	Y		Y	Y	Y
Wed	12:15pm	High Noon Wednesday			Y	Y	Y
Mon	8:00pm	High Sobriety	Y			Y	Y
Wed	7:00pm	High Steppers				Y	Y
Mon	8:00pm	Hilldwellers			Y	Y	Y
Sun	12:00pm	Hit It & Quit It	Y				
Sat	8:30pm	Home Group	Y			Y	Y
Fri	8:00pm	Hoodlum Haven				Y	
Sat	2:00pm	How It Works				Y	Y
Sat	3:00pm	How It Works Now					
Wed	6:30pm	Huntington Square	Y		Y	Y	Y
Sun	5:00pm	Ingleside Beginners: Big Book Study			Y		
Wed	7:30pm	Into Action					
Tue	7:00pm	Join The Tribe	Y			Y	Y
Tue	8:00pm	Joys Of Recovery		Y	Y	Y	Y
Fri	7:00pm	Just Alkies		Y		Y	
Sun	2:30pm	Just For Today					
Mon	6:00pm	K.I.S.S.		Y	Y	Y	Y
Sat	11:00am	Keep Coming Back	Y		Y	Y	Y
Sat	8:30pm	Keep It Simple	Y			Y	Y
Sun	10:00pm	Last Call				Y	Y
Fri	6:00pm	Let It Be Now	Y		Y	Y	Y
Sun	7:00pm	Light Brigade Discussion				Y	Y
Sun	7:00pm	Light Steppers				Y	
Tue	8:15pm	Lighten Up					
Sun	4:00pm	Like A Prayer	Y			Y	Y
Sat	8:30pm	Lincoln Park				Y	Y
Sun	8:00pm	Live & Let Live	Y	Y		Y	Y
Tue	8:30pm	Living Sober					
Wed	5:30pm	Living Sober					
Wed	8:00pm	Living Sober				Y	Y
Thu	7:00am	Living Sober		Y			
Fri	7:00am	Living Sober					
Mon	6:00pm	Living Sober On Sixth Street					
Wed	6:00pm	Living Sober With HIV	Y		Y	Y	Y
Thu	8:30pm	Living Sober With Hepatitis C				Y	
Wed	8:00pm	Luke's Group				Y	Y
Sat	2:00pm	Lush Lounge		Y		Y	Y
Sun	3:45pm	Marina					
Fri	8:30pm	Marina Discussion	Y		Y	Y	Y
Sat	11:59pm	Marina Dock Midnight					
Mon	7:00pm	Meditation					
Wed	12:00pm	Meeting Place Noon				Y	Y
Fri	12:00pm	Meeting Place Noon				Y	Y
Mon	7:00am	Mellow Mission Sunrise		Y			
Mon	7:00pm	Men's Gentle Touch				Y	Y
Wed	6:30pm	Mid Week Sanity					
Sun	10:30am	Mid-Morning Support		Y	Y	Y	Y
Fri	11:59pm	Midnight Madness Meditation					
Sat	11:59pm	Midnight Meditation		Y		Y	Y
Wed	7:30pm	Miracles (Way) Off 24th St.	Y			Y	Y
Wed	8:00pm	Mission Terrace				Y	
Mon	1:00pm	Monday At A Time		Y		Y	Y
Mon	8:00pm	Monday Beginners		Y		Y	Y
Mon	1:30pm	Monday Fit Spiritual Condition				Y	
Mon	8:00pm	Monday Men's Meeting				Y	
Mon	12:15pm	Monday Monday		Y		Y	Y
Mon	6:00am	Monday Morning Men's Meeting					
Mon	12:00pm	Monday Noon Daily Reflections		Y		Y	Y
Mon	3:30pm	Monday Nooners					
Mon	8:00pm	Monday Speaker					
Wed	8:30pm	Moving Toward Serenity		Y		Y	Y
Fri	6:00pm	New 86 Group		Y		Y	
Fri	12:00pm	New Friday Big Book			Y	Y	Y
Wed	1:30pm	New Highs					
Mon	6:30pm	New Hope Big Book				Y	Y
Wed	7:00pm	New Life				Y	Y
Tue	8:00pm	Newcomers	Y			Y	Y
Wed	12:00pm	Newcomers					
Tue	7:00pm	Newcomers Group				Y	Y
Sun	7:00pm	No Gurus Meditation				Y	Y
Tue	7:00am	No Regrets				Y	
Mon	12:00pm	No Reservation				Y	Y
Fri	7:00pm	No Whiners				Y	Y
Sun	12:00pm	Noon Smokeless					Y
Mon	12:00pm	Noon Smokeless					Y
Wed	12:00pm	Noon Smokeless					Y
Thu	12:00pm	Noon Smokeless					Y
Fri	12:00pm	Noon Smokeless					Y
Sat	12:15pm	Noon Smokeless					Y
Thu	8:00pm	Off Broadway Book					
Thu	7:15pm	Once An Alcoholic					
Thu	8:30pm	One Liners		Y		Y	Y
Wed	1:00pm	One, Two, Three - Go!		Y			
Sun	2:00pm	Only a Little at a Time		Y			
Mon	7:00am	Open Discussion					
Tue	7:00am	Open Discussion					
Thu	8:30pm	Panhandle				Y	
Mon	8:30pm	Park Presidio			Y	Y	Y
Thu	8:00pm	Parkside		Y		Y	Y
Mon	12:00pm	Pax West				Y	Y
Thu	12:00pm	Pax West				Y	Y
Tue	7:30pm	Pinehurst				Y	
Tue	8:30pm	Progress Not Perfection				Y	Y

(Continued on page 14)

SAN FRANCISCO GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution	Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Mon	5:30pm	Queers, Crackpots & Fallen Women	Y	Y		Y	Y	Wed	6:00pm	<i>Speak Easy</i>					
Thu	8:30pm	Reality Farm	Y		Y	Y	Y	Sun	12:00pm	Speaker Discussion				Y	Y
Wed	8:30pm	Rebound				Y	Y	Sun	5:30pm	Speaker Discussion				Y	Y
Thu	5:45pm	Red Road Healing Circle		Y	Y	Y	Y	Wed	7:00am	Speaker Discussion				Y	Y
Tue	6:30pm	Relapses, Rebounds, Retreads & Winners		Y		Y		Thu	5:30pm	Speaker Discussion				Y	Y
Thu	7:30pm	Richmond Big Book Study				Y		Fri	7:00am	Speaker Discussion				Y	Y
Mon	7:30pm	Richmond Step Study				Y		Fri	1:00pm	Speaker Discussion				Y	
Thu	12:05pm	<i>Rigorous Honesty</i>						Sat	7:00am	Speaker Discussion				Y	Y
Sat	10:00am	<i>Romper Room</i>						Sat	12:00pm	Speaker Discussion				Y	Y
Fri	8:00pm	Room To Grow				Y	Y	Sat	5:30pm	Speaker Discussion				Y	Y
Thu	12:05pm	Rose Garden Big Book				Y	Y	Sat	7:00pm	Speaker Discussion				Y	Y
Wed	10:00pm	Rule 62		Y	Y	Y	Y	Fri	7:00pm	<i>Speaker/ Chip Meeting</i>					
Fri	10:00pm	S.F. Bermuda Triangle Birthday Cake Style		Y			Y	Tue	7:00pm	<i>Speaker/ Step Study</i>					
Sat	5:00pm	Saturday Afternoon Meditation			Y	Y	Y	Thu	7:00pm	Spir. Founded Prog. Of Action (SFPOA)		Y	Y	Y	Y
Sat	2:00pm	<i>Saturday Big Book</i>						Fri	8:30pm	<i>St Francis Men's</i>					
Sat	12:00pm	Saturday Easy Does It	Y	Y	Y	Y	Y	Thu	6:15pm	<i>Staying Sober</i>					
Sat	2:00pm	Saturday Matinee				Y		Fri	8:00pm	<i>Staying Sober</i>					
Sat	7:30pm	Saturday Night Regroup	Y			Y	Y	Thu	6:30pm	<i>Step Sisters</i>					
Thu	8:30pm	Seacliff			Y	Y	Y	Sun	8:30am	Step Talk			Y		Y
Thu	2:15pm	Second Chance				Y	Y	Thu	7:00am	<i>Step Workshop-BB, 12 X 12</i>					
Wed	1:30pm	<i>Serenity Group</i>						Tue	6:30pm	Steppin' Up	Y	Y	Y	Y	Y
Sat	8:30pm	Serenity House Open				Y	Y	Sat	6:00pm	Stepping Out				Y	Y
Mon	7:30pm	Serenity House Stag Speaker				Y		Mon	7:00pm	<i>Stepping Stone Step Study</i>					
Mon	7:30pm	Serenity Seekers	Y			Y	Y	Mon	8:00pm	Stonestown		Y	Y	Y	Y
Thu	7:30pm	Serenity Step				Y		Thu	9:00am	Straitjacket			Y	Y	Y
Sat	1:15pm	<i>Service Connected</i>						Sun	6:30pm	<i>Sunday 6:30 PM</i>					
Tue	7:30pm	Sesame Step	Y			Y	Y	Sun	7:30pm	Sunday Bookworms				Y	Y
Sun	5:00pm	<i>Short Attention Span</i>						Sun	9:30am	Sunday Morning Gay Men's Stag				Y	Y
Tue	5:45pm	<i>Sick & Seeking Growth</i>						Sun	5:00pm	Sunday Night 3rd Step Group			Y		Y
Sun	8:00pm	Sinbar		Y	Y	Y	Y	Sun	8:00pm	Sunday Night Castro Speaker Discussion	Y			Y	Y
Sun	6:00pm	Sisters Circle				Y	Y	Sun	8:00pm	Sunday Rap					Y
Thu	6:00pm	Six O'Clock Step				Y		Sun	7:00am	Sunday Sunrise		Y		Y	
Thu	7:30pm	<i>Sixth Street Home Group</i>						Wed	7:00pm	Sundown		Y		Y	Y
Mon	1:30pm	<i>Smokeless 1:30</i>						Thu	6:30pm	Sundown Steps		Y		Y	Y
Fri	7:15pm	Sober & Centered				Y		Thu	6:00pm	Sunrise Sunset Women's Step					Y
Wed	7:30pm	Sober 5150's	Y			Y		Sun	11:00am	Sunset 11'ers				Y	Y
Mon	8:30am	Sober Across The Board				Y	Y	Mon	11:00am	Sunset 11'ers				Y	Y
Tue	8:30am	Sober Across The Board				Y	Y	Tue	11:00am	Sunset 11'ers				Y	Y
Wed	8:30am	Sober Across The Board				Y	Y	Wed	11:00am	Sunset 11'ers				Y	Y
Thu	8:30am	Sober Across The Board				Y	Y	Thu	11:00am	Sunset 11'ers				Y	Y
Fri	8:30am	Sober Across The Board				Y	Y	Fri	11:00am	Sunset 11'ers				Y	Y
Sat	8:30am	Sober Across The Board				Y	Y	Sat	11:00am	Sunset 11'ers		Y		Y	Y
Mon	12:10pm	Sober At State				Y		Sun	8:00am	Sunset 9'ers	Y			Y	Y
Wed	12:10pm	Sober At State				Y		Mon	9:00am	Sunset 9'ers		Y	Y	Y	Y
Wed	7:00pm	Sobriety & Beyond				Y	Y	Tue	9:00am	Sunset 9'ers				Y	Y
Wed	6:00pm	Some Are Sicker Than Others	Y	Y		Y		Wed	9:00am	Sunset 9'ers				Y	Y
Sat	11:00am	Sometimes Slowly				Y	Y	Thu	9:00am	Sunset 9'ers				Y	Y
Thu	7:30pm	Sought To Improve		Y	Y	Y	Y	Fri	9:00am	Sunset 9'ers				Y	Y

(Continued on page 15)

SAN FRANCISCO GROUPS

Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution	Day	Time	Group Name	IFB Rep	Secre- tary	Treas- urer	Litera- ture	Contri- bution
Sat	9:00am	Sunset 9'ers	Y			Y	Y	Tue	8:00pm	Tuesday Night Open House				Y	
Wed	7:30pm	Sunset Group				Y		Tue	7:00pm	Tuesday Night Step					
Thu	1:00pm	Sunset Reflections		Y		Y		Tue	1:30pm	Tuesday Step Meeting					Y
Sun	7:30pm	Sunset Speaker Step	Y	Y		Y	Y	Tue	6:30pm	Tuesday Women's					
Tue	8:00pm	Surf	Y	Y	Y	Y	Y	Tue	7:00am	Tuesday's Daily Reflections				Y	Y
Sat	6:00pm	Sutter Street Beginners				Y	Y	Fri	7:30pm	Twelve Steps To Happiness		Y	Y	Y	Y
Wed	7:30pm	Telegraph Hill						Wed	7:30pm	Upstart Stag Discussion					
Sun	6:00pm	Ten Years After	Y			Y	Y	Fri	6:00pm	Valencia Smokefree	Y	Y	Y	Y	Y
Wed	5:00pm	Thanks God						Wed	10:30am	Veterans' Coffee Break				Y	
Thu	8:00pm	The 12 Schleppers		Y	Y	Y		Sat	10:00am	Wake Up Call				Y	
Mon	7:00am	The 24 Hour Plan	Y			Y	Y	Wed	8:00pm	Walk Of Shame				Y	Y
Wed	7:00am	The 86'ed						Mon	7:00pm	Washington Square		Y		Y	Y
Sun	7:30am	The Breakfast Club						Sun	8:00pm	Waterfront	Y			Y	Y
Wed	3:30pm	The Daily Reprieve						Sun	2:00pm	We Are Living Sober					Y
Wed	12:15pm	The Drive Thru				Y	Y	Tue	12:00pm	We Care	Y	Y		Y	Y
Mon	12:30pm	The Parent Trap				Y	Y	Wed	10:00pm	Wednesday Night Candlelight					
Wed	4:30pm	The Parent Trap 2				Y	Y	Wed	12:00pm	Wednesday Noon Steps		Y		Y	
Fri	12:00pm	The Pepper Group		Y			Y	Wed	7:00am	Wednesday Sunrise Smokefree					
Sat	7:00pm	They Don't Know Who We Are				Y		Wed	6:15pm	Wednesday Women's Big Book				Y	Y
Mon	8:00pm	They Stopped In Time			Y	Y	Y	Sat	7:00am	Weekend Worker		Y	Y	Y	
Fri	7:30am	Thought For The Day					Y	Fri	8:30pm	Welcome Aboard					
Thu	1:30pm	Thursday Afternoon Step Study				Y		Wed	8:30pm	West Portal	Y			Y	Y
Thu	6:00am	Thursday Morning Men's Big Book Study						Thu	8:15pm	Wharfrats				Y	Y
Thu	6:30pm	Thursday Night Women's				Y	Y	Mon	6:00pm	What It's Like Now		Y		Y	
Thu	6:45pm	Thursday Thumpers						Tue	8:00pm	Wits End Step Study	Y	Y	Y	Y	Y
Thu	5:15pm	Thursday's Children						Mon	7:00pm	Wolf Den					
Sat	8:00am	Too Early	Y	Y		Y	Y	Sat	10:00am	Women Living Sober			Y	Y	Y
Sun	8:30pm	Too Young						Tue	6:15pm	Women Who Drank Too Much	Y			Y	Y
Tue	12:15pm	Travelers						Thu	6:15pm	Women's 10 Years Plus			Y	Y	Y
Sun	7:00pm	Trudgers Discussion				Y	Y	Tue	6:30pm	Women's Kitchen Table Group				Y	Y
Tue	6:00pm	Tuesday Big Book Study		Y		Y	Y	Fri	7:00pm	Women's Promises			Y	Y	Y
Tue	8:00pm	Tuesday Downtown		Y	Y	Y	Y	Sat	7:00pm	Work In Progress		Y	Y	Y	Y
Tue	7:00pm	Tuesday Downtown Beginners						Sat	11:00am	Y.A.H.O.O. Step		Y	Y		Y
Tue	7:00am	Tuesday Morning Reflections				Y									

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

ORIENTATION COMMITTEE

Andy T. orientation@aasf.org

THE POINT

Victor V. thepoint@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. sfteleservice@aasf.org

SF PI/CPC COMMITTEE

Jill H. picpc@aasf.org

IFB MEETING SUMMARY — DECEMBER '07

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.	Liv. Sober With HIV	P	Faye K.	Queers, Crack...	A	Patty M.	Huntington Square	P
Allyn J.	Fireside Chat Sa	P	Jamie G.	Fireside Chat	A**	Pete R.	Artists and Writers	P
Andy T.	Waterfront	A**	Jaime G.	Sesame Step	P	Peter G.	Su. Night Castro	P
Anil K.	Tib. M. Mens Stag	X	Jenifer W.	Like A Prayer	A**	Rebecca D.	Val. Smokefree	A
Anthony J.	Serenity Seekers	P	John G.	Each Day A New	A**	Rich D.	Eureka Step	P
Armando R.	Home Group	A	Joshua C.	Goodlands	A**	Richard C.	Surf Group	P
Bertell N.	Marina Discussion	A**	Judy S.	Diamond Heights	A**	Richard P.	Friendly Circle Beg	A**
Brad P.	Code Blue	P	Julio B.	Blue Book Special	A	Richard R.	We Care	P
Brian C.	Hit It & Quit It	A	Karen A.	West Portal	A	Rick K.	Join the Tribe	P
Bruce K.	Sunset Speaker Step	P	Karin K.	24 Hour Plan	P	Roger C.	Early Start	R
Carol E.	Happy Hour	P	Kate E.	7AM Attitude Adjust	A	Ron M.	Live & Let Live	P
Casey L.	Sunday Corte Madera	A	Ken J.	High Sobriety	P	Scott N.	Sunset 11'ers Sat.	P
Christopher R.	7AM Mill Log Cabin	P	Larry B.	Castro Discussion	P	Shawn M.	Regroup	P
Chuck K.	Ten Years After	P	Liz C.	Mill Valley Speaker	A	Steve N.	Terra Linda Group	P
Dan S.	Tuesday Chip	A**	Matthew D.	Too Early	P	Stu S.	Tuesday Newcomers	P
Dana R.	Saturday Sunset 9'ers	P	Matt T.	Sunday Night Friendship	A	Tedra M.	Come N Get It	A
David A.	Goldmine Group	P	Maury P.	Central Office Manager	P	Thomas H.	Any Lengths	P
David D.	Keep it Simple	P	Michael P.	Sunset 9'ers Su 8am	P	Tom K.	High Noon (Monday)	P
Derek D.	Reality Farm	P	Nathan M.	Saturday Easy Does It	P	Tracy F.	Keep Coming Back	P
Dwayne T.	Ten Years After	A	Nicholas L.	Some Are Sicker	P	Tracy G.	Wits End	P
Edward H.	High Noon (Tuesday)	P	Olive G.	Steppin Up	P	Victor V.	Creative Alcoholics	A
Elizabeth B.	Sober 5150's	P	Patrick M.	Treasurer	P	Virginia M.	Women Who Drank	A
Erica R.	Miracles on 24th St.	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

Brent H. Bookenders
Greg W. High Noon Th
Jackie B. Sisters Circle
Michale B. SFPOA
Sam S. Early Start

Visitors

Jeff O. District 06, DCMC
Karen K. Temporary Special Worker

Liaisons Present

Karen S. District 06
Kevin S. Marin Teleservice
Ray M. District 05

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the December 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 his report. He attended the GS meeting for District 06 and they support our intent to send an IFB

liaison to their meeting to facilitate communication between the IFB and the District.

Treasurer's Report: Patrick M. gave the report. For the month of October, the Net Loss was \$858 which was \$1,241 better than the budgeted loss of \$2,099. For YTD thru October, Net Income was \$15,829 which was \$26,209 higher than budget. Unrestricted cash is enough to cover just over 3 months of operating expenses. This is above and beyond the 6 months of oper-

ating expenses covered by the Prudent Reserve (part of restricted cash). Our overall cash position at the end of October is slightly below the end of September.

The proposed budget for 2008, approved by the COC, was presented. After discussion, a motion was made and seconded to approve the proposed budget as presented. The motion was approved with 36 in favor out of 40 eligible voting Reps present. No votes against or abstentions.

Central Office Manager's Report:

Maury P. gave her report. The Reps were asked to notify Central Office if they will be changing or canceling any of their meetings through the holidays. Extra volunteers are needed for the holidays. A Trusted Servant Registration Drive will be started in January.

Central Office Committee Report: The COC report was given by Scott N. The COC discussed, amended and approved the proposed 2008 IFB budget. There was continued discussion about bookstore pricing. A part-time person has been secured to manage the CO during Maury's maternity leave. Future participation in the Unity Day event was also discussed.

Discussion: The process of reinstating Ad Hoc committees and Chairs:

Scott N. reported that currently if an ad hoc committee that has been formed disbanded, it can be reformed without the discretion of the IFB. The recommendation from the COC is that the IFB should have the authority to reform a committee as needed. It was suggested that the IFB/COC establish what committees are necessary and which are not.

The following motion was made: "Regardless of how or why a committee has been disbanded, before it can be reformed, it must be brought to, and discussed by the IFB for approval." The motion was seconded. The vote was: 30 For, 3 Against, and 2 Abstentions.

Discussion: Liaison from IFB to General Service District 06:

Jeff O., District 06 DCMC, reported that the Area was in favor of an IFB Liaison to the District. The individual serving in that position would have the ability to participate fully in the Area discussions and activities, except voting. The IFB has voted to create the position. Reps were asked to review the position and consider making themselves available as we will elect someone at an upcoming IFB meeting.

Issue of group names and process of working with new groups:

Chuck K. asked for a show of hands of the Reps who have spoken with their groups about the ongoing discussion about the naming of groups in the IFB. The groups who had discussion and a group conscience were asked to email their conscience to either Chuck K. or Scott N.. The issue was then tabled.

Committee Reports:

12th Step Committee: Shawn reported that the Sunshine Club had a workshop and signed up several new volunteers. The 12-Step List will be updated this coming year, and help is needed.

Access Committee: Pete R. reported for Virginia M. The Access Committee participated in Unity Day. The proposal that failed to be passed at the last IFB meeting regarding special needs access at all IFB events was reviewed. The committee will continue to work on the proposal.

Archives Committee: Bruce K. reported on the committee. The committee wanted to thank the IFB for the money provided for the preservation of local historical AA documents.

Orientation Committee: Patty M. reported on the on-going actions of the committee prior to every IFB meeting at 6PM.

Trusted Servants Workshop Committee: Patty M. reported that the committee did not meet in November. They will be discussing workshop plans for the coming year. She announced that her term with the IFB will be up in June 2008, so asked that the Reps help find someone to follow her.

Website Committee: Michael P. gave the report. The committee has designed online Group Information Forms and Trusted Servants Registration forms. Implementation is in progress. We will send a link to all reps for beta-testing.

Outreach Committee: The committee now consists of only 2 people and needs additional help. Their job is to reach out to meetings, get their registrations up to date, and increase group participation in the IFB. The current goal is a 20% increase in the upcoming year.

Special Committee Reports:

Teleservice: Dana R. gave the report for Judi C. There are open shifts on the telephone service, and they need additional volunteers to help with the holiday shifts.

PI/CPC: Bruce K. reported for Jill H. The committee will be presenting a Speaker Workshop and Annual Business Meeting on Saturday, Jan. 19th starting at 10:30 AM at the Urban Life Center.

IFB Liaison Reports:

GSO: Karen S. reported on the ongoing

group inventory. Everyone is welcome at the meetings.

Teleservice, Marin: Kevin S. reported that the phone plan has changed to decrease charges for Teleservice volunteers who do not have local area codes.

Spirit of San Francisco: David reported on the recent convention and reported that plans are already underway for the event in 2008.

Living Sober: Alejandro D. reported that the 2008 convention will be at the Grand Hyatt hotel downtown.

The 7th Tradition was observed. A motion to adjourn was made, seconded, and unanimously passed. The meeting ended at 9:06PM.

Respectfully submitted,

Ken J., Secretary



The next IFB meeting is on Wednesday, January 2nd, 2008 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 your 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.



MEET THE MEETING: *FIREFIGHTERS AND FRIENDS*

by Bree L.

Looking for a good way to start your Tuesday with a morning meeting? Then *Firefighters and Friends* is your meeting. It begins at 10am in the Unitarian Center on Franklin and Geary Sts. Parking is easy with ample spaces on Franklin St. Just come in the Franklin St. entrance, make a left, follow the corridor and then keep taking a right until you see The Fireside Room sign.

This meeting was originally started for active firefighters and targeted for when they came to work at eight in the morning. They were then given time off to attend but shift times were readjusted and administrations have changed. Time off was no longer a possibility. Attendance dwindled and the name was extended to include friends. It was seen as a way to bring in retired firefighters, their spouses and others. The meeting adopted a new name and it has moved around. The firefighters' meeting started out in a small room in St. Mary's basement and then moved to the Urban Life Center and now resides at the Unitarian Center. With all these transitions and changes over the years, the *Firefighters and Friends* meeting continues with the same format adopted many years ago.


This is a speaker meeting where the speaker shares through most of the meeting followed by a raffle for any book on the literature table. Tickets are three for a dollar. There are frequently newcomers beginning their path of sobriety without a Big Book and many times that raffle prize goes directly to the newcomer, who leaves with his or her own Big Book. Out of town visitors have also been known to find their way to *Firefighters and Friends*, because the meeting location is centrally located in San Francisco.

Coincidentally the group meets in The Fireside Room. The room has a huge fireplace adorned with a branch-like

sculpture, resembling a cross overhead. There is also a warm fire on cold, rainy days. There are wonderfully comfortable couches sitting on inlaid hardwood floors and thick rugs, soft to the step. Concrete walls absorb all ambient sounds that might drift in from Franklin Street. This all adds to the tranquil milieu of the meeting.

Long term sobriety is sprinkled within those who identify *Firefighters and Friends* as their home group. Chris with 28 years has been attending throughout her sobriety and Jeanne recently celebrated 24 years. Chris can tell of the crowds of firefighters that initially attended this meeting for she

has been part of the transitions over time. There are also many other regulars with double digit years. The meeting itself is approximately 40 years old, making it one of the older meetings in San Francisco. Those 40 years surely reflect the sustaining quality of this meeting.

There is a welcoming hand to greet any and all who attend and coffee too. All-in-all, this meeting is focused, welcoming and a godsend for those alcoholics and visitors in this part of town. There aren't many meetings in the middle of the morning on a workday! Be sure to give them a visit sometime. 

Cunning, Baffling, Puzzlefuf

Find each of the following words, all of which relate to the First Step, Tradition or Concept. Check forwards, backwards, vertical, horizontal and diagonal. Each word appears only once.

RECOVERY
SERVICES
CONSCIENCE

POWERLESS
WELFARE
AUTHORITY

FELLOWSHIP
UNITY
COMMON

ADMITTED

L T I R O H T U A C E D N C V E Y L
I C E H T T M E V O E O H W N T I R
I M R O O R T C C M E E T T I U Y O
C O D C T S R N O M E L E N A R W N
A S E S O R E E E O S R U I W E P E
N U T L O E E I O N E L Y V O R A O
D A T S R A E C W E L F A R E T L O
I I I H E E U S O A T E C E N T C N
E S M R O V W N S V V N V S T C O S
I O D I T R O O M E E D A I R A N H
O O A Y V O I C P F I R M I C F S E
Y R E I C L O T E A O D Y C T L C I
I Y N I S D W E Y R A C O M I E I V
E I R R A C S S E L R E W O P W E P
U E E S E C I V R E S I R I M M N O
O C E E L E F E L L O W S H I P T W
U N I T N F E L L O W S H I S T I C
R L S I Y F E N F F P O Y R S W P Y

Financial Statement

October 2007

	Oct 07	Jan - Oct 07
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	12,718	124,711
Honors	0	391
Contributions from Groups - Other	0	255
Total Contributions from Groups	12,718	125,357
Contributions from Individuals		
Individual - Unrestricted	341	18,231
Faithful Fiver	500	6,989
Honorary Contributions	270	2,039
Total Contributions from Individuals	1,111	27,259
Gratitude Month		
Gratitude Month - Groups	0	3,285
Total Gratitude Month	0	3,285
Sales - Bookstore	9,213	94,549
Special Event Income	0	1,536
Newsletter Subscript.	100	1,069
Total Income	23,142	253,055
Cost of Goods Sold		
Cost of Books Sold	4,739	60,443
Credit Card Processing Fees	176	1,907
Total COGS	4,915	62,349
Gross Profit	18,227	190,706
Expense		
Reconciliation Discrepancies	0	0
Employee Expenses		
Wages & Salaries	8,716	86,917
Employer Tax Expenses	709	7,947
Health Benefits	1,211	10,906
Workers Comp Ins.	1,038	1,038
Total Employee Expenses	11,675	106,808
Professional Fees		
Computer Consulting	0	1,863
Total Professional Fees	0	1,863
Bank Charges	20	73
Postage		
Bulk Mail	200	600
Postage - Other	128	591
Total Postage	328	1,191
Rent - Office	3,987	39,871
Rent - Other	150	750
Access Expenses	0	1,050
IFB Literature	0	40
PI/CPC	0	46
Filing/Fees	0	80
Insurance	0	1,932

	Oct 07	Jan - Oct 07
Internet Expense	103	1,061
Office Supplies	86	1,386
Paper Purchased	159	1,912
Software Purchased	0	425
Shipping	-121	454
Printing	0	841
Equipment Lease	0	5,506
Repair & Maintenance	274	2,275
Security System	34	400
Special Events	843	2,879
Telephone	606	3,013
Phone Book Listings	237	869
Utilities	0	1,560
Travel	638	1,046
Training	0	58
Bad Checks	10	262
Miscellaneous Expense	0	150
Total Expense	19,029	177,801
Net Ordinary Income	-802	12,904
Other Income/Expense		
Other Income		
Interest Income	66	4,141
Total Other Income	66	4,141
Other Expense		
Depreciation Expense	76	757
Amortization Expense	46	459
Total Other Expense	122	1,216
Net Other Income	-56	2,925
Net Income	-858	15,829

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