

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2008
3
MARCH

A publication of the Intercounty Fellowship of Alcoholics Anonymous

OUR RESPONSIBILITY TO THE COMMUNITY

A publication of the
Intercounty Fellowship

of Alcoholics Anonymous

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By A Local Sot

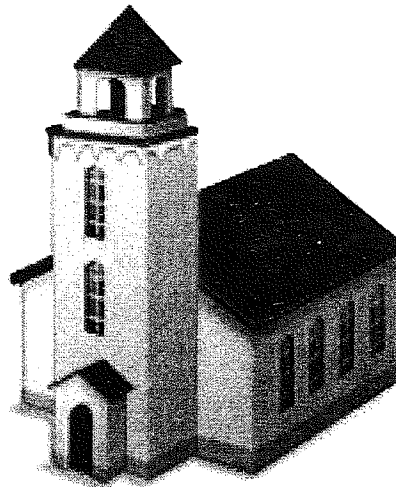
It's a truism in San Francisco and Marin that tenants have a harder time finding affordable space than landlords have finding tenants for their vacancies. This is true for residential as well as commercial properties, and is especially true for non-profit organizations on limited budgets.

As many trusted servants realize, rents are steadily increasing and the costs associated with putting on meetings are also rising. New meeting places are ever more difficult to find. It is therefore the responsibility of A.A. members to treat host venues with respect and to act in a responsible manner when it comes to building security and "housekeeping".

Many of the venues that host our meetings do so *mainly because they support the work that A.A. is doing.* When it comes to the rent A.A. pays, I would like to emphasize that the churches would make far more money renting to other groups who

are always applying for space.

Due to the brevity of our meetings, the rent charged can't be too high, but we never-the-less monopolize the available space for at least an hour before and after the meeting precluding other groups from using the space.



What I'm trying to say is that A.A. *needs the churches (and other buildings) far more than they need us.*

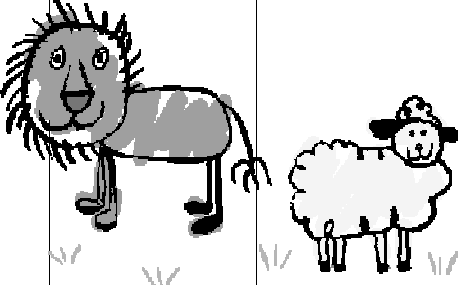

(Continued on page 6)

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

march 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Sunshine Club Workshop, 1pm, Central Office, Join the Sunshine Club!
2	3 <u>FIRST MON</u> Access Committee, Central Office; 5:30pm	4	5 <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)	6	7	8 S.F. General Service, Agenda Topics Workshop, 9:30am to 3:15pm, St. Mark's Square, 1111 O'Farrell St./ Franklin St., S.F., CA
9	10 <u>SECOND MON</u> 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., 6:30 pm Fellowship Committee, Central Office, 7pm Marin H&I, 1360 Lincoln, San Rafael, Bus. Meeting: 7:15 pm SF General Service 1187 Franklin St. Meeting: 8 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
16 <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	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 San Mateo General Service, St. Andrews Church, 7:30 pm	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	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
30	31					

From the Editor

Hi everyone and welcome to the March edition of what I just know for a fact is everyone's favorite newsletter, *The Point*!

We've got a reprinted article for the cover this month, focusing on the responsibility that A.A. groups have toward those who host our meetings. Central Office has received a spate of complaints over the past few months so we thought it time to rerun this article (which appeared several years ago in a slightly different form) in the hope of reminding the fellowship about the debt we owe to the community at large.

This is a good place to remind everyone that the www.aasf.org website has a new feature, allowing Trusted Servants to register with Central Of-

fice online! Calling all secretaries and treasurers, please register!

All of our regular features are back including *Soberscope*, *Dear Alky*, *Conversations with Long-Timers* and *Meet the Meeting*. We hope you continue to enjoy these offerings for 2008. *Alconym* is back, too, with a counterpoint to our usual ideal of serenity, in a lively meditation on C.H.A.O.S.

And once again, *The Point* Committee would like to invite prospective new members to visit us on the second or fourth Tuesday of each month at 5:30pm. We've had quite a turnover lately and are always seeking new members. Please consider joining us for a fun and useful commitment.



Pisces: Feb. 19— Mar. 20

by Madame Salami

When Madame grows up, she hopes to be a Pisces. For someone so over-subtle, oversensitive, overemotional, careless, and impractical, you certainly have your charms. Your magical ability to fit into any situation, to mix and mingle with all kinds of people and then disappear to become a fly on the wall; your easygoing nature, laughter and affectionate temperament remind everyone of the promises that come when you practice the principles in all your affairs.

You are a compassionate and loving soul. You wear your emotions on your sleeve - but be careful, my pesky

pez, you can also wear everyone else's, too - maybe that's why you're always exhausted. You can easily be more concerned with the challenges of others than with your own. Yes, sometimes it seems more fun to take everyone else's inventory. But change only happens when we take our own.

Thankfully, nobody's perfect. Not you and not others. Remember, when you put others on a pedestal, it can mean only one thing: that they'll eventually come down. Stand proudly with others and love them because of, not in spite of, their faults. After all, that's what your friends do for you.

the
Point

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You will never know when a Piscean is profoundly hurt. You can hide your deepest emotions behind a veil of humor. The humor may be warm and innocent or cold and ruthless. However, it is sure to be a mask for some other emotion, more often than not. Pull out the pen and paper and get to those real motives. You've always longed to connect with something deeper and those nightly inventories just might get you there.

Just remember: we all need vacations. But making our way back home can sometimes be just as fun.





New Meeting:

Sat	7:15am	Castro	MORNING MEDITATIONS 152 Church St./ Market (<i>Meditation, 30 minutes</i>)
Tue	7:30pm	San Rafael	MARIN PACIFIC GROUP, 10 Bayview Dr./ San Pedro Rd. (SD)

Meeting Changes:

Mon	7:00pm	Larkspur	MEN'S 2PLUS (<i>was Great Fact Group</i>)
Wed	6:00pm	Novato	WEDNESDAY SUNDOWNERS (<i>Remove CC</i>)
Wed	7:00pm	Hayes Valley	EXPERIENCE, STRENGTH & HOPE SF Alano Club, 1748 Market St./ Octavia (<i>was 7:15pm</i>)
Wed	8:00pm	Pacific Heights	COW HOLLOW MEN'S GROUP 2325 Union/ Steiner St. (<i>was 75 minutes</i>)

No Longer Meeting:

Wed	7:30pm	Russian Hill	TELEGRAPH HILL 2041 Larkin St/ Broadway 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— JANUARY 2008

Below are the meetings whose Trusted Servants registered with Central Office during January 2008 — thirty-five in San Francisco and ten in Marin. Thank you for registering!

San Francisco

Agnostics & Freethinkers Sun. 6:30pm; **As Bill Sees It** Fri. 7am; **Ass In A Bag** Thu. 8:30pm; **Bernal New Day** Wed. 7:30am; **Bernal New Day** Fri. 7:30am; **Bernal New Day** Sat. 8am; **Bookenders** Mon. 10am; **Castro Discussion (Show of Shows)** Wed. 8:00pm; **Creative Alcoholics** Mon. 6:30pm; **Design For Living** Sat. 8am; **Each Day A New Beginning** Mon. 7am; **Friendly Circle Beginners** Sun. 7:15pm; **Huntington Square** Wed. 6:30pm; **Joys Of Recovery** Tue. 8pm; **Marina Dock** Thu. 7am; **Meeting Place Noon** Fri. 12noon; **Mid-Morning Support** Sun. 10:30am; **Miracles Way Off 24th Street** Wed. 7:30pm; **Monday Beginners** Mon. 8 pm; **Newcomers** Tue. 8pm; **New Life** Wed. 7pm; **No Reservation** Mon. 12noon; **One Liners** Thu. 8:30pm; **Saturday Night Regroup** Sat. 7:30pm; **Sisters Circle** Sun. 6pm; **Speaker Discussion** Fri. 7am; **Sunday Sunrise** Sun. 7am; **Sunset 9ers** Tue. 9am; **Sunset 11'ers** Fri. 11am; **Sunset Group** Wed. 7:30pm; **Tuesday Downtown** Tue. 8pm; **Tuesday Downtown Beginners** Tue. 7pm; **Tuesday Night Kitchen Table** Tues. 6:30pm; **Thursday Night Women's** Thu. 6:30pm;

Marin - Candlelight Meditation Mon. 7:30pm; **Fireside 3rd Step Meeting** Sun. 7:30pm; **Happy Destiny** Fri. 7pm; **Noon Hope** Fri. 12:00; **Novato Basics** Tues. 8pm; **Ross-San Anselmo** Mon. 8pm; **Sunlight Of The Spirit** Thu. 7pm; **Wednesday Sundowners** Wed. 6pm; **What's It All About** Fri. 12noon; **Working Dogs** Wed. 12:05pm

CONTRIBUTIONS

to Central Office were made through February 15, 2008 honoring the following members:

ONGOING MEMORIALS

Mary W. , Silas P., Pat T., Ken M.

ANNIVERSARIES

High Noon:

Anonymous 10 years
Griffin 9 years; Joe O. 5 years,
Jessica T. 2 years; Sarah 1 year
Tiburon Beginners & Closed:
Dick F. 48 years

COMING UP

mark your calendar

BRISBANE BREAKFAST BUNCH

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

03/02 Speaker: Dan M.	From: Serenity House
03/09 Speaker: Frank K.	From: Big Book , Brisbane
03/16 Speaker: Jeanette W.	From: Big Book , Brisbane
03/23 Speaker: Kathy.	From: Big Book , Brisbane
03/30 Speaker: Patti J.	From: 1849 El Camino

TUESDAY DOWNTOWN

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

03/04 Speaker: Georgia L.	From: Friendly Circle Beginners
03/11 Speaker: Harry M.	From: San Francisco Fellowship
03/18 Speaker: Rich H.	From: Marina Dock Noon Fellowship
03/25 Speaker: Rudy S.	From: Friday Come and Get It

FRIDAY NIGHT ALL GROUPS

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

03/07 Host Group: Book Worms	Speaker: Sheila H.	From: Mon. Night Women's Vallejo
03/14 Host Group: Reality Farm	Speaker: Bill F.	From: Mission Fellowship
03/21 Host Group: Valencia Smoke Free	Speaker: Angie S.	From: Mid-Morning Support
03/28 Host Group: High Noon Tuesday	Speaker: Gil S.	From: Island Fellowship Alameda

PLEASE —

Don't Forget
Secretaries &
Treasurers may Now
Register with Central
Office at our website:
www.aasf.org!
Receive *The Point*
every month during
your commitment and
share important
information with your
group!

SATURDAY, MARCH 15TH 2008



A Drag Thing

Proceeds benefit the
2008 Western Roundup /
Living Sober conference
to be held in San Francisco
July 4 - 6, 2008

AL-ANON/AA MEETING @ 6:00 P.M.
FLING @ 7:30 P.M.

MOST HOLY REDEEMER, ELLARD HALL
100 Diamond St. (@ 18th Street)
\$15 SUGGESTED DONATION
(but no one will be turned away for lack of funds. Or drag!).

INTERESTED IN VOLUNTEERING?
INTERESTED IN PERFORMING?
Email fundraising@livingsober.org

The Spirit of San Francisco PRESENTS DISCO-BINGO

Sunday, April 6, 2008

2:00pm AA SPEAKER MEETING
PATRICK O. from **PLEASANTON**
3:15pm - 4:15pm LUNCH
4:30pm - 6:30pm BINGO

THE JANET POMEROY CENTER
207 SKYLINE BLVD.
(Between the SF Zoo and Lake Merced)

TICKET INCLUDES LUNCH AND 8 BINGO GAMES
\$15.00 IN ADVANCE/\$20.00 AT THE DOOR
PURCHASE TICKETS ON LINE @ WWW.SPIRIT-SF.ORG UNTIL 4/5/2008
OR CALL 415-664-1533 FOR ADDITIONAL TICKET INFORMATION

The Spirit of San Francisco 16th Annual

AA Convention with Al-Anon Participation
and Spanish Speaking Marathon Meetings
October 10 - 12, 2008
Holiday Inn Golden Gateway ~ 1500 Van Ness
NEW VENUE FOR 2008
3RD ANNUAL GOLF CLASSIC: THURSDAY, OCTOBER 9, 2008
12:00 NOON SHOTGUN AT CRYSTAL SPRINGS GOLF COURSE
STAY TUNED FOR MORE INFO AT WWW.SPIRIT-SF.ORG



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.



(Responsibility: Continued from page 1)

Below are experiences I had while caretaker of a church here in the city that was hosting about fifteen A.A. and other twelve step groups a week. Reports of similar incidents as those described below filter in to Central Office periodically. As a reminder to the Fellowship, we are rerunning this article (in a modified form) in the hope of raising awareness about a problem that reflects on A.A. as a whole.

The Problem

SECURITY – This is often the most contentious issue regarding A.A. use of a building. There have been many instances when doors were left unlocked, people were left in the building, and lights and appliances were left on. One group repeatedly, week after week, left the main entrance unlocked with no one else in the building. It wasn't until the building manager threatened them with eviction that they started taking their responsibility seriously.

Once, the main entrance was left unlocked and propped open onto the street and all the lights were left on after a night meeting. The new Secretary "didn't know where the light switches were" and "could've sworn I locked up". I know for a fact they didn't because luckily I arrived not 30 minutes after the meeting ended.

At one church, where I often attend meetings, items were stolen out of the parish hall on the night of a meeting. The Pastor subsequently called the meeting's Treasurer and even though it wasn't completely clear that A.A. was responsible, there was lingering bad feeling afterward. These are just a few of the examples

"It seems to me that it is up to the group Secretary (and other trusted servants) to insure that security measures are followed at the close of a meeting"

that I have experienced and heard about over the years.

The Solution

RESPONSIBILITY – It seems to me that it is up to the group Secretary (and other trusted servants) to insure that security measures are followed at the close of a meeting. This is particularly applicable to night meetings where it is unlikely that building personnel will be around. It's very important that everyone who comes in during the meeting is out before the doors are locked. This requires checking the bathrooms and other areas where people might be. It requires awareness on the Secretary's part to insure especially that those who come in during the meeting are there for the meeting and not to hide out in the church. This happens often and is the primary way that building security is jeopardized.

Often, a new coffee maker with less than a month of sobriety (and a very shaky commitment to A.A.) will be given the keys to a building and the responsibility of locking up. This practice is truly questionable and invites trouble. Why should the organizations that host our meetings be made vulnerable even if this

practice is deemed good for someone's sobriety?

These issues can't be emphasized too strongly. Most people don't want to play policeman but it is our responsibility as good neighbors and community members to look out for the property we are entrusted with.

ACCOUNTABILITY is vital. When elections are held and trusted servants change, it is our responsibility to inform the host venue, provide telephone numbers, and establish rapport where possible. This is just basic courtesy. In some of the above-mentioned instances, the venues have had no idea who to contact. For night meetings when church personnel are not around this is a major issue.

Now that Central Office has on-line Trusted Servant registration capability that makes registering very easy, there really is no excuse why new trusted servants don't register. That way, when a venue calls Central Office with a complaint, Central Office will know who to contact. Pass the word on to your new trusted servants!

These issues as well as others that I don't have the space here to address (such as cigarette butts on sidewalks in front of entrances, loud motorcycles at night in residential neighborhoods, parking on sidewalks, trashed restrooms etc.) have come up continuously over the years.

This is the responsibility of A.A. as a whole; and that means *every person in a meeting* has the responsibility to make sure that our relations with others in the community reflect well on A.A. and that our primary purpose is there-fore never compromised. **P** Pass the word!

Dear Alky...



Dear Alky:

I love college basketball and I can't wait for this year's March Madness. A group of work friends have invited me to a local sports bar for some of the games. I'd really like to go. I am not too worried about slipping. I have been in bars before and these are good friends who know I am in A.A. and are supportive of me staying sober. One suggested I could drink non-alcoholic beer while everyone else drank the real stuff so I didn't feel left out. It seems like an okay idea. What do you think?

Sports fan in A.A.

Dear Sports Fan:

You didn't really give me much information to go on, but it sounds as if perhaps you haven't yet gone through a March Madness sober before. In that case, Alky recommends staying out of the bars where you

have spent your previous, drunken March Madnenses. (Is madnenses a word?) Drinking non-alcoholic beer in a bar during an activity in which you are accustomed to being wasted sounds like an awfully slippery place to me. Especially if you are doing so in an effort to avoid feeling "left out."

The Big Book tells us that we can go anywhere without fear, as long as we are in fit spiritual condition. But conventional wisdom in A.A., gathered from the experiences of many alcoholics over time, suggests that we should nonetheless not actually go looking for trouble. If you are indeed a relatively new member of the Fellowship, Alky suggests that you gather with fellow sober folk and watch the games together. Get rowdy with some beer-nuts, buffalo wings and caffeine. Start creating sober traditions around March Madness. You will feel much more a part of the fun when you are not checking out with booze. Good luck!

Alky



WRITE TO THE POINT!

The Point Committee values your input. You may write to us at:
Central Office
1821 Sacramento
Street, San Francisco, CA
94109

or e-mail us at:
thepoint@aasf.org.



RESTRAINT OF TONGUE – CARRYING THE MESSAGE

by Anonymous

In many meetings of Alcoholics Anonymous throughout the San Francisco Bay area, it is common to hear members flavoring their shares with words and phrases that amount to what our society calls "swearing," "cursing" or "profanity." Often these are just garden-variety words that have become commonplace in our language. However, I sometimes hear words and phrases used in meetings that would have caused my mother to administer a soapy mouthwash to me had I been caught using them. I am

certainly no prude or zealot. At the same time, I confess that the occasional use of what I would call extreme vulgarity in meetings makes me uncomfortable – not for me personally, but because I wonder what the effect might be on other listeners.

I think first of the newcomer because, after all, that is who we are there for most of all. I ponder whether someone with a few days or even hours of sobriety; shaken,

scared, and already afraid that he or she is being asked to join a strange "cult", might be turned away by the freewheeling use of profanity - not to mention graphic descriptions of body parts and behaviors. I also consider the out-of-town visitor who might hail from a culturally very different part of the country or world. Will they come away from San Francisco A.A. with an appreciation for our diverse and open community, or will they go back home and tell their friends that

(Continued on page 9)

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

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. sfteservice@aasf.org

SF PI/CPC COMMITTEE

Jill H. picpc@aasf.org

CONVERSATIONS WITH LONGTIMERS

by the Drunk Whisperer

Herman B. attributes his sobriety to service within A.A. and also in the larger community. Originally involved in prison outreach through A.A. Hospitals & Institutions, today he brings prayer to prisons through his church. He also volunteers a couple times a month at St. Anthony's dining room in the Tenderloin, and continues in many aspects of A.A. service, including the Sunshine Club.

Q. Let's start with your sobriety date.

A. Sobriety date is June 11, 1971. Actually, I had my last drink on the 8th, but I was kind of sick until the 11th. That's why I count from the 11th.

Q. How did you find out about A.A. in San Francisco?

A. Well, I started out 1970 with 30 days in jail and then I went straight back—got out at 10a.m. on a Saturday and by 3p.m. I was back in jail for being drunk. So I went before the judge again on Monday morning and he sentenced me to this Center for Special Problems, at Van Ness and Jackson. This was like a men's therapy group. So I was going there

and a guy in this group was in A.A.. To this day, I don't know why this guy picked me out of the group, he wanted to take me to A.A..

Q. Where was your first meeting in San Francisco?

A. It was the Night Owl group, it met at midnight on Saturdays, out at 1364 Valencia.

Q. So did you like it right off?

A. No. I managed to stay sober for 90 days and then I was back at it. It was strange, 90 days was the longest I could remember being sober. I was embarrassed. I had a brother that was 5 years older than me. When he was 30 I remember saying to him, "Brother, you're getting old." When I started coming out of a blackout at 34 years old, I didn't even remember being 30! I decided that, "You're a man with a new purpose and had survived for a reason." With booze I was destroying the one chance I had to have an intellect. So at that point I decided I wanted to live and that if I was going to live, the booze had to go.

(Continued on page 14)

EDITORIAL POLICY

The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous in San Francisco and Marin counties.

In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alco-

holics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

(This is a brief summary of the editorial policy of *The Point*.) For the Long Form, please go to the Central Office website—www.aasf.org.

MEET THE MEETING – THE SURF MEETING

by Bree L.

Remember Jim from the Big Book who came to work on Tuesday? The Tuesday night Surf meeting is for the “Jim” in all of us. It’s at 8 p.m. with easy access, great parking and one short block off 19th Avenue at Quintara. Jason the greeter will be out front to welcome you.

The Surf Meeting is reported to be the second oldest meeting in San Francisco. The Christ Lutheran Church meeting location was built in 1966 and the meeting has been housed there since the church was erected. The history is that at one time newcomers were sent directly from Central Office to this meeting. It was a reliably central location in San Francisco.

The meeting begins with the hammer of a gavel that has been passed down over the years. This gavel is inscribed with a plaque that says “Property of the Surf Group,” and easily reflects its importance over its many years of use.

Roughly six years ago the meeting fell upon hard times. Bill, a regular member, says that that attendance dwindled down to six people with three from a local half-way house. The room was barren and sobriety was at risk. That was when Bill’s sponsee, Patrick, became Secretary

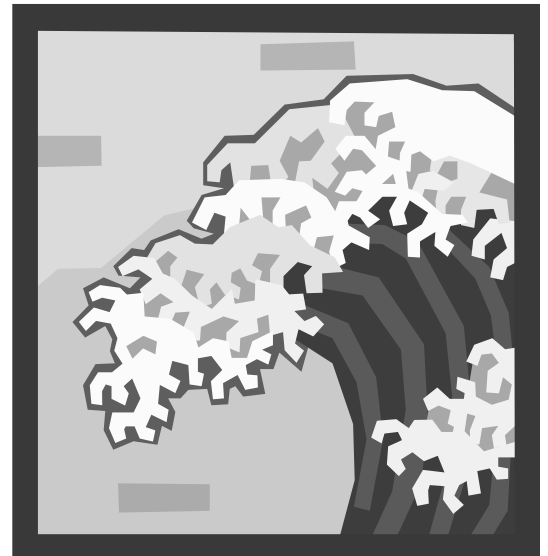
and adopted the well-being of this neighborhood meeting. A General Service Representative was established and neighborhood members were encouraged to take on needed positions.

Every Tuesday there is an unofficial gathering of the “Knights of the Round Table” that meets at 6:30 p.m. before the regularly scheduled meeting. The “Knights” hold an open discussion about living in sobriety and how the twelve steps are integral in everyday life. It is attended by many of the locals as well as those new in sobriety. No one is asked to identify themselves as alcoholic or even consider their drinking history at these meetings. Little victories and bigger challenges are brought to the table.

The “Knights” began when the call went out from the Sheriffs Department to get something together that targeted the more violent offenders at the jail over six years ago. The person who stepped up to the plate was an active A.A. member and he started RSVP (Recovery to Stop Violence Program) and the “Knights” was an outgrowth of that program. One member says, “This is an intense commitment and I love it.” The group has been going strong ever

since with a core group of people in recovery committed to helping others.

The Surf Meeting is a speaker/discussion format. So, if your Monday plans go awry, this Tuesday night meeting can become a way to begin the week. Join them at 1090 Quintara St. /20th Avenue.



(Bulletin Board: Continued from page 7)

our fellowship seems more concerned with shock value and outrageousness than with carrying the message?

To me the bottom line on this topic is, of course, found in our Steps and Traditions. We are told to carry the

message to other alcoholics and practice these principles in all our affairs. We are asked to carry our message through attraction. Does the free use of profanity in shares serve this purpose? I wonder. Surely there is a time and place for heartfelt, even colorful and passionate language in our meetings. But I can’t help but

notice that such words do not appear in our book *Alcoholics Anonymous*, and that this book also urges us to practice “restraint of tongue and pen.” As always, of course, such matters are for each individual A.A. to decide after consulting with their sponsor and their Higher Power.





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

Ami Joy Y.	Jeanne C.
Andy T.	Jeff B.
Ann & Denise	John T.
Barbara M.	Judi C.
Brent H.	Karen K.
Brian H.	Lisa M.
Brian N.	Liz & Aiden D.
Bruce D.	Loran W.
Callista S.	Marty C.
Caroline A.	Mary F.
Casey L.	Matt S.
Catherine S.	Matt S.
Celia H.	Michael W.
David H.	Nancie G.
David J.	Pat P.
David P.	Paul W.
Dennis & Lucy O.	Peg L.
Donald Ray N.	Pene P.
Doug C.	Sheila H.
Elizabeth S.	Steve A.
Esther R.	Steve B.
Frances L.	Steve F.
Giles H.	Stu S.
Greg S.	Sylvia D.
Greg W.	Tim M.
Herman B.	Tom M.
Janet B.	

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C.H.A.O.S – CAN'T HANDLE ANY OVERWHELMING SITUATIONS

by Bree L.

If you had to do all the things that I had to do, you'd drink too. My relief came in the way of Southern Comfort on the rocks. I was a mother of five, active in my community, driving a zillion carpools and had a husband addicted to his work. It was crazy making. Overwhelmed was my way of life.


I got lost in all the drama that surrounded me. My children were fighting with one another. I was fighting with my husband. He fought with the children. I fought with my children. Even our dog Fang (we thought the name was cute) barked at butterflies and most any other situation. Our adopted feral cat hid in the closet. My solution was to cultivate the loudest voice, coupled with hurtful phrases to shut out the opposition, and wash it all down with my favorite cocktails.

My first A.A. meeting was a shock. It was tranquility personified. I couldn't imagine that a group of individuals, alcoholics like I was, could sit quietly and listen to another person. No one interrupted. No one said, "What you need to do

is" No one got up to seek out a more interesting, prestigious group. People talked of craziness and they laughed.

I wanted to tell them how much of a victim I was. They told me to keep coming back. I wanted to talk about the drama of my life. They told me to keep coming back and maybe give Al-Anon a try.

Now after many years of program, my children still fight but they're older and they've had a steady dose of second hand A.A. I know they have a higher power that can be very influential in their life. That yappy dog has passed away, probably barking away in heaven. That addicted husband is now an ex-husband and in program. My present husband tells me, "You're so wise." I don't tell him it is mostly A.A. talk.

I no longer have that need to prove myself or micro-manage anything. I'm not helpful to anyone unless they specifically ask for my help. Today, I can say, "No thank you," to all the drama. Overwhelmed is part of my history. 

Announcing the *NEW* Fellowship Committee!

This committee of the Intercounty Fellowship Board of Alcoholics Anonymous will focus on the planning and organizing of Founders' Day in June, Unity Day and the annual Central Office Volunteer Party! Everyone is welcome to join in the planning for these events. The Fellowship Committee meets on the 2nd Tuesday of each month at 7pm at Central Office. Please contact Central Office at 415-674-1821 (415-499-0400 from Marin) or aa@aasf.org for more info. Or just come to the next Fellowship Committee meeting at 7pm on Tuesday, March 11, 2008.

GROUP

CONTRIBUTIONS

DECEMBER

2007

Name	12/2007	YTD	Name	12/2007	YTD	Name	12/2007	YTD
Fellowship			Intimate Feelings Sa 10am		220	Tiburon Tu 7pm & 830pm		1306
2900 Alcolthon		389	Inverness Sunday Serenity Su 10am		135	Tiburon Big Book Group W 730pm		311
Brisbane Breakfast Bunch	28	330	Island Group Th 8pm		357	Tiburon Haven Sun 12pm		545
Contribution Box	65	726	Keepin' It Real Th 6pm		108	Tiburon Wo Candlelight W 8pm		148
Deer Park Discovery Group		35	Kids Welcome Group M 1130am		111	Twice Blessed W 730pm		33
Fellowship Contribution	50	382	Living in the Solution F 6pm		761	We, Us and Ours M 650pm		160
Gay Newcomers Group		95	Marin City Groups 5D 630pm		250	Wednesday Mid-Week W 6pm		182
Harbor Lights Fellowship		62	Marin Newcomers M 830pm		421	Wednesday Sundowners W 6pm	440	440
IFB	93	874	Mill Valley 7D 7am		1176	What's It All About F 12pm		273
Marin General Service		118	Mill Valley Gay/Lesbian W 8pm		50	Women For Women W 12pm		97
Marin Teleservice	257	1204	Monday Blues M 630pm	135	646	Women on Monday M 7pm		54
Novato Fellowship Events Committee		149	Monday Night Stag (Tiburon) 8pm		792	Women's Big Book Tu 1030am		303
Spirit of San Francisco	804	804	Monday Night Women's M 8pm	88	347	Women's Meeting Su 430pm		19
Traditions Workshop		127	Monday Nooners M 12pm		420	Total Marin	\$3,708	\$43,722
Unidentified Group	103	1107	More Will Be Revealed F 12pm		214			
Western Roundup (Living Sober)		2249	Morning After Sa 10am		2000			
Total Fellowship	\$1,400	\$8,652	Nativity Night Big Book M 8pm		300	SF Group Contributions		
Honors			Newcomers Step M 730pm		638	515pm Smokeless W		332
High Noon Friday 1215pm		173	Noon Discussion Th 12pm		1132	6am Marina Dock	18	2085
Total Honors		\$173	Noon Hope F 12pm	70	403	7am As Bill Sees It Fri		54
			Noon Tu 12pm	286	814	7am Grab Bag M 7am		55
Marin Group Contributions			Primary Purpose W 830pm		85	7am Marina Dock		154
7am Urgent Care Group 7D 7am		800	Quitting Time		250	7am Speaker Discussion Th 7am		338
A Vision for You (Fairfax) Su 730pm	100	210	Refugee Th 12pm		410	7am Step Discussion Tu 7am		58
Attitude Adjustment 7D 7am	500	4233	Reveille 5D 7am		100	830am Smokeless Th		520
Awakenings Sa 830am		35	Reveille 7D 7pm		690	A is for Alcohol Tu 6pm		428
Awareness/Acceptance M 1030am		200	Rise N Shine Sun 10am		323	A New Start F 830pm		617
Beginners & Closed Tu 7pm & 830pm		785	San Geronimo Valley M 8pm		95	A Vision for You (SF) Su 630pm		80
Beginner's Help Th 8pm		200	Saturday Women's Speaker Sa 6pm		165	AA As You Like It Tu 530pm		205
Beginners W 7pm		350	Serendipity Sa 11am		361	AA Step Study Su 6pm		426
Blackie's Pasture Sa 830pm		733	Serenity Sun 6pm	20	20	Afro American Beginners Sat 8pm		129
Bolinas Monday Night & Step Study		50	Sisters In Sobriety Th 730pm (M)		462	Afro American F 8pm		113
Bolinas Step Study W 8pm	125	125	Six O'Clock Sunset Th 6pm	107	476	All Together Now Th 8pm	196	560
Candlelight Sun 830pm		150	Sober & Serene F 7pm		825	Alumni W 830pm		100
Closed Women Step Study Tu 330pm		428	Spiritual Testost Men's Stag Su 830a		764	Amazing Grace M 7pm		16
Creekside New Growth Sun 7pm		309	Step Sisters (M.V.) Sun 7pm		100	Any Lengths Sat 930am	109	1306
Crossroads Sun 12pm		852	Steps To The Solution W 715pm		222	Artists & Writers F 630pm		762
Downtown Mill Valley F 830pm		1204	Stinson Beach Fellowship Th 8pm		300	As Bill Sees It Sat 11am		84
Early Birds Sa 6am		50	Sunday Express Sun 6pm		300	As Bill Sees It Sat 8pm		151
Fireside F 8pm Bolinas		126	Sunday Night Corte Madera Sun 8pm		176	As Bill Sees It Th 6pm		649
Freedom Finders F 830pm	712	1912	Survivors M 12pm	76	233	As Bill Sees It Th 830pm		12
Friday Night Book F 830pm		250	T. G. I. Tuesday 6pm		176	As Bill Sees It Tu 1210pm		147
Girls Night Out W 815pm		75	T.G.I.F. F 6pm		223	As We Understood Him Mon. 7pm		107
Gratitude Tu 8pm		855	Terra Linda Group Th 830pm	750	1914	Ass in a Bag Th 830pm		248
Greenfield Newcomers Sun 7pm		485	Terra Linda Th Men's Stag 8pm		227	Back to Basics W 8pm		62
Happy, Joyous & Free 5D 12pm		1500	The Barnyard Group Sa 4pm		83	Be Still AA Su 1215pm	266	696
High & Dry W 12pm		900	The Fearless Searchers F 8pm		147	Beginner's Help Th 8pm		100
Hillside Candlelight F 830pm		80	Three Step Group Sa 530pm	300	1359	Beginners' Step Study Sat 630pm		360
			Thursday Night Speaker Th 830pm		1177	Beginner's Warmup W 6pm		70

GROUP CONTRIBUTIONS, CON'T...

Name	12/2007	YTD	Name	12/2007	YTD	Name	12/2007	YTD
Bernal Big Book Sat 5pm		647.80	Greenhouse Meditation		81.60	Pax West M 12pm		359.40
Bernal New Day 7D	426.00	2,329.00	Haight Street Blues Tu 615pm	130.13	1,103.65	Pax West Th 12pm		1,124.34
Big Book Basics F 8pm		618.43	Haight Street Explorers Th 630pm		139.55	Progress Not Perfection Tu 830pm		80.70
Big Book Beginners		60.00	Happy Destiny Sa 630pm		11.00	Pure & Simple Su 6pm		274.18
Big Book Study Su 1130am		343.40	Happy Hour Ladies Night F 530pm	63.60	550.08	Queers, Crackpots & Fallen Women		121.11
Birthday Meeting Sa 8pm		250.00	High Noon Friday 1215pm	107.00	1,074.05	Reality Farm Th 830pm		217.80
Blue Book Special Su 11am		30.01	High Noon Monday 1215pm	661.50	1,198.21	Rebound W 830pm		274.80
Brokers Open Book Tu 130pm		184.89	High Noon Saturday 1215pm	55.20	421.64	Red Road Healing Circle Th 6pm		70.00
Bushwackers Sa 9am		55.00	High Noon Thursday 1215pm	118.80	849.41	Rodeo Drive Cake Style F 10pm		31.42
BYOL W 1pm		59.00	High Noon Tuesday 1215pm	28.20	1,005.00	Room to Grow F 8pm		284.03
Came To Believe Su 830am		142.99	High Noon Wednesday 1215pm	25.45	814.34	Rose Garden Th 1205pm		83.50
Candlelight Meeting Th 10pm		62.77	High Sobriety M 8pm		892.27	Rule 62 W 10pm	274.21	1,162.39
Castro Discussion W 8pm		1,371.40	High Steppers W 7pm		193.06	S.F. Bermuda Tri. Birthday F 10pm		167.44
Castro Monday Big Book M 8pm		115.42	Hilldwellers M 8pm	112.62	661.02	Saturday Meditation Sat 5pm	79.20	317.51
Chips Ahoy Tu 12pm		15.00	Home Group Sat 830pm		127.20	Saturday Easy Does It Sa 12pm		391.66
Code Blue Big Book Study		437.11	How It Works Sat 2pm		69.14	Saturday Night Regroup Sat 730pm		793.52
Common Welfare Th 8pm		115.00	Huntington Square W 630pm		1,092.78	Seacliff Th 830pm		196.80
Courtside Tu 1215pm	96.60	317.60	Join the Tribe Tu 7pm		1,100.36	Second Chance Th 215pm	261.99	366.69
Cow Hollow Men's Group W 8pm	190.00	909.37	Joys of Recovery Tu 8pm		85.71	Serenity House		600.00
Creative Alcoholics M 6pm		61.19	K.I.S.S. M 6pm		30.00	Serenity House Sat 830pm		900.00
Design for Living Sat 8am		328.95	Keep Coming Back Sa 11am		1,094.40	Serenity Seekers M 730pm		264.71
Each Day a New Beginning F 7am		939.96	Keep It Simple Sat 830pm		341.35	Sesame Step Tu 730pm		414.36
Each Day a New Beginning M 7am		366.56	Last Call Su 10pm		289.00	SFPOA Th 7pm		476.54
Each Day A New Beginning Su 8am		820.99	Let It Be Now F 6pm		455.00	Sinbar Su 830pm		77.83
Each Day a New Beginning Th 7am		400.94	Light Brigade Discussion Su 7pm		79.05	Sisters Circle Su 6pm		384.95
Each Day a New Beginning Tu 7am		658.62	Like A Prayer Su 4pm		175.28	Sisters In Sobriety M 7pm (SF)		4.00
Each Day a New Beginning W 7am		449.28	Lincoln Park Sat 830pm		173.66	Sober Across the... M-Sa 830am	15.00	335.00
Early Start F 6pm		2,042.29	Live and Let Live Su 8pm		172.00	Sobriety & Beyond W 7pm		332.45
Easy Does It Tu 6pm		360.50	Living Sober W 8pm		160.20	Sometimes Slowly Sa 11am		269.96
Embarcadero Group 5D 1210pm	267.38	1,580.38	Living Sober with HIV W 6pm	233.64	657.29	Sought to Improve Th 730pm		72.00
Epiphany Group Th 8pm	41.35	101.35	Luke's Group W 8pm		308.34	St. Francis Men's F 830pm	142.72	142.72
Eureka Step Tu 6pm		456.97	Lush Lounge Sa 2pm		87.96	Step Talk Su 830am	375.00	1,404.00
Eureka Valley Topic M 6pm		1,684.15	Marina Discussion F 830pm		1,045.00	Steppin' Up Tu 630pm	73.50	372.71
Excelsior Free for All Sa 8pm		206.70	Meeting Place Noon F 12pm		173.94	Stepping Out Sat 6pm		54.00
Federal Speaker Su 12pm		626.00	Meeting Place Noon W 12pm	51.00	426.35	Stonestown M 8pm	131.00	386.19
Fell Street F 830pm		196.71	Men's Gentle Touch M 7pm		408.50	Straight Jackets Th 9am		242.32
Fell Street Step Su 8pm		126.89	Mid-Morning Support Su 1030am		1,997.41	Sunday Bookworms Sun 730pm	67.80	67.80
Firefighters & Friends Tu 10am		34.50	Miracles Off 24th St W 730pm		665.61	Gay Men's Stag Su 930am		1,314.82
Fireside Chat Group Th 8pm		94.80	Monday At A Time M 1pm	24.75	24.75	Sunday Night 3rd Step Group 5pm		485.30
Fireside Chat Tu 8pm		545.53	Monday Beginners M 8pm		700.38	Castro Speaker Disc Su 8pm		367.63
First Place		45.23	Monday Monday M 1215pm		269.93	Sunday Rap Sun 8pm		150.00
First Step Home M 730pm	4.48	4.48	Moving Toward Serenity W 830pm		403.67	Sundown W 7pm	444.00	1,110.00
Fogwatch Tu 7pm		22.85	New Clay M 2pm		27.00	Sunrise Sunset Wo Step Th 6pm		211.00
Founders' Group Sa 5pm		20.00	New Friday Big Book F 12pm		104.45	Sunset 11'ers F		100.44
Friday All Groups F 830pm		1,564.21	New Hope Big Book M 630pm		106.13	Sunset 11'ers M	74.00	234.00
Friday Knights Th 730am	23.00	109.46	New Life W 7pm		632.96	Sunset 11'ers Su		147.69
Friday Lunchtime Step F 12pm		280.00	Newcomers Tu 8pm		384.78	Sunset 11'ers Th	25.00	74.54
Friday Night Special F 8pm		20.00	No Gurus Meditation Su 7pm		111.35	Sunset 11'ers W	120.00	252.00
Friday Noon F 12pm		67.76	No Reservation M 12pm		605.20	Sunset 9'ers F		494.00
Friday Reflections		30.00	No Whiners F 7pm		60.00	Sunset 9'ers M	123.03	317.05
Friday Smokeless F 830pm		443.68	Noon Smokeless F 12pm		257.57	Sunset 9'ers Sa		297.48
Friendly Circle Beginners Su 715pm		912.00	Noon Smokeless M 12pm		15.00	Sunset 9'ers Su	22.23	454.72
Friendly Circle Group Su		227.68	Noon Smokeless Th 12pm		10.00	Sunset 9'ers Th	77.52	206.08
Getting Fit at One O'Clock Tu 1pm		29.32	One Liners Th 830pm	271.52	755.12	Sunset 9'ers W		227.80
Gold Mine Group M 8pm		144.02	Park Presidio M 830pm	138.60	258.60	Sunset Sobriety Th 730pm		360.00
Goodlands Su 2pm		168.00	Parkside Th 830pm		100.32	Sunset Speaker Step Sun 730pm	149.62	590.63

H & I COMMITTEE IN 2008

by Anonymous

The beginning of Alcoholics Anonymous was founded by carrying the A.A. message from one alcoholic to another. When Bill W. and Dr. Bob searched hospitals to find the third member of A.A., they were also laying the foundation for what would later become part of the service work of the Northern California Hospital & Institution Committee. However, it wasn't until 1942 when the warden of San Quentin, Clinton Duffy, found that many of the inmates were there because of alcoholism. Subsequently, the first successful institution's meeting that we know of was held.

Today the Hospital & Institution Committee takes over 800 weekly meetings into facilities throughout Northern California. H&I currently goes into at least 22 major facilities including 19 California state prisons, such as San Quentin and Pelican Bay. These major facilities are in addition to the many local treatment and correctional facilities that H&I presently serves. Today, over 4,000 H&I volunteers provide service and

A.A. meetings to alcoholics in these locked and restricted facilities.

Because the H&I Committee in Northern California predates the organization of General Service, and unlike many other parts of the United States, the Northern California H&I Committee is organized separately from our local General Service. While San Francisco and Marin counties are part of General Service Area 06, California Northern Coastal Area, the Hospital & Institution Committee encompasses both Areas 06 and 07 which covers all of Northern California along the coast from Humboldt County to Monterey and through the interior of California to the Nevada border. This is a huge undertaking – all supported by the contributions made to the Pink Cans available at most meetings of Alcoholics Anonymous.

Perhaps because the H&I Committee is organized separately from General Service, there has been some confusion about its finances and need for support. Pink Can contributions are used to provide A.A. literature to

the many facilities that the committee serves. In addition, the H&I Committee provides speaker tapes through H&I volunteers to inmates and patients who can make use of them, and Pink Can contributions also support this project.

The H&I Committee has made greater efforts to communicate with the A.A. fellowship at large. In 2006, the Northern California H&I Committee conducted a group inventory as part of the committee's efforts to assess how it was doing, including communication with the fellowship as a whole. While its financial records have been readily available through its periodic newsletter, monthly financial statements provided by the H&I Committee are also available through our local Central Office, and, when possible, at the IFB meeting and San Francisco and Marin district General Service meetings. The H&I Committee recently conducted a survey, open to everyone, looking for suggestions regarding its website www.norcalhandi.org and is

(Continued on page 14)

GROUP CONTRIBUTIONS, CON'T...


Name	12/2007	YTD	Name	12/2007	YTD	Name	12/2007	YTD
Surf Tu 8pm		172.66	TuBig Book Study 6pm		60.00	Wharfrats Th 815pm		241.60
Sutter Street Beginners Sat 6pm		132.95	Tu Downtown 8pm	82.80	874.08	Wits End Step Study Tu 8pm	255.60	430.74
Ten Years After Su 6pm		1,307.90	TuStep Meeting 130pm		2.15	Women Living Sober Sa 10am	60.00	120.00
The 24 Hour Plan M 7am		62.07	Tu Daily Reflections 7am		205.00	Wo Who Drank Tu 615pm		41.33
The Drive Thru W 1215pm		587.61	12 Steps to Happy F 730pm		195.00	Wo 10 Years Plus Th 615pm		885.98
The Parent Trap 2 Wed. 430pm	137.59	137.59	Unidentified Group		170.73	Wo Kitchen Table Tu 630pm	165.71	366.57
The Parent Trap M 1230pm		451.16	Valencia Smokefree F 6pm		1,220.34	Women's Promises F 7pm		187.63
The Pepper Group F 12pm		120.00	Walk of Shame W 8pm		409.06	Work In Progress Sat 7pm		107.11
Thought For The Day F 730am	23.00	59.46	Washington Square M 7pm		359.68	YAHOO Step Sa 11am		141.60
Th Night Women's 630pm	471.56	817.23	Waterfront Sun 8pm	373.52	1,516.24	Total SF Contributions	\$8,416	\$96,932
Too Early Sat 8am	529.26	3,254.97	We Care Tu 12pm	80.95	487.11			
Transrecovery F 630pm		18.00	Wed Women's Big Book 615pm	120.00	300.00	Total Contributions	\$13,524	\$112,942
Trudgers Discussion Su 7pm		360.00	West Portal W 830pm		315.28			

(H&I: Continued from page 13)

currently in the process of redesigning its website, which will be another way to provide more information to the greater A.A. Fellowship.

Over the weekend of April 25-27, 2008, the Northern California H&I Committee will be holding its 37th Annual Conference in Burlingame in

San Mateo county. Like many conferences, there will be A.A. speakers, a raffle and a dance, but what makes the H&I Conference special is the chance to hear from non-A.A. members, professionals working in corrections and treatment, describe their experience with Alcoholics Anonymous and the service that the H&I Committee provides. In addition, there will be an

opportunity to hear from current A.A. members who got the message through the meetings that the H&I Committee brings in to locked and restricted facilities. This is A.A. being practiced at the front lines of recovery. Everyone with an interest in A.A. service is encouraged to  attend!

37th Annual Hospital & Institution Conference

Carrying the Message

April 25-27, 2008

**Sheraton Gateway Hotel
600 Airport Blvd., Burlingame, CA**

***This conference is not funded in any way through
Pink Can contributions.***

**8pm Friday Speaker: Dan Dan L., San Jose, CA
7:30pm Saturday Speaker: Wallace B., Sanford, North Carolina
11am Sunday Speaker: Anita L.T., El Sobrante, CA**

1:30pm Saturday: A.A. and H & I History

10pm Saturday: Dance following the Raffle Drawing!

\$10 Registration/ More info at www.norcalhandi.org

Trusted Servant Registration Drive!

Don't forget that Trusted Servants, Group Secretaries & Treasurers may register with Central Office directly online at www.aasf.org.

Since January 2008 when this feature was implemented over 60 Trusted Servants have registered with Central Office through our website!

We appreciate this support very much!

(Conversations: Continued from page 8)

Q So this was after you'd been sober for 90 days and then gone back out?

A. Yes, this was a year later. I was embarrassed to go back to A.A. because I wasn't just one of those guys who just leaves. I used to come to the meetings with bottles and say, "Look what I got!" [laughter] So I kind of snuck back in. I was living on Jones Street and they had this Ambassador's Group meeting at St. Boniface [Church] on Tuesdays. So


this guy came in and I was talking about doing something different this time and he invited me to this meeting at 1364 Valencia where he was the secretary, the Sixty Minute group. So I went out there on a Sunday and he threw me the keys and said I could be the coffee maker.

Q. So you had a service commitment right away?.

A. After about three or four months, he changed shifts on his job, he was a

waiter. So he said he would make the coffee because he lived nearby and I could be the secretary and he would help me get the speakers. I thought he was nuts. People didn't think I could talk then, I was very quiet, never said anything.

Q. How did meetings in the early 70's differ from meetings today?

A. There was no holding hands, there was no hugging and there was lots of smoking! 

WRITING AS A TOOL FOR RECOVERY

by Kathleen C.

“When evening comes, perhaps just before going to sleep, many of us draw up a balance sheet for the day. This is a good place to remember that inventory-taking is not always done in red ink. It’s a poor day indeed when we haven’t done *something* right.” (*Twelve Steps and Twelve Traditions*)

I am a writer and an alcoholic. For years I tried to quit drinking. In my journal I wrote about each time I quit as a moment to be recorded for posterity. Who cared about the day when I quit drinking and using for good? My kids? Those little babies who were in their car seats in the back when I was driving drunk? Those toddlers who I screamed at when their shrill voices pierced my hang-over headache? I am glad I wrote about my drinking and quitting. I want to remember what I was like.

Now that I am sober I write down the good things in my life and in me. The Twelve and Twelve reminds me that an inventory shouldn’t be taken all in red ink. I get to write down the good stuff that I do as well. Yes, I need to inventory my resentments and my fears, but I can also list my gratitude and my good deeds each day.


When I first got sober in 1986, I didn’t want to do what you people told me to. I write for a living, why should I have to write to stay sober? Can’t I just think about my Fourth Step and then tell my sponsor? Preferably over the phone? Nope – put pen to paper. Amazing what comes out once you start to write. It took me several months to write, but I read it to my sponsor and we completed Step Five.

I had to write again when one of my children was stricken with a serious illness. There was no treatment, just watchful, fearful waiting. I asked my sponsor what to do. Her mother had been critically ill, near death, soon after we started working together. She knew how to cope with a crisis. “Maybe you could try writing a letter to God . . .”, she said. I put pen to paper, “Dear God, I hate you for what you are doing to my daughter.” Admitting to myself how angry and afraid I was helped me share at meetings and ask for support. At a big meeting the speaker, as we stood holding hands in a circle, asked our Higher Power, “to help the member whose child is having trials.”

I got another hint in a noon meeting near my work. A man said that he kept a notebook on his bedside table and wrote a Tenth Step every night.

Inwardly I groaned. Oh no, another suggestion. But it is an easy practice. I write down the good things I did during the day and the nice things other people did for me. I am amazed how many good people there are in the world and that I am often one of them. If I owe an apology or an amends I write it down. That helps to imprint it on my brain, so I remember to take care of it as soon as possible.

Then a sponsee mentioned that she writes a gratitude list every morning and it really makes her day go smoother. Here we go again! So I started trying to write a daily gratitude list. She wasn’t the only person who mentioned gratitude lists. My Higher Power sometimes needs to repeat what I need to hear. When I write down that I am grateful for my sobriety, health, family, job and home, I am more likely to notice the person in the wheelchair and to be grateful for my feet, even if they do ache.

When I write I am not just talking to myself; I am talking to the Higher Power within me. I am opening up my mind and my heart to new ideas and the possibility of changing my life, with the help of the Steps and the fellowship  of Alcoholics Anonymous.

San Francisco General Service presents

Agenda Topics Workshop!

9:30AM – 3:15 PM

Saturday, March 15, 2008

St. Mark’s Square

1111 O’Farrell @ Franklin - San Francisco, CA

Discuss this year’s Agenda Topics related to the future of Alcoholics Anonymous & enjoy the Fellowship & Food at the event! Hosted by San Francisco District 06; Spanish speaking Central District 16 will provide Spanish interpretation. Everyone Welcome!

IFB MEETING SUMMARY — FEBRUARY '08

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

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

Intergroup Rep	Group		Intergroup Rep	Group		Intergroup Rep	Group	
Alejandro D.	Living Sober With HIV	P	Greg W.	High Noon (Thursday)	P	Patty Mcl.	Huntington Square	P
Allyn J.	Fireside Chat	P	Jackie B.	Sisters Circle	A	Pete R.	Artist and Writers	P
Andy T.	Waterfront	P	Jaime G.	Sesame Step	P	Peter G.	Sunday Night Castro	P
Anil K.	Tiburon Monday Men's Stag	P	John G.	Each Day A New Beginning	A	Peter M.	Special Worker	P
Anthony J.	Serenity Seekers	R	Judy S.	Diamond Heights Group	A	Rebecca D.	Valencia Smokefree	P
Armando R.	Home Group	A	Julio B.	Blue Book Special	P	Rich DeN.	Eureka Step	A**
Brad P.	Code Blue	P	Karen A.	West Portal	A	Richard C.	Surf Group	A**
Brent H.	Bookenders	P	Karin K.	24 Hour Plan	A	Richard R.	We Care	A
Brian C.	Hit It & Quit It	R	Kate E.	7AM Attitude Adjustment	R	Rick K.	Join the Tribe	P
Bruce K.	Sunset Speaker Step	P	Ken J.	High Sobriety	P	Ron M.	Live & Let Live	A
Carol E.	Happy Hour	A	Ken McL.	Sober Across the Board	P	Sam S.	Early Start	P
Casey L.	Sunday Corte Madera	R	Larry B.	Castro Discussion	A	Scott N.	Sunset 11'ers Sat	P
Christopher R.	7AM Mill Valley Log Cabin	P	Liz C.	Mill Valley Speaker	R	Shawn McG.	Regroup	A
Chuck K.	Chair	P	Matthew D.	Too Early	P	Steve N.	Terra Linda Group	P
Dana R.	Saturday Sunset 9'ers	P	Matt T.	Sunday Night Friendship	P	Stu S.	Tuesday Newcomers	P
David A.	Goldmine Group	A	Maury P.	Central Office Manager	Ex.	Tedra M.	Come N Get It	P
David D.	Keep It Simple	A	Michael B.	One Liners	P	Thomas H.	Any Lengths	A
Derek D.	Reality Farm	P	Michael P.	Sunset 9'ers Su 8am	P	Tom K.	High Noon (Monday)	A
Dwayne T.	Ten Years After	R	Nathan M.	Saturday Easy Does It	A	Tracy F.	Keep Coming Back	P
Edward H.	High Noon (Tuesday)	P	Nicholas L.	Some Are Sicker Than...	P	Tracy G.	Wit's End	P
Elizabeth B.	Sober 5150's	P	Olive G.	Steppin Up	P	Victor V.	Creative Alcoholics	A
Erica R.	Miracles On 24th St	P	Patrick M.	Treasurer	P	Virginia M	Women Who Drank Too Much	P
Faye K.	Queers, Crackpots & Fallen	A						

P = Present; A = Absent; R = Resigned; X = Alternate. The * above indicates an absence; more than one indicates the number of consecutive absences. A Board

New IFB Reps Present

Michael L. Attitude Adjustment (Alt)
Barbara H. All Together Now
Michael M. As Bill Sees It (Emb)

New IFB Reps Present

Lydia B. Walk Of Shame
Andy D. Gratitude Group
Gilbert G. Ten Years After

Visitors

Bill K. First Place

Liaisons Present

Karen S. District 06
Ray M. District 05
Paige J. Marin General Service

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the February 2008 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.

The future dates for IFB meetings in Marin have been confirmed to prevent the same mistake that happened with this month's meeting. The new Fellowship Committee has been formed and is meeting. He also met with the Access Committee to facilitate their work with the IFB and COC. More Rep reports concerning the issue of dual-named meetings have been received and reviewed.

Treasurer's Report: Patrick M gave the

report. For the month of December, the Net Income was \$16,208, which was \$11,091 better than the budgeted surplus of \$5,117. For YTD thru December, Net Income was \$27,313 which was \$27,313 higher than the budgeted breakeven. The favorable result in December was due to higher contributions and Gratitude Month than budgeted, partially offset by higher expenses. Total expenses for the month of

(Continued on page 17)

(Continued from page 16)

October were \$1,565 higher than budget. The higher expenses were due to higher computer consulting, office supplies and repairs and maintenance. The improvement in YTD net income is primarily due to higher contributions and lower expenses (primarily Access Expense).

2008 Budget Update: The 2008 budget assumed a +4% increase for group contributions. Income was +7.4%, so there should be plenty cushion in 2008 in case income falls short of budgeted expectations.

Bank Accounts: Total checking and saving account balances were \$195,604 as of the end of December, of which \$57,810 is unrestricted cash and \$37,794 is restricted cash. We have another 6 months of operating expenses in our Prudent Reserve (part of restricted cash).

Central Office Report: Peter M. gave the report in Maury's absence. Congratulations to Maury on her new son born on Jan. 11, 2008! New schedules are now available. *The Point* mailing costs were greater than usual due to its mailing size. Already nearly 40 people have registered as Trusted Servants online. Help is needed with graphics experience to develop a CD label for our CD lending library.

Central Office Committee Report: The COC report was given by Ken J.

Committee Reports:

12th Step Committee: NR.

Archives Committee: Bruce K. reported on the on-going preservation of historical AA materials.

Orientation Committee: Patty M. reported on the orientation meetings held before the monthly IFB meetings. Ron M. will be the new committee chair as of July 2008.

Trusted Servants Workshop Committee: Patty M. reported that the committee discussed the 2008 schedule of workshops. A Treasurer's handout has been put together, based on a selection of pamphlets and excerpts from AA literature. Other handouts are being developed. Patty will be stepping down as chair of the committee in June and a volunteer is needed to replace her.

Website Committee: Michael P. reported on the Online Trusted Servant Registration system, the new meeting search features including the ability to link for directions and mapping, and the ability for anyone accessing the site to create their own personalized list of meetings. Compliments for the committee's work were offered by the IFB Reps.

Outreach Committee: NR

Special Committee Reports:

Teleservice: Dana R. gave the report. Volunteers are needed and San Francisco Teleservice's next orientation will be at 6pm on Monday, February 18, 2008 at Central Office.

PI/CPC: Bruce K. reported on the recent activities of the committee.

IFB Liaison Reports:

General Service, SF: Karen S. reported on the upcoming Assemblies and that the new Agenda Topics should be available soon at www.cnca06.org.

General Service, Marin: Paige J. reported on the recent inventory that was done, but then the group failed to act on it. They are discussing how to hold inventories and develop action plans in the future.

Teleservice, Marin: Paige J. reported that the committee recently submitted its proposed changes to their website to Marin General Service, and she mentioned the possibility of linking the Marin Teleservice website to the Central Office website.

PI/CPC, Marin: Paige J. reported that committee recently began working with two middle schools.

Bridging the Gap: No report from San Francisco. The Marin BTG committee is meeting tonight to elect their new chairperson.

Spirit of San Francisco: NR

Living Sober: Alejandro D. reported that online registration is available for the 2008 conference. The event will be at the SF Hyatt. Upcoming fund-raising events were announced.

Presentation from Access Committee: Muriel P. gave a presentation. She acknowledged the accomplishments of the committee in 2007. Muriel also related her own experience being disabled and the


challenges of attending meetings. The Access Committee meets on the first Monday of each month at 5:30pm at Central Office.

Q & A about dual-naming group names in connection with the Traditions and current policy: Scott N. gave a presentation about the on-going discussions about the issue. After his presentation, the floor was opened for questions and answers. The issues of grandfathering existing meetings, dual-purpose meetings and special interest meetings were discussed. A motion was made to end the discussion of this issue without taking any further action, leaving the Living Sober With Hepatitis C in the meeting list. The motion was seconded. The vote of the eligible Reps. present was: For: 30; Against: 0; Abstentions: 6; The motion passed.

The 7th Tradition was observed. A motion to adjourn was made, seconded, and unanimously passed. The meeting ended at 8:40PM.

Respectfully submitted,

Ken J.

Secretary 

The next IFB meeting is on Wednesday, March 5th, 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.



OUTCOME RATES IN A.A. – A NEW STUDY . . .

by Anonymous

A new study, *Alcoholics Anonymous (AA) Recovery Outcome Rates: Contemporary Myth and Misinterpretation* written by A.A. members was recently posted on the AAHistoryLovers On-line Group. *The Point* Committee thought this might be of interest to our readers even though the study was not done by San Francisco or Marin members. We don't have room to publish the entire study but links to it are provided after this introduction. We hope you enjoy it as much as we did.

"This paper addresses an erroneous myth that AA is experiencing a 5% (or less) "success rate" today as opposed to either a 50%, 70%, 75%, 80% or 93% (take your pick) "success rate" it once reputedly enjoyed in the 1940s and 1950s. The term "myth" is used to emphasize that the low "success rates" promulgated are a product of imagination, invention and inattention to detail rather than fact-based research."... "Consequently, much effort has been taken to ensure that the contents of this paper are independently confirmed in reliable written reference sources. Those sources are identified in footnotes or in the body of the narrative."

"This paper is written for AA members and is intended for internal and public circulation as an item of AA historical and archival research. It is offered to help inform the AA membership and academic researchers of a widely circulated misinterpretation and mischaracterization of AA recovery outcomes.

The fellowship of Alcoholics Anonymous, as a matter of long

established principle, policy and practice, does not engage in public debate and seeks to avoid public controversy. The authors of this paper must emphasize that we do not speak for AA. We have a personal interest in the history of AA and consider it imperative to correct historical inaccuracies and propagation of myth."

Arthur S, Arlington, TX, Tom E, Wappingers Falls, NY, Glenn C, South Bend, IN

The publication of this paper does not imply affiliation with, approval by, or endorsement from, Alcoholics Anonymous or any part of its worldwide organization and service structure. The views expressed in this paper are solely those of the authors.

It can be read as an Adobe PDF file: <http://hindsfoot.org/recout01.pdf> or as an MS Word DOC file: <http://hindsfoot.org/recout01.doc>



Cunning, Baffling, Puzzlefuf

Find each of the following words, which relate to the Third Step, Tradition or consequence. Words may appear forward, backward, vertically, horizontally or diagonally.

DESIRE
DRINKING
UNDERSTOOD

LIVES
CARE
RELATION

SERVICE
REQUIREMENT
DECISION

GROUPS
MEMBERSHIP
LEADERSHIP

D E S I R E L V P I H S R E B M E M D
R E Q U I R E M E N T D E C I S I O N
P P I H S R E B M E M R D E S I R E E
L E A D E R S H I P D E S I R E D D D
T S G D C A R E G E O N N S E V R R E
S N E N S P U O R G O U S N R O I I I
P E E R I C S E O E T N C I A E N N P
U O S M V K R R U D S D R A C L K K E
O T S N E I N T P G R E E C R S I I D
R S N E S R C I R I E R S R A E N N N
G M S E V E I E R S D S E E I R G G O
S N D H I I R U E D N T C L R S E N I
N O N O C E L V Q R U O I O A V E R K
O I V T R N I M I E D O V E S T I D M
I T E A L L C N S C R D R S I O I C C
T A C N N O I T A L E R E E R A C O E
A L P I H S R E D A E L S L I V E S N
L E I D L G R O U P S S E R A C D S E
E R E R I S E D D D E C I S I O N A S
R N I L C U D N T D E O O E M R I D S

Financial Statement

December 2007

	Dec 07	Jan - Dec 07		Dec 07	Jan - Dec 07
Ordinary Income/Expense			Filing/Fees	\$0	\$140
Income			Insurance	\$0	\$1,932
Contributions from Groups			Internet Expense	\$55	\$1,171
Group Contributions	\$13,519	\$148,447	Office Supplies	\$524	\$1,999
Honors	\$5	\$489	Paper Purchased	\$229	\$2,406
Contributions from Groups - Other	\$0	\$256	Software Purchased	\$0	\$425
Total Contributions from Groups	\$13,524	\$149,192	Shipping	\$119	\$678
Contributions from Individuals			Printing	\$0	\$1,790
Individual - Unrestricted	\$7,939	\$26,489	Equipment Lease	\$0	\$7,310
Faithful Fiver	\$535	\$8,639	Repair & Maintenance	\$798	\$3,439
Honorary Contributions	\$311	\$2,476	Security System	\$134	\$567
Total Contributions from Individuals	\$8,785	\$37,604	Special Events	\$226	\$3,106
Gratitude Month			Telephone	\$287	\$3,619
Gratitude Month - Groups	\$8,491	\$13,697	Phone Book Listings	\$82	\$1,030
Gratitude Month - Individual	\$1,000	\$1,884	Utilities	\$0	\$1,560
Total Gratitude Month	\$9,491	\$15,581	Travel	\$0	\$1,046
Sales - Bookstore	\$6,307	\$109,505	Training	\$0	\$58
Special Event Income	\$0	\$1,536	Bad Checks	\$0	\$262
Newsletter Subscript.	\$111	\$1,279	Miscellaneous Expense	\$0	\$150
Total Income	\$38,217	\$314,697	Total Expense	\$18,781	\$215,716
Cost of Goods Sold			Net Ordinary Income	\$15,718	\$23,966
Cost of Books Sold	\$3,543	\$72,724	Other Income/Expense		
Credit Card Processing Fees	\$175	\$2,290	Other Income		
Total COGS	\$3,718	\$75,015	Interest Income	\$3,213	\$7,408
Gross Profit	\$34,499	\$239,682	Total Other Income	\$3,213	\$7,408
Expense			Other Expense		
Reconciliation Discrepancies	\$0	\$0	Depreciation Expense	\$2,678	\$3,510
Employee Expenses			Amortization Expense	\$46	\$551
Wages & Salaries	\$8,796	\$104,428	Total Other Expense	\$2,724	\$4,061
Employer Tax Expenses	\$721	\$9,377	Net Other Income	\$489	\$3,347
Health Benefits	\$1,211	\$13,329	Net Income	\$16,208	\$27,313
Workers Comp Ins.	\$0	\$1,038			
Total Employee Expenses	\$10,728	\$128,172			
Professional Fees					
Computer Consulting	\$904	\$2,766			
Total Professional Fees	\$904	\$2,766			
Bank Charges	\$20	\$113			
Postage					
Bulk Mail	\$175	\$775			
Postage - Other	\$158	\$762			
Total Postage	\$333	\$1,537			
Rent - Office	\$4,147	\$48,164			
Rent - Other	\$150	\$975			
Access Expenses	\$0	\$1,050			
IFB Literature	\$47	\$169			
PI/CPC	\$0	\$82			

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