

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

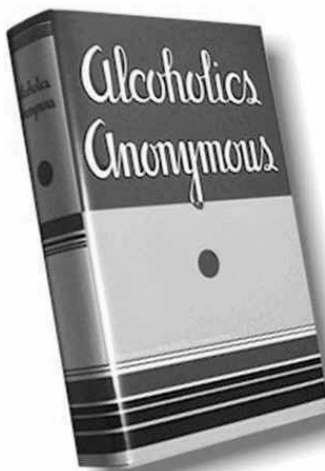
2008
5
M A Y

A publication of the Intercounty Fellowship of Alcoholics Anonymous

BOOK SALES AND SELF-SUPPORT: WHAT'S IT GOT TO DO WITH ALCOHOLISM?

by Victor V.

The Big Book at 2002 prices?! Yes, what you hear is true. The price of all English format A.A. Big Books and Twelve and Twelve's have been returned to A.A. World Services list price. After much discussion, a thorough review of both group and individual contributions, and an analysis of bookstore sales, the Central Office Committee unanimously recommended to the IFB to lower the price of these items. The recommendation passed at the April 2008 IFB meeting.



The discussion acknowledged that to keep these new lower

prices, A.A. members in San Francisco and Marin must ensure that enough contributions keep coming in. Remember, our primary purpose, as individuals and as groups, is to

carry the message to the alcoholic who still suffers. And for that we need adequate financial support. It is important to note that we are not in a situation where we have "too much" money. We are, however, stable and want to use our finances to the best possible benefit of the fellowship in San Francisco and Marin.

A few years ago, the primary issue facing the IFB was our precarious financial position. Our expenses were ahead of our income and we were in need of a way to close the gap. On numerous occasions, we came close to withdrawing money from our prudent reserve to cover our operating expenses. To avoid that, we took several steps, including

(Continued on page 6)

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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole. The Intercounty Fellowship Board, the Central Office, or the Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by the Point Committee.

monthly calendar

Events, Highlights and Happenings


may 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 <u>FIRST MON</u> Access Committee, Central Office; 5:30pm	6	7 <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)	8 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	9	10
11	12 <u>SECOND MON</u> SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm	13 <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	14 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30 pm	15	16	17
18 <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	19 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	20 <u>THIRD TUE</u> San Mateo General Service, St. Andrews Church, 7:30 pm	21 <u>THIRD WED</u> Website Committee, Central Office; 6:30pm	22	23	24 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
25	26 Central Office Closed — Memorial Day	27 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	28	29 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	30	31 

From the Editor

Hello, from your new editor. Having joined the committee in January, I'm honored to serve although I have some very big shoes to fill. I'm not sure my wit is quite up to the task, but luckily the committee is not a glum lot and there is plenty of wit to share. Our meetings, ably led by the Chair, Victor V., are productive as well as entertaining. Rick K. does the fellowship a great service on the big job of layout, while the prolific Bree L. often writes multiple articles and Greg W. does it all - humor, puzzles, and the fastest minutes in the West.

Thank goodness all the good things about *The Point* remain steadfastly in place while I learn the ropes - *SoberScope*, *Dear Alky*, *Meet the Meeting*, and *Conversations with Longtimers*. In addition to the regular features, this month's issue gives a nod to two May holidays: Mother's Day and Memorial Day. A mother's tale of her own alcoholism and that of her son moved me deeply. And the story of a Viet Nam vet's commitment to helping other veteran alcoholics defines the term, "living amends." Enjoy!

Jane K., Editor 

SoberScope

I once tried to rush a Taurus into something new. The results weren't quite as pretty as the winning *Paso Doble* on "Dancing With the Stars." Yes, Madame has retreated once again to reality TV metaphor. But if anyone can deal with lame pop culture references, it is you my patient friend.

People can rarely be described in one word, but there is a good word for Taurus - dependable. As a fixed sign, you hate change. New ways and ideas create unease and anxiety. But, luckily for those you help - and there are many - the fact that you dislike change and disruption in your life

makes you extremely patient with others. It's attraction rather than promotion and you have a steadiness that really draws others to your way of life.

The promises certainly come true for you in regards to fear of people and economic insecurity. With your resounding reliability, you rarely have to worry about being friendless or jobless. Your sense of duty makes you a great employee and a trusted friend to many. You're the first person the boss asks to stay late because you always say "yes." All who know you can attest that your stubbornness and tenacity will get the job done.

the
Point

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Taurus: April 21— May 20

by Madame Salami

But be careful, my bullish friend, your obstinate nature can cause some trouble. Although we rarely see your temper, we know you have one. Underneath your patient leather lies a personality that does not like to be challenged. You can be maddeningly inflexible and unable to see any view but your own, which is usually blameless. Remember, the fourth column may be your least favorite but it's also the most freeing. Call on the help of the great matador in the sky to help get rid of those defects.

Then, like Ferdinand, you can spend your time in the pasture smelling the daisies. Ole' 



New Meeting:

Mon	7:00pm	Crocker Amazon	WOMEN'S STEP/ DISCUSSION MEETING, Gracenter, 1310 Bacon St. (CL/ WO)
Tue	7:00pm	San Rafael	BIG PICTURE GROUP, 10 Bayview Dr./ San Pedro Rd. (BK, CL, Service & Unity)

Meeting Changes:

Wed	6:00pm	Castro	LIVING SOBER WITH HIV, 152 Church St./ Market St. (was 501 Castro St.)
Thu	6:00pm	Castro	AS BILL SEES IT, 100 Collingwood St./ 18th St. (was 501 Castro St.)
Fri	7:05pm	Park Merced	NO WHINERS, Church, 777 Brotherhood Way (was 7pm)

No Longer Meeting:

Tue	10:00am	San Rafael	A WOMAN'S JOURNEY OF RECOVERY, Marin Alano Club; 1360 Lincoln Ave./ Maple St.
Fri	8:30pm	Hayes Valley	FRIDAY NIGHT SPECIAL, S.F. Alano Club, 1748 Market St./ Octavia 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—MARCH 2008

Below are the meetings whose Trusted Servants registered with Central Office during March 2008 — twenty-nine in San Francisco and twelve in Marin. Thank you for registering!

San Francisco -

7 AM Step Discussion Tue. 7am; **A is for Alcohol** Tue. 6pm; **Be Still AA Sun.** 12:15pm; **Big Book Basics** Fri. 8pm; **Blue Book Special** Sun. 11am; **Cow Hollow Men's Group** Wed. 8pm; **Cow Hollow Young People's** Tue. 7:30pm; **Each Day A New Beginning** Sun. 8am; **Early, Joyous, and Free** Thu. 7am; **Federal Speaker** Sun. 12pm; **Friday Smokeless** Fri. 8pm; **High Noon Thursday** Thu. 12:15; **Join the Tribe** Tue. 7pm; **K.I.S.S.** Mon. 6pm; **Saturday Easy Does It** Sat. 12pm; **Saturday Matinee** Sat. 2pm; **Sinbar** Sun. 8pm; **Sober Across the Board** Fri. 8:30am; **Some Are Sicker Than Others** Wed. 6pm; **Sunday Rap** Sun. 8pm; **Sunset 9'ers** Mon. 9am; **Sunset 11'ers** Tue. 11am; **They Don't Know Who We Are** Sat. 7pm; **Too Early** Sat. 8am; **Tuesday Downtown** Tue. 8pm; **Women's 10 Years Plus** Thu. 6:15pm; **Women's Kitchen Table Group** Tue. 6:30pm; **Work In Progress** Sat. 7pm; **Valencia Smokefree** Fri. 6pm

Marin -

Crossroads Sun. 12pm; **Downtown Mill Valley** Fri. 8:30pm; **East San Rafael Big Book** Mon. 7:30pm; **Island Group** Thu. 8pm; **Marin Stag (aka Monday Night Stag)** Mon. 8pm; **Monday Night Stag - 12 & 12** Mon. 6pm; **Noon Hope** Fri. 12pm; **Tuesday Chip** Tue. 8:30pm; **'Tiburon' Closed** Tue. 8:30pm; **Wednesday Mid-Week** Wed 6pm; **Women's Meeting** Sun. 4:30pm; **Working Dogs** Wed. 12:05pm

COMING UP

mark your calendar

TIBURON HAVEN GROUP

**Strawberry Rec Center Loft,
118 Strawberry Dr, Mill Valley**

Meets 12noon on Sundays
for its Speaker Meeting

Special Speaker Sunday:
May 4, 2008

Pat H. Hollywood, CA—29 years

Childcare Available -

Special 90 Minute Meeting!

BRISBANE BREAKFAST BUNCH

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

05/04 Speaker: Dorothy V.	From: Friday Night Big Book
05/11 Speaker: Bill V.	From: Monday Mustard Seed
05/18 Speaker: Tony P.	From: Wednesday High Noon
05/25 Speaker: Jackie P.	From: Friday Westlake Speaker/Disc.

TUESDAY DOWNTOWN

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

05/06 Speaker: Jim H.	From: Join the Tribe
05/13 Speaker: John O.	From: Join the Tribe
05/20 Speaker: Dan M.	From: Join the Tribe
05/27 Speaker: TBA	From: TBA

FRIDAY NIGHT ALL GROUPS

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

05/02 Host Group: Any Lengths	Speaker: Cynny S.	From: West Portal
05/09 Host Group: Thursday Night Womens	Speaker: Papu R.	From: 12 Steps to Happiness
05/16 Host Group: They Stopped in Time	Speaker: Channing C.	From: Monday Night Newcomers Sausalito
05/23 Host Group: Tuesday Downtown	Speaker: Marcia Q.	From: Too Early
05/30 Host Group: Work in Progress	Speaker: Andrew D.	From: Friday Night Group Book Larkspur

SECRETARIES AND TREASURERS!

You can now register with
Central Office on our website:
www.aasf.org.

Please do so to receive your
group's complimentary copies of
The Point for the duration of
your commitment so you may
share important information
with your group!

The "A Step Beyond" group
of Alcoholics Anonymous
invites you to a celebration of our
23rd anniversary!



Thursday, May 29, 2008
170 Valencia Street (near Duboce)
Baha'i Center

6:00 p.m. Potluck
(dessert provided - please bring entrée /side dish to share)

7:15 p.m. Meeting
Speaker: Orrin C., Concord



May 10, 2008

**Mission Dolores Basilica
3321 16th Street**

**6:00 pm AA/Al-Anon Meeting
7:30 pm Competition**

SAVE THE DATE!

Founders Day

Saturday, June 14th 2008

First Unitarian Universalist Church
1187 Franklin Street at Geary, SF

Meeting, lunch, fellowship, dessert pot luck,

AND A STAGED READING OF THE PLAY

BILL W. AND DR. BOB!

Persons requiring reasonable accommodations at
meetings of IFB, COC, IFB committees and service
events sponsored by the preceding entities, includ-
ing 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.



(Bookstore: continued from page 1)

reducing the amount of bookstore inventory we kept on hand and launching our Faithful Fiver program. To completely close the gap, in August of 2004, the IFB voted to increase the cost of several items in the bookstore, including A.A. Big Books and Twelve and Twelve's. (This, incidentally, is the way A.A. World Services maintains an adequate prudent reserve.) In the intervening years, we have seen a shift in our finances; the shift has largely been due to an increase in individual contributions. In fact, since 2002, the amount from individual contributions has tripled. Representing 5.5% of our total income in 2002, in 2007 it represented almost 12%. Over the same period, income from group contributions has somewhat increased in dollar amount, but proportionately, it has decreased from 55% to less than 48% of total income. (Percentage of total income from sources other than group or individual contributions has remained relatively the same.)

While Central Office is grateful for the growing support from individual members, this trend raises some issues that as a fellowship, we should not ignore. For instance, we want to encourage the 700 plus groups in San Francisco and Marin to take this opportunity to discuss "self-support." This often heard, but frequently misunderstood term is included in the theme for this year's General Service Conference: "Communication and Participation – the Key to Unity and Self-Support." To learn more, we refer our readers to the conference-approved pamphlet, "Self-Support: Where Money and Spirituality Mix."

"Let's begin with my own sponsor, Ebby," writes Bill W. in the book *Alcoholics Anonymous Comes of Age*.

"We have a tremendous responsibility as members to keep this fellowship alive."

"When Ebby heard how serious my drinking was, he resolved to visit me. He was in New York; I was in Brooklyn. His resolve was not enough; he had to take action and he had to spend money. He called me on the phone and then got into the subway; total cost, ten cents. At the level of the telephone booth and subway turnstile, spirituality and money began to mix. One without the other would have amounted to nothing at all. Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money."

We have a tremendous responsibility as members to keep this fellowship alive. We decided years ago not to take any "outside" contributions (Tradition Seven). We depend on the money in the baskets, contributions from individuals (up to \$3,000 per year), bookstore sales, and A.A.-sponsored events to keep the doors open. A.A. has rarely been self-supporting absent bookstore sales. In the book, *Language of The Heart*, Bill stated, "group voluntary contributions have fully paid office expenses in only five years out of the last fifteen. That Headquarters' reserve of "book money" has to foot the ten deficits." They relied on book money back then, just as we do now. We have just lowered bookstore prices, and group contributions are down. I

don't know how else to say this, but in order for us to stay where we are, we need to up our group contributions. We cannot depend on bookstore sales and individual contributions. I, we, the group is responsible for self-support so that we can continue carrying the message to the newcomer of today and future generations.

Are you doing your part in self-support to preserve the future of A.A. and your recovery as a sober member of Alcoholics Anonymous? It means contributing money, but it also involves taking responsibility for monitoring your group's stewardship. Does your treasurer make regular financial reports? Do you know whether your group barely makes ends meet, or can it make the suggested contributions to the larger organization of A.A.? Have your trusted servants attended the workshops available to maximize their effectiveness? Does your group want to make it a policy that they do so?

Lastly, I just want to mention that in the early 1950's, General Service encouraged each member to raise his or her contribution from ten cents in the basket to one dollar. Yes, I did say in the early 1950's. That's when a gallon of gasoline was twenty cents, a loaf of bread was fourteen cents, and the average family income was \$3,216 per year. I think it is safe to say that all of these dollar amounts have gone up twenty times. Are we still putting a dollar in the basket? I am going to challenge everyone in A.A. to put at least two dollars in the basket at every meeting they attend.

As Tradition Seven states: "Every A.A. group ought to be fully self supporting, declining outside contributions."



Dear Alky...



Dear Alky

I have been sober a little over a year and am seeking sponsees. I have a potential sponsee who seems willing but cannot read or write. I am wondering how I can help this person work the Steps, since so much of what my sponsor had me do involved reading and especially writing. For example, how should I guide this person in working the 4th Step?

Perplexed

Dear Perplexed,


Audio recordings of the Big Book are available at Central Office. Perhaps you can advise your sponsee to get one of those. As far as the writing goes, she could certainly record her answers to the Fourth Step on a tape recorder and play them for you. Try to talk her through the four columns of the Fourth Step a few times, with additional examples from your own experience, until she has the hang of the method. Then send her off to record it and come back. If that seems too strange, you could just

read to her from the book and have her speak out her answers to you. The precise format is not critical—what matters is that you share your experience with her and she is able to identify herself as being powerless over alcohol. The solution can definitely be transmitted orally—and ultimately; it will come down to her ability to develop a relationship with her own higher power. She won't need to read or write to improve her conscious contact with that power.

Alky 



TWELVE DIFFERENCES BETWEEN YOUR SPONSOR AND YOUR THERAPIST

1. Your sponsor is not all that interested in the “reasons” you drank.
2. Your therapist thinks your root problem is lack of self-esteem, negative self-image, and your poor self-concept. Your sponsor thinks your problem is a three-letter word with no hyphens: YOU.
3. Your therapist wants you to pamper your “inner child.” Your sponsor thinks it should be spanked.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
6. The only time your sponsor uses the word “closure” is before the word “mouth.”
7. Your sponsor thinks “boundaries” are things you need to take down, not build up.
8. Your therapist wants you to love yourself first. Your sponsor wants you to love others first.
9. Your therapist prescribes caretaking and medication. Your sponsor prescribes prayer-making and meditation.
10. Your sponsor thinks “anger management skills” are numbered 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12.
11. Now that you have not had a drink in six months, your therapist thinks you should make a list of your goals and objectives for the next five years, starting with finishing up that college degree. Your sponsor thinks you should start today by cleaning the coffee pots, helping him or her carry a heavy box of literature to the jail, and making your bed.
12. Your sponsor won't lose his or her license to practice if he or she talks about G-d. 

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

CHAIR NEEDED. 12thstep@aasf.org

ARCHIVES COMMITTEE

Bruce K. archives@aasf.org

ORIENTATION COMMITTEE

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SF TELESERVICE COMMITTEE

Judi C. sfteservice@aasf.org

SF PI/CPC COMMITTEE

Paul P. picpc@aasf.org

ARE YOU IN A RECOVERY RUT?

by Jaime G. & Karen A.

Have you ever thought you would like to do service beyond the group level? Setting up chairs and making coffee are important functions in a meeting, but are they enough?

The Intercounty Fellowship Board (IFB) is the Board of Directors of a California non-profit public benefit corporation, otherwise known as "The Central Office for San Francisco and Marin".

At the very least, we need people to educate our community about the IFB's purpose: to oversee the operations of Central Office. Having an Intergroup Representative will give your group a voice in how your Seventh Tradition funds are spent, and will also keep you informed of what is going on in our area. The IFB ensures that the services individual groups cannot provide, such as area-wide meeting schedules, an up-to-date website and a 24-hour hotline, are maintained.

Ask yourself, "Does my home group have an IFB representative?" If not you, then who?

We, the IFB Outreach Committee, have been going out to meetings to share about the purpose of the IFB and how Central Office works for you. But we can't do it alone. Next time you are at a meeting, encourage the group to elect an IFB representative. We meet on the first Wednesday of each month at 7:00 P.M. Orientation begins at 6:00 P.M. for new members. Check the inside cover of *The Point* or call Central Office for next month's location

We have found that our commitments on the IFB have energized our sobriety. We have gained new insight into the A.A. service structure, met new people and added a whole new dimension to our recovery. This is part of the triangle that we never bargained for when we first got sober. Now with time we realize that for many of us, service above the group level is necessary for long-term sobriety and for the growth of A.A. as a whole.



EDITORIAL POLICY

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

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

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

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

MEET THE MEETING: *JUST CAN'T WAIT 'TIL 8*

by Bree L.

The “Just Can’t Wait ‘til 8” meeting began after the regular six o’clock Monday night meeting disbanded. Traditionally, there was a meeting somewhere in Novato at six or eight o’clock every night of the week, but when the Monday meeting ceased, a hole was created. The demand was there, so Kevin B. and Tommy A. started the “Just Can’t Wait ‘til 8” specifically for those in-betweeners who could not wait. There was a lot of support from the beginning and the “Just Can’t Wait ‘til 8” meeting continues to be strong. Thirty to forty people regularly show up. One regular attendee counts over thirty years of continuous sobriety, while many others have more than twenty years.

The format is to read something out of the Big Book or choose a topic from the floor. The Secretary could pick a topic, but since the meeting’s inception, this has not been necessary. One nice thing is that newcomers, in addition to getting a hearty welcome, get a choice between receiving a copy of “Living Sober” or a schedule with a list of phone numbers. At last count, the phone numbers were far ahead of “Living Sober.”

The Senior Access Center meeting site is rather special: during the day it is a day-care center with ongoing activities for seniors. There are comfortable chairs with tables, lounge chairs and sofas so it seems like the

meeting is held in a living room surrounded by warm curtains and flowered couches. There are frequently decorations reflecting seasonal holidays, adding to the homey ambiance.

The meeting is easily reached coming from San Francisco on Highway 101. Take the DeLong Ave. off ramp toward downtown Novato, exiting right and turning left onto DeLong, which continues into Diablo Ave. Turn right onto Novato Blvd for .9 miles to 1905 Novato Blvd., the Senior Access Center.



Email us if we can feature your homegroup in an upcoming issue!
thepoint@aasf.org

CALIFORNIA NORTHERN COASTAL AREA 06
PRESENTS: THE 2008

POST CONFERENCE ASSEMBLY

“COMMUNICATION AND PARTICIPATION THE
KEY TO UNITY AND SELF-SUPPORT”
SATURDAY, MAY 17, 2008

LAKE COUNTY FAIRGROUNDS
401 MARTIN ST. LAKEPORT, CA
8:30a.m.—5:00 p.m.

BRING YOUR FM RADIOS FOR SIMULTANEOUS TRANSLATION
See the Events Calendar on our website - www.aasf.org—
for a complete agenda and more detailed information

And if you cannot make it to Lakeport, you can hear our
Delegate’s Report at a General Service Sharing Day:
Sunday, May 25th, 2008 at 4pm
Machinist Hall
1511 Rollins Road, Burlingame
More information available at www.aasf.org

CONTRIBUTIONS

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

ONGOING MEMORIALS

Daryl S., Ken M., Mary W.,
John T., Pat T., Silas P.

ANNIVERSARIES

Mary Ann B. 28 years; Beverly C. 28
years; Karen C. 21 years; Pat P. 13
years; Firefighters & Friends: Ann
W. 23 years; Irvine: Doug P. 17 years;
Happy Hour Ladies Night: Renee
M. 20 years; Monday Night Stag:
Ted R. 23 years; Too Early: Victor Q.
12 years; High Noon: Blue 21 years,
Susan D. 19 years, Craig A. 3 years



A WISH COME TRUE

A MOTHER'S DAY STORY OF ALCOHOLISM

by Jean C.

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.
Ann & Denise	Jeff B.
Barbara M.	Judi C.
Bruce D.	Karen K.
Caroline A.	Kathleen C.
Casey L.	Lauren H.
Catherine S.	Lisa M.
Celia H.	Liz & Aiden D.
David J.	Marty C.
David P.	Mary F.
Dennis & Lucy O.	Michael W.
Donald Ray N.	Pat P.
Doug C.	Paul W.
Elizabeth S.	Peg L.
Esther R.	Pene P.
Frances L.	Sheila H.
Giles H.	Steve A.
Greg S.	Steve F.
Greg W.	Stu S.
Herman B.	Sylvia D.
Jane K.	Tim M.
Janet B.	Tom M.

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



After I spent eight months in bed rest he arrived, a smiling happy baby who avoided the fate of his older brothers, both of who died soon after birth. He seemed blessed by perfect health, a high IQ, and the ability to gain and keep the love of those around him.

The family was shaking off its graduate school persona and acquiring the money, property and prestige I had been programmed to believe were the essentials for happiness. There was no Higher Power in this house.

At eleven my son entered a very prestigious prep school by sitting the entrance exam. He passed, and he was off to make new friends, play water polo and star in the ice hockey team. His life appeared to stretch ahead of him as a golden highway. Instead it was to be his Via Dolorosa. Chinks were soon to appear: phone calls from the dean about missing homework assignments, phone hang-ups in the middle of the night.

Then the gardener found marijuana plants on the roof, and I went into my son's room and found a bong and cigarette papers. I took a drink. It was not my first drink but the first I could remember taking in such desperation. I had never heard of alcoholism but I knew at once that my new and sudden need for gin--under the seat of my car, in my trash at work, in my largest purse--was not okay.

The next four years were the hell of two spiraling alcoholics drinking almost competitively, but in secret. He managed to graduate and go to college but was expelled ten days later for selling on campus. His father was

in total denial and eventually we divorced. This alcoholic read about Alcoholics Anonymous, and after a three and a half year trial period, I was able to surrender and turn my life and my will over to the care of a Higher Power.

For twenty-three years I took it back--but did not take a drink and went to our sister program. Although my life improved on a daily basis and I was able to get into service, the one human being I wished fervently to help was out of my reach. Sometimes he was in jail or an institution, sometimes he was very ill and tried our program. He never was able to put much time together. I married, moved several times, prayed for him on a daily basis but gave up all hope. When my second husband died, he was not available. Anger joined fear. When his father died the police were unable to find him.

One day in the spring of 2006 a letter came in his handwriting. I assumed it was a plea for money and almost did not open it. He was a few months sober and this was his Ninth Step. The feelings were indescribable. We talked and he came to visit me. It had been nine and a half years since I had seen him. We saw each other several times and I went to Los Angeles for his first birthday.

In a few days there will be another party. This is one for a seemingly hopeless alcoholic's second birthday. A Higher Power came into the lives of both the alcoholics in my family, seemingly uninvited, and everything was changed.



GROUP

CONTRIBUTIONS

FEBRUARY

2008

Name	Feb.08	YTD	Name	Feb.08	YTD
Fellowship			The Fearless Searchers F 8pm		38
Brisbane Breakfast Bunch	28	56	Thursday Night Book Club Th 7pm	114	114
Contribution Box		119	Tiburon Big Book Group W 730pm		113
IFB	82	169	Tiburon Haven Sun 12pm	100	300
Marin Teleservice	997	997	We, Us and Ours M 650pm		50
Santa Rosa Fellowship	10	10	Wed Night Spk Disc 7pm	114	114
Serenity House	150	150	What's It All About F 12pm		150
SF Alano Club	10	10	Women For Women W 12pm	50	50
Spirit of San Francisco		168	Working Dogs W 1205pm		225
Total Fellowship	\$ 1,276	\$ 1,678	Total Marin	\$ 2,271	\$ 6,789

Marin Contributions

Attitude Adjustment 7D 7am	500	500
Blackie's Pasture Sa 830pm		166
Candlelight Sun 830pm	50	50
Women Step Study Tu 330pm		107
Crossroads Sun 12pm		316
Design For Living (Marin) W 7pm	75	75
Downtown Mill Valley F 830pm		174
Friday Night Book F 830pm		130
Hillside Candlelight F 830pm		57
Intimate Feelings Sa 10am		98
Island Group Th 8pm		160
Living in the Solution F 6pm		324
Marin City Groups 5D 630pm		350
Men Only Stag Sa 6pm		20
More Will Be Revealed F 12pm	100	100
Morning Atti Adju MTuF 7am	228	228
Newcomers Step M 730pm		482
Noon Hope F 12pm	97	97
On Awakening 7D 530am		490
Primary Purpose W 830pm		33
Reveille 5D 7am	100	100
Sisters In Sobriety Th 730pm (M)	340	340
Spirit Testost. Men's Stag Su 830a	315	315
Steps To The Solution W 715pm		65
Sunday Express Sun 6pm		100
Survivors M 12pm	50	50
T. G. I. Tuesday 6pm	39	39
Terra Linda Men's Stag Th 8pm		578
The Barnyard Group Sa 4pm		94

SF Contributions

6am Marina Dock M	10	21
6am Marina Dock Sa		169
6am Marina Dock Tu		25
6am Marina Dock W		24
7am As Bill Sees It Fri		55
7am Grab Bag M 7am		35
7am Step Discussion Tu 7am		29
A Vision for You (SF) Su 630pm	40	40
AA Step Study Su 6pm	307	307
Acceptance Group M 530pm		28
Afro Ameri Beg Sat 8pm	52	52
All Together Now Th 8pm	116	116
Any Lengths Sat 930am		188
As Bill Sees It Sat 8pm		211
As Bill Sees It Th 6pm		407
As We Understood Mon. 7pm		13
Ass in a Bag Th 830pm	253	253
Beginner's Warmup W 6pm	73	73
Bernal Big Book Sat 5pm	362	362
Bernal New Day 7D		267
Big Book Basics F 8pm		104
Bookenders Mon 10am		126
Came to Believe M 830am	38	38
Came To Believe Su 830am	36	36
Castro Disc./Show Of Shows W 8pm	638	784
Castro Big Book M 830pm		60
Code Blue BB Study W 7pm	134	134
Courtside Tu 1215pm	103	103
Creative Alcoholics M 6pm		152

GROUP CONTRIBUTIONS, CON'T...

Name	Feb.08	YTD	Name	Feb.08	YTD
Each Day New Beginning F 7am		1,134	Pax West M 12pm	518	518
Each Day New Beginning M 7am		130	Pax West Th 12pm		501
Each Day New Beginning Su 8am		540	Prog Not Perfection Tu 830pm		103
Each Day New Beginning W 7am		118	Rebound W 830pm		144
Easy Does It Tu 6pm	120	120	Saturday Easy Does It Sa 12pm		360
Embarcadero 5D 1210pm		82	Serenity House Sat 830pm		300
Excelsior Sa 8pm		50	Sinbar Su 830pm		282
Firefighters & Tu 10am	96	96	Sober & Centered F 7pm		140
Friday All Groups F 830pm	861	861	Sober Across the M-Sa 830am	15	30
Friday Smokeless F 830pm		36	Sobriety & Beyond W 7pm		202
Friend Circle Beg Su 715pm		176	Sought to Improve Th 730pm	110	110
Gold Mine Group M 8pm		38	Step Sisters (S.F.) Th 630pm		20
Golden Gate Seniors Tu 130pm		48	Straight Jackets Th 9am		20
Goodlands Su 2pm	150	150	Sunday Bookworms Sun 730pm	78	78
Haight St Explor Th 630pm		51	Su Night 3rd Step Group 5pm		210
Happy Destiny Sa 630pm		26	SuNight Castro Spkr Disc 8pm		309
High Noon Friday 1215pm	221	221	Sunday Rap Sun 8pm		120
High Noon Monday 1215pm		180	Sundown Steps Th 630pm		74
High Noon Saturday 1215pm	43	127	Sunset 11'ers M		80
High Noon Thursday 1215pm	304	654	Sunset 11'ers Th		40
High Noon Tuesday 1215pm		99	Sunset 11'ers W	66	66
High Noon Wed 1215pm	98	145	Sunset 9'ers M		85
High Steppers W 7pm		15	The Drive Thru W 1215pm		270
Home Group Sat 830pm		316	Th Morn Men's BB Study 6am	14	14
Huntington Squ W 630pm		300	Too Early Sat 8am	214	524
Join the Tribe Tu 7pm		507	Tuesday Downtown Tu 8pm	60	175
Lincoln Park Sat 830pm	269	269	Tuesday Women's Tu 630pm		122
Living Sober W 8pm		57	Tu Daily Reflections 7am	92	92
Luke's Group W 8pm		60	12 Steps to Happiness F 730pm		72
Lush Lounge Sa 2pm	321	321	Walk of Shame W 8pm	253	253
Meeting Place Noon F 12pm		153	Waterfront Sun 8pm	542	542
Mid-Morning Support Su 1030am		189	West Portal W 830pm		44
Miracles Off 24th St W 730pm	146	146	Wharfrats Th 815pm		71
Mission Terrace W 8pm	252	401	Wo Who Drank Too Tu 615pm	7	7
Monday Monday M 1215pm		89	Wo 10 Years Plus Th 615pm		85
New Friday Big Book F 12pm		31	Women's Promises F 7pm	124	124
Newcomers Tu 8pm		258	Work In Progress Sat 7pm	56	56
No Reservation M 12pm	167	167	YAHOO Step Sa 11am		100
No Whiners F 7pm		20	Total SF Contributions	\$ 7,360	\$ 18,979
Noon Smokeless F 12pm		32			
One, Two, Three, Go! W 1pm		10	Total Contributions	\$ 10,907	\$ 27,446

A VETERAN'S LIVING AMENDS

by Harry McM.

When I was first approached to write something for *The Point* for Memorial Day, I hesitated. Part of my A.A. "drunk-a-log" is the fact that in November of 1970 as a Marine Corps captain on my third assignment in Viet Nam, a fifth of Chivas Regal and I decided that the war was over for us, so I wrote a note explaining that I was going to defect to North Viet Nam and took a vehicle from the motor pool and headed north. I was subsequently captured up the road and, after a quick psychiatric exam, sent back to the States to the neuropsychiatric ward at Oaknoll Naval Hospital and then medically discharged.

While I was mulling over whether or not to write something, the phrase from the Ninth Step promises popped up in my head: "We shall not regret the past nor wish to shut the door on it . . . We will see how our experiences can benefit others." How many of us have done things during our drinking careers of which we were extremely ashamed and which led us to drink more to blot out those terrible feelings of remorse and shame? Practically everyone in the program has.

During the years between my discharge and then finally getting sober in

1979, I used my shame and sense of "lost honor" to beat myself up and drink even more to hide from those feelings. I used my "mental discharge" as an excuse to shirk my family responsibilities and to hold one long, continuous "pity party" allowing me to stay drunk.

After getting sober and going through the process of recovery that is outlined in the steps of A.A., I was able to get a more realistic, less self-centered view of the situation. It was pointed out to me that not only had I already served two tours honorably, I had done so with such success that I was decorated for my actions and even promoted from enlisted to officer rank in the field, an accomplishment that not many Marines could achieve. And yet, the self-centeredness of the alcoholic had me thinking that I was the worst Marine ever and that one bad action (psychologically and alcoholically induced) outweighed all of my previous accomplishments and doomed me to a life of shame. A.A. told me that being too hard on ourselves is just as lacking in humility as being too easy on ourselves, that true humility lies somewhere in between.

Even though I understood and came to terms with myself over the situation, there were still some loose ends that needed to be addressed. How could I ever make up for what I still felt was the harm that I did to my country, the Marine Corps and myself?

Fortunately, the A.A. program also has ready avenues to take care of that. In the first few years of sobriety, my sponsor (another Viet Nam vet with issues) and I participated in taking A.A. meetings into the Navy brig on Treasure Island when it was still a military base. More recently, over the last two years, I have been fortunate enough to take an H&I meeting into the substance abuse program at the V.A. hospital at Ft. Miley. I try to get other members of A.A. who are also veterans to speak at the meetings, and everybody so far has really enjoyed the opportunity to give something back. I know I sure do and it's my way of sort of making up for things.

As we remember those who fell in defense of the nation on Memorial Day, let us also hold a special memory for those who lost a fight just as deadly, the one all of us in A.A. fight—the fight with alcohol.



THE BIG BOOK "COMES ALIVE" SEMINAR

9- WEEK STUDY OF THE BIG BOOK OF ALCOHOLICS ANONYMOUS

You will need to bring high-liters, Big Book, 12x12, and your alcoholic selves to:

P.O.A. BLDG 510 7TH STREET

MONDAYS 7-9 P.M.

STARTING APRIL 21ST THRU JUNE 23RD 2008

LOVINGLY Brought to YOU by GOD, Lovers of Alcoholics Anonymous, and:

The SPIRITUALLY FOUNDED PROGRAM OF ACTION group Of A. A.

Meets every Thursday from 7 p.m.- 8 p.m. @ 510 7th street in San Francisco

TONUS A. 415-368-2909

CONVERSATIONS WITH LONGTIMERS:

FROM MAMA TO THE MILITARY AND BACK

As Told to the Drunk Whisperer

Steve W. is a wealth of information about San Francisco A.A. and particularly, the Hospitals & Institutions Committee in the 1970's and 80's. He remembered names, dates, and H&I service commitments in great detail. His entire interview is digitally recorded (along with all interviews in this series) and archived at Central Office. His contributions to the history of A.A. in California are invaluable. This article focuses on Steve's personal story.

Q. When and where did you get sober?

A. My sobriety birthday is October 17, 1970 and I have thirty-seven years. I sobered up in San Mateo after I was arrested as a common drunk in the park. I told the cop to take me home; I was a Republican and an Episcopalian and a taxpayer. He beat me up and threw me in the drunk tank. And my little old mother who had never been in a jail in her life had to come and bail me out.

Q. How old were you?

A. I was 36 years of age. My mother appealed to the local priest and he told me about the Peninsula All Groups that had been meeting at the parish hall for twenty years. And I knew he was talking about A.A. and I knew if he called A.A., there would be no more booze. My brother

wanted to put me in a mental institution, so I said, "Fine, call them." So these two guys showed up in my living room about twenty minutes later, and one of them said, "You know, I have a disease. I feel ill at ease." That hit me right between the eyes because I had always felt ill at ease.

Q. When did you start drinking?

A. My father was a binge drinker of rye whiskey and muscatel wine and he had this closet full of all these shiny things and at the age of six, I just went up there and took a swig. And I liked what it did. It made me comfortable. I had a reading disorder and my small, conservative Republican town knew everything. Mama had had a nervous breakdown and in those days the police came if you had to commit someone. She had twenty-eight commitments to mental institutions. She slipped into schizophrenia. We lived in Jersey and we used to go visit her at this horrible mental institution in Trenton. So through all that I found booze.

Q. So from the age of six on, you drank?

A. When I could. By the time I got to high school, I was becoming anti-social. So then the Korean War came along and I joined the Air Force and shipped out of San Francisco and ended up in Japan. I drank a lot,

because I didn't smoke and I'd trade cigarettes for yen. I had problems with drinking over there. I ended up in a mental ward overnight. I shipped back and got out of the service in 1956. I was making money, but I was drinking it up. Thirteen years in Washington, DC, then to Florida, then to San Mateo where I got arrested. After that, I got sober cold turkey and these people would take me to meetings all over San Mateo. And people would mention my name, "Steve, how are you?" So I was feeling like I was starting to belong. I planned to get drunk at Christmas, but I forgot to. I moved to San Francisco and one of the meetings I went to was the Young People's at Grace Cathedral which still goes on there. I got heavily involved with H&I. I re-instituted the meeting at the psych ward at General; holding a meeting with people who have psychiatric problems or are on medication, their attention spans were short. You had to make your points very simply.

Q. What drew you to working with these people?

A. My mother's illness bothered me. Yet when my mother addressed the deity of God, she would sit down and talk to him at the dining room table. "Show me a loving God and I will be a well man," says an Anglican mystic, and that clicks with me.



SUNSHINE CLUB WORKSHOP!

Saturday, May 31, 2008

11am, Central Office

The Sunshine Club takes Meetings to Members that are Homebound or Hospitalized!
One year of Sobriety Required, but everyone is Welcome to attend the Workshop!

F.E.E.L – FEEL, EXPERIENCE, EXPRESS AND LET GO

by Bree L.

“Showing feelings was a sign of weakness when I was growing up,” says Kathleen C. “I had two sisters and my father hated to see any of us cry. His fallback saying was, ‘I’ll give you something to cry about.’ Out of that came many years of emotional suppression and drinking to quash any feelings.”

She acknowledges that there have been a lot of challenges in life. The upcoming election can make her crazy. She wants to vote today and get the whole deal over with. Her work has its own problems and there have been unplanned illnesses. These are all things she used to drink over, looking to crush her feelings. Today she looks for the joy of knowing and experiencing her feelings and trusting her intuition.

She’d been doing quasi-meditation for years, but the benefits became clear after a meditation meeting when she realized how much better she felt. She says, “Meditation gets me out of my head. I don’t worry about tomorrow or regret the past, as it is all right there and it feels good.”


“Meditation gets me out of my head. I don’t worry about tomorrow or regret the past, as it is all right there and it feels good”

She doesn’t do the most perfect meditation by her account. The practice begins in the morning under the covers, saying the Third and then the Seventh Step prayer, followed by her own chant that she created with her sponsor. Her chant says, “The power of God is within me. The grace of God surrounds me. The will of God directs me.” She says this to herself and tries to focus on her breathing. She does it between awakening and getting out of bed.

She sees this practice as a counterpoint to her other spiritual work on emotions. Feelings aren’t directly ad-

dressed in meditation. A person is there to meditate. She finds she is much more accepting of her feelings when doing those activities that keep her in fit spiritual condition, including meditation. She also tries to make a meeting on most days.

“Writing is my favorite form of expression,” says Kathleen. There are lots of ways to express one’s essence, including talking with one’s sponsor and making a gratitude list. Today her essence comes in being a quieter person in sobriety. She says this is far removed from the person she used to be when there was a lot of drama. Today she tries to go through each day, doing what’s expected, showing up, suiting up, getting to work on time, even early on occasion, and behaving in a courteous manner.

She accepts her feelings as a way of letting go. Kathleen’s mother passed away two years ago. The family found it painful to accept yet was thankful for being spiritually present. Kathleen says, “It’s a great liberation to embrace my feelings.” 

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.

Recent Deaths

Ken B.

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.

IFB MEETING SUMMARY — APRIL '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	A	Greg W.	High Noon (Thursday)	A	Olive G.	Steppin Up	P
Allyn J.	Fireside Chat	A	Jackie B.	Sisters Circle	P	Patrick M.	Treasurer	P
Andy D.	Gratitude Group	P	Jaime G.	Sesame Step	A**	Patty M.	Huntington Square	P
Andy T.	Waterfront	P	Jeff G.	High Noon (Saturday)	P	Pete R.	Artist and Writers	P
Anil K.	Tiburon M. Men's Stag	X	Joan T.	They Stopped In Time	P	Peter G.	Sunday Night Castro	A
Armando R.	Home Group	P	John G.	Each Day A New Beginning	R	Rebecca D.	Valencia Smokefree	P
Barbara H.	All Together Now	A	Judy S.	Diamond Heights Group	P	Rich H.	Mid-Morning Support	P
Brad P.	Code Blue	P	Julio B.	Blue Book Special	P	Richard R.	We Care	A
Brent H.	Bookenders	R	Karen A.	West Portal	P	Rick K.	Join the Tribe	A
Bruce K.	Sunset Speaker Step	A	Karin K.	24 Hour Plan	A	Ron M.	Live & Let Live	R
Carol E.	Happy Hour	P	Kate E.	7AM Attitude Adjustment	P	Sam S.	Early Start	P
Christopher R.	7AM Mill Valley Log Cabin	P	Ken J.	High Sobriety	P	Scott N.	Sunset 11'ers Sat	P
Chuck K.	IFB Chair	P	Ken M.	Sober Across the Board	A**	Shawn M.	Regroup	R
Dana R.	Saturday Sunset 9'ers	P	Larry B.	Castro Discussion	P	Steve N.	Terra Linda Group	P
David A.	Goldmine Group	P	Lydia B.	Walk Of Shame	A	Stu S.	Tuesday Newcomers	P
David D.	Keep It Simple	A	Matthew D.	Too Early	P	Tedra M.	Come N Get It	P
Del C.	Spiritual Testosterone	A	Matt T.	Sunday Night Friendship	P	Thomas H.	Any Lengths	P
Derek A.	Wharf Rats	A	Maury P.	Central Office Manager	P	Tom K.	High Noon (Monday)	P
Derek D.	Reality Farm	P	Michael B.	One Liners	A	Tracy F.	Keep Coming Back	P
Edward H.	High Noon (Tuesday)	P	Michael B.	SFPOA	P	Tracy G.	Wit's End	A
Elizabeth B.	Sober 5150's	P	Michael M.	As Bill Sees It (Emb)	P	Victor V.	Creative Alcoholics	P
Erica R.	Miracles On 24th St	P	Michael P.	Sunset 9'ers (Sunday)	P	Virginia M.	Women Who Drank.	P
Faye K.	Queers, Crackpots, Fallen. . .	A	Nathan M.	Saturday Easy Does It	P			
Gilbert G.	Ten Years After	P	Nicholas L.	Some Are Sicker Than...	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	Group	Visitors	Liaisons
Jackie S.	Marina Discussion		Karen S. District 06
Delan M.	High Noon (Saturday - Alt)		Ray M. District 05
Charles S.	Surf Group		Casey L. Marin Teleservice
Shellie W.	Bernal New Day		

Following in an unofficial summary of actions, information, upcoming business and service opportunities discussed at the April 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. reported. Sam S. has made the choice to not continue

on as the District 6 Liaison from the IFB. Thanks were extended for his service. An explanation was given about how Reps act as agents for their groups through voting on matters at the IFB.

Treasurer's Report: Patrick M. reported. For the month of February, the Net Income was \$3,103, which was \$683 below the budgeted net income of \$3,786.. The favorable result for YTD is due to lower expenses than budget. Ap-

proximately \$1,800 of the favorable net income is due to timing of expenses (budgeted but not yet incurred).

Bookstore sales were \$1,697 below budget for the month.

Total expenses for the month of February were \$6,169 lower than budget. Bank Accounts: Total checking and savings account balances were \$202,614 as of the end of February. Unrestricted cash

(Continued on page 17)

(Minutes: continued from page 16)

is enough to cover just over 3.7 months of operating expenses; however when the prudent reserve is funded in March, unrestricted cash will drop to 2.9 months. The Prudent reserve needs to be adjusted to reflect the average of 2007 actual expenses and 2008 budgeted expenses. The 6 month requirement based on 2007 and 2008 expenses is \$113,068. The reserve as of December 2007 was \$98,281 which means that the additional funding of \$14,787 is required. The funding will be made in March.

Central Office Manager's Report:

Maury P. reported. She has returned to work part-time this past week. There are several shifts open for phone volunteers at CO. Two groups reported that the Treasurer has taken funds. Suggestions were given to the groups to encourage their groups to hold regular Treasurer's Reports. Over 25 Trusted Servants have registered online in March.

Central Office Committee Report:

The COC report was given by Carol E. The CO Manager's report and the Treasurer's report were heard and reviewed. The Sunshine Club's request for a literature allowance was agreed upon. The lowering of Big Book and Twelve and Twelve prices was discussed. The By-laws changes were reviewed for the upcoming IFB meeting. The issue of Treatment Center Dumping" was discussed.

IFB Liaison Reports:

SFGS: Karen S. reported on the Pre-Conference Assembly coming up. Everyone is welcome at the General Service meetings.

Marin Teleservice: Casey L. reported on the filling of answering shifts. A recent spaghetti feed/special event was held.

Spirit of San Francisco: Upcoming events were announced, but no report.

Living Sober: Online registration is available for the 2008 conference. The event will be at the SF Hyatt. Up-coming fundraising events were announced.

Committee Reports

Access Committee: The committee has been corresponding with AAWS about

alternate formats for all publications used in the Trusted Servants Workshops. They have been unable to reschedule the speaker from the SF Human Rights Commission to come to an IFB meeting. The High Noon groups were recognized for working towards making all of their meetings "Access Friendly".

12th Step Committee: The Sunshine Club submitted a written report. Stu S. volunteered to become the new chair of the 12th Step Committee.

Archives Committee: The committee is working on cataloging and preserving historical AA items.

Orientation Committee: Patty M. reported on the meetings held every month immediately preceding the IFB meetings. New volunteers and a new chairperson are needed.

The Point Editorial Committee: Victor V. reported that a new editor is needed for the monthly newsletter.

Trusted Servants Workshop Committee: No meetings were held this past month.

Website Committee: Michael P reported that any changes to the website need to be referred to the committee.

Outreach Committee: no report

Fellowship Committee: The newly formed committee is to be involved in Founders' Day, Unity Day and in the volunteers Holiday Party at CO. They discussed the play "Bill W and Dr. Bob" which will be presented at Founders' Day.

Special Committee Reports:

Teleservice: The committee needs support, including a new chairperson due to rotation. Call CO for details.

PI/CPC: No report

Other Actions:

Liaison to District 6 General Service: Rich H. volunteered to take the position. Unanimous approval followed.

Recommendation on Big Book and Twelve and Twelve Prices: A motion to reduce all English-language Big Book

and Twelve and Twelve's to AAWS list prices was approved with 36 for, 4 against and 4 abstentions with the following encouragement: We must make sure that when we inform the groups about the changes in literature prices, they understand that our ability to sell these particular items at prior cost is due to contributions, particularly individual contributions, and that we will rely on continued contributions to keep these prices. We are not in a situation where we have 'too much money'. We are, however, stable and want to use our financial situation to the best possible benefit of the fellowship in San Francisco and Marin.

First Presentation of Proposed By-laws Changes: Proposed bylaw changes were read for the first time. They will be read at the next two IFB meetings and then voted upon by the Reps.

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

Respectfully submitted,

Ken J, Secretary



The next IFB meeting is on Wednesday, May 7th, 2008 at 180 Harrison Ave., Sausalito, CA 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.



REVIEW OF AMY WINEHOUSE

by Bree L.

“REHAB” FROM THE BACK TO BLACK ALBUM

Probably the most honest part of this CD is the “No, no, no” at the end of each stanza, assuring us that she really doesn’t want to go to rehab. That rings true as not many are breaking down the doors to get into rehab. Although there are those who long for rehab such as my friend, Jeff, who said he really did want to go to rehab, but he also had the benefit of knowing what was ahead of him.

The song reflects what most of us think in that we can get along just fine the way we are. We can also find people who agree (the enablers) as when she says, “. . . my daddy thinks I’m fine.” After all, no one is being hurt, right?

She says that she wants to hang out with Ray Charles and Donny Hathaway who are guaranteed to enhance her musical abilities. She says there is nothing, nothing that anyone can teach her except Mr. Hathaway, which is questionable. Certainly she won’t get the one on one attention from Hathaway she’d get in rehab.

Many of us have bouts with depression and Winehouse says after being “black” or down she knows quite clearly that admitting herself into rehab is not the answer. It’s too time consuming, she complains, which is hard to believe. Rehab can be a wonderful opportunity to sit

back and take in the information offered. One of the untold secrets of recovery is all the time that miraculously appears in one’s life. Even after going to all those meetings, there’s still extra time.

This is a thoroughly enjoyable song with a great rhythm and Winehouse has a standout, commanding voice

that matches her great talent. One suggestion would be that if she can’t make it into rehab, she could at least get to a meeting, but the problem seems to have resolved itself. Winehouse recently entered rehab.



Cunning, Baffling and Puzzlefuf

Find each of the following words, which derive from the Fifth Step, Tradition and concept. Words may appear forward, backward, horizontally, vertically or diagonally. (Unlike last month’s April Fools version, clues are provided below.)

EXACT CARRY OURSELVES					SUFFERS MINORITY CAREFUL					ADMITTED PERSONAL WRONGS					PRIMARY MESSAGE STRUCTURE					
S	N	S	E	E	M	C	O	M	I	N	O	R	I	T	Y	S	E	A	T	T
M	C	U	C	A	X	E	A	R	T	S	A	O	U	R	S	E	L	V	E	S
Y	S	R	E	F	F	U	S	R	E	R	E	L	W	R	N	G	N	O	R	W
A	M	F	E	X	A	C	T	S	E	G	U	F	U	O	U	R	S	E	L	L
R	O	I	E	G	S	Y	C	T	A	F	R	S	T	C	A	R	E	F	U	L
R	M	U	R	N	Y	S	C	S	E	G	U	E	V	A	Y	R	R	A	C	Y
E	F	G	T	P	G	A	S	R	N	S	E	L	N	Y	Y	O	A	A	X	E
N	G	W	F	N	X	E	A	D	M	I	T	T	C	T	R	U	T	U	W	Y
O	T	T	O	E	M	C	P	R	I	M	A	R	Y	I	A	R	R	R	R	R
R	U	R	E	E	S	U	F	F	E	T	S	S	P	R	M	S	E	F	O	N
L	W	R	S	X	Y	R	A	M	I	R	P	R	E	O	I	E	Y	E	N	M
A	E	T	S	R	A	M	Y	T	C	A	X	E	R	N	R	L	R	R	G	E
N	M	C	C	E	E	C	E	R	A	S	F	F	S	I	P	V	A	A	S	S
O	A	M	E	A	L	F	T	S	A	S	G	F	O	M	A	E	M	C	O	N
S	E	T	T	T	X	V	F	U	S	M	U	U	N	N	S	S	I	E	A	T
R	S	Y	D	S	N	E	E	U	D	A	I	S	A	M	T	Y	R	R	A	C
E	U	R	T	C	A	X	E	S	S	P	G	R	Y	X	R	I	P	D	T	E
P	M	I	N	O	R	I	T	Y	O	N	S	E	P	D	U	G	E	S	C	F
T	V	E	U	I	F	C	D	E	T	T	I	M	D	A	C	T	O	G	A	I
F	P	R	I	M	A	R	Y	S	T	R	U	C	T	U	T	C	A	N	X	E
U	E	E	E	X	O	M	E	S	S	A	G	E	E	I	U	E	S	O	E	X
P	A	C	E	N	M	E	S	S	A	G	S	G	M	T	R	U	C	R	E	S
R	C	R	I	P	E	R	S	O	N	A	L	D	C	P	E	L	E	W	P	C
G	R	M	A	M	R	R	E	C	S	T	A	N	F	F	E	M	C	R	E	T

Financial Statement

February 2008

	Feb 08	YTD
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	9866	26401
Honors	45	48
Contributions from Groups - Other	997	997
Total Contributions from Groups	\$ 10,907	\$ 27,446
Contributions from Individuals		
Individual - Unrestricted	609	1769
Faithful Fiver	415	665
Honorary Contributions	352	4190
Total Contributions from Individuals	\$ 1,376	\$ 6,624
Gratitude Month		
Gratitude Month - Groups	552	2406
Gratitude Month - Individual	154	154
Total Gratitude Month	\$ 706	\$ 2,560
Sales - Bookstore	9776	19310
Newsletter Subscript.	88	144
Total Income	\$ 22,853	\$ 56,084
Cost of Goods Sold		
Cost of Books Sold	6262	11606
Credit Card Processing Fees	57	280
Total COGS	\$ 6,319	\$ 11,886
Gross Profit	16535	44198
Expense		
Unreconciled Bank Adj	-150	-150
Special Events Expense	0	13
Employee Expenses		
Wages & Salaries	5324	15240
Employer Tax Expenses	780	2315
Health Benefits	653	1864
Total Employee Expenses	\$ 6,756	\$ 19,419
Professional Fees		
Computer Consulting	169	169
Total Professional Fees	\$ 169	\$ 169
Bank Charges	13	33
Postage		
Bulk Mail	0	250
Postage - Other	100	100
Total Postage	\$ 100	\$ 350
Rent - Office	4147	8293
Rent - Other	75	225
Insurance	0	1824
Internet Expense	0	55
Office Supplies	445	445

	Feb 08	YTD
Shipping	-35	-7
Equipment Lease	1804	1804
Repair & Maintenance	220	1486
Security System	34	67
Telephone	0	293
Phone Book Listings	0	82
Bad Checks	-57	7
Miscellaneous Expense	-175	0
Total Expense	\$ 13,345	\$ 34,407
Net Ordinary Income	3190	9791
Other Income/Expense		
Other Income		
Interest Income	35	86
Total Other Income	35	86
Other Expense		
Depreciation Expense	76	151
Amortization Expense	46	92
Total Other Expense	\$ 122	\$ 243
Net Other Income	-86	-157
Net Income	\$ 3,103	\$ 9,633

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