

DID BILL W. CHEAT AT POKER? THIS LONGTIMER TELLS ALL! CONVERSATION WITH DICK F.

as told to the Drunk Whisperer

Dick F: My sobriety date is December 6, 1959. That's 48 years plus some months. And on Friday, I had my 84th birthday.

Q: Where did you get sober, Dick?

A: Ossining, New York. I first came to A.A. in 1947.

There were five meetings a week and it was a small bunch. I played poker with Bill and Lois and a few other people. He lived very near Chapapaqua then, where the Clintons live now.

When I came back to A.A. in

'59, Bill came over and welcomed me back. I had been out since 1949. I went out for a long stretch. I had

a terrible automobile accident in 1950. Twenty-seven fractures, a lung punctured in three places, fractured skull, they found many years later, I had broken my back. I was unconscious for nineteen days. It's not bad if you're unconscious.

Q: That didn't sober you up?

A: I figured, if I didn't have another accident like this, my life was coming together.
[laughter]

Q: What was Bill W. like?

A: People asked me, "Was

Bill a good card player? Did he cheat?" I'd say, "Not that I know

(Continued on page 6)



monthly calendar

Events, Highlights and Happenings

june 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>FIRST MON</u> Access Committee, Central Office; 5:30pm	3	4 <u>FIRST WED</u> Intercounty Fellowship Board Orientation 6 pm, Annual Meeting 7 pm, 1187 Franklin St./ Geary, First Unitarian Church, S.F. (Feb., May, Aug., & Nov in Sausalito at 180 Harrison Ave., Sausalito, CA; Star of the Sea Church)	5	6	7
8 Living Sober General Planning Meeting, Trinity Church, Bush & Gough, S.F., 5pm	9 <u>SECOND MON</u> SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm	10 <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	11 <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	12 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	13	14 Founders' Day 2008 First Unitarian Universalist Church, Franklin & Geary, S.F., CA 10am to 5pm More Info on Page 5!
15 <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	16 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	17 <u>THIRD TUE</u> San Mateo General Service, St. Andrews Church, 7:30 pm	18 <u>THIRD WED</u> Website Committee, Central Office: 6:30pm	19 S.F. PI/CPC Speaker Workshop, Central Office, 6:30pm More Info on Page 5!	20	21 Trusted Servants' Workshop Central Office 10am to 12noon More Info on Page 5!
22 Living Sober General Planning Meeting, Trinity Church, Bush & Gough, S.F., 5pm	23	24 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	25	26 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	27	28 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
29	30					

From the Editor


Founders Day is June 10, honoring the day in 1935 when Dr. Bob had his last drink. This event is observed as the birth of Alcoholics Anonymous because one drunk, Bill W., successfully helped another drunk, Dr. Bob, get sober—the essence of our program. This issue is peppered with related articles: our cover story features a longtimer interview that includes personal memories of Bill W.; the Bulletin Board is a member's reflections on Akron, Ohio, the birthplace of A.A. seventy-three years ago; and the director of the staged reading of the play *Bill W. and Dr. Bob* discusses the project's effect on her sobriety. Be sure to see the play at the Founders Day celebration on Saturday, June 14.

Sober Scope

Madame would like to begin this month with a bit of alliterative advice — Careful of Crossing a Crabby Cancer! Don't get your shells in an uproar, my unpredictable Cancerian friends, it's just the truth and a reminder to those who walk along the shores to watch out for your probing pinchers.

Because of an uncanny ability to make such sudden changes, Cancer is the least predictable of all signs. Sympathetic and patient one minute, a Cancer can be cranky and irritable the next. Because of an unpredictable nature, a Cancer needs a lot of attention. Look for them on the stage and the daytime soaps. Yes, they have a

Father's Day also falls in June. Even if you honor the holiday chiefly in the breach, you will not want to miss the two articles inspired by that important paternal relationship: one from a sober son and the other from a sober dad.

And we're happy to print a letter to the editor, expressing an alternate view to last month's Bulleting Board (on the differences between a therapist and a sponsor). We here at *The Point* really LOVE knowing that there is a living, breathing readership out there. So keep those letters coming our way! 

Cancer: June 21-July 22

by Madame Salami

flare for the dramatic and a tendency to overact!

There is some good news. If you give Cancers the support they need, they will offer you their undying loyalty and love. They will use those pinchers to cling closely. Once you have won their trust, nothing anyone else might say can sway them against you. They are sympathetic and affectionate and have empathy for all. But don't think they're pushovers. They can spot the smallest change in another's behavior, so it is hard to deceive them.

A.A. can be a challenge for Cancers because just like a crab, they are


the
Point

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some of the best sidesteppers around. Cancers rarely takes the direct approach to what they want, even though they usually get it. Remember, it's action, not simply words. Cancers are best judged by what they do and not what they say. It's not that they don't do what they say — it's just that their first word is usually "no."

Look forward to a great month, dear Cancer. You may have that hard shell, but Madame knows that inside you're a softie. Get those many legs in synch as you crab walk that road of happy destiny! 



New Meeting:

Wed	7:00am	Park Merced	SUNSET EARLY MORNING, Church, 2690 Ocean Ave./ 19th Ave. (BK, 45 Minute Meeting)
Thu	7:00pm	Crocker Amazon	WOMEN'S STEP/ DISCUSSION MEETING, Gracenter, 1310 Bacon St. (CL/ WO)
Sat	10:30pm	San Rafael	YOUNG PEOPLES' CHOPSTICKS, Marin Alano Club, 1360 Lincoln St./ Maple (YP/ DI)

Meeting Changes:

Sat	12 Midnight	Inner Richmond	MIDNIGHT MEDITATION, Church, 4301 Geary/ 7th Ave. (was 1396 La Playa St./ Judah St.)
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No Longer Meeting:

Sun	7:00pm	Mill Valley	STEP SISTERS, 410 Sycamore Ave./ Camino Alto
Thu	8:00pm	Inner Sunset	GRUPO FE Y AMOR Church, 1329 7th Ave./ Irving St.
Thu	8:00pm	Inner Sunset	GRUPO FE Y AMOR Church, 1329 7th Ave./ Irving 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 - APRIL 2008

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

San Francisco -

Acceptance Group Mon. 5:30pm; **Big Book Basics** Fri. 8pm; **Embarcadero Grapevine** Fri. 12:10pm; **Federal Speaker** Sun. 12pm; **Happy Hour** Fri. 6:30pm; **Huntington Square** Wed. 6:30pm; **K.I.S.S.** Mon. 6pm; **Lincoln Park** Sat. 8:30pm; **Living Sober with HIV** Wed. 6pm; **Queers, Crackpots & Fallen Women** Mon. 5:30pm, **Sesame Step** Tue. 7:30pm; **Steppin' Up** Tue. 7:30pm; **Stonestown** Mon. 8pm; **Sunday Rap** Sun. 8pm; **Sunset 9'ers** Mon 9am; **Sunset 9'ers** Tue. 9am; **Sunset 11'ers** Wed. 11am; **The 12 Schleppers** Thu. 8pm; **Too Early** Sat. 8am; **Tuesday Night Step** Tue. 7pm; **Valencia Smokefree** Fri. 6pm; **What It's Like Now** Mon. 6pm

Marin -

Beginners Meeting Tue. 7pm; **Sunday Friendship** Sun. 7pm;
Survivors Mon. 12pm; **Wednesday Noon** Wed. 12pm

CONTRIBUTIONS

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

ONGOING MEMORIALS

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

ANNIVERSARIES

High Noon:
Dan B. 13 years,
Jean Marie 12 years,
Carrie 1 year;
Sundown:
Pegeen 30 years
Friendly Circle Beginners:
Rebekah D. 6 years



BRISBANE BREAKFAST BUNCH

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

06/01 Speaker: Mimi	From: Burlingame
06/08 Speaker: Allen	From: Daly City
06/15 Speaker: Dave	From: Burlingame
06/22 Speaker: Joe C.	From: Burlingame
06/29 Speaker: Candy B.	From: Burlingame

TIBURON HAVEN GROUP

**Strawberry Rec Center
Auditorium,**

Meets 12noon on Sundays
for its Speaker Meeting

Special Speaker Sunday:
June 1, 2008

Hector E. Hollywood, CA—29 years

Childcare Available -
Special 90 Minute Meetings!

FRIDAY NIGHT ALL GROUPS

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

06/06 Host Group: Castro Speaker Discussion	Speaker: Nicole G.	From: Walnut Creek
06/13 Host Group: San Carlos Peninsula Fellowship	Speaker: Liam K.	From: Code Blue
06/20 Host Group: Healing Circle	Speaker: Scott H.	From: Join the Tribe
06/27 Host Group: New Life	Speaker: Sherry T.	From: Thursday Night Womens'

Living Sober

Pink Saturday Dance!

Saturday, June 28, 2008

Harvey Milk Civil Academy

4235 19th Street

Al-Anon/AA Meeting 6:30pm / Dance 8pm

Founders Day 2008!

Saturday, June 14th 2008

First Unitarian Universalist Church

1187 Franklin Street at Geary, SF, CA

10:30am: Meeting, 12noon: Lunch & Fellowship,

4:00pm: Coffee & Pie Potluck

AND A 2:00PM STAGED READING OF THE PLAY *BILL W. AND DR. BOB!*

Trusted Servants' Workshop!

"Three-way": Secretary, Treasurer &
Literature Person Workshop on Saturday,
June 21, 2008 from 10am to 12noon
at Central Office

Learn about these important
Trusted Servant positions!

Coffee & Snacks will be served!
More info at tsw@aasf.org

S.F. PI/CPC Speaker Workshop!

Become a Speaker & carry the A.A. message to schools, drunk driving classes, and
community organizations on Thursday, June 19, 2008 at 6:30pm at Central Office!

Two years of continuous sobriety required. More info at picpc@aasf.org

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.



Western Roundup—Living Sober!

Grand Hyatt Hotel, Union Square, July 4 - 6, 2008

Living Sober is an Annual Conference hosted by Clean and Sober
A.A. Members of the Gay, Lesbian, Bisexual, and
Transgendered Community with
Al-Anon Family Group Participation.

Everyone is Welcome! Go to www.livingsober.org
for more information!

(Longtimers: continued from page 1)

of!” [laughter] But Bill was a terrific man. A lot of people say, I like Bob better, never knew either one. Bill was a first-rate man. When you talked to him, it was like you were the only one in the room. When I first met him, he had been sober eleven years which seemed like an awful long time. Once someone came up to me and said, “Gee, you’ve got all that time and I’ve only got eleven years.” And I said, “Only eleven years! I knew Bill when he only had eleven years. It seemed like a lot of time then and it seems like a lot of time now.”

Q: How did you hear about A.A. in the first place?

A: The family doctor. First, she mentioned Antabuse. I never heard of it. I said, what will it do? She said, make you throw up when you drink. I said, I always throw up when I drink. You can’t scare a drunk with throwing up. Then she suggested A.A. and the meeting was quite small, maybe twenty-five people. And you’d see the same twenty-five people all the time; there were very few newcomers. I didn’t have a car, but people would pick me up and drive me and sometimes I’d escape and walk out the back door and go and drink. But you know they were never after you, just very welcoming when you got back. Nicest people you’d want to meet.

Q: So you got back in to A.A. in 1959?


A: I had a slip, I was sober from July 11 to the second of December, 1959, and I went out over a cake. I used to go to a Saturday meeting where afterwards there would be a ham, a lamb, a turkey, there would

*“Next thing I know,
it’s three days later
and I’m in jail. I had
wrecked my car. So I
came to and called a
couple A.A.’s and they
came and got me. I
never drank again.”*

be pies and cookies and doughnuts and cakes. The Irish man who ran it said to me, Dick, can you bring a cake next week? I said, sure. You know what it says, we’ll go to any lengths? Well, I couldn’t sleep, I kept thinking about the cake. About how big it was going to be, what kind of icing, how many layers. The cake was about five feet high and five feet around by the time I was going to sleep. So I wake up the next day, and I think, maybe I’ll get someone to write fancy writing on it, God Bless and Good Luck to All, Hurrah for A.A., and I’m running all this through my head. On Monday, I’m a little nervous about it. On Tuesday, I had a home group, my mother says, are you going to your meeting? I says, well, I don’t really feel like it; I’m

coming down with something, maybe tomorrow. And I got up the next day and thought, “Who the hell are these people to ask me to bring anything? I’m not even an alcoholic.” And I go out. I go in this bar and I order a beer. You know how you see it on TV, no one ever gets drunk, they’re always patting each other on the back, the police don’t come. Next thing I know, it’s three days later and I’m in jail. I had wrecked my car. So I came to and called a couple A.A.’s and they came and got me. I never drank again. My mind never even thought of another drink.

Q: What can you tell me about your higher power?

A: Here’s a higher power story for you. Before I got married, I kept trying to tell my wife what my life was like while I was drinking, but she said, oh, no, no, I don’t want to hear that. I’d get little pangs and say, I think we better talk about this. And we had been married for quite a long time and I was going to speak at an A.A. meeting and invited her to come along and she said yes. Afterwards, she said, I’m really glad you didn’t tell me that before; I probably wouldn’t have married you [laughter]. So I think a higher power was involved somehow. 

Recent Deaths

Nebraska: Wade D. 58 years
Michigan: Pat O’B. 42 years

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.

Dear Alky...

Dear Alky :

I have been working with my sponsor on my defects and have shared them all with him on the Fifth Step. I have a lot of character defects and I am ready to have them removed as the Sixth Step says. I am really struggling with this because my wife has so many defects (she's not in the program), it is really hard for me to stop practicing my defects. I would really like my wife's defects of character removed first so that it will be easier for God to remove my character defects. It is so frustrating to worry about someone else's defects of character as well as my own. If my wife would just see her character defects as I see mine, I would not have to point them out to her. How do I help my

wife remove her defects of character so that I can move on with the Steps?

--Stuck on Six

Dear Stuck:

Just guessing here—was one of the character defects you discovered in the Fourth and Fifth Steps a tendency to be judgmental? How about critical? Impatient? What about controlling? If not, I'd go back and take another look at your resentment list and dig a little deeper into that fourth column. If you have indeed noticed those tendencies in yourself and have already identified them as character defects, then the fact that you are finding your wife to be so defect-ridden is probably no great coincidence.

In Alky's experience, there is nothing that brings up my character defects right into my face like a Sixth Step. I ask God to make me willing to be relieved of those flaws.

Nothing makes me want relief like living in

the awareness of what a difficult person I can be. You are asking to be made ready to let God take away your defects of character. By becoming so aware of all those things that are "wrong" with your wife, you are being made more and more uncomfortable by your own judgment, expectations and other defects. It's precisely those defects that stand in the way of your usefulness, to God, to others and – almost certainly – to your wife.

So, if you are really ready, look over your list of defects and start saying your prayers. Try the Third Step prayer, plugging in the most active defects in the line "relieve me of the bondage of ____." Say the Seventh Step prayer every morning and evening. Go out of your way to demonstrate patience, love and tolerance to your wife (for starters...). After doing that for a couple of weeks, see if your wife doesn't seem to be a little easier to live with.

--Alky 



AKRON IN THE REARVIEW

by Steve R.

As we in A.A. celebrate June 10 each year as Founders Day, this member offers his personal reflection regarding the history of A.A.'s birth.

The crimson sunset hovers just beyond Akron on a recent evening. Curiously, however, I make no move to drop off the interstate to see Dr. Bob's house, the Mayflower Hotel, Group Number One, or any of the other living memories from the Passion Play that became our society. I have lived for this stuff on my previous passes. This year, I'm fully inte-

grated in my own life, my own recovery, and the recovery of many others. I have passion to spare, and can contemplate the poignant events of June 10, 1935, from afar and in our literature.

I identify with the man in the old *X-Files* episode who quickly began to die when his vehicle slowed down or stopped moving. I feel safe enough camped outside Toledo that I won't be drawn back to Akron in the morning.

I look forward to the resumption of sponsorship and sponseeship, of career and friendships, and the initiation of new relationships after a long sabbatical of spiritual quest. Having divorced much of my birth family and social network of that time, I now build what a dear friend encourages: the intentional community. Living in the present with appropriate people, I'm a man who can't go home anymore.



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:

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ACCESS COMMITTEE

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TRUSTED SERVANTS

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WEBSITE COMMITTEE

Michael P. website@aasf.org

SF TELESERVICE COMMITTEE

Judi C. sfteservice@aasf.org

SF PI/CPC COMMITTEE

Paul P. picpc@aasf.org

THE ART OF LETTING GO

by Jackie B.

There will be a staged reading of the play, "*Bill W. & Dr. Bob*" at the Founders Day celebration at the First Unitarian Church, 1187 Franklin St., on Saturday, June 14. The event is from 10 am to 5 pm and the play starts at 2 pm. This article is by the director.

One of my favorite sections in the Big Book is the description of Step Three in "How It Works." From the first time I read these lines, my attention was hooked. "Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wished, the show would be great." Because, you see, I am a director for stage dramas, having studied performance in college and done some work later in New York (off-off-off Broadway, as it were). What a fascinating challenge—how do you direct without falling into the ego-trap of being "The Director"? How do you

create while giving deference to "The Creator?" Because isn't directing, a little, just a little, like playing God? Deciding who goes where, what they will say and not say, even declaring "let there be light!" What part does God play in my process as an artist in recovery?

I've discovered a laboratory for this mad experiment, of letting go and letting God run the show, literally. The opportunity came up to direct a staged reading of the off-Broadway play *Bill W. and Dr. Bob*, about the founding of A.A. in Akron in 1935, just in time for the San Francisco fellowship's celebration of Founders Day, this June. Events and people came together, and here I am, two weeks into rehearsals and doing and saying things I never would have done as a director in the past, and most likely that I will not do again. By all accounts, this production is different. I don't feign to even call myself the director, sometimes I just refer to

(Continued on page 9)

EDITORIAL POLICY

The Point is published monthly to inform A.A. members about business and meeting affairs of the Inter-county 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: *BERNAL NEW DAY*

by Bree L.

Are you one of us who wakes up to the full, chattering committee in your head, reiterating all your character defects? If so, the Bernal New Day can be a pleasant alternative to those early morning voices.

Nancy R., who was instrumental in starting New Day, tells of attending morning meetings when she lived in Marin. She liked starting the day with a program focus and got into the groove of that early connection. When she moved to Bernal Heights, the connection was lost.


Bernal Height's Community Center was open and willing to have meetings. Seven-thirty seemed like a civilized time that could still get people to work on time. Nancy R. says, "We had our first meeting in December, 2005. It was very dark. I didn't know many people in AA because of my recent move so I asked two women friends that I knew from my drinking days to start the meetings with me. They had just gotten sober so I thought it would be good for all three of us to do it together."

"We began with one or two days and soon moved to three days a week," says Nancy R. "Each of us took one day to be secretary with no sobriety requirement. We brought our own

books and registered the meeting with Central Office. We used Marin's script and adopted their 'keep it simple' attitude. We didn't have a lot of rules and standards, just the basic structure and format. The format is that the speaker reads something from the AA literature, comments and then we have a discussion." Recent changes and additions have only added to the personality of the room, according to Nancy.

Jen W. says she came to those first meetings, because it was down the street and easy to get to work afterwards. She kept coming back because of the small size as well as the format. Also, she says, "what was really nice and very, very important was that I got to meet tons of people from my 'hood.' So when I saw them on Cortland or walking around the park I was reminded again that I was not alone and that the fellowship is all around me with love and support even outside the meeting rooms."

This neighborhood meeting has helped build a local AA community. Nancy R. says the best part is the neighborhood fellowship that has been created. The quiet honesty that is shared in the meetings and on the street is beautiful.

The meeting is at the Bernal Heights Community Center, 515 Cortland, seven days a week. It's easily reached via the #24 bus and a short walk for the #67. There is ample street parking. The Monday through Friday meeting time is 7:30 AM, while the Saturday/Sunday meetings are from eight to nine. The weekday format is a group discussion while Saturday offers a Big Book reading/discussion and Sunday has a step/tradition discussion. 

Music & Dancing!

June 28, 2008

9pm to 12 Midnight

Following the
7:30pm Birthday Meeting
3 Great Groups!


Paulie G. Acoustic Country!
Aureo A.A. Rock!
Kiss, Kiss Me! R & B!

**SF Alano Club 1748 Market
St/ Octavia, S.F., CA**
Sliding Scale Admission!

(The Art of Letting Go: continued from page 8)
myself as the facilitator, because, really, a higher power chose the actors who showed up, and dropped out, and showed up to take their places. God brought a musical director, and costumer and sound designer into the mix. The perfect place with

everything we needed became available without much searching. And more importantly, all these elements came together without any *worrying*. I left it up to God how much we could do for this show. Video projections—sure, if the right people and equipment become available, and if not,

then let it go. Guess what, all those things showed up.

"... [W]e decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents." I hope you join us to see the results of this process. 



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:

Alejandro D.	Jeanne C.
Ami Joy Y.	Jeff B.
Ann & Denise	Jim H.
Barbara M.	Judi C.
Bruce D.	Karen K.
Caroline A.	Kathleen C.
Casey L.	Lauren H.
Catherine S.	Leo H.
Celia H.	Lisa M.
Dan & Sherry T.	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!



LETTER TO THE EDITOR

To the Editor:

As a sober member of A.A. who has continuously worked the steps (and stayed sober) for the past nineteen years, I am writing to express my concern about the "Twelve Differences Between Your Sponsor and Your Therapist," published in the May 2008 issue. Tradition Ten tells us, "We have no opinion on outside issues." The long form of the Tradition says, "The Alcoholics Anonymous groups oppose no one." This includes therapists. I am what they call a Big Book thumper. Working the steps with a sponsor saved my life. I stay sober working with other women, being a sponsor. But this article perpetuates a worn-out

stereotype of the A.A. sponsor as bully. A sponsor can be tough and honest without being abusive. Sometimes sponsees don't want to hear what we have to say, but that is a far cry from saying that their "inner child needs to be spanked." The Big Book tells us our problem is not "YOU" as stated in the article but the disease of alcoholism. If our primary purpose is to stay sober and help others to achieve sobriety, we need to pay close attention to the messages we're putting out there for the new member who is trying to figure out how this thing works.

Janine R., San Rafael 

Who Runs A.A. in SF and Marin? You do!

To: The San Francisco and Marin AA Fellowship
From: The Intercounty Fellowship of Alcoholics Anonymous

2008 ANNUAL BUSINESS MEETING

of the
Intercounty Fellowship of Alcoholics Anonymous
June 4, 2008 at 7:00 pm
1187 Franklin St., San Francisco, CA

Annual Report to the Fellowship Seating of new Intergroup Reps

Group representatives vote on bylaws changes –

Your group's representative may be your elected Intergroup Rep, or your group may elect a Group Delegate to vote only at the Annual Meeting. Each group is requested to elect a delegate to represent the group at this important meeting. The delegate will need to know the name of the meeting *as it appears in the schedule*.

New Intergroup Reps –

Newly elected and re-elected Reps will be seated at the June Intercounty Fellowship Board meeting immediately following the Annual Meeting.

PLEASE HELP US ENSURE THAT EVERY A.A. GROUP IS REPRESENTED IN DETERMINING THE POLICIES ESTABLISHED TO OPERATE THE CENTRAL OFFICE. HAVE YOUR GROUP SEND A DELEGATE TO THIS MEETING.

Call Central Office if you have any questions:
(415) 674-1821



GROUP CONTRIBUTIONS

MARCH 2008

Fellowship	March	YTD
Artists & Writers F 630pm	1,190	1,190
Brisbane Breakfast Bunch	28	84
Contribution Box	33	151
Deer Park Discovery Group	25	25
IFB	104	273
Marin Teleservice		997
Santa Rosa Fellowship		10
Serenity House		150
SF Alano Club		10
Spirit of San Francisco		168
Total Fellowship	1,380	3,058

Marin Group Contributions	March	YTD
Attitude Adjustment 7D 7am		500
Awareness/Acceptance M 1030am	160	160
Blackie's Pasture Sa 830pm		166
Candlelight Sun 830pm		50
Cl. Wo. Step Study Tu 330pm		107
Crossroads Sun 12pm		316
Design For Living (Marin) W 7pm		75
Downtown Mill Valley F 830pm		174
Freedom Finders F 830pm	620	620
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
Morning Att Adjustment 7am		228
Newcomers Step M 730pm		482
Noon Discussion Th 12pm	214	214
Noon Hope F 12pm	118	215
North Marin Speaker Sun 12pm	130	130
On Awakening 7D 530am		490
Primary Purpose W 830pm		33
Reveille 5D 7am		100
Sisters In Sobriety Th 730pm (M)		340
Spirit. Testost.Men's Stag Su 830a		315
Steps To The Solution W 715pm	48	113
Sunday Express Sun 6pm	100	200
Sunlight of the Spirit Th 7pm	48	48
Survivors M 12pm		50
T. G. I. Tuesday 6pm		39
Terra Linda Men's Stag Th 8pm		578
The Barnyard Group Sa 4pm		94
The Fearless Searchers F 8pm		38
Thur Night Book Club 7pm		114

Fellowship	March	YTD
Tiburon Big Book W 730pm		113
Tiburon Haven Sun 12pm		300
Tuesday Chip Meeting Tu 8pm	1,157	1,157
Tuesday Twelve Step Tu 630pm	38	38
We, Us and Ours M 650pm	38	38
Wednesday Night SD 7pm		114
What's It All About F 12pm		150
Women For Women W 12pm		50
Women's Meeting Su 430pm	27	27
Working Dogs W 1205pm		225
Total Marin Group Contributions	2,659	9,449

SF Group Contributions	March	YTD
6am Marina Dock M	11	32
6am Marina Dock Sa		169
6am Marina Dock Tu		25
6am Marina Dock W		24
7am As Bill Sees It Fri	47	102
7am Grab Bag M 7am		35
7am Marina Dock	7	7
7am Step Discussion Tu 7am		29
A Vision for You (SF) Su 630pm		40
AA Step Study Su 6pm		307
Acceptance Group M 530pm		28
Afro American Beginners Sat 8pm		52
All Together Now Th 8pm	34	150
Any Lengths Sat 930am		188
Artists & Writers F 630pm	138	138
As Bill Sees It Sat 11am	142	142
As Bill Sees It Sat 8pm		211
As Bill Sees It Th 6pm		407
As Bill Sees It Tu 1210pm	408	408
As We Understood Him Mon. 7pm		13
Ass in a Bag Th 830pm		253
Beginners' Step Study Sat 630pm	42	42
Beginner's Warmup W 6pm		73
Bernal Big Book Sat 5pm		362
Bernal New Day 7D	270	537
Big Book Basics F 8pm		104
Big Book Study Su 1130am	232	232
Bookenders Mon 10am		126
Came to Believe M 830am		38
Came To Believe Su 830am		36
Show Of Shows W 8pm		784
Castro Mo Big Book 830pm		60
Cocoonuts Su 9am	35	35
Code Blue W 7pm		134
Courtside Tu 1215pm		103
Creative Alcoholics M 6pm		152

GROUP CONTRIBUTIONS, CON'T...

Fellowship	March	YTD
Each Day a New Beginning F 7am		1,134
Each Day a New Beginning M 7am		130
Each Day A New Beginning Su 8am		540
Each Day a New Beginning Th 7am	103	103
Each Day a New Beginning Tu 7am	215	215
Each Day a New Beginning W 7am		118
Early Start F 6pm	919	919
Easy Does It Tu 6pm		120
Embarcadero Group 5D 1210pm		82
Epiphany Group Th 8pm	39	39
Eureka Valley Topic M 6pm	729	729
Excelsior Free for All Sa 8pm		50
Federal Speaker Su 12pm	354	354
Firefighters & Friends Tu 10am		96
Friday All Groups F 830pm		861
Friday Smokeless F 830pm		36
Friendly Circle Beginners Su 715pm		176
Gold Mine Group M 8pm		38
Golden Gate Seniors Tu 130pm		48
Goodlands Su 2pm		150
Haight Street Explorers Th 630pm		51
Happy Destiny Sa 630pm		26
Happy Hour (S.F.) Th 6pm	36	36
Happy Hour Ladies Night F 530pm	61	61
High Noon 5D 1215pm	32	32
High Noon Friday 1215pm	6	227
High Noon Monday 1215pm		180
High Noon Saturday 1215pm	127	253
High Noon Thursday 1215pm		654
High Noon Tuesday 1215pm		99
High Noon Wednesday 1215pm		145
High Steppers W 7pm		15
Home Group Sat 830pm		316
Huntington Square W 630pm		300
Join the Tribe Tu 7pm		507
Keep Coming Back Sa 11am	1,394	1,394
Lincoln Park Sat 830pm		269
Living Sober W 8pm		57
Living Sober with HIV W 6pm	278	278
Luke's Group W 8pm		60
Lush Lounge Sa 2pm		321
Meeting Place Noon F 12pm	127	281
Mid-Morning Support Su 1030am	156	346
Miracles Off 24th St W 730pm		146
Mission Terrace W 8pm		401
Monday Monday M 1215pm		89
New Friday Big Book F 12pm		31
New Life W 7pm	220	220
Newcomers Tu 8pm		258
No Reservation M 12pm		167
No Whiners F 7pm		20
Noon Smokeless F 12pm		32

Fellowship	March	YTD
One, Two, Three, Go! W 1pm	10	20
Pax West M 12pm		518
Pax West Th 12pm		501
Progress Not Perfection Tu 830pm		103
Queers, Crackpots & Fallen Women	78	78
Rebound W 830pm		144
Saturday Easy Does It Sa 12pm		360
Serenity House Sat 830pm	150	450
Sisters Circle Su 6pm	153	153
Sinbar Su 830pm		282
Sober & Centered F 7pm		140
Sober Across the Board M-Sa 830am	15	45
Sobriety & Beyond W 7pm		202
Sometimes Slowly Sa 11am	279	279
Sought to Improve Th 730pm		110
Step Talk Su 830am	298	298
Step Sisters (S.F.) Th 630pm		20
Stepping Out Sat 6pm	100	100
Stonestown M 8pm	154	154
Straight Jackets Th 9am		20
Sunday Bookworms Sun 730pm		78
Sunday Night 3rd Step Group 5pm		210
Sunday Night Castro Speaker Disc Su 8pm		309
Sunday Rap Sun 8pm		120
Sundown Steps Th 630pm		74
Sunset 11'ers M		80
Sunset 11'ers Th		40
Sunset 11'ers W		66
Sunset 9'ers M	116	202
Sunset Speaker Step Sun 730pm	338	338
The Drive Thru W 1215pm		270
They Stopped In Time M 8pm	220	220
Thursday Morning Men's BB Study Th 6am		14
Thursday Night Women's Th 630pm	204	204
Too Early Sat 8am		524
Tuesday Downtown Tu 8pm		175
Tuesday Women's Tu 630pm		122
Tuesday's Daily Reflections Tu 7am		92
Twelve Steps to Happiness F 730pm		72
Valencia Smokefree F 6pm	374	374
Walk of Shame W 8pm		253
Waterfront Sun 8pm		542
West Portal W 830pm		44
Wharfrats Th 815pm		71
Women Who Drank Too Much Tu 615pm		7
Women's 10 Years Plus Th 615pm		85
Women's Promises F 7pm		124
Work In Progress Sat 7pm		56
YAHOO Step Sa 11am		100
Total SF Group Contributions	8,651	27,630
Total Group Contributions	12,690	40,136

DAD TRANSFORMED, NOW THAT HE'S SOBER


by Victor V.

Thirteen years ago my son was sixteen years old and my daughter was ten. I shared a beer and a joint with my son thinking that I was really cool. From that day on, his friends would come over to the house and drink and smoke whenever they wanted. I was in the middle of a miserable marriage (constant arguing), an unhappy life, drinking and using daily, and I had no hope for the future. I lived moment by moment, looking forward to the next opportunity to squelch my feelings with alcohol or anything else. I felt like such a loser, but on the surface I showed everyone how happy I was. I never called my parents to let them know how I was doing because I didn't want them to know what I was doing. They knew anyway! I did not want others to know that I was unhappy and that I drank to get rid of the pain. I was present for my son and daughter physically, but certainly not emotionally or spiritually. What a terrible example I was for my own children. I was definitely not the father I thought

I would be to my children. I was teaching them how to live life as an alcoholic. I was setting a bad example for them of what a marriage is like. It was not a pretty picture. Two years later I left my wife and my children. I showed my children that if things don't work the way you want them to, all you have to do is run away from them. What would happen to my kids when they grew up with the example I had set for them?

Thirteen years later I am sober in A.A. and actively working a program for the past six years. After many amends and emotional talks, my daughter is back in my life. I can be present in her life today as the sober father of a twenty-three year old woman. She has a good head on her shoulders and seems to be on the right track, unlike her old dad was. I am able to help my daughter today by supporting her emotionally and spiritually. She knows that she can count on me. I have gotten remarried and can now be an example of what a good husband, father, and human

being can be. I am so grateful to A.A. for what I have been taught. Surrendering my will and allowing someone to take me by the hand has allowed me to find serenity. I am happy and content from the inside out. I don't have to put on a mask since I have nothing to hide.

My son is twenty-nine years old today and he knows that I am a sober recovering alcoholic. My son does not keep in touch with me unless he needs something. I used to send him money for his birthday and other special occasions. I know what he is up to, just as everyone knew what I used to be up to when I did not stay in touch. I don't know how to help him other than to be there when he reaches out for help. It is a tough place to be as a sober dad, but I know that I had to be the one who asked for help, and when I did, the hand of A.A. was there. I wish I could change the way things are for my son, but I know I cannot. Hopefully one day he will surrender his will to a power greater than himself. 

NEWS FROM GSO AND THE A.A. GRAPEVINE


Central Office recently received information that the A.A. Grapevine Corporate Board will have an opening for the position of Nontrustee Director at the conclusion of this year's General Service Conference.

In addition, there is a Class A Trustee Vacancy on the General Service Board and two Nontrustee Director vacancies on the A.A. World Services, Inc. Board.

In seeking applications for all vacancies, they are committed to creating a large applicant file of qualified persons which reflects the inclusiveness and diversity of A.A. itself. They have requested that resumes be submitted by July 1, 2008.

We have more information about the positions, in both English and Spanish, including some of the qualities

most desirable in the persons who fill the vacancies and blank resume sheets and procedures for the election of Class A Trustees at Central Office.

If you would like to know more, please stop by Central Office or email us for copies: aa@aasf.org. 

THE GREATEST FATHER'S DAY GIFT: A SOBER SON

by Rick K.

Alcoholism is a family disease. During the years I spent as an out of control alcoholic, I put those closest to me through hell. My father was no exception. He watched in horror, unable to do anything to help, as his son self-destructed. As I sit here and write this story, I'm flooded with the memories of all the horrible things I did to my Dad during the last years of my drinking. Although I've made amends, I still feel that much of my behavior can never be forgiven.

It wasn't that long ago that Father's Day was a sad occasion. During the final few years leading up to my sobriety, I had cut off all communication with my father. Although he tried repeatedly to contact me, I always refused to talk with him. He couldn't understand why his only son was so upset at him. What he didn't know was his son had become a raging alcoholic and didn't want anyone of consequence to know how bad life had become.

It wasn't always like that. Throughout my childhood and through my early twenties, my dad and I had a great relationship. My parents separated when I was three, and even though I moved across the country with my mom and stepfather, my dad and I remained very close. I would spend summers at his house and visit him during the holidays. We would talk on the phone every week. At some point I crossed that invisible line into alcoholism. The phone calls became less frequent and I slowly started to withdraw from our relationship. My daily routine centered



on drinking and what I needed to do before I could start drinking. Looking back on those years, I can see how my shame and disappointment with the choices I was making drove a wedge between us. As my alcoholism progressed, my relationship with all of my family became more strained. I would not show up to family gatherings and disappear for months at a time. On a number of occasions, I would fly back to spend Christmas with my Dad, decide I didn't want to be there, and come right back home. The last thing I wanted was someone getting in the way of my drinking during the holidays! During the height of my drinking, I only cared about getting drunk. Everyone and everything took a back seat to alcohol. That, of course, included my overly concerned father and his lectures about how I was wasting my life and what I was putting everyone through.

I didn't need him to tell me that; deep down I knew I was screwed. I wanted desperately to stop drinking but fear and pride kept me from asking for help. I was scared to death that my family would hate me if they found

out I was an alcoholic. My dream was to be able to control my drinking and get on with my life without anyone knowing I had a problem. At some point the consequences of my actions, the disappointment of my family and friends, and the personal realization that I was an out of control alcoholic made me willing to ask for help. I was spiritually bankrupt and had reached my bottom.

When I finally joined A.A., I was ready for a change. The years I spent in denial, all the wasted time I spent fooling myself about the true nature of my disease, just fueled my willingness to do the work. I got a great sponsor and started to work the Twelve Steps. Through the grace of Alcoholics Anonymous, I've been able to turn my life around. I've been able to make amends to my father and have started to repair the damage I caused our relationship. Looking back on the events of my early sobriety, I realize that asking for help and letting my father get involved in the process of my recovery was one of the smartest things I did. Today I feel that my father and I are as close as we've ever been. We talk regularly and I go see him whenever I can. I let him know how much I love him and what he means to me. Thanks to the fellowship of A.A., I'm able to be there for him in ways I never imagined. This Father's Day will be the third since getting sober. We won't be able to spend it together, but hopefully we will talk on the phone and I again can let him know how much he means to me.



SOBER IN CYBERSPACE?

SOME THOUGHTS ON ALCOHOLISM AND USE OF ELECTRONIC COMMUNICATIONS

by Anonymous

Ironically enough, I picked up the request via email on my Blackberry device: "Could you write about Blackberry/Internet/cell phone/PDA addiction for *The Point*? Of course, I instantly emailed back that I would be happy to do so. (Apparently, God, having a sense of humor, picked the right person for this task.)

At first I thought about writing something light and comical, maybe revising the Twelve Steps for the electronically addicted. But then I read (online, of course) a recent editorial in the *American Journal of Psychiatry*, arguing for inclusion of Internet addiction in the diagnostic manual DSM-V. The article stated: "Internet addiction appears to be a common disorder that merits inclusion in DSM-V. . . . All of the variants share the following four components:

- 1) excessive use, often associated with a loss of sense of time or a neglect of basic drives,
- 2) withdrawal, including feelings of anger, tension, and/or depression when the computer is inaccessible,
- 3) tolerance, including the need for better computer equipment, more software, or more hours of use, and
- 4) negative repercussions, including arguments, lying, poor achievement, social isolation, and fatigue."

Thinking of those components and recognizing their manifestation in my own alcoholism, I began to take the subject more seriously.

Certainly the Internet, cell phones, PDAs, and the like have many benefi-



cial uses in our lives. We can instantly access information, exchange important business and personal calls and messages, keep in contact with people who are geographically distant, get emergency medical or law enforcement help, and, of course, stay in better contact with sponsors, sponsees, and other A.A.'s. But how much of our online time is actually spent doing those things? In my case, not much, certainly not enough to justify the number of times I check my email, text messages, phone messages, and so on.

Instead, I find that often my use of Internet tools is a full-scale assault by some of my most prevalent character defects, all of which arise out of my obsession with self. Since I never want to say "I don't know" in answer to a question, give me a few seconds and access to Google and

my Mr. Know-It-All and Mr. Fix-It are right there. Since I have an extremely inflated sense of my own self-importance, checking my electronic messages twenty or thirty times a day reinforces to me just how important I (think I) am and how much influence I (think I) have on things. And since I am by my alcoholic nature shy, afraid of human contact, and isolationist, I can avoid face-to-face, real-time, and honest communications by a few keystrokes or a well-timed call that I know is going to reach voice mail, rather than a live person.

My sponsor recently gave me a three-question test by which to consider my words, thoughts and actions. Although it does not come verbatim from our literature, in my opinion, its essence surely does, and I intend to start trying to apply it in my electronic life as well as the rest of my life. Before doing, saying, or hopefully even thinking anything, it is suggested to ask myself: (1) Is it necessary? (2) Is it helpful? and (3) Is it loving? By application of this test—and remembering that long before electronics, printed literature, or even widespread telephone use, this program was founded on the notion of one alcoholic talking face-to-face with another—I think I will find that my electronic information usage will decrease, and the quality of my life and sobriety will increase.



IFB MEETING SUMMARY — MAY '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)	R	Olive G.	Steppin Up	P
Allyn J.	Fireside Chat	A**	Jackie B.	Sisters Circle	A*	Patrick M.	Treasurer	A*
Andy D.	Gratitude Group	A*	Jackie S.	Marina Discussion	A*	Patty M.	Huntington Square	P
Andy T.	Waterfront	A*	Jaime G.	Sesame Step	P	Pete R.	Artist and Writers	A*
Armando R.	Home Group	A*	Jeff G.	High Noon (Saturday)	A*	Peter G.	Sunday Night Castro	A**
Barbara H.	All Together Now	A**	Judy S.	Diamond Heights Group	A*	Rebecca D.	Valencia Smokefree	P
Brad P.	Code Blue	P	Julio B.	Blue Book Special	A*	Rich H.	Mid-Morning Support	A*
Bruce K.	Sunset Speaker Step	P	Karen A.	West Portal	P	Richard R.	We Care	P
Carol E.	Happy Hour	A*	Karin K.	24 Hour Plan	A**	Rick K.	Join the Tribe	P
Christopher R.	7AM Mill Valley Log Cabin	A**	Kate E.	7AM Attitude Adjustment	P	Sam S.	Early Start	A*
Charles S.	Surf Group	P	Ken J.	High Sobriety	P	Scott N.	Sunset 11'ers Sat	A*
Chuck K.	IFB Chair	P	Ken M.	Sober Across the Board	R	Shellie W.	Bernal New Day	P
Dana R.	Saturday Sunset 9'ers	A*	Larry B.	Castro Discussion	A*	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	P	Matthew D.	Too Early	P	Ted R.	Tiburon Men's Stag	P
Del C.	Spiritual Testosterone	A**	Matt T.	Sunday Night Friendship	P	Tedra M.	Come N Get It	A*
Derek A.	Wharf Rats	P	Maury P.	Central Office Manager	P	Thomas H.	Any Lengths	A*
Derek D.	Reality Farm	A*	Michael B.	One Liners	A**	Tom K.	High Noon (Monday)	P
Edward H.	High Noon (Tuesday)	A*	Michael B.	SFPOA	P	Tracy F.	Keep Coming Back	P
Elizabeth B.	Sober 5150's	P	Michael M.	As Bill Sees It (Emb)	P	Tracy G.	Wit's End	A**
Erica R.	Miracles On 24th St	P	Michael P.	Sunset 9'ers (Sunday)	P	Victor V.	Creative Alcoholics	P
Faye K.	Queers, Crackpots, Fallen. . .	A**	Nathan M.	Saturday Easy Does It	P	Virginia M.	Women Who Drank. . .	A*
Gilbert G.	Ten Years After	A*	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
None

Visitors
John

Liaisons
Allen Y. Marin H&I
Karen S. District 06
Ray M. District 05

Following in an unofficial summary of actions, information, upcoming business and service opportunities discussed at the May IFB meeting. It is provided for your convenience and it is not intended to be the completed approved minutes. For a complete copy of the minutes, contact the Central Office.

IFB Reports

Chair's Report: Chuck K. gave the report. He reported on the up-coming elections and on the number of indi-

viduals rotating out of service positions. He encouraged the Reps to recruit new volunteers into the IFB service structure, whether as group reps or as committee members.

Treasurer's Report: Maury P. gave the report for Patrick M. For the month of March, the Net Income was \$3,872 which was \$5,682 above the budgeted net loss of -\$810. The favorable result for Y-T-D is due to lower expenses than budget. Approximately \$3,300 of the favorable net income is

due to timing of expenses (budgeted but not yet incurred). Total Income for the month of March was \$1,087 above budget, primarily due to bookstore sales. Faithful Fiver contributions continue to be below budget for the third month in a row. Those contributions for March were \$825 below budget (65%) and \$2,073 (65%) Y-T-D. Fortunately, honorary contributions have offset the decrease in Faithful Fivers. Total expenses for the month of March were \$5,493 lower than budget,

(Continued on page 17)

(Continued from page 16)

primarily due to lower employee expenses. Y-T-D through March, total expenses were \$11,566 below budget of which employee expenses accounted for \$7,522 and timing accounted for another \$3,300. Total checking and savings account balances were \$207,692 as of the end of March, of which \$54,342 is unrestricted cash and \$153,350 is restricted cash. The Prudent Reserve was funded in March. The Prudent Reserve is \$113,068 of which \$98,091 is held in a CD and the balance of \$14,977 is held in a regular savings account. That money will be combined into the CD when the CD matures this October. In the meantime, the \$14,977 will be moved into a savings account with a higher interest rate (3.15%) in May.

Central Office Manager's Report: Maury P. gave the report. Any group changes need to be reported to Central Office ASAP to be made in the next meeting schedule. The June meeting will start with our Annual Meeting, and then followed by the regular monthly IFB meeting. Missing both meetings will count as two consecutive absences as the roll call will be taken at both meetings. Reps for groups that meet on Monday, Tuesday, Wednesday or Thursday are rotated on even-numbered years, and those that meet on Friday, Saturday, Sunday or daily are rotated on odd-numbered years. IFB Rep terms are for two years, and two consecutive terms may be served. She encouraged and challenged Reps to get other volunteers involved in the IFB and committees.

Central Office Committee Report: Steve N. gave the report. The COC discussed the Central Office Manager's report, the Treasurer's report, health and dental insurance coverage for Central Office employees and how to attract more volunteers into the service community.

IFB Liaison Reports:

GSO, SF: Karen S. reported that one of the discussion topics at the upcoming GSO meeting will be "Do we lose our community of service with service rotations?"

GSO, Marin: NR

Teleservice, Marin: NR

PI/CPC, Marin: NR

Bridging the Gap: NR

Spirit of San Francisco: NR

H&I: Alan Y. reported that the committee is very active with a variety of projects. The recent 37th annual H&I conference was a success.

Living Sober: Alejandro D. reported on the conference that will be held at the Grand Hyatt downtown over the 4th of July weekend. Up-coming events were announced.

Committee Reports

Access Committee: Elizabeth B. gave the report for Virginia. They recently held a retreat to discuss how as a committee they can be of service to AA members, to service committees and Central Office.

12th Step Committee: Victor V. gave the report. The committee presents various service workshops, maintains and updates the 12-Step list and oversees the Sunshine Club. Stu S. volunteered to serve as the new chairperson for the committee and was unanimously approved.

Archives Committee: Bruce K. reported on how the committee documents and preserves Bay Area AA history.

Orientation Committee: Patty M. gave the report. The committee educates new Reps about the IFB. Both members of the committee rotate out next month, so volunteers are needed to take over the committee.

The Point Editorial Committee: Victor V. gave the report. He rotates off and the committee needs a new chairperson and other volunteers. He then discussed the lead article in The Point regarding book sales and AA's mandate of being self-supporting.

Website Committee: Michael P. gave the report. The committee met with the PI/CPC and Teleservice committees. The committee is also looking for a web designer for consultation.

Outreach Committee: Jaime G. reported that the committee was formed to attempt to establish contact with all meetings listed with the Central Office.

Fellowship Committee: Rebecca D-S. reported on the Founders' Day on June 14th. Flyers were distributed.

Special Committee Reports:

Teleservice: A written report was submitted. A chairperson is needed for this committee.

PI/CPC: Bruce K. reported on the DUI classes and presentations made and scheduled for schools and professional organizations.

Other Actions:

Second Presentation of Bylaws Changes: Bylaw changes were read for the first time. They will be read at the next 2 IFB meetings, and then voted upon by the Reps. The changes include:

Meeting with committee chairs and members. The 7th Tradition was observed. A motion to adjourn was made and seconded. Unanimously passed, and the meeting ended at 8:50PM.

Respectfully submitted,

Ken J, Secretary

The next IFB meeting is on Wednesday, June 4th, 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.



H.O.W.-

HONESTY, OPEN-MINDEDNESS, AND WILLINGNESS

by Bree L.

"Yes, I lied about my drinking. I thought I was protecting the people I lied to at the time. I drank secretively in private for several years and lied repeatedly. I drank vodka, because I thought no one could smell it but didn't know that if one drinks enough the smell comes out of your pores. I'd have blackouts. People would invite me out when my partner was away and I'd say no, because I wanted to be alone and drink. One time I fixed dinner, was on the phone with someone and ate the dinner, all in a blackout. My partner asked about dinner and I had no idea what had happened to the meal. Another time I was in a blackout and my partner thought I was having a stroke. She confronted me and I lied; I reached bottom when I couldn't lie any more. The first honest action I took was admitting to myself, God and my therapist, I was truly out of control and couldn't function alone."

The first time Kris B. heard about H.O.W. was in rehab. "It hit me like a sack of potatoes," she says. "I found that the H.O.W. of my own program depended on my honesty, my openness and my willingness." Today she sees the many ways of fooling herself was only hurt in disguise. Lying was an efficient way to protect herself. For example, in rehab she started smoking again. She'd told everyone she'd quit drinking but now was back puffing away. She couldn't tell those who cared, especially her partner. The solution was to quit again rather than fess up to her smoking relapse.

H.O.W. is a way of life for Kris now, as she approaches the end of her second year of sobriety. It is like peeling back the layers of an onion. She has discovered how difficult

total honesty can be. When drinking, she never questioned incidents of dishonesty but now asks "What does this really mean?" She sees all her hiding as a way to save herself from situations that called for personal responsibility and openness. This was pertinent when it came to working with her sponsor, as well as her therapist. Kris said at first she didn't know how to do it, to allow herself to be so vulnerable.

Her Fourth Step had details of her life she never ever wanted anybody to

know. She had to ask herself why it was necessary to be so protective.

Willingness is an action word for Kris. She sees it as a slingshot with a rubber band and wants to take actions different than before. Willingness is a key ingredient for change, a stepping off point for action. She asks herself, "Am I willing to say something about this? Am I being honest?"

She is moving away from being dishonest, isolated and rigid to being honest, open and willing, which is H.O.W. the program really works.



Cunning, Baffling & Puzzlefuf

Find each of the following words, which come from the Sixth Step, Tradition or concept. Words may appear backward, forward, horizontally, vertically or diagonally.

INITIATIVE
SHORTCOMINGS
RESPONSIBILITY
TRUSTEE

REMOVE
NEVER
READY
WORLD

OUTSIDE
DIVERT
ENTIRELY
PRESTIGE

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

Financial Statement

March 2008

	Mar 08	Jan - Mar 08		Mar 08	Jan - Mar 08
Ordinary Income/Expense					
Income					
Contributions from Groups			Internet Expense	110	165
Group Contributions	12,465	38,867	Office Supplies	395	840
Honors	38	86	Shipping	44	36
Contributions from Groups - Other	204	1,201	Equipment Lease	0	1,804
Total Contributions from Groups	12,708	40,154	Repair & Maintenance	292	1,778
Contributions from Individuals			Security System	34	101
Individual - Unrestricted	215	1,984	Telephone	546	839
Faithful Fiver	450	1,115	Phone Book Listings	163	245
Honorary Contributions	185	4,375	Bad Checks	0	7
Total Contributions from Individuals	850	7,474	Miscellaneous Expense	0	0
Gratitude Month			Total Expense	11,174	41,350
Gratitude Month - Groups	764	3,170	Net Ordinary Income	6,537	20,559
Gratitude Month - Individual	0	154	Other Income/Expense		
Total Gratitude Month	764	3,324	Other Income		
Sales - Bookstore	10,098	29,409	Interest Income	40	126
Newsletter Subscript.	55	199	Total Other Income	40	126
Total Income	24,476	80,559	Other Expense		
Cost of Goods Sold			Depreciation Expense	76	227
Cost of Books Sold	6,764	18,370	Amortization Expense	46	138
Credit Card Processing Fees	0	280	Total Other Expense	122	365
Total COGS	6,764	18,651	Net Other Income	-82	-239
Gross Profit	17,711	61,909	Net Income	6,456	20,320
Expense					
Unreconciled Bank Adj	0	-150			
Special Events Expense	0	13			
Employee Expenses					
Wages & Salaries	4,948	20,188			
Employer Tax Expenses	513	2,827			
Health Benefits	653	2,517			
Total Employee Expenses	6,113	25,532			
Professional Fees					
Computer Consulting	0	169			
Total Professional Fees	0	169			
Bank Charges	0	33			
Postage					
Bulk Mail	300	550			
Postage - Other	164	264			
Total Postage	464	814			
Rent - Office	4,147	12,440			
Rent - Other	75	300			
Access Expenses	375	375			
Insurance	0	1,824			

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