

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2008
8
AUGUST

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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A SHOT OF WHISKEY IN YOUR MILK *by Jimmy J.*

I once read a story in the Big Book, in the chapter "More About Alcoholism." It was about a guy named Jim who had recently gotten sober. He had gone to a diner to get a sandwich. He got it into his head that if he put a shot of whiskey in a glass of milk, it would be okay.

I always thought it was the stupidest thing I had ever heard of.

Or at least it was, until the winter of 1995. My psychiatrist put me on a tranquilizer. I had over three years and ten months clean and sober and had begun drinking near-beers. Then one night, I had some "normy" friends over and while I was pouring them beers, I got the

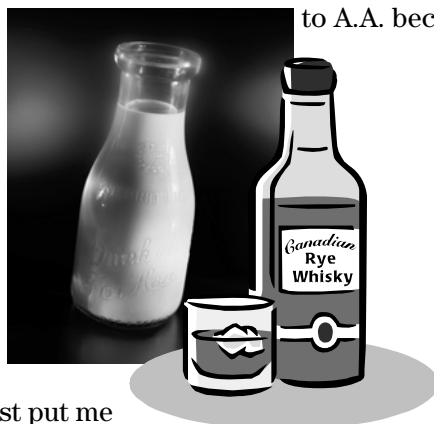
idea that, since the near-beers contained a tiny percentage of alcohol, it would be okay to add a little bit more. So I added a little bit of real beer to my near-beer, and off I went.

Five years and a botched suicide attempt later, I went crawling back

to A.A. because by then it had

become that "last place on earth." After a lot of hard work, I began to feel the presence of God in my life again. I made and lost friends. I kept, then lost, then won back a long-term relationship. I went through

two jobs, moved to Mexico, moved back, and then life very suddenly stood still. I was having panic attacks. I fought with my partner. My





(Continued on page 6)

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

monthly calendar

Events, Highlights and Happenings

august 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Persons requiring reasonable accommodations at meetings of IFB, COC, IFB committees and service events sponsored by the preceding entities, including sign language interpreters, assistive listening devices or print materials in alternative format should contact: Central Office (415) 674-1821 no less than five business days prior to the event.</p> 					1	2
3	4 <u>FIRST MON</u> Access Committee, Central Office; 5:30pm	5	6 <u>FIRST WED</u> Intercounty Fellowship Board Orientation 6 pm, Annual Meeting 7 pm, 180 Harrison Ave., Sausalito, CA; Star of the Sea Church)	7	8	9 General Service Summer Assembly, Daly City, CA see pg. 3!
10	11 <u>SECOND MON</u> SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee Central Office; 7 pm	12 <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	13 <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	14 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office; 6:00 pm	15	16
17 <u>THIRD SUN</u> Archives Committee, Central Office; 2 pm Business Meeting followed by Work Day	18 <u>THIRD MON</u> SF Teleservice Central Office; 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	19 <u>THIRD TUE</u> San Mateo General Service, St. Andrews Church; 7:30 pm	20 <u>THIRD WED</u> Website Committee, Central Office; 6:30pm	21	22	23 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
24 31	25	26 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	27	28 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	29	30

coming UP

mark your calendar

TIBURON HAVEN GROUP

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

August 24, 2008:

Nikki N., Hollywood, CA

Childcare Available!

Special 90 Minute Meetings Listed Above!
Meets 12noon Every Sunday for its regular
Open Speaker Meeting!

2008 Pacific Regional Forum!

August 29 - 31, 2008

Doubletree Hotel

Spokane, WA

More info at www.aa.org or
from G.S.O. at 212-870-3400

Everyone Welcome!



PENYPAA Bonfire Meeting!

Friday, August 29, 2008

Ocean Beach

Great Highway & Lincoln Ave., S.F., CA

Speaker Meeting: 8pm

Please call Cassandra at 415-368-7934
for exact location!

Young People's Meeting &
Everyone is Welcome!

AUGUST SPEAKERS

BRISBANE BREAKFAST BUNCH

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

Date:	Speaker:	From:
08/03	Garret L.	San Francisco
08/10	John S.	San Mateo
08/17	Brad K.	San Francisco
08/24	Herb L.	Pacifica
08/31	Sam B.	San Francisco

TUESDAY DOWNTOWN

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

Date:	Speaker:	From:
08/05	Betty W.	Thursday Night Women's
08/12	Al W.	Sunday Bookworms
08/19	Margaret B.	The Drive Thru
08/26	Glenn R.	A is for Alcohol

FRIDAY NIGHT ALL GROUPS

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

Date:	Speaker:	From:	Host Group:
08/01	Betty W.	Thursday Night Women's	Mid Morning Support
08/08	Austin R.	West Hollywood Key Club	Huntington Square
08/15	Robert B.	6 AM Marina Dock	Friday High Noon
08/22	Jody L.	Sutter St. Beginners	Lukes Group
08/29	Nancy Mac.	Pleasant Hill Group	Midnight Meditation



SUMMER ASSEMBLY 2008!

CNCA & General Service District 5, San Mateo, present a day of
Fellowship, Fun & Discussion of A.A.'s Future!

Saturday, August 9, 2008

Morning: Registration, Orientation & Business Meeting

12noon: Lunch

Afternoon Workshop Sessions: 1pm to 2:15pm, 2:30pm to 3:45pm

Report Backs & What's on Your Mind?: 4pm to 5pm

Westlake Pacelli Event Center, 145 Lake Merced Blvd, Daly City, CA;

More info: www.cnca06.org. **Everyone Welcome!**

Trusted Servant Workshop!

Learn about being an I.F.B. Rep for your Group!

The I.F.B. makes decisions about Central Office that
directly affect you and your Group. Snacks will be served!

Saturday, September 6, 2008

10am to 11:30am

Central Office, 1821 Sacramento St., S.F., CA



New Meeting:

Fri	5:30pm	Mission Bay	SAY HEY GROUP, Center, 225 Berry St./ 4th St. (BB)
Fri	8:00pm	Mission	COME BACK GROUP, Mission Fellowship, 2900 24th St./ Florida (SD)

Meeting Changes:

Mon	8:00pm	Novato	NOVATO MONDAY STAG, 1180 Lynwood Dr./ Midway Blvd. (was 853 Tamalpais Ave.)
Tue	8:00pm	Novato	NOVATO BASICS, 1180 Lynwood Dr./ Midway Blvd. (was 853 Tamalpais Ave.)
Wed	8:00pm	Laguna Honda	WEST PORTAL, 501 Laguna Honda Blvd. (was 8:30pm)
Sat	8:30am	Novato	AWAKENINGS, 646 Canyon Rd./ Hill Rd. (was 853 Tamalpais Ave)

No Longer Meeting:

Sat	1:15pm	Hayes Valley	SERVICE CONNECTED, S.F. Alano Club, 1748 Market St.
Sat	3:00pm	Hayes Valley	HOW IT WORKS NOW, S.F. Alano Club, 1748 Market 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 - JUNE 2008

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

San Francisco -

7am Speaker Discussion Thu. 7am; **Acceptance Group** Mon. 5:30pm; **Any Lengths** Sat. 9:30am; **Artists & Writers** Fri. 6:30pm; **Bernal New Day** Fri 7:30am; **Be Still A.A.** Sun. 12:15pm; **Big Book Basics** Fri. 8pm; **Embarcadero Steps & Traditions** Mon. 12:10pm; **Gay Beginners Living Sober** Fri 7pm; **Happy Hour** Fri. 6:30pm; **High Noon Wednesday** Wed. 12:15pm; **Queers, Crackpots & Fallen Women** Mon. 5:30pm, **Lincoln Park** Sat. 8:30pm; **Monday Morning Men's Meeting** Mon. 6am; **Sesame Step** Tue. 7:30pm; **Stonestown** Mon. 8pm; **Sunday Night Castro Speaker Discussion** Sun. 8pm; **Sunset 9'ers** Tue. 9am; **They Don't Know Who We Are** Sat. 7pm; **Tuesday Big Book Study** Tue. 6pm; **Tuesday Night Step** Tue. 7pm; **We Care** Tue. 12noon; **Women's Kitchen Table** Tue. 6:30pm

Marin -

Attitude Adjustment Sun. 7am; **Closed Women's Step Study** Tue. 3:30pm; **Noon Discussion** Thu. 12noon; **On Awakening** Sun. 5:30am; **Primary Purpose** Wed. 8:30pm; **Reveille 5D** 7am; **Tiburon Big Book Group** Wed. 7:30pm; **Upon Awakening** Tue. 5:30am

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!

Check out
"Meet the Meeting"
on page 8 of this issue!

Contact
thepoint@aasf.org to
have your group featured
in an upcoming issue!

From the Editor

This issue has a serious theme—Relapse. Even if you haven't relapsed yourself, you probably know someone who has. If you're like me, it's frightening when someone you know—or think you know—takes a drink. The featured articles this month remind us of what hell is out there when we pick up a drink. And the *Bulletin Board* provocatively takes on the idea of "relapse as part of recovery."

Read the "Longtimer" interview for the mystery of the pink can . . . and *Wisdom to Know the Difference* for honesty and how to work the program no matter what. Our very own Madame Salami has words of wisdom for you in this month's *Sober-scope* regardless of your birth date.

In other matters, *The Point* committee continues to grow and change. Our new chair, Rich H., is also a regular contributor. Michael M. does the hard work of recording secretary (try keeping up with this VERY VERBAL group of alcoholics who talk all over each other). And did you notice that much of our layout has changed? Join us in welcoming Chris C. to *The Point* as our new layout person. Bree L., Victor V., and Maury P. continue to provide experience and articles. We've had some new folks attend the occasional committee meeting and we look forward to more new blood in coming months.

—The Editor

the
Point

Inside this Issue

August 2008

A Shot of Whiskey in Your Milk	1
August 2008 Calendar	2
Coming Up	3
Meeting Changes	4
Trusted Servant Registrations	4
From the Editor	5
Editorial Policy	5
Recent Deaths	6
Dear Alky	7
Bulletin Board	7
Meet the Meeting: Steppin Up	8
What Happened to the Wisdom to Know the Difference?	9
Faithful Fivers	10
Conversations with Long-Timers	10
Return to 24 Hours	11
Undone by Travel	12
IFB Meeting Summary	13-15
Memorials and Anniversaries	15
Group Contributions	16-17
Sober-scope	18
Cunning, Baffling, Puzzling	18
Financial Statement	19

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.

The Point illustrates the shared experience of individual A.A. members working the A.A. program and applying the spiritual principles of the Twelve Steps. Yet what works for one individual or A.A. group may not always work for another. For this reason, from month to month, articles may be published that appear to contradict one another. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful

or contentious manner, The Point tries to embody the widest possible view of the A.A. Fellowship.

The Point welcomes submissions from to all A.A. members in San Francisco and Marin counties. Nothing published should be construed as a statement of A.A. policy, nor does publication constitute endorsement by A.A. as a whole, the Inter-county Fellowship Board, the Central Office, or The Point Editorial committee. Submissions of letters or articles that help communicate an individual's experience, strength and hope and carry the A.A. message are welcomed.

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.

A SHOT OF WHISKEY IN YOUR MILK

(Continued from page 1)

doctor prescribed medicines for the panic attacks, then stopped. STOPPED!!!

Somehow, I got the idea that, since it had been prescribed, it would be okay if I found another source. I found “noprescriptionneeded.com” and continued my medicine regimen, but with the proper dosage. Then I “prescribed” myself more and different meds. My alcoholic-addict mind found reasons to take them very quickly. At social occasions I even snuck a few drinks here and there. (Mind you, EVERYBODY in my life knows I “don’t drink.”) I don’t know what I was thinking by this point. I don’t know how I was able to keep going to my meetings and pretending everything was okay.

A couple of months went by like this, and one day I realized how far I had strayed. I went to a meeting. Just before going inside, I opened

*“then I ate a box
of tequila-filled
chocolates—that wasn’t
taking a drink, was it?”*

my pillbox, dumped the contents in the gutter and smashed them. In I went, raised my hand as a new-comer, put my head down and sobbed through the whole meeting (Like a good alcoholic, I’ve always had a flair for the melodramatic.) I had to wean myself off the prescription meds, at my doctor’s advice, and then I ate a box of tequila-filled chocolates—that wasn’t taking a drink, was it?

I had hoped that that would be the end of it, but I had one more incident with a Christmas “gift” of pot cookies. It felt nice for a few minutes, but it was just all too familiar and I was able to see down the road it would take me.

That was three months ago. I started working the steps again, though I’m stuck at Step Four right now. I know that all I’ll ever have is today, but I miss the feeling of having a lot of “todays” behind me. Jim’s story isn’t stupid. There are a million ways to sneak a shot of whiskey into a glass of milk, I’ve learned. Whether it’s literal, like our friend Jim, or slowly medicating your way to the bottle, the result is inevitably the same. It’s not stupid; it’s not crazy or silly. I have a disease that tells me I don’t have a disease. My disease is like a corrupt lawyer who looks for any possible loophole to make it okay to put mind-altering substances into my body. My only defense is a healthy spiritual condition maintained by meetings, the steps and, most important, reaching out to the fellowship of A.A. I can only hope I remember this on a daily basis.

Recent Deaths

Brian D. - 31 years

Jessica R. - 4 years

Richard O. - 45 years

We print name of any sober member who has recently died when the information is shared with us. Unlike the **Ongoing Memorials** section, which appears on page 15, **Recent Deaths** is intended for information only and the listing is not dependent upon a contribution in the name of the deceased.

Dear Alky...



Dear Alky,

Is it okay for the secretary to share during the meeting? When I led a meeting, someone nicely told me that the secretary wasn't supposed to share as he or she was in charge of the meeting. I have noticed a lot of secretaries who don't know or follow this rule and I'm wondering if it is, in fact, a rule, or someone's idea for hushing up the secretary.

What's the rule?

Thanks,

Reticent Roberta

Dear RR,

It's neither of the above. A.A. doesn't have any "rules" to speak of and certainly this isn't one. Some meetings have a convention or common practice that the secretary serves simply to facilitate the meeting and does not share. Perhaps some meetings even take a group conscience to decide that such a practice will be part of the format of the meeting. (A group is entitled to make any decisions for itself that will not affect other groups or A.A. as a whole—per Tradition Four.) Alky hasn't actually ever been at a meeting that had ratified an official "Shut Up,

Secretary!" rule. But we are alcoholics and we do like to make—and break—rules.

In Alky's observation, plenty of secretaries do share, at least in San Francisco meetings. In another observation, we alcoholics love to critique each other. So, if you feel like sharing and you happen to be the secretary, I say "go for it!" And don't let the grumpies get you down. By the same token, be sure not to take your meeting hostage and ensure that the spirit of rotation applies to sharing as well as to service positions.

—Alky 



"RELAPSE IS PART OF RECOVERY..."

by Rich H.


REALLY? I've been hearing this statement quite frequently these days, and it really bugs this old-timer. This concept is not mentioned by any piece of A.A. literature. It probably emanates from the rehabs created several years ago in response to the "treatment not jail" ballot initiative. My sense is that the harm reduction community scripted this phrase to justify its existence, as well as to increase the esteem of recalcitrant clients.

My 32 years of careful listening and responsible sponsorship have given me a different view, which is simply that a slip, or so-called relapse, is a

"Don't drink even if your butt falls off. If it does, pick it up and take it to a meeting!"

very non-routine, catastrophic and life-threatening event for a recovering alcoholic, and must not be downplayed merely to make us feel better about ourselves. A slip is the predominant symptom of complete failure of the new member's recovery. It just might bring on the pitiful and incomprehensible demoralization

that serves as the final bottom for a member still struggling with sobriety. Sadly, it is too frequently a precursor to death or a wet brain.

We have a useful saying around San Francisco: "Don't drink even if your butt falls off. If it does, pick it up and take it to a meeting!" And if you do "slip," KEEP COMING BACK—to Alcoholics Anonymous. Get yourself a sponsor whose life makes sense to you, one who exhibits humility and humor, one who has experienced the Ninth Step promises and shares his experience, strength and hope. Do what is suggested. 

MEET THE MEETING: STEPPIN' UP

by Jill McG. (with John T.)

A COUPLE OF ALCOHOLICS AND A RESENTMENT

My husband and I moved to Daly City in 2002. After getting sober in San Francisco, we both had gotten used to having lots of meetings to choose from. Getting adjusted to a much lighter schedule of meetings on the Peninsula was proving challenging.

Early one Tuesday night, we drove to two different meetings. The first turned out to be a women's meeting (though not indicated as such in the schedule), and the second was no longer in existence. Of course, we were using an old schedule. However, we were frustrated! We are both early-to-bed and early-to-rise types, so we like early meetings, and there weren't any.

We both felt a resentment coming on and began talking about a solution by filling that Tuesday night gap. After much discussion, we decided that a Tuesday night step meeting would be a good addition to the A.A. schedule. The format part was easy: I always felt strongly that a step meeting should begin with a reading of the step. And this format also eliminated the need to find a speaker every week.

Our next task was to find a location. We inquired about locations and rents. Turns out (in 2004), rents were in the \$45 to \$60 a month range. I thought, what if we only get



seven or eight people a week? That doesn't pay the rent. With a bit of negotiation and research, we found a place that was willing to charge less, IF we agreed to not serve food or coffee (this was in the vestibule of a church with a nice rug). The location, 777 Brotherhood Way in San Francisco, had a huge parking lot and was easily accessible from our home in the Westlake district of Daly City. It seemed it would attract alcoholics from the Sunset District plus the Daly City folks. We sent a flyer to Central Office in San Francisco and listed the meeting, requested a new-meeting packet and

opened the doors at 6:30 p.m. on Tuesday, March 2, 2004.

The first year, we managed to attract a small but loyal group. Almost four years later, we still have a small but loyal group with some wonderful recent recruits. The Steppin' Up Group usually draws about 12 to 15 people. In fact, we saved a telephone list from our first year, and eight of the eleven members who attended then still attend. One member (Lita G.) passed away, one moved on to other meetings, and another moved to Santa Fe.

Gradually, our little fellowship became a group rather than a meeting. We have sustained and shared the many joys and occasional grief of our fellow group members: a mom's death, two happy work retirements, a wedding, a member's death of cancer, a job promotion, a reunion with an adult child, a successful surgery, a reconnection with a sibling, a move from an employee to part owner of a successful business, a guest spot on a cable television show and much, much more. Through all the ups and downs of living sober, we discuss how the steps can guide us along.

A couple of alcoholics and a resentment—you never know where it will take you. 

The Sunshine Club can use YOUR Help!

The Sunshine Club can use donations of old CD players, small tape decks, walkmans & copies of the AA Grapevine for members who are hospitalized or homebound due to illness or injury. Please contact Central Office at 415-674-1821 if you can help!

WHAT HAPPENED TO THE WISDOM TO KNOW THE DIFFERENCE?

by Anonymous

The Ninth Step promises have all come true for me after five and a half years of being sober the A.A. way. Now I am faced with life on life's terms.


I have been married for five years and have been living with my wife for ten. She stood by me while I drank, lied, stole, cheated, and manipulated. She saw hope for me and believed that someday I could be the person she saw underneath the alcoholism. I was needy and she was needy when we met. We fulfilled the need for companionship, friendship, sex, etc. I have grown in the program of Alcoholics Anonymous. I am at peace with myself and have learned to live in my own skin. I know what serenity is today. I have a whole network of people that I can turn to for help.

Today I am faced with probably the most difficult situation in my life. My wife and I are very good friends, but we have grown apart. We spend time together on the weekends and enjoy one another's company. However, I

feel that we live together only as roommates or as friends. I don't feel like we are husband and wife. The sexual intimacy and the desire for sexual intimacy are gone. I am 50 years old and don't know if I should stay in the relationship and continue to live life just accepting things the way they are and not being happy with the relationship, or should move on. Is it me who is not happy with myself?

A.A. has taught me to be willing to accept the things that I cannot change, has given me the courage to change the things that I can, and the wisdom to know the difference. Right now the wisdom to know the difference is not evident as the emotions of the failing relationship continue to surface. We are at peace with one another and are talking like adults. Sometimes I feel it would be easier to get into an argument like I used to do in relationships and tell the other person to go jump into a lake so I could just pack my bags and leave. For

some reason, I cannot do that anymore. A.A. has taught me to deal with life on life's terms.

You may say, what does all of this have to do with staying sober and A.A.? Let me tell you, if I were drinking, I would not even be writing this article. Getting drunk is how I dealt with issues like this in the past. Instead, I am doing the same things that I did when I got sober. I am going to 90 meetings in 90 days, calling my sponsor every day, and working the Twelve Steps of A.A. around relationships. In order to gain the wisdom to know the difference, this is what I know to do! It is absolutely amazing to me how great things can be in life, and then, all of a sudden, here comes a trial and tribulation that is unavoidable. I know that I must continue to go to meetings, reach out to sponsees, be of service, and most of all, reach out for the hand of A.A. that is always there to help! 

Join the Sunshine Club!



Help take Meetings to Members who are hospitalized or homebound due to illness or injury.

Attend the Sunshine Club Workshop at 9:00am on **Saturday, August 23, 2008** (following the 8:00am *Too Early Meeting*)

St. Dominic's School Cafeteria
2445 Pine St.
at Steiner St

Please call Central Office at 415-674-1821 for more information.

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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.	Jeff B.
Ann & Denise	Jim H.
Barbara M.	Judi C.
Beverly C.	Karen K.
Bruce D.	Kathleen C.
Caroline A.	Lauren H.
Casey L.	Leo H.
Catherine S.	Lisa M.
Celia H.	Liz & Aiden D.
Dan & Sherry T.	Lyle W.
David J.	Margarite S.
David P.	Marty C.
Dennis & Lucy O.	Mary F.
Dick F.	Michael W.
Donald Ray N.	Pat P.
Doug C.	Paul W.
Elizabeth S.	Peg L.
Esther R.	Pene P.
Fay K.	Robert W.
Frances L.	Sam V.
Giles H.	Sheila H.
Greg S.	Steve A.
Greg W.	Steve F.
Herman B.	Stu S.
Jane K.	Sylvia D.
Janet B.	Tim M.
Jeanne C.	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!



CONVERSATIONS WITH LONGTIMERS

as told to the Drunk Whisperer

Ernie B., at age 91, has been sober almost 52 years. He was fun to interview because he laughed a lot: at himself, at life, and at the antics of alcoholics. We wanted to interview Ernie B. due to his long service with H&I; Ernie was self-deprecating about his achievements in this regard, and consistently attributed any success to the work of others.

Q. What is your sobriety date?

A. October 30 or 31, 1956. I was ready to die. I heard a guy come into the bar, making book on the fact I wouldn't live for six months. I've gained forty pounds—can you imagine? [Ernie is a very slim man today.] The speaker at my first meeting, he said, "There are no big shots in A.A." I got red all over. How did he know? All my life, I wanted to be a big shot. Grandiose. I planned about five different lives on the barstool.

Q. Did you have a home group right away?

A. I went every Tuesday night to my home group [at Park Presidio] until I got the hang of it. It was a family group—the nonalcoholic wife or husband also went. I still think of those people today, how warm they were to me. I hung out there for about four months or so. I had a fear of talking, so I just went to speaker meetings.

Q. You didn't want to share in meetings?

A. No. I had a lot of fear, especially of talking or saying anything. Then they asked for a new chair and no one would volunteer, and I said, maybe they're scared, like I am. So I volunteered for coffee. So I did coffee for

three years, just to get out of speaking. [laughter]

Q. Did you finally get over your fear of speaking?

A. No. But I did Twelve Step calls anyhow. You don't have to know much, somebody puts you on a call with a drunk and you know how it was. They need a little company and I'd take them to meetings. I went on a Twelve Step visit, and this guy's room looked like mine did when I was drinking.

His bed was just a mattress and bottles all over—it was awful.

Q. Any changes in A.A. since you've been in?

A. When I came in, there were about 150,000 members in A.A. [total in U.S.]. People talked about how long you had to go before you were recovered: three, five, six years. I was reading in the history of A.A., that when the membership was about 175,000, all of a sudden, about 100,000 dropped out. They "graduated." Then Bill Wilson started writing about lack of sponsorship—so then you heard: sponsorship, work with the newcomer. Then it grew again.

Q. What about your work with the Hospital and Institutions Committee?

A. When I did H&I, like I did for years, you get four guys in a car—you have another meeting in the car, one coming and one going back. Returning, I looked out at the sky and I could see where God lived. I felt real spiritual. I was able to say something to be of use to somebody. I enjoyed going to prisons because I came to in a padded cell one time, I didn't know where I was. I had had a brain seizure and I

(Continued on page 11)

RETURN TO 24 HOURS: RELAPSE

by Heather

The day I stepped out of inpatient rehab, I told myself I'd learned my lessons. I attended my yearlong once-a-week group counselling session and felt all set for sobriety.

It didn't happen that way. I soon relapsed and not just once.

The facility told me I had to attend relapse prevention sessions, deflating my pride and reducing my free time. I was angry. But that anger didn't last long. Soon, I found that the subjects that came up, the feelings that came up and the solutions that were offered put me on firmer footing.

Many alcoholics know the hard lessons of relapse. It is estimated that more than half of people seeking relief from alcoholism have drunk again. Your relapse hangover doesn't have to be from alcohol, either. Many people switch addictions—even to relatively benign ones like shopping. That enormous Visa bill is a sign that you might want to go over the reasons you came to A.A. in the first place. The Twelve Steps help us break down where we are still vulnerable to the need to escape, and

they can apply to virtually anyone who repeatedly leaves reality.

*"I'm still learning
from my mistakes."*

Though a relapse brings with it the same horrific depression and shame as that last drink brought, it can be put to work. Relapsers can combine what they have learned before and what they know now to make changes for the future. If we can look our reasons squarely in the eye, we relapsers can learn about what triggers that strong urge to escape. Is it the burden of responsibility? The habit of cooking drunk? Happiness? A warm day?

This is never easy the morning after, when regret, depression and shame swirl into a dangerous cocktail that threatens to send us out again. Some relapses last a day. Others last years. Many A.A.s who had years of sobriety before relapsing have attested to the difficulty of coming back after relapse, and many say embarrassment kept them away.

A.A. requires relapsers to change sobriety dates, and some view the re-entry as punishing. But seen in another light, it is humility rather than humiliation. "I have 24 hours, just like everyone else in this room," says one A.A. with 20 years.

Long-sobor A.A.s who return to 24 hours do a great service to newcomers, showing a willingness to start all over when life seems hardest. Calling attention to new sobriety attracts friends and phone numbers that contribute to a solid sober foundation. Finally, tales of relapse remind old-timers of the horrors of drinking, contributing to their sobriety.

I'd like to say I stayed sober after that year in relapse prevention, but I didn't. From booze to pot to heroin to booze to Vicodin, I'm still learning from my mistakes. My A.A. community has been there, done that. They have insightful advice for me. I am welcomed, not judged. I'm told my experience will help others, and that kernel of hope gets me through the dark day of vomiting, acid stomach, headache and exhaustion. **TP**

(Continued from page 10)

kicked off the bar, backwards and I hit my head, knocked myself out. I thought the ambulance was the police, so I started fighting them. So they put me in a straitjacket. Anyway, I started going to these prison meetings. After about three months, I was elected chairman of H&I Area 4. I thought, "I'm not responsible; I can't do this job; they got the wrong person." I had a real hard time getting started. I started going to new meetings just to pick up members for the H&I Committee. Then the pink can got started with Bill G., the outgoing H&I chair, later the representative to New York [area delegate]. We didn't know how they

[members and secretaries] were going to take this, so we just asked for pennies. We used to take in about \$60 a year. Then Harold F. became chair and he got it up to \$1,700 a year!

Q. So the pink can started in San Francisco?

A. Yes. It's spread now, I'm not sure how far. In California, anyhow.

Q. You've had some depression?

A. Oh, yeah. It was terrible. I prayed and prayed and it didn't work. I couldn't sleep. What I did was open the Big Book and turned to the chapter, Working with Others. And it said, "Practical experience shows that nothing will insure immunity from drinking as much as working with other alcohol-

ics." So I went to a meeting, found a newcomer from Skid Row and bought him some groceries. He didn't want any money. I went home—and I slept like a baby. It was a real miracle. It also helped that Bill Wilson had depression and wrote about it.

Q. Last words, Ernie?

A. Honest to God, these last few years have been the happiest of my whole life. Full of love. I go to meetings here at the Daly City Alano Club and they gave me this coin for 50 years of sobriety. It said "L" on it. [L is the Roman numeral for 50.] I thought it meant love! **TP**

UNDONE BY TRAVEL: RELAPSE ON THE ROAD

by Dianne E.

I was very ill during my first year of sobriety. The liver disease that sent me reluctantly into recovery waited until I stopped drinking to really show its effects, and I attended my recovery program in a kind of daze of poor health. I had to stop drinking, but I resented the need to do so. As my current sponsor says, I was addicted to oblivion, and very definitely did not want to give it up. I had never been a joiner of groups or clubs, and thought A.A. was a cult with nothing to offer me. Despite feeling very ill, or perhaps because I hadn't the energy to resist, I did attend 12-step meetings as required by my recovery program. I even found a sponsor and worked the first few steps.

After about a year without drinking, my health improved dramatically. I was no longer a potential liver transplant donee, and was able to live a social and active life. My relationships with family members and old friends were much improved. Unlike my days of drinking, I could remember conversations from the night before and show up when I said I would. I was more outgoing and less depressed than I'd been for years. As everything improved, I felt secure in my sobriety, attended meetings less frequently and drifted away from my sponsor.

Travel has always been a favorite pastime for me, and I felt well enough, so, with about 18 months of sobriety under my belt, a friend and I set off for Thailand. After a while, in the warm weather, the beers at lunch began to look very refreshing, although beer had never been my

drink. When I ordered one at lunch one day, my travel partner looked at me askance, but said nothing.

As time went by, we were invited to join other members of the tour



group for “cocktail hour” before dinner. Initially, I ordered sparkling water, but looked enviously at the others with real drinks. Ultimately, I ordered a cocktail and then after-dinner drinks too. It was then that my friend expressed his concern, so, with an amount of effort that surprised me, I stopped ordering drinks. This was toward the end of the tour, when my friend would go home, leaving me on my own in Thailand for another ten days. I spent those ten days drinking every night. I should note that it never occurred to me to seek an A.A. meeting during the trip.

Upon my return home, I was terrified that my drinking had further damaged my liver, and I was going to die. I confessed my drinking at my recovery program and had liver

function tests done. I was very lucky. A year and a half of abstinence had sufficiently strengthened my liver that this episode of drinking had not caused major harm.

But I still was not willing, honest or open-minded about abstinence and the tenets of the A.A. program. I understood that drinking was a death sentence for me, but I still wanted to get high. Since I was subject to drug and alcohol testing in my recovery program, I cast about for a way to get high that would be undetected. I found a drug I could use without anyone knowing, and soon was paying large amounts in order to use lots of it every night.

My evenings were once again taken up with getting high. My social life dwindled, and my productivity decreased. In a few months, I landed in the hospital, but even that didn't stop me for long. I had taken a commitment at an A.A. meeting, and while using, continued attending meetings. Despite myself, I began listening at the meetings and even admitted to myself that there might be something to the program of A.A. I began feeling like the fraud I was, attending meetings and still using. Again, I confessed and started over.

That was 20 months ago. Now, I have a great sponsor, I work the steps and I perform service. I have real relationships with people in the program. I've been able to travel without drinking or using. I lead a relatively happy, productive life on life's terms, and I'm beginning to see some of the Ninth Step promises come true. **TP**

IFB MEETING SUMMARY — JULY '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	July	Intergroup Rep	Group	July	Intergroup Rep	Group	July
Alejandro D	Living Sober With HIV	A	Jackie B	Sisters' Circle	A	Patrick M	Treasurer	P
Allyn J	Fireside Chat	A	Jeff G	High Noon (Saturday)	P	Pete R	Artist and Writers	A
Andy D	Gratitude Group	P	Jeff L	High Noon (Tuesday)	A	Peter G	Sunday Night Castro	A
Andy T	Waterfront	P	Joan T	They Stopped In Time	X	Ray G	Sesame Step	P
Armando R	Home Group	P	Julio B	Blue Book Special	P	Rebecca DS	Valencia Smokefree	P
Bob J	Regroup	P	Kate E	7AM Attitude Adjustment	A	Rich H	Mid-Morning Support	P
Brad P	Code Blue	P	Kelly W	Diamond Heights	P	Richard R	We Care	P
Bruce K	Sunset Speaker Step	P	Ken J	High Sobriety	P	Rory O	High Noon (Friday)	P
Carol E	Happy Hour	P	Krishan C	Union/SYoung People's	P	Ryan J	Wit's End	P
Charles S.	Surf Group	R	Lydia B	Walk Of Shame	A	Sam S	Early Start	P
Charlie F	Beginners' Warm Up	P	Mary M	Live & Let Live	A	Shellie WR	Bernal New Day	P
Chuck K	Let It Be Now	P	Matt T	Sunday Night Friendship	P	Steve W	Terra Linda Group	P
Dana R	Saturday Sunset 9'ers	P	Matthew D	Too Early	P	Stu S	Tuesday Newcomers	A
Daniel M	Doin' the Deal	A	Maury P	Central Office Manager	A	Ted R	Tiburon Men's Stag	P
David A	Gold Mine Group	A	Michael B	One Liners	A	Tedra M	Come N Get It	P
David D	Keep It Simple	P	Michael B	SFPOA	P	Thomas H	Any Lengths	P
Derek A	Wharf Rats	P	Michael M	Queers, Crackpots & Fallen	P	Tim M	Join the Tribe	P
Derek D	Reality Farm	P	Michael M	Friendly Circle Beginners	P	Tom K	High Noon (Monday)	P
Edward H	High Noon (Tuesday)	A	Michael P	Sunset 9'ers Su 8am	P	Tracy F	Keep Coming Back	P
Elizabeth B	Sober 5150's	P	Nicholas L	Some Are Sicker Than...	P	Virginia M	Women Who Drank. .	A
Erica R	Miracles On 24th St	X	Olive G	Steppin Up	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	New IFB Reps	Group	IFB Liaisons	
Bion H	Men's Gentle Touch	Philip L	Ass In A Bag	Ray M	District 05
Dan B	Ten Years After	Rose McL	Huntington Square	Casey L	Marin Teleservice
Jose "Pepe" S	They Stopped In Time - Alt	Shane McM	Downtown Mill Valley	Del C	Marin Intergroup
Kevin V	Cow Hollow Men's Group	Tania C	Marina Discussion		

Following in an unofficial summary of actions, information, upcoming business and service opportunities discussed at the July 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 thanking the IFB Reps for their work

and support in the past year. He also thanked the Nominating Committee for the work they have done in the past month in interviewing potential candidates for the at-large COC positions.

Treasurer's Report: Patrick M reported. For the month of May, the Net Loss was \$6,971 which was \$728 worse than the budgeted loss of \$6,243. The unfavorable variance vs budget was primarily due to lower contributions from groups, partially

offset by expense savings. For Y-T-D through May, net income was \$11,185 which is \$13,740 better than budget. The favorable result for Y-T-D is due to lower expenses than budget. Approximately \$2,700 of the favorable net income variance vs budget is due to timing of expenses (budgeted but not yet incurred).

Total Income for the month of May was \$2,918 below budget. Group con-

(Continued on page 14)

(Continued from page 13)

tributions were \$2,232 lower than budget and individual contributions were \$322 better than budget. Bookstore sales were \$769 and \$5,904 below budget for the month and Y-T-D, respectively. The profit margin on books sold was 29% for the month and 34% Y-T-D. The budgeted profit margin Y-T-D is 34%.

Although group contributions were 21% below budget in May, the Y-T-D variance is only \$964 or 1.5% under budget. Faithful Fiver contributions were \$33 higher than budget which is the first time this year that they have been above budget. Faithful Fiver contributions were \$2,187 below Y-T-D.

Total Y-T-D income (after deducting the cost of books sold) was \$92,764 which is \$1,117 (1.2%) below budget. The unfavorable variance vs budget is primarily due to bookstore sales.

Total expenses for the month of May were \$2,470 lower than budget. Employee expenses were \$1,471 lower than budget. Access expenses, shipping and training costs contributed to the remainder of the expense savings. Y-T-D through May, total expenses were \$15,971 below budget of which employee expenses accounted for \$11,075 of savings, and timing accounted for another \$2,700. Other significant expense savings and overages were detailed in the printed report.

Total checking and savings account balances were \$210,134 as of the end of May, vs \$213,830 at the end of April. Unrestricted cash was \$55,285 and restricted cash was \$153,849. Unrestricted cash is enough to cover 3.4 months of operating expenses. The months of coverage dropped from April's 3.9 months, which was expected.

Central Office Manager's Report: Maury P. was absent, but a written report was submitted reminding Trusted Servants to register with Central Office either online at www.aaasf.org, or by sending the

information to the office.

Central Office Committee Report: Chuck K. gave the highlights of the June meeting. The Central Office Manager's and Treasurer's Reports were heard and discussed. The Nominating Committee was functioning and interviewing potential candidates for the upcoming COC elections. The COC discussed and approved the use of voting cards at the up-coming IFB meeting instead of just using a show of hands vote, to insure that only eligible voters were voting, and to facilitate the counting of the votes. And a committee was formed to perform Maury's salary and performance review. The COC also voted to reduce Maury's hours to 32 per week. She will remain available by cell phone and will continue attending the various meetings outside of office hours.

Election of Officers for 2008-2009:

The Third Legacy voting procedure was reviewed.

Election of Chair: The Roll Call was read and the Reps were asked if they were available or not available to stand for election. Chuck K. was the only individual to volunteer for the position. He was accepted by unanimous approval.

Election of Vice-Chair: The Roll Call was read and the Reps were asked if they were available or not available to stand for election. Derek D. and Ken J. volunteered to stand for election. In accordance with the Third Legacy voting procedure, after neither candidate had a 2/3 majority after five rounds of voting, the names were placed in a hat and Derek D. was chosen as the new Vice-Chair.

Election of Recording Secretary: The Roll Call was read and the Reps were asked if they were available or not available to stand for election. After the first roll call, no one had volunteered to stand for election. Before the second reading of the roll was called, Rebecca D-S. volunteered for the position. No one else volun-

teered for the position and she was accepted by unanimous approval.

Election of At-Large COC members:

Presentation of recommendations from the Nominating Committee: Andy T. announced the names of four individuals presented to stand for the three open positions: Rebecca D-S. (Valencia Smokefree), Tim M. (Join The Tribe), Brad P. (Code Blue) and Danny F. Danny was not present, but his references were read by Patrick M. Rebecca's name was withdrawn as she had volunteered to take the Position of Recording Secretary. The three remaining nominees were unanimously approved for the three open positions.

Chuck K. announced that he would contact Scott N. to see if he was available to remain in the position of Immediate Past Chair.

IFB Liaison Reports:

Teleservice, Marin: Casey L. reported on the after-hours phone answering service in the Marin area and on their new website.

Living Sober: Sam S. announced that the annual conference was the coming weekend at the Grand Hyatt in downtown SF.

Committee Reports:

Access Committee: Elizabeth B. reported that the committee has not met since the last IFB meeting.

12th Step Committee: Olive G. introduced herself as the Co-Chair of the committee with Stu S. The committee is working on: future presentations of the 12th Step Workshop, workshops to introduce people to service work with the Sunshine Club, working with the PI/CPC to be of service to liver transplant patients, committee guidelines for this year, a new 12th Step pamphlet, and on collaboration with the Website Committee to set-up a customized 12th Step webpage. The committee is also looking for bilingual or multilingual volunteers.

Archives Committee: Tracy F. reported that the committee will have a display at the up-coming Living Sober Conference.

Orientation Committee: Ted R. reported that the new committee has been formed and continues to provide the new IFB Reps with their orientation before the monthly meetings.

The Point Editorial Committee: Rich gave the report. The committee has vacancies for an assistant editor and an assistant layout person.

Website Committee: Michael P. reported that the committee continues to work with the PI/CPC, Teleservice, 12th Step committee and the Sunshine Club to provide web-based administrative support for managing committee members, requests, shifts and volunteers using a log-in secured version of the AASF web site. They have also been working with the Access Committee to make the web site more user-friendly for the visually impaired.

Fellowship Committee: Rebecca D-S. reported on the overwhelming success of the Founders' Day event. The committee is looking for volunteers to help in the planning of the up-coming Unity Day and annual Holiday IFB party at Central Office.

Special Committee Reports:

SF Teleservice: Dana R. gave the report. Steve R. is the new committee chair. The committee functions to maintain the after-hours phones for Central Office.

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

The 7th Tradition was observed. A motion to adjourn was made and seconded. Unanimously passed, and the meeting ended at 8:36 PM.

Respectfully submitted,

Ken J, Secretary

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

Stu S. 12thstep@aasf.org

ARCHIVES COMMITTEE

Tracy F. archives@aasf.org

ORIENTATION COMMITTEE

Ted R. orientation@aasf.org

THE POINT

Rich H. thepoint@aasf.org

ACCESS COMMITTEE

Virginia M. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Tracy F. tsw@aasf.org

WEBSITE COMMITTEE

Michael P. website@aasf.org

SF TELESERVICE COMMITTEE

Steve R. sfteservice@aasf.org

SF PI/CPC COMMITTEE

Paul P. picpc@aasf.org

The next IFB meeting is on Wednesday, August 6, 2008 at Star of the Sea Church, 180 Harrison St. in Sausalito 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.

Individual Contributions

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

ONGOING MEMORIALS

Daryl S., Bruce C., John T.,
Ken M., Linda Rose D.,
Pat O'B., Pat T., Silas P.

ANNIVERSARIES

Fernley, NV: Linda J. 16 years
Brokers Open Book:
Sandy K. 4 years,
High Noon: Lord H. 19 years,
Jen P. 6 years, Lillian W. 4 years,
Ellen B. 4 years, Jon R. 4 years,
Noel F. 4 years, Paul F. 3 years,
Ed D. 2 years, Jackie B. 2 years
First Place: Esther R. 33 years,
William T. 2 years

GROUP CONTRIBUTIONS

MAY 2008

Fellowship	May	YTD	Marin	May	YTD	San Francisco	May	YTD
Alta Mira Sun. 7pm	268	268	More Will Be Revealed F 12pm		100	6am Marina Dock Tu		25
Artists & Writers F 630pm		1,190	Morning Attitude Adjustment MTuF	57	285	6am Marina Dock W		24
Brisbane Breakfast Bunch	28	150	Nativity Monday Night Big Book M 8pm		100	7am As Bill Sees It Fri	68	170
Contribution Box	32	242	Newcomers Step M 730pm		482	7am Grab Bag M 7am		52
Deer Park Discovery Group		25	Noon Discussion Th 12pm		214	7am Marina Dock		7
IFB	77	436	Noon Hope F 12pm	128	343	7am Step Discussion Tu 7am		29
Marin City Groups 5D 630pm		200	Noon Tu 12pm		99	830am Smokeless F 830am	261	261
Marin Teleservice		997	North Marin Speaker Sun 12pm		130	A is for Alcohol Tu 6pm		34
Pax West Fellowship Dinner	120	120	On Awakening 7D 530am		490	A New Start F 830pm	255	255
Santa Rosa Fellowship		10	Primary Purpose W 830pm	50	83	A Vision for You (SF) Su 630pm		40
Serenity House		300	Reveille 5D 7am		100	AA Step Study Su 6pm		307
SF Alano Club		10	Rise N Shine Sun 10am		183	Acceptance Group M 530pm		43
Spirit of San Francisco		168	Sisters In Sobriety Th 730pm (M)	94	434	Afro American Beginners Sat 8pm		82
Total Fellowship	\$525	\$4,116	Spiritual Testost. Sun Men's Stag Su		315	Afro American F 8pm	57	57
			Steps to Freedom M 730pm	97	97	All Together Now Th 8pm	103	253
Marin Group Contributions	May	YTD	Steps To The Solution W 715pm		113	Any Lengths Sat 930am		763
Attitude Adjustment 7D 7am		1,250	Stinson Beach Fellowship Th 8pm	100	100	Artists & Writers F 630pm		138
Awareness/Acceptance M 1030am		160	Sunday Express Sun 6pm		200	As Bill Sees It Sat 11am		142
Blackie's Pasture Sa 830pm		222	Sunlight of the Spirit Th 7pm	50	98	As Bill Sees It Sat 8pm		211
Caledonia Sun 8pm		500	Survivors M 12pm		50	As Bill Sees It Th 6pm		407
Candlelight Sun 830pm	88	138	T. G. I. Tuesday 6pm	63	102	As Bill Sees It Tu 1210pm	-18	390
Closed Women Step Study Tu 330pm		202	T.G.I.F. F 6pm		115	As We Understood Him Mon. 7pm		13
Creekside New Growth Sun 7pm		70	Terra Linda Group Th 830pm		683	Ass in a Bag Th 830pm		253
Crossroads Sun 12pm		316	Terra Linda Thursday Men's Stag		904	Beginners' Step Study Sat 630pm		42
Design For Living (Marin) W 7pm		75	The Barnyard Group Sa 4pm		94	Beginner's Warmup W 6pm		73
Downtown Mill Valley F 830pm		389	The Fearless Searchers F 8pm		38	Bernal Big Book Sat 5pm		362
Experience, Strength & Hope(Marin)		96	Thursday Night Book Club Th 7pm	19	133	Bernal New Day 7D	268	999
Fairfax Friday Night F 830pm	76	76	Thursday Night Speaker Th 830pm		1,748	Big Book Basics F 8pm		220
Freedom Finders F 830pm		620	Tiburon Beginners & Closed Tu		281	Big Book Beginners F 1pm	24	24
Friday Night Book F 830pm		130	Tiburon Big Book Group W 730pm	72	185	Big Book Study Su 1130am		232
Happy Hour (Marin) Th 6pm		96	Tiburon Haven Sun 12pm		400	Bookenders Mon 10am		126
Happy, Joyous & Free 5D 12pm		750	Tuesday Chip Meeting Tu 8pm		1,157	Came to Believe M 830am		38
Hillside Candlelight F 830pm		57	Tuesday Twelve Step Tu 630pm		38	Came To Believe Su 830am		36
Intimate Feelings Sa 10am		210	We, Us and Ours M 650pm		50	Castro Discussion (Show Of Shows) W		784
Inverness Sunday Serenity Su 10am	95	95	Wednesday Night Speaker Discussion	19	133	Castro Monday Big Book M 830pm		60
Island Group Th 8pm		160	What's It All About F 12pm		150	Cocoanuts Su 9am		35
Living in the Solution F 6pm		324	Women For Women W 12pm		50	Code Blue Big Book Study W 7pm		308
Marin City Groups 5D 630pm		350	Women's Lunch Bunch F 12pm	109	109	Courtside Tu 1215pm		103
Men Only Stag Sa 6pm	25	45	Women's Meeting Su 430pm		27	Creative Alcoholics M 6pm		152
Mill Valley Discussion W 830pm	18	18	Working Dogs W 1205pm		225	Each Day a New Beginning F 7am		1,541
Monday Blues M 630pm		240	Total Marin Group Contributions	\$1,579	\$18,120	Each Day a New Beginning M 7am		130
Monday Night Meeting M 8pm Bolinas		125				Each Day A New Beginning Su 8am		540
Monday Night Stag (Tiburon) 8pm	420	420	SF Group Contributions	May	YTD	Each Day a New Beginning Th 7am		103
Monday Night Women's M 8pm		78	6am Marina Dock M		32	Each Day a New Beginning Tu 7am		215
Monday Nooners M 12pm		275	6am Marina Dock Sa		305	Each Day a New Beginning W 7am		243

GROUP CONTRIBUTIONS, CON'T

San Francisco	May	YTD	San Francisco	May	YTD	San Francisco	May	YTD
Early Start F 6pm		919	Mid-Morning Support Su 1030am	222	567	Sunset 11'ers Th		40
Easy Does It Tu 6pm	135	255	Miracles Off 24th St W 730pm		146	Sunset 11'ers W		66
Embarcadero Group 5D 1210pm	47	196	Mission Terrace W 8pm		401	Sunset 9'ers M	83	284
Epiphany Group Th 8pm		39	Monday Monday M 1215pm		167	Sunset 9'ers Th	120	120
Eureka Step Tu 6pm	179	179	New Friday Big Book F 12pm		31	Sunset 9'ers W	122	122
Eureka Valley Topic M 6pm		729	New Life W 7pm		220	Sunset Speaker Step Sun 730pm		338
Excelsior Free for All Sa 8pm		50	Newcomers Tu 8pm		258	Sutter Street Beginners Sat 6pm		344
Federal Speaker Su 12pm		354	No Reservation M 12pm	90	257	The Drive Thru W 1215pm		270
Firefighters & Friends Tu 10am		96	No Whiners F 7pm		48	The Parent Trap M 1230pm	83	83
Founders' Group Sa 5pm	30	30	Noon Smokeless F 12pm		103	They Stopped In Time M 8pm		220
Friday All Groups F 830pm	611	1,473	Noon Smokeless M 12pm	17	17	Thursday Morning Men's BB Study Th		14
Friday Knights Th 730am		50	One Liners Th 830pm	307	307	Thursday Night Women's Th 630pm		204
Friday Lunchtime Step F 12pm		140	One, Two, Three, Go! W 1pm		20	Too Early Sat 8am	204	1,006
Friday Night Special F 830pm		20	Park Presidio M 830pm		100	Tuesday Downtown Tu 8pm		175
Friday Night Women's Meeting F	48	48	Pax West M 12pm		518	Tuesday Men's Pax Tu 12pm	46	46
Friday Smokeless F 830pm		36	Pax West Th 12pm		501	Tuesday Women's Tu 630pm		122
Friendly Circle Beginners Su 715pm		176	Progress Not Perfection Tu 830pm		103	Tuesday's Daily Reflections Tu 7am		92
Gold Mine Group M 8pm		38	Queers, Crackpots & Fallen Women		78	Twelve Steps to Happiness F 730pm		72
Golden Gate Seniors Tu 130pm		48	Reality Farm Th 830pm	150	150	Valencia Smokefree F 6pm		454
Goodlands Su 2pm		150	Rebound W 830pm		144	Walk of Shame W 8pm		253
Haight Street Explorers Th 630pm		51	Saturday Easy Does It Sa 12pm		360	Washington Square M 7pm	32	52
Happy Destiny Sa 630pm		26	Serenity House Sat 830pm	150	600	Waterfront Sun 8pm		1,020
Happy Hour (S.F.) Th 6pm		36	Serenity Seekers M 730pm	467	467	We Care Tu 12pm		150
Happy Hour Ladies Night F 530pm		61	Sinbar Su 830pm		282	West Portal W 830pm		44
High Noon 5D 1215pm	1	33	Sisters Circle Su 6pm	58	281	Wharfrats Th 815pm		71
High Noon Friday 1215pm		385	Sober & Centered F 7pm		140	Women Living Sober Sa 10am		120
High Noon Monday 1215pm		390	Sober Across the Board M-Sa 830am	55	135	Women Who Drank Too Much Tu		7
High Noon Saturday 1215pm		253	Sobriety & Beyond W 7pm		202	Women's 10 Years Plus Th 615pm	155	239
High Noon Thursday 1215pm		961	Sometimes Slowly Sa 11am		279	Women's Kitchen Table Group Tu 63	102	102
High Noon Tuesday 1215pm		300	Sought to Improve Th 730pm		110	Women's Promises F 7pm		124
High Noon Wednesday 1215pm		237	Step Sisters (S.F.) Th 630pm		20	Women's Step Discussion Meeting Th	100	100
High Steppers W 7pm		15	Step Talk Su 830am		298	Work In Progress Sat 7pm		56
Home Group Sat 830pm	377	693	Steppin' Up Tu 630pm		128	YAHOO Step Sa 11am		100
How Was Your Week? Sa 10am	326	326	Stepping Out Sat 6pm		100	Total SF Group Contributions	\$6,208	\$39,563
Huntington Square W 630pm	175	688	Stonestown M 8pm		154			
Join the Tribe Tu 7pm		507	Straight Jackets Th 9am		52	Total Group Contributions	\$8,312	\$61,798
Keep Coming Back Sa 11am		1,394	Sunday Bookworms Sun 730pm		78			
Light Steppers Su 7pm	60	60	Sunday Morning Gay Men's Stag Su		291			
Lincoln Park Sat 830pm		269	Sunday Night 3rd Step Group 5pm		210			
Living Sober W 8pm		57	Sunday Night Castro Speaker Disc		309			
Living Sober with HIV W 6pm		278	Sunday Rap Sun 8pm		120			
Luke's Group W 8pm	88	148	Sundown Steps Th 630pm		134			
Lush Lounge Sa 2pm		321	Sundown W 7pm	372	372			
Meeting Place Noon F 12pm		281	Sunset 11'ers F		80			
Meeting Place Noon W 12pm	119	119	Sunset 11'ers M	60	140			

Of interest.....?

PROVIDENCE, R.I. (AP) 7-22-08
State police say they arrested a man early Tuesday whose blood alcohol level was 0.491 percent — the highest ever recorded in Rhode Island for someone who wasn't dead.

SoberScope by Madame Salami

Madame feels reflective as we enter the final month of summer. Here are a few words for all my dear readers. (Look for some in-depth words for Virgo in September.)

Leo (July 23 – Aug. 22) Just because you hear people whispering, don't assume it is about you. Clear out those resentments – and the garage! You know what's been said about "idle hands." Your search for a new hobby has been staring you in the eyes for way too long – that dusty meditation book on the shelf.

Virgo (Aug. 23 – Sept. 22) I am so proud of you Virgo...you really have let loose this summer. See..what others think of you isn't nearly as important as you thought. Your sponsor was right. Tell her so. A little humility goes a long way and should pull you through the Fall with flying colors.

Libra (Sept. 23 – Oct. 22) You spent so much time deciding who to have lunch with...they ate without you! It's been a lonely summer and you've worked late every night. H-A-L-T, dear Libra and get to that meeting. You can't decide which one? Check out the "Meet the Meeting" on page 8 and just go!

Scorpio (Oct. 23 – Nov. 22) Wow – seeing you in action at the summer parties, I'd forget you even had a stinger. It's been dormant for a while, so expect it in full-force in the coming months. A good step 10 before bed is a sure remedy.

Sagittarius (Nov. 23 – Dec. 21) I know you hated the heat this summer, Sag. But it was a great excuse to lounge in front of a cool fan, wasn't it. You're happy and free, but missing the joy. Don't be so willing to throw in the towel so quickly.

Capricorn (Dec. 22 – Jan. 20) You finally stopped being stubborn and invested in a fan for your hot apartment. That's progress, Cappy. You've made a life of comfort out of being uncomfortable. You know there's a solution...let go and see where it takes you.

Aquarius (Jan. 21 – Feb. 19) You've got another sober 4th of July in the books. I know it's hard and yes, you should be proud. But it's done, and time to get

back in the swing of life. Pay attention to those piling bills. Just because you pretend they're not there, doesn't mean they aren't.

Pisces (Feb. 20- March 20) Time to come in from the water and get your feet firmly planted. You've got people waiting and patience is wearing thin.

Aries (March 21 - April 20) It's a reflective Fall for you Aries. You've been denying some of the more "unpleasant" things about yourself. Talk to other AAs (Alcoholic Aries'). You'll see we're all much more alike than you might think.

Taurus (April 21 – May 21) You've blundered through the summer. And you'll likely blunder through the Fall and Winter. You don't have a problem stopping

to smell the flowers. It might be nice if you picked one and gave it to a friend. You don't have to be alone in the ring.

Gemini (May 22 – June 21) You've called in sick more this summer than usual. I know, it's hard to decide between the beach and the office...but remember – honesty is honesty. It's those little lies that get us. And Gossip makes it worse.

Cancer (June 22 - July 22) You must be getting better. You took that vacation with the whole family and no one came home in a cast! Those Twelve Steps do work wonders. Keep in mind that passive-aggressive is still aggressive. If your own house is in order, you don't need to be either.



Cunning, Baffling and Puzzlefuf

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

PLANNERS
NONPROFESSIONAL
POLICY
HARMED
CONSTANT
WORKERS

WILLING
LIST
AMENDS
EXERCISING
SPECIAL
FOREVER

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

Financial Statement

May 2008

	May 2008	YTD		May 2008	YTD
Ordinary Income/Expense			Internet Expense	54.99	274.95
Income			Office Supplies	378.00	1,218.00
Contributions from Groups			Paper Purchased	0.00	0.00
Group Contributions	8,311.12	60,459.09	Software Purchased	0.00	0.00
Honors	1.00	156.00	Shipping	31.16	144.49
Contributions from Groups - Other	0.00	1,200.85	Printing	0.00	0.00
Total Contributions from Groups	8,312.12	61,815.94	Equipment Lease	1,837.47	3,641.34
Contributions from Individuals			Repair & Maintenance	238.55	2,344.13
Individual - Unrestricted	130.00	3,985.13	Security System	146.90	280.90
Faithful Fiver	625.00	2,320.00	Special Events	0.00	0.00
Honorary Contributions	344.00	4,808.95	Telephone	329.11	1,476.86
Total Contributions from Individuals	1,099.00	11,114.08	Phone Book Listings	81.50	407.50
Gratitude Month			Utilities	0.00	0.00
Gratitude Month - Groups	22.87	3,633.65	Travel	0.00	0.00
Gratitude Month - Individual	0.00	154.00	Training	0.00	0.00
Total Gratitude Month	22.87	3,787.65	Bad Checks	29.00	95.00
Sales - Bookstore	8,344.71	45,598.01	Miscellaneous Expense	0.00	0.00
Special Event Income	0.00	0.00	Total Expense	18,796.70	81,130.42
Newsletter Subscript.	110.60	428.58	Net Ordinary Income	-6,869.58	11,633.49
Total Income	17,889.30	122,744.26	Other Income/Expense		
Cost of Goods Sold			Other Income		
Cost of Books Sold	5,769.93	29,105.97	Other Income	0.15	0.15
Credit Card Processing Fees	192.25	874.38	Interest Income	20.28	159.50
Total COGS	5,962.18	29,980.35	Total Other Income	20.43	159.65
Gross Profit	11,927.12	92,763.91	Other Expense		
Expense			Depreciation Expense	75.67	378.35
IFB Sponsored Events	250.00	525.00	Amortization Expense	45.91	229.55
Unreconciled Bank Adj	0.00	-150.00	Total Other Expense	121.58	607.90
Budget Contingency	0.00	0.00	Net Other Income	-101.15	-448.25
Special Events Expense	0.00	13.00	Net Income	-6,970.73	11,185.24
Reconciliation Discrepancies	0.00	0.00			
Employee Expenses					
Wages & Salaries	7,692.50	34,854.52			
Employer Tax Expenses	653.18	4,197.73			
Health Benefits	1,269.11	5,060.55			
Retirement/Annuity Expense	0.00	0.00			
Workers Comp Ins.	0.00	0.00			
Total Employee Expenses	9,614.79	44,112.80			
Professional Fees					
Accounting	1,500.00	1,500.00			
Computer Consulting	0.00	968.90			
Legal Fees	0.00	0.00			
Outside Services	0.00	0.00			
Total Professional Fees	1,500.00	2,468.90			
Bank Charges	20.00	93.00			
Postage					
Bulk Mail	0.00	550.00			
Postage - Other	3.65	267.65			
Total Postage	3.65	817.65			
Rent - Office	4,146.58	20,732.90			
Rent - Other	75.00	375.00			
Access Expenses	0.00	375.00			
IFB Literature	0.00	0.00			
PI/CPC	0.00	0.00			
Filing/Fees	60.00	60.00			
Insurance	0.00	1,824.00			

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