

A publication of the
intercountry Fellowship
of Alcoholics Anonymous

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DON'T WAIT FOR THE BALL TO COME TO YOU, GO TO THE BALL!

by Chad B.

When I was in third grade I learned a very valuable lesson, one that I forgot until I was in my thirties and sick and tired of driving a cab. Taught to me by my soccer coach, it was simple yet profound and changed the way I played the game from then on out. "Don't wait for the ball to come to you, go to the ball!"

I sobered up at age 25 and remained that way for almost five years when I fell prey to the belief that there were other things in my life that were more important than A.A. Sober again for almost two years, I found myself in a place where I wanted desperately to change my job and do something different. But what? I didn't know. One thing was disappointingly obvi-

ous, no one was going to jump in my cab and offer me a job that entailed traveling the world, surfing, and playing guitar—what I secretly fantasized about as I combed the streets of San Francisco in search of fares.

Driving around in my cab one evening, the words of my soccer coach entered my thoughts some 20 years later. It became clear to me what I had to do if I wanted to quit driving a cab and do something different with my life—I had to quit driving a cab and do something different with my life! It was then that I made my decision and so I had to take action on that decision. This thinking seemed familiar. Wow! This is what they mean by "all our affairs."

I commenced to jump through the various hoops that were required to enter the teaching credential pro-

(Continued on page 6)



monthly calendar

september 2008

Events, Highlights and Happenings

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>FIRST MON</u> Access Committee, Central Office, 5:30pm <i>Labor Day Holiday</i> <i>Central Office Closed</i>	2	3 <u>FIRST WED</u> Intercounty Fellowship Board Orientation 6 pm, Annual Meeting 7 pm, 180 Harrison Ave., Sausalito, CA; Star of the Sea Church)	4	5	6 Trusted Servants Workshop, 10am, Central Office see pg. 3!
7	8 <u>SECOND MON</u> SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm	9 <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	10 <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	11 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	12	13
14	15 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	16 <u>THIRD TUE</u> San Mateo General Service, St. Andrews Church, 7:30 pm	17 <u>THIRD WED</u> Website Committee, Central Office: 6:30pm	18	19	20 Marin County Unity Day 2008! Corte Madera, CA see pg. 3!
21 <u>THIRD SUN</u> Archives Committee, Central Office, 2 pm Business Meeting followed by Work Day	22	23 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	24	25 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	26	27 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma: Business Meeting: 12:30 pm
28	29	30	Persons requiring reasonable accommoda- tions 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.			



COMING UP

mark your calendar

TIBURON HAVEN GROUP

Strawberry Rec Center
Auditorium,
118 Strawberry Dr, Mill Valley

September 7, 2008:

Marilyn S., Hollywood, CA

Childcare Available!

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

Mission Fellowship Anniversary! Saturday, September 20, 2008

2900 24th St./ Florida

5pm: Potluck Dinner

6:30pm: Meeting

Fund-raising Raffle!

Everyone Welcome!



PENYPAA Bonfire Meeting!

Friday, September 26, 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!

SEPTEMBER SPEAKERS

BRISBANE BREAKFAST BUNCH

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

Date:	Speaker:	From:
09/07	Veronica S.	Pedro Valley
09/14	Mark M.	Work in Progress
09/21	George C.	Oakland 41st Anniversary Party!
09/28	Dusty	Embarcadero

TUESDAY DOWNTOWN

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

Date:	Speaker:	From:
09/02	Anne R.	San Francisco Fellowship
09/09	Kathy P.	Too Early
09/16	Al W.	Sunday Bookworms
09/23	Marcel A.	Too Early
09/30	Scott N.	Sunday Bookworms



FRIDAY NIGHT ALL GROUPS

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

Date:	Speaker:	From:	Host Group:
09/05	Terry F.	First Street Benicia	Wharf Rats
09/12	Mark M.	Work in Progress	4th Step Study
09/19	Kris W.	Albany Traditional Group	Code Blue
09/26	Larry H.	Around the Horn	Open Dialogue

Marin County Unity Day 2008!

"Communication & Participation – The Key to Unity & Self Support"

Saturday, September 20, 2008 from 12:45 pm – 10:00 pm

Corte Madera Recreation Center - 498 Tamalpais Drive Corte Madera

Afternoon Service Panels leading up to the

4pm Report on the 2008 General Service Conference from

Sharon B., Delegate, California Northern Coastal Area (CNCA)

5pm BBQ & Potluck Dinner, 6:15pm Raffle Drawing, 6:30pm Sobriety Count Down

7pm Open Speaker Meeting – Guest Speaker – *Greg M., General Manager,*

General Service Office, New York, NY

8:15pm Talent Show!

This event is open to all who would like to attend! \$9 Donation Requested, but NO One Turned Away! For more information, call Rich J. @ 415. 233.1701.

Trusted Servants 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:

Mon	7:30pm	Inner Richmond	SHAMROCKS & SERENITY, Center, 5340 Geary Blvd./ 18th Ave. (SD)
Thu	10:00pm	Mission	COCKTAIL HOUR, Mission Fellowship, 2900 24th St./ Florida (SD, YP)
Sat	7:00pm	Potrero Hill	CAME TO PARK, Church, Connecticut St. @ 19th St., (SD, ST)

Meeting Changes:

7 Days	6:30am	Novato	DAY AT A TIME Church Hall, 1915 Novato Blvd./ Simmons Ln. (was 1905 Novato Blvd)
Tue	7:30pm	South of Market	BOYS NIGHT OUT, Garage, 6th & Mission (was 2900 24th St./ Florida)
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	3:00pm	Hayes Valley	HOW IT WORKS NOW, S.F. Alano Club, 1748 Market St.
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Please Note: Central Office occasionally receives reports that meetings listed in our schedules are not there. Sometimes these reports turn out to be mistaken—and sometimes not. The office relies primarily on information that is given to us by A.A. groups, but when a group disbands, informing the Central Office is a common omission. **If you know anything about a meeting that has disbanded**, please call the Central Office immediately: (415) 674-1821. *Thanks for your help in keeping the schedule accurate!*

RECENTLY REGISTERED TRUSTED SERVANTS - JULY 2008

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

San Francisco -

Acceptance Group Mon. 5:30pm; **Artists & Writers** Fri. 6:30pm; **As Bill Sees It** Thu. 6pm; **As Bill Sees It** Thu. 8:30pm; **Bernal New Day** Fri 7:30am; **Be Still A.A.** Sun. 12:15pm; **Big Book Basics** Fri. 8pm; **Faith, Hope and Charity** Fri. 12noon; **Gay Beginners Living Sober** Fri 7pm; **Happy Hour** Fri. 6:30pm; **High Noon Thursday** Thu. 12:15pm; **Lincoln Park** Sat. 8:30pm; **High Sobriety** Mon. 8pm; **Richmond Step Study** Mon. 7:30pm; **Saturday Afternoon Meditation** Sat. 5pm; **Sunday Night Castro Speaker Discussion** Sun. 8pm; **They Stopped in Time** Mon. 8pm; **Women's Kitchen Table** Tue. 6:30pm; **Women's Promises** Fri. 7pm; **Women's 10 Years Plus** Thu. 6:15pm

Marin -

Intimate Feelings Sat. 10am; **Larkspur Beginners** Wed. 7pm; **Morning Attitude Adjustment** Mon. 7am; **San Geronimo Valley** Mon. 8pm; **Relapsers; Half Measures Avail Us Nothing** Mon. 8pm; **Women on Monday** Mon. 7pm, **Wednesday Sundowners** Wed. 6pm

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




Each September means back-to-school, no matter how long ago I was a student. In our cover story, a member returns to school for real, and credits his sobriety for being able to do so with newly won purpose and confidence. Labor Day, designated as a day off for the worker, was instituted by Congress in 1894, and has marked the end of summer for Americans ever since. Back-to-work, newly sober, is a rite of passage for many in our fellowship; Kathleen C. pens her experience as a shaky worker-bee over 20 years ago.

Especially for those of you in service with the Public Information/Cooperation with the Professional Community Committee do not miss the story "You Just Never Know Who's Listening." (Note to PI/CPC: make copies of this story for recruiting new members!)

Our August relapse theme continues with the contrasting stories of two members that remind the author that it is hard to predict who will relapse, and chronic relapsers sometimes make it. ("Just as Well be Me.")

In our ongoing "alconym" series, "-ISM" provides member Nikki with multiple opportunities for reflection, from "incredibly short memory" to "I, myself, me." And roving reporter, Bree L., covers the popular "Show of Shows" in Meet the Meeting, our series on various meetings in our fellowship. If we have missed your favorite alconym, or you would like to invite our reporter to cover your meeting, please write us at thepoint@aasf.org.

And we are proud to report that the Conversations with Longtimers series brought together long-lost friends, Ernie B. (August interview) and Ray C. (February interview) after forty years! When Ray was getting sober in San Francisco in the 1960's, Ernie was one of the members that had some time and provided support that kept Ray sober. Ray moved to Mill Valley, Ernie to Daly City, and they lost contact. Our correspondent, the Drunk Whisperer, is grateful for the opportunity to be of service. 

EDITORIAL POLICY

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

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

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

(This is a summary of the editorial policy of *The Point*. For the full policy, please go to our website—www.aasf.org.)

the
Point

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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.

DON'T WAIT FOR THE BALL TO COME TO YOU.....

(Continued from page 1)

gram at San Francisco State. I was going back to school! During my previous stretch of sobriety, I managed to complete an undergraduate degree in Spanish and now, I was going to build on that by becoming a high school Spanish teacher.


At many times along the way I almost balked: applications, tests, essays, fees, etc. The voices of my disease could be heard in my head: I'm not good enough, I'm just a junky, I'm not cut out for this, no one will hire me, etc., etc. I shared at meetings, worked with my sponsor, continued to do the footwork and the doors started opening. The doors continued to open and before I finished the program, I was hired for a part-time position teaching and then a full time position at the completion of the program. I feel I was able

“I'm definitely amazed at how the steps have changed my life in spite of myself.”

to make amends to the teachers I terrorized in high school by being a teacher myself. If I had let my fear of change guide me, this would never have been possible. Instead I would still be driving around in my cab waiting for something to happen in my life. Waiting for the ball to come to me.

It's been just over two years since I started the credential program and the journey continues. I'm once again going back to school. The skills and experience I acquired over the last two years have opened the door into a master's program in

business. Now, if someone had told me when I got sober the first time, or the second time around for that matter, that I would one day be studying business at the graduate level, I would not have believed it. Not only would I have not believed it, I wouldn't have wanted it! I don't know if I'm half way through or not, but I'm definitely amazed at how the steps have changed my life in spite of myself.

I had no idea at the time the impact that my decision would have on my life as I drove around in my cab alone with those words of my soccer coach in my head. At the foundation of this whole experience, however, are the lessons that I've learned from the steps. As I continue to turn my will and life over to the care of this process, I'm guided less by fear and more by faith. 

San Mateo County Fellowship 46th Annual Anniversary Party!

Saturday, September 20, 2008 5pm to 12midnight

American Legion Post 105

651 El Camino Real, Redwood City

Doors Open: 5pm, Dinner: 6pm, Speaker Meeting: 7:30pm, Raffle: 9:15pm for Hawaii trip!, Dance till Midnight!

More info @ 650-577-1310

Recent Deaths

Peninsula Fellowship: Mike C.

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,

I am a newly sober graduate student and am going into a helping profession. My sponsor told me that my school has meetings on campus and in fact, they are quite near most of my classes. I am concerned about my anonymity, however. I am scared that if my classmates or professors see me going into or coming out of the meetings, I will be judged and perhaps treated differently. That said, it would be awfully convenient to go to those meetings given my schedule. What is your experience with this?

Concerned on campus

Dear CoC,

It seems you are letting fear (of what others may think of you) drive your decision about whether to attend meetings that would otherwise be convenient for you. Bad idea. Alky tries not to make important decisions on the basis of a character defect, and fear - especially the ego-driven fear of which you speak - is definitely a defect. Chances are, no one who happened to see you coming or going from a meeting would have any idea that the room housed an A.A. meeting. Perhaps you will even discover a classmate or professor *in* the meeting, which could help to ease your own concerns. (Be

sure to protect the anonymity of anyone you see in a meeting!) Although you need not advertise that you attend A.A. meetings, you shouldn't be too scared of colleagues within a "helping profession" having judgment of you for doing so. Our fellowship enjoys a pretty good reputation among such professions. Alky imagines that the most likely result, if anyone in your classes should happen to find out that you are in recovery, is that they will respect you for taking care of yourself. Keeping focused on your recovery - especially in the early days—s bound to have a positive impact on your studies. Good luck! —Alky



SERENITY PRAYER AUTHORSHIP - A WHODUNIT by Mike M.

Whenever I chanted the Serenity Prayer to help fight off my cravings and crazy thoughts in the early days of recovery, or even this morning for that matter, I never gave a thought to who wrote the prayer in the first place. Anonymous authorship is fine with me. You might own a poster or coffee mug with the prayer on it that attributes authorship to Aristotle or St. Augustine or St. Francis of Assisi. *The New York Times* reports a brewing controversy over its authorship as a result of a Yale librarian's research that cites wide-ranging use of different versions of the prayer in the



1930s—all by women in positions of civic leadership. Elisabeth Sifton takes great offense at this, since her

father, theologian Reinhold Niebuhr, claims to have written the prayer a decade later. She says her father lectured at YWCAs and maybe that's where these women heard it. Niebuhr himself during his lifetime said, "Of course, it may have been spooking around for years, even centuries, but I don't think so. I honestly do believe that I wrote it myself." Visit <http://www.nytimes.com/2008/07/11/us/11prayer.html> for the full story and decide for yourself whodunit, not that it matters to a drowning person grabbing at a slender reed.





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. | Jim H. |
| Ann & Denise | Judi C. |
| Barbara M. | Karen K. |
| Beverly C. | Kathleen C. |
| Bruce D. | Lauren H. |
| Caroline A. | Leo H. |
| Casey L. | Lisa M. |
| Catherine S. | Liz & Aiden D. |
| Celia H. | Lyle W. |
| Dan & Sherry T. | Margarite S. |
| David J. | Marty C. |
| David P. | Mary F. |
| Dennis & Lucy O. | Michael W. |
| Dick F. | Patrick M. |
| Donald Ray N. | Pat P. |
| Doug C. | Paul M. |
| Elizabeth S. | Peg L. |
| Esther R. | Pene P. |
| Fay K. | Robert W. |
| Frances L. | Sam V. |
| George S. | 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. |
| Jeanne C. | |

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!



MEET THE MEETING: SHOW OF SHOWS

by Bree L.

If you happen to be in the Castro on a Wednesday night, the Show of Shows is a fun meeting ready to welcome you. The levity and joy of this meeting is contagious. They vow never to run out of service commitments and their philosophy is that if any member wants a service position, one is available. Mary R. who attends regularly says she started coming to the meeting around 1998 in order to stay sober. She also hoped to find a girl friend, and she did find love at the Show of Shows. Today she resolves to keep coming back and welcoming any and all newcomers. As some say, we come for the drinking but stay for the thinking. Patrick S., the current secretary, says all are welcome, especially those in the “shoe department” (the back row) with the slippers, loafers and sneakers.

This, incidentally, is the oldest gay meeting in the Castro, having served San Francisco for twenty-eight years, and it is still going strong. It has been through many venues before arriving at the Eureka Valley Rec Center. It began in the basement of Most Holy Redeemer Church on Diamond Street and then moved to the Diamond Senior Center before relocating to St. Philip's Church in Noe Valley until the Rec Center was built.

The present location is largely with thanks to Supervisor Bevan Dufty who showed his commitment to a clean and sober community by reserving the room expressly for the Show of Shows. This was done before the building was constructed.

One unique benefit is that the room is reserved through the Parks and Recreation Department which does not charge a fee. In order to remain “self supporting,” a donation is made twice a year to the Eureka Valley Youth Center.

Part of the format includes the introduction of two people eager to speak with newcomers at the literature table after the meeting. At a meeting in late July, two enthusiastic members gave a brief introduction and told how they came to A.A.

The main speaker at a recent meeting also happened to be the outgoing secretary. She talked of relapses and said, “If you don’t leave, you don’t have to come back.” This meant that as one sticks closer to the program, the danger of relapsing lessens. Additionally, the speaker told about a member who was asked at his first meeting if he had tried to quit drinking before coming to A.A. When the answer was yes, it was pointed out that he had experienced enough slips already and didn’t have to relapse ever again. The meeting closed with an announcement about our anonymity, which is a treasured gift, just like our sobriety, followed by the usual proclamation to leave what we see and hear at the meeting.

Logistics: 8p.m. at 100 Collingwood Street, near 18th Street and Diamond. The meeting is on the second floor of the Eureka Valley Rec Center, a short walk up from 18th and Castro. The #24 bus stops on this corner and there is a Muni station at Castro and Market, a short three blocks away.



CONVERSATIONS WITH LONGTIMERS

as told to the Drunk Whisperer

“The First Drink was exactly like my last drink: Drink, black out” Frances S.

Q. What is your sobriety date?

A. October, 1969. I don't remember the day.

Q. What brought you to A.A.?

A. In 1966 one of my neighbors told me that my husband was an alcoholic and she was very concerned and would I mind if she sent me some A.A. literature. And it came and I read it and I said, “He certainly is an alcoholic.” So having four children and being the 1950's housewife, I determined that he should get sober. I set about doing that and he actually did.

Q. Through A.A.?

A. Yes. And I started to go. It was mostly through a women's group, housewives. But I still thought, he's worse than me and I'm just sort of an alcoholic. Over three years after I'd gone to my first meeting, I went to the living room, sat on the sofa, was going to have one drink—out of the bottle, of course—came to on the kitchen floor, all my girlfriends were there. I still had the phone in my hand—I had called them in a blackout. I was throwing up in a pot. That was my last drink.

Q. Where did you get sober?

A. In Darien, Connecticut. I want to tell you about something people are always interested in—in 1949, we were living in New York State and friends in Bedford Hills invited us to hear a speaker at their church. The speaker was Bill Wilson and he told us all about A.A. And we were so attracted by this. We just loved him. Of course, we were both alcoholics,

but we didn't realize it yet. That's why we were so enthralled.

Q. It was twenty years between the time you heard Bill Wilson speak and the time you got sober.

A. Yes, I didn't realize it was that long, but it was. I was really very young when I first heard him. But something must have sunk in.

Q. When did you first start drinking?

A. The first night I drank was the night I graduated from high school. The first drink was exactly like my last drink. Drink, black out.

Q. When did you move to the West Coast?

A. Twenty-five years now. I don't like to talk about this because I still feel bad about it. I came here to be with my daughter because she was dying. And since then, another of my children has died. Also, I got a divorce from my children's father who got sober in 1966; he died two years ago, still sober. I've had a lot to deal with and, of course, without A.A., I couldn't have done it.

Q. But you didn't drink.

A. No, I didn't, and I haven't taken any antidepressants either. I was able to put my sobriety before everything else.

Q. How has A.A. changed?

A. I think psychiatric meds have gotten into A.A., perhaps too much. I actually heard a speaker in A.A. say she was happy to be in A.A. because now her medications were working so much better. I suppose I should

say, goody, I'm glad. But I don't feel like that. To me, that isn't where it's at. Working the steps is where it's at. Doing the work, not taking a pill. Staying sober is not easy, but we've got what we need to deal with it. Some people just aren't willing to do it.

Q. Where did you go to meetings in San Francisco?

A. I started going to meetings at 1364 Valencia which was this very funky storefront, dingy walls, the same painted Twelve Steps as are now at 2900 [24th Street] on the wall, and a single lightbulb that came down from the ceiling. And we used to call it the Divine Dump. I was there every day and it was fabulous.



Marin Teleservice Announcements

The New Website Now Available

- Sign-up for Shift
- Find a Calendar of Fellowship Events
- Find current meeting schedules through <http://www.AASF.org>
- Check out suggested meeting announcements
- Discover other ways to be of service

www.marinteleeservice.com

BACK TO WORK—SOBER

by Kathleen C.

I got my present job when I had 90 days sober. That was December 1986. I had not been working since 1981, when I started law school. Before that I was unemployed from 1976-1978. I was a full-time alcoholic and addict. I was supported by my boyfriend and the California Employment Development Department. Unemployment benefits are one of the worst things that can happen to this alcoholic. Money was coming in but I had no expenses, so I could spend it all on booze and drugs. Then my boyfriend got sick and tired of me and threatened to kick me out, if I didn't at least quit the cocaine. So I did, but kept up the beer and wine, with the occasional ladylike cocktail, and a daily joint or two.

I became suicidal, had a moment of clarity, and crawled back to work, for a friend who was running a small clinic. After three years there, I felt like a human being again, instead of pond scum. I was still drinking and using, but at least doing something worthwhile and collecting a paycheck, although I was starting to get loaded at work—again.


JUST AS WELL BE ME

I'm a particular version of the A.A. miracle. I went to my first meeting on a Wednesday, took my last drink in that same week, had my first day of lasting sobriety on the following Sunday. I've been blessed with 22 years of continuous sobriety, but when I think of relapse, I think of James and Pete. At one time, I used to go to a group in the Haight that was full of the kind of people you would expect to find in a group in the Haight: old hippies,

Then I got the bright idea to go to law school. Weaseled my way in, had twin daughters after my boyfriend and I got married, all the while drinking and smoking marijuana, and then graduated, although certainly not with honors. Then it all came crashing down after I failed the bar exam. My sober sister had twelfth-stepped me into meetings and I admitted I was powerless over drugs and then finally over alcohol too. I got a home group, got a sponsor, and then realized I needed to get a job. My husband hadn't mortgaged his house to pay tuition so I could sit around all day and watch soap operas on TV, like I used to do when I was drinking.

I was still waiting for the results of my first sober bar exam, so I volunteered with a judge I had interned for while I was in law school. Alcoholics Anonymous had instilled in me the concept of service, and I applied it in the work setting. I called and asked if she could use any help, and she said yes, she had a decision to write up. While working for her, I told everybody I knew that I was looking for work. I got the good news that I had

passed the bar exam and a week later one of my classmates from law school who was also working for the court came by my desk and told me about a friend of hers who was leaving her job with another judge. Was I interested in applying?

The short version of my job search is that I rushed home, tidied up my resume, dropped it off with the new judge's law clerk, she called me in for an interview, the judge liked me, and I have been with the court ever since. There are even lunchtime A.A. meetings in the area around the courthouse, where I can do service and meet sponsees. Whenever I get resentful or ungrateful I remind myself that my real employer is my Higher Power. I try to give the best value for the paycheck and if I have an issue with someone at work, I talk it over with my sponsor. She too has gone through some tough times at her job and retired a few years ago, so I count on her to scout out the trail ahead of me and warn me what's ahead. My primary purpose is to stay sober and help other alcoholics. That's my real job. 

by James M.

“everyone told the same stories—about a loving, lovable guy who always had a kind word for everyone.”

punks, street people—the works. And there was James. He was a perpetual newcomer. He would disappear for months at a time, then return, put in some time, then disappear again. He had multiple problems, to say the least. Pete, one of

the members of the group who had some time, was always compassionate, always welcomed him back, always provided that experience we talk about—he loved James until he could love himself.

Somewhere along the way, we realized that James was not a perpetual newcomer any more. He had a year, then two years. Pete was about ten years sober at this point. And then

(Continued on page 11)

I.S.M.—AS IN ALCOHOL-ISM

by Bree L.

I.S.M. speaks directly to the disease, for Nikki S. She says, “There’s alcohol, and to put a name to it, that’s the -ism. It’s what drives me to look for balance in whatever way I can. It’s the committee in my head, the lack of perspective. It’s what I treat when I come to meetings.”

Nikki tells of watching her mother die from alcoholism, while her father was greatly impacted by it. She says, “They were both super drinkers. Drinking was the central theme of their existence.” Periodically, they would go on the wagon, usually about ten days before a doctor’s visit. They seemed functional and always looked good, but she also watched their gradual decline. “My mother was always trying not to drink,” Nikki says. “Her struggle gave me strength.”

There are a few ways to look at I.S.M., starting with an “Incredibly Short Memory.” This leads her to forget that she truly has a problem with alcohol. When Nikki first came to meetings, she struggled with staying sober and believes the -ism was more alive in those earlier times than it is


today. It tells her she can have just one and lets her forget the worse case scenario.



“I Sponsor Myself” is the self-sufficient way Nikki approached life when she first came into A.A. Learning how to ask for help is critical for her continual sobriety, and actually enlisting help from fellow alcoholics was part of her psychic change. She says that her -ism returns at the end of her day, when she’s tired or not firmly on her spiritual path. It becomes an occasion for her to take

back self-sponsorship to stay in control. That is one reason she doesn’t only come to meetings once a week or once a month. Regular meetings contribute to changing old habits. Powerlessness is easily forgotten. Self-sponsoring has to be dealt with on a consistent, regular basis.

“I, Self, Me” is where the -ism resides or what feeds into the -ism, says Nikki. The antidote for that “I, Self, Me” outlook is working with others. The greatest shift away from “I, Self, Me” comes when sponsoring others. It is giving of herself for service and negates that “I, Self, Me” way of thinking.


Regular attendance at meetings is a way to show respect for the tenacity of the disease. We have to keep that respect alive, according to Nikki. We have a life-long challenge to keep it at bay. It can never be taken for granted, and the way to stay in fit spiritual condition is to show the disease the respect necessary. We have a cunning, baffling and powerful disease that never gets cured. It is never a done deal. 

(Continued from page 10)

somewhere along the way, I ran into Pete on the street. He'd decided to start getting loaded again. I didn't ask why—if someone's an alcoholic, that's the reason why. I told him that he'd be welcome back any time, but with him on the street and me not, I didn't run into him that often. Then I heard that he was homeless in Golden Gate Park. Then I heard that he was dead. At his memorial service, there was a strange mix of people, those who'd known him from

when he was sober, and people who'd known him from when he was homeless and loaded in the park every day. And the thing that was so heartbreaking was that everyone told the same stories—about a loving, lovable guy who always had a kind word for everyone.

I saw James walking along the street in the Haight a while ago. He has some gray hair now, just like I do. He's still sober. And Pete is gone. We miss him.

That's why, whenever someone comes into a meeting with his umpteenth relapse, I always go out of my way to say hello, to thank him for coming back, and to offer my hand and my help if he wants it. It doesn't make any difference how many times someone relapses. As long as they come back, alive, there's always hope. They still want it, or they wouldn't be in the room. And it could just as well be me. 

YOU JUST NEVER KNOW WHO'S LISTENING

by Kristina F.


I'm a member of the professional community [those who have contact with alcoholics through their profession]. The first time I heard of A.A. was in 1977 when, as a young social worker at a suburban teaching hospital, I attended what I now know was a PI/CPC (Public Information/Cooperation with the Professional Community) meeting. I distinctly remember not liking the presenters. A doctor and a nurse, dressed to the nines, with toothy smiles and cheerful voices telling me from the podium that the way I drank made me an alcoholic. Just because I drank every day (where I came from, if you didn't you were some kind of religious nut), drank alone (I lived alone, so how else was I going to drink, go to a BAR?), thought about my drinks hours before I had them (how else do you decide what to eat?), got cranky and miserable if I didn't drink (and how else do you relax?), drank before going to parties when there wasn't going to be alcohol (so I wouldn't die of boredom)—that didn't tell *me* I had a problem. They told me that alcoholism, which it seemed I had, was a progressive illness that always got worse, never better. They said that even if I kept my job and health and family, drinking like I did, in time there would be consequences. I said

to myself, well, if I have a problem I'll go to A.A., but I certainly don't now and don't think I ever will. After all, my whole family and all of my friends drink just like I do and though they have problems, alcohol isn't one of them. In fact, sometimes it's the best solution!

“alcoholism had infiltrated every corner of my life and had taken over corners I couldn't see at first”

Twenty years later, on my third marriage, having left my profession because I couldn't work and drink at night, having moved 3,000 miles away from family and friends to find a more “relaxing” life, having kicked my teenage daughter out of the house in a drunken rage a month before, I sat at 3 a.m. in the bathroom of the trailer I'd moved into. My first blackout started to go gray around the edges as my enraged husband peeled out of the driveway at the end of a particularly abusive fight. I was a rational person, proud of my ability to solve any problem I'd ever had—family, financial, professional, physical—just with the power of my self-discipline and intelligence. When I found I couldn't

remember the first part of my sentence as I got to the end of it, I was, for the first time in my drinking life, really scared. I heard myself say, “God, please help me.” I'm not a religious person, or certainly wasn't then. But as soon as those words were uttered, a memory rose up from the past and cleared that blackout with the promise I heard in that PI meeting: in time, my alcoholic drinking would get worse, I would find my life falling apart around me, and to my astonishment, would discover that alcohol had stopped being my solution and had become my problem. If that happened, they suggested I could go to a phone book or call information, find an A.A. meeting and get help. That's just what I did.

That was ten years ago this September. Last December, I celebrated seven years continuous sobriety. The first two years weren't easy; alcoholism had infiltrated every corner of my life and had taken over corners I couldn't see at first. But in spite of my blindness, today I know I have those two beautiful, smiling, articulate drunks from Alcoholics Anonymous to thank for turning the lights on. You just never know who's listening. 

Brisbane Breakfast Bunch 41st Anniversary!
Sunday, September 21, 2008

Potluck: 10am
Speaker Meeting: 11am

Community Center, (Under the Library), 250 Visitation Ave., Brisbane, CA

IFB MEETING SUMMARY — AUGUST '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	Aug	Intergroup Rep	Group	Aug	Intergroup Rep	Group	Aug
Alejandro D	Living Sober With HIV	P	Jeff L	High Noon (Tuesday)	A*	Peter G	Sunday Night Castro	A*
Allyn J	Fireside Chat	A*	Joan T	They Stopped In Time	A	Phillip LV	Ass In A Bag	P
Andy D	Gratitude Group	A	Jose "Pepe" S	They Stopped In Time - Alt	P	Ray G	Sesame Step	A
Andy T	Waterfront	P	Julio B	Blue Book Special	P	Rebecca D S	Valencia Smokefree	P
Armando R	Home Group	P	Kate E	7AM Attitude Adjustment	P	Rich H	Mid-Morning Support	A
Bion H	Men's Gentle Touch	A	Kelly W	Diamond Heights	A	Richard R	We Care	P
Bob J	Regroup	P	Ken J	High Sobriety	A	Rory O	High Noon (Friday)	P
Brad P	Code Blue	P	Kevin V	Cow Hollow Men's Group	A	Rose M	Huntington Square	A
Bruce K	Sunset Speaker Step	P	Krishan C	Union/Steiner Young People's	P	Ryan J	Wit's End	A
Carol E	Happy Hour	P	Lydia B	Walk Of Shame	A*	Sam S	Early Start	A
Charlie F	Beginners' Warm Up	A	Mary M	Live & Let Live	P	Shane M	Downtown Mill Valley	P
Chuck K	Let It Be Now	P	Matt T	Sunday Night Friendship	A	Shellie W-R	Bernal New Day	P
Dan B	Ten Years After	P	Matthew D	Too Early	A	Steve W	Terra Linda Group	P
Dana R	Saturday Sunset 9'ers	A	Maury P	Central Office Manager	P	Stu S	Tuesday Newcomers	P
Daniel M	Doin' the Deal	A*	Michael B	One Liners	P	Tania C	Marina Discussion	P
David A	Gold Mine Group	P	Michael B	SFPOA	P	Ted R	Tiburon Men's Stag	P
David D	Keep It Simple	A	Michael M	Queers, Crackpots	P	Tedra M	Come N Get It	A
Derek A	Wharf Rats	A	Michael M	Friendly Circle Beginners	A	Thomas H	Any Lengths	P
Derek D	Reality Farm	P	Michael P	Sunset 9'ers Su 8am	P	Tim M	Join the Tribe	P
Edward H	High Noon (Tuesday)	A*	Nicholas L	Some Are Sicker Than...	P	Tom F	Tiburon Men's Stag(ALT)	P
Elizabeth B	Sober 5150's	P	Olive G	Steppin Up	P	Tom K	High Noon (Monday)	A
Erica R	Miracles On 24th St	P	Patrick M	Treasurer	P	Tracy F	Keep Coming Back	P
Jackie B	Sisters' Circle	A*	Pete R	Artist and Writers	A*	Virginia M	Women Who Drank. . .	P
Jeff G	High Noon (Saturday)	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	IFB Liaisons	Service Committee	Visitors
Danny F	The 24 Hour Plan	Ray M	(District 05)	Jason P
Jon S	Dark Secrets	Karen S	(District 06)	Spiritual Seekers
Ben N	Friday Night Big Book	Casey L	Marin County Teleservice	
Francis M	Show of Shows	Del C	Marin County H&I/Alano club	

Following in an unofficial summary of actions, information, upcoming business and service opportunities discussed at the August 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 that he would reactivate the Nominating Committee since the IFB needs to elect another at-large COC member; a general election would be held for the vacant Immediate Past Chair position; and the IFB needs a liaison for the Marin Unity Day.

Treasurer's Report: Patrick M. reported for the month of June. Our net loss was

worse than the budgeted net loss. The unfavorable variance vs. budget was primarily due to lower contributions from groups, individuals, and bookstore sales. Unrestricted cash is enough to cover 2.5 months of operating expenses. The months of coverage dropped from May's 3.4 months. Overall rating Good, down-

(Continued on page 14)

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graded from last month.

Central Office Manager's Re-

port: Maury P. reported that a couple of regular volunteer shifts are open; GSO gave a case of Big Books to Central Office as a thank-you gift (which Maury is donating to the Sunshine Club) for using Central Office to film a PSA; her attendance at the upcoming NCCOM meeting on August 15 in Oakland; a query as to how her suggestion/challenge in May that each Representative bring one new person to the IFB, which prompted two members to share about how they made announcements at their groups and also took people aside. For example, one Rep got three people to join PI/CPC by telling them how the committee needed young people and women.

Central Office Committee Re-

port: The COC report was given by Tim McC. At the last COC meeting the CO Manager's and Treasurer's reports were heard and discussed. The COC delayed electing a COC Chair and Recording Secretary until the August meeting as only seven members were present. The Committee decided the policy for fliers distributed in Central Office should be the same as for fliers distributed in *The Point*.

Election for Immediate Past Chair

Vacancy: Chuck K. explained that normally IFB Representatives have to attend orientation and two meetings in order to be eligible to vote, but that a few members in attendance were previously on the IFB; he would like the Board to consider their eligibility to vote at the current meeting. A motion was made and seconded that "any returning IFB member who attends orientation and attends a meeting can vote at their first returning IFB meeting." 36 Representatives voted for, 2 against, no abstentions. The minority opinions did not prompt a revote, so the motion carried.

Chuck read the election process of Immediate Past Chair from the bylaws. Maury added that the Immediate Past Chair is a signatory on our bank accounts and the person who makes themselves available needs to be able to come to Central Office to sign checks as needed. Five people made themselves available: Dan B. has experience with labor relations, with Central Office, non-profits, and has long

term sobriety. Virginia M. has almost 30 years of sobriety, lots of service experience, has been a sole proprietor of business working with non-profits, and is familiar with the bylaws. Ben N. has almost 28 years of sobriety, was previously an IFB rep, served as Chair, Vice Chair, and Secretary, and helped rewrite the bylaws and service manual. Erica R. has 3 years of sobriety, is connected to the Alano Club and Mission Fellowship, can be at the Central Office at the drop of a dime. Carol E. is on her fourth and final year at the IFB, just finished as an at large COC member, has extensive experience in the non-profit sector including as ED of a small non-profit, and would love to be of service again. Chuck reminded IFB of the 3rd legacy procedure, including that the candidates can stay and can vote. Ben N. was elected in the fourth round. While votes were being tallied we discussed Marin Unity Day.

COC proposal for Meeting Schedule:

Derek D. read the COC recommendation to amend the language on the back of the printed SF schedule. For contextual purposes Bruce K. explained the group names controversy that had transpired and noted that the COC recommendation appeared to be an attempt to prevent it from happening again. Several Representative wanted confirmation that no group would be unable to be listed in the meeting schedule due to their name. Maury explained that new groups would be referred to the AA Group pamphlet for clarification on naming their groups, but that no follow up would be done to confirm groups were practicing the Traditions. Since the recommendation came from the COC it did not need a motion, so Chuck called for a vote. 35 voted for, 3 against, 2 abstentions. The minority opinions did not prompt a revote so the motion carried.

IFB Liaison Reports: General Service, SF: Karen S. reported that the Summer Assembly is taking place in Daly City this weekend. She noted that General Service's bid for the Fall Assembly in San Francisco had been approved.

Teleservice, Marin: Casey reported that Teleservice is doing well, phones are getting answered and Teleservice is self supporting.

Marin H&I: Del reported that the committee's business meeting on the second

Tuesday of the month so he has nothing yet to report but will next month.

Living Sober: Alejandro D. thanked the Board for supporting the very successful Living Sober conference.

IFB Committee Reports: Anyone wanting more information on service opportunities may contact Central Office.

12th step Committee: Stu reported that the 12th Step Committee met and had a workshop. He asked Reps to consider joining the 12th Step Committee or the Sunshine Club. The Sunshine Club's next orientation is Saturday, August 23rd, right after the Too Early Meeting. Olive reported that she attended a 12th Step Workshop in Oakland, where she obtained many good ideas for promoting the workshops.

Access Committee: Virginia M. reported that someone from the Human Rights Commission will attend the September IFB meeting. The Sunshine Committee asked for AA talks on tape and CD, so if members have any extras they can spare please give them to the committee.

Archives Committee: Tracy F. reported that the committee has been cataloguing, archiving, and preserving historical documents and that they need \$125 to purchase additional protective sleeves and binders. A motion was made for the IFB to give the Archives Committee \$125 for the requested materials, was seconded and passed unanimously. The IFB Treasurer recommends that the committee request an amount to be approved in next year's budget.

Orientation Committee: Ted R. reported on the ongoing actions of the committee prior to every IFB meeting at 6PM. The committee is newly staffed and is figuring out the best ways to disseminate information.

Trusted Servants Workshop Committee: Tracy F. reported that a workshop on the IFB Representative is scheduled for Saturday, Sept. 6, 10-11:30am. He needs two experienced IFB Reps to speak, one volunteered. The committee has only 2 members and needs 1 or 2 more members to join.

Website Committee: Michael P. reported that he met with the Teleservice committee to obtain background info for the website.

Fellowship Committee: Rebecca D.S. reported that the SF Unity Day has been scheduled for November 1st, but no further details have been confirmed. The committee needs more members to join and help plan Unity Day with General Service.

Special Committee Reports:

Teleservice: Steve R. reported that there are currently no open positions.

PI/CPC: Bruce K. reported that the committee held 7 DUI classes in July, 4 in August, and no school workshops since it is summer.

Group Rep Reports: Elizabeth B. asked for confirmation that no groups will be turned away due to their name. Maury confirmed that the special workers will implement the policy approved at this meeting.

The 7th Tradition was observed. A motion to adjourn was made and seconded, unanimously passed and the meeting ended at 9:25PM.

Respectfully submitted,

Rebecca D.S.
IFB Secretary

The next IFB meeting is on Wednesday, September 3rd, 2008 at 1187 Franklin Street in San Francisco at 7:00 p.m. Orientation starts at 6:00 p.m. and is required for all new members.

If your group does not have an elected Intergroup Representative, also known as an IFB Rep., please join us to see if it is a service position for you.

The IFB is the policy-making group for your Central Office and a good resource for questions or problems related to groups in San Francisco and Marin. It serves as the Board of Directors for the Central Office, a legal requirement for any California non-profit corporation.



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

Derek D. vicechair@aasf.org

TREASURER

Patrick M. treasurer@aasf.org

RECORDING SECRETARY

Rebecca D-S. 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

FELLOWSHIP COMMITTEE

Rebecca D.S. fellowship@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. sfteleservice@aasf.org

SF PI/CPC COMMITTEE

Paul P. picpc@aasf.org

Save the Date!
San Francisco County
Unity Day!

Saturday, November 1, 2008

Urban Life Center
1111 O'Farrell St./ Franklin
San Francisco, CA

Learn about Service
Opportunities, Enjoy the
Food & Fellowship!

More info @www.aasf.org soon!

Individual Contributions

to Central Office were made through
August 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

High Noon:
Jesse V. 6 years
Dave H. 5 years
Nick L. 5 years
Gold Mine Group:
Abigail L. 21 years

GROUP CONTRIBUTIONS



Fellowship	Jun. 08	YTD	Marin Group Contributions	Jun. 08	YTD	SF Group Contributions	Jun. 08	YTD
Alta Mira Sun. 7pm		268	Monday Night Women's M 8pm	53	131	6am Marina Dock M		32
Artists & Writers F 630pm		1190	Monday Nooners M 12pm		275	6am Marina Dock Sa		305
Brisbane Breakfast Bunch		150	More Will Be Revealed F 12pm		100	6am Marina Dock Tu		25
Contribution Box	41	283	Morning Attitude Adjustment		285	6am Marina Dock W		24
Customer	9	9	Nativity Monday Night Big Book M 8pm		100	7am As Bill Sees It Fri		170
Deer Park Discovery Group		25	Newcomers Step M 730pm		482	7am Grab Bag M 7am	10	62
IFB	109	545	Noon Discussion Th 12pm		214	7am Marina Dock		7
Marin City Groups 5D 630pm		200	Noon Hope F 12pm	127	470	7am Step Discussion Tu 7am		29
Marin Teleservice		997	Noon Tu 12pm		99	830am Smokeless F 830am		261
Pax West Fellowship Dinner		120	North Marin Speaker Sun 12pm		130	A is for Alcohol Tu 6pm		34
Santa Rosa Fellowship		10	On Awakening 7D 530am		490	A New Start F 830pm		255
Serenity House	150	450	Primary Purpose W 830pm		83	A Vision for You (SF) Su 630pm		40
SF Alano Club		10	Reveille 5D 7am		100	AA Step Study Su 6pm		307
Spirit of San Francisco		168	Rise N Shine Sun 10am		183	Acceptance Group M 530pm		43
Waterfront Sun 8pm	260	260	Sisters In Sobriety Th 730pm (M)		434	Afro American Beginners Sat 8pm		82
Total Fellowship	569	4685	Spiritual Testost. Sun Men's Stag		315	Afro American F 8pm		57
			Steps to Freedom M 730pm		97	All Together Now Th 8pm		253
Marin Group Contributions	Jun. 2008	YTD	Steps To The Solution W 715pm	61	174	Any Lengths Sat 930am		763
Attitude Adjustment 7D 7am	750	2000	Stinson Beach Fellowship Th 8pm		100	Artists & Writers F 630pm		138
Awareness/Acceptance M	112	272	Sunday Express Sun 6pm		200	As Bill Sees It Sat 11am		142
Blackie's Pasture Sa 830pm		222	Sunday Friendship Sun 7pm	100	100	As Bill Sees It Sat 8pm		211
Caledonia Sun 8pm		500	Sunlight of the Spirit Th 7pm		98	As Bill Sees It Th 6pm		407
Candlelight Sun 830pm		138	Survivors M 12pm	132	182	As Bill Sees It Th 830pm	181	181
Closed Women Step Study Tu		202	T. G. I. Tuesday 6pm		102	As Bill Sees It Tu 1210pm		390
Creekside New Growth Sun 7pm		70	T.G.I.F. F 6pm		115	As We Understood Him Mon. 7pm		13
Crossroads Sun 12pm		316	Terra Linda Group Th 830pm		683	Ass in a Bag Th 830pm	60	313
Design For Living (Marin) W 7pm		75	Terra Linda Thursday Men's Stag		904	Beginner Big Book Step Th 630pm	162	162
Downtown Mill Valley F 830pm	121	510	The Barnyard Group Sa 4pm		94	Beginners' Step Study Sat 630pm		42
Experience, Strength & Hope		96	The Fearless Searchers F 8pm		38	Beginner's Warmup W 6pm		73
Fairfax Friday Night F 830pm		76	Thursday Night Book Club Th 7pm		133	Bernal Big Book Sat 5pm	510	872
Freedom Finders F 830pm		620	Thursday Night Speaker Th 830		1748	Bernal New Day 7D	310	1309
Friday Night Book F 830pm		130	Tiburon Beginners & Closed Tu	373	653	Big Book Basics F 8pm		220
Happy Hour (Marin) Th 6pm		96	Tiburon Big Book Group W 730pm		185	Big Book Beginners F 1pm		24
Happy, Joyous & Free 5D 12pm		750	Tiburon Haven Sun 12pm		400	Big Book Study Su 1130am		232
Hillside Candlelight F 830pm		57	Tiburon Women's Candlelight	106	106	Bookenders Mon 10am		126
Girls Night Out W 815pm	109	109	Tuesday Chip Meeting Tu 8pm		1157	Came to Believe M 830am		38
Intimate Feelings Sa 10am		210	Tuesday Twelve Step Tu 630pm		38	Came To Believe Su 830am		36
Inverness Sunday Serenity Su		95	We, Us and Ours M 650pm	80	130	Castro Discussion (Show Of Shows) W 8pm		784
Island Group Th 8pm		160	Wednesday Night Speaker Dis		133	Castro Monday Big Book M 830pm		60
Living in the Solution F 6pm		324	What's It All About F 12pm		150	Cocoanuts Su 9am		35
Marin City Groups 5D 630pm		350	Women For Women W 12pm		50	Code Blue Big Book Study W 7pm		308
Men Only Stag Sa 6pm		45	Women's Lunch Bunch F 12pm		109	Come N Get It F 630pm	348	348
Mill Valley 7D 7am	600	600	Women's Meeting Su 430pm		27	Courtside Tu 1215pm	54	157
Mill Valley Discussion W 830pm		18	Working Dogs W 1205pm		225	Creative Alcoholics M 6pm		152
Monday Blues M 630pm		240	Total Marin Group Contributions	3051	21171	Each Day a New Beginning F 7am		1541
Monday Night Bolinas		125				Each Day a New Beginning M 7am		130
Monday Night Stag (Tiburon) 8pm	328	748				Each Day A New Beginning Su 8am		540

GROUP CONTRIBUTIONS, CON'T

SF Group Contributions	Jun. 08	YTD	SF Group Contributions	Jun. 08	YTD	SF Group Contributions	Jun. 08	YTD	
Each Day a New Beginning Th		103	Meeting Place Noon F 12pm		281	Sunday Castro Speaker Disc	642	951	
Each Day a New Beginning Tu	357	572	Meeting Place Noon W 12pm		119	Sunday Rap Sun 8pm		120	
Each Day a New Beginning W		243	Mid-Morning Support Su 1030am		567	Sundown Steps Th 630pm		134	
Early Start F 6pm		919	Miracles Off 24th St W 730pm		146	Sundown W 7pm		372	
Easy Does It Tu 6pm		255	Mission Terrace W 8pm		401	Sunset 11'ers F		80	
Embarcadero Group 5D 1210pm		196	Monday Monday M 1215pm		167	Sunset 11'ers M		140	
Epiphany Group Th 8pm	55	94	New Friday Big Book F 12pm		31	Sunset 11'ers Th		40	
Eureka Step Tu 6pm		179	New Life W 7pm		220	Sunset 11'ers W	72	138	
Eureka Valley Topic M 6pm		729	Newcomers Tu 8pm		258	Sunset 9'ers M		284	
Excelsior Free for All Sa 8pm	100	150	No Reservation M 12pm	90	347	Sunset 9'ers Sa	160	160	
Federal Speaker Su 12pm		354	No Whiners F 7pm		48	Sunset 9'ers Th		120	
Firefighters & Friends Tu 10am	21	117	Noon Smokeless F 12pm		103	Sunset 9'ers W		122	
Founders' Group Sa 5pm		30	Noon Smokeless M 12pm		17	Sunset Speaker Step Sun 730pm		338	
Friday All Groups F 830pm		1473	Noon Smokeless Th 12pm	53	53	Sutter Street Beginners Sat 6pm		344	
Friday Knights Th 730am		50	One Liners Th 830pm		307	Ten Years After Su 6pm	435	435	
Friday Lunchtime Step F 12pm		140	One, Two, Three, Go! W 1pm		20	The Drive Thru W 1215pm		270	
Friday Night Special F 830pm		20	Park Presidio M 830pm		100	The Parent Trap 2 Wed. 430pm	119	119	
Friday Night Women's Meeting F		48	Parkside Th 830pm	51	51	The Parent Trap M 1230pm		83	
Friday Smokeless F 830pm		36	Pax West M 12pm		518	They Don't Know Who We Are	155	155	
Friendly Circle Beginners Su		176	Pax West Th 12pm		501	They Stopped In Time M 8pm		220	
Friendly Circle Group Su	220	220	Progress Not Perfection Tu 830pm		103	Thursday Morning Men's BB		14	
Gold Mine Group M 8pm		38	Queers, Crackpots & Fallen Wo		78	Thursday Night Women's Th 630	159	364	
Golden Gate Seniors Tu 130pm		48	Reality Farm Th 830pm		150	Thursday Thumpers Th 7pm	360	360	
Goodlands Su 2pm		150	Rebound W 830pm		144	Too Early Sat 8am	193	1200	
Haight Street Explorers Th 630pm		51	Relapse, Reb., Retreads &	82	82	Tuesday Big Book Study Tu 6pm	60	60	
Happy Destiny Sa 630pm		26	Saturday Afternoon Meditation Sat	126	126	Tuesday Downtown Tu 8pm		175	
Happy Hour (S.F.) Th 6pm		36	Saturday Easy Does It Sa 12pm		360	Tuesday Men's Pax Tu 12pm		46	
Happy Hour Ladies Night F 530pm		61	Second Chance Th 215pm	74	74	Tuesday Women's Tu 630pm		122	
High Noon 5D 1215pm	52	85	Serenity House Sat 830pm		600	Tuesday's Daily Reflections		92	
High Noon Friday 1215pm		385	Serenity Seekers M 730pm		467	Twelve Steps to Happiness F		72	
High Noon Monday 1215pm		390	Sinbar Su 830pm		282	Valencia Smokefree F 6pm	74	528	
High Noon Saturday 1215pm	205	459	Sisters Circle Su 6pm		281	Walk of Shame W 8pm		253	
High Noon Thursday 1215pm	146	1108	Sober & Centered F 7pm		140	Washington Square M 7pm		52	
High Noon Tuesday 1215pm	150	450	Sober Across the Board M-Sa	25	160	Waterfront Sun 8pm		1020	
High Noon Wednesday 1215pm	60	297	Sobriety & Beyond W 7pm		202	We Care Tu 12pm	120	270	
High Steppers W 7pm		15	Sometimes Slowly Sa 11am		279	Wednesday Women's Big Book W	120	120	
Home Group Sat 830pm	102	795	Sought to Improve Th 730pm		110	West Portal W 830pm		44	
How Was Your Week? Sa 10am		326	Sp. Founded Prog. Of Action (301	301	Wharfrats Th 815pm		71	
Huntington Square W 630pm		688	Step Sisters (S.F.) Th 630pm		20	Women Living Sober Sa 10am		120	
Join the Tribe Tu 7pm		507	Step Talk Su 830am		298	Women Who Drank Too Much Tu		7	
Keep Coming Back Sa 11am		1394	Steppin' Up Tu 630pm		128	Women's 10 Years Plus		239	
Light Steppers Su 7pm		60	Stepping Out Sat 6pm		100	Women's Kitchen Table Group Tu		102	
Lincoln Park Sat 830pm		269	Stonestown M 8pm		154	Women's Promises F 7pm		124	
Living Sober W 8pm		57	Straight Jackets Th 9am		52	Women's Step Discussion		100	
Living Sober with HIV W 6pm		278	Sunday Bookworms Sun 730pm		78	Work In Progress Sat 7pm		56	
Luke's Group W 8pm		148	Sunday Morning Gay Men's Stag Su 930am		291	YAHOO Step Sa 11am		100	
Lush Lounge Sa 2pm		321	Sunday Night 3rd Step Group 5pm		210	Total SF Group Contributions	6575	46138	
							Total Group Contributions	10195	61798

by Madame Salami



It's September and the 9th Step is on Madame's mind. So are you, Virgo, my favorite perfectionist. Your real standout feature has always been your commitment to excellence in everything you do. You're the rational, adaptable and practical sign that reminds us all just where hard work can get us.

I know it hasn't come naturally, but you have certainly been letting your hair down and having some serious fun all year. Just know that all play and no work makes Virgo a very anxious AA. It's time to get back to those Steps and where better to focus than your likely least favorite – making amends.

Leave it to you to have created the Zodiac's most thorough, organized and ordered amends list. With your unsurpassed mental ingenuity, the memory of an elephant, and your uncanny ability to analyze the most complex problems, your eye for detail leaves no stone unturned in listing those you have harmed. You've spent months detailing each slight and created a document with perfect

fonts, line spacing, margins and footnotes.

Now the real fun...and balking... begins. You survived reviewing the list with your sponsor and now it's finally time to actually *make* those amends...and no well-appointed Excel spreadsheet will take the place of the one-on-one time with each of those people listed in your masterpiece.

People may think of you as cold, but now is the time to show the respect, kindness and humility that comes to you so naturally and that you work so hard to hide. Remember, it's about your shortcomings, not theirs. I know how you hate those abstract theories. Do the work and stop contemplating the outcomes. This is a time of action. If anyone can do it, it's you. **TP**

Cunning, Baffling and Puzzeful

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

- | | | |
|-------------|---------------|------------|
| DIRECT | INDISPENSABLE | NEVER |
| FUNCTIONING | ORGANIZED | EXCEPT |
| INJURE | FOUNDERS | THEM |
| CREATE | SERVE | LEADERSHIP |

E A H E I R M D E D R M E C I S V P V J R R G Z
 E T E C X J M E E E E E R I A S P I T I R S N I
 E E I C C E L F X S E N T S T S R H I N I T I I
 E O E P E T P E C X E A N E A E E S R J D M N E
 G T N N P G X R U P E E P D R E E R I U N E O M
 I E M D T E E E P R P U E E I M S E E R O I I E
 L V E D I R E N C S A Z T N U E S D E E E A C T
 A R I A E C H N I I Z C I H V T N A I T S E N A
 N E A A U F C D E I E N T E C T R E V R E S U S
 R S S I A N N T N R O I N R B I O L C U L N F V
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 E C E A I E G D T E C R E R R P U E R R Z E F D
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 T D U C O T N J J U H L I O E D V I N J U R O E
 H D O U E U N I N J U R I U R I N E D T N E E I
 E I F N F H S N F T E E O E N E O U N E S V D E
 I N D I S P E N S A B L E I T S D P O M R E T I
 R T E H O R G A N I N M X E N E E U A F P C I R
 U E G R J E N E S D L E A D E R S H I C E R R U
 R O C A S I N D I S P I N S A B L E N E V E R S
 H T S G N I N O I T C N U F S N M F N E D B S N
 P I H S E D E A L N U E V L R E E X N T S E J T
 J D E R E D N U O F C V A T H A I O E F E M T H
 B N I E T E G Z Z E E E E T V O P N N N D Z P N

Intercounty Fellowship of AA

Financial Statement

June 2008

	<u>Jun 08</u>	<u>Jan - Jun 08</u>		<u>Jun 08</u>	<u>Jan - Jun 08</u>
Ordinary Income/Expense			Access Expenses	0.00	375.00
Income			Filing/Fees	0.00	60.00
Contributions from Groups			Insurance	0.00	1,824.00
Group Contributions	10,142.97	70,602.06	Internet Expense	54.99	329.94
Honors	52.00	208.00	Office Supplies	420.32	1,638.32
Contributions from Groups - Other	0.00	1,200.85	Shipping	123.44	267.93
Total Contributions from Groups	<u>10,194.97</u>	<u>72,010.91</u>	Equipment Lease	0.00	3,641.34
Contributions from Individuals			Repair & Maintenance	244.00	2,588.13
Individual - Unrestricted	880.00	4,865.13	Security System	33.50	314.40
Faithful Fiver	505.00	2,815.00	Telephone	310.40	1,787.26
Honorary Contributions	127.00	4,935.95	Phone Book Listings	81.50	489.00
Total Contributions from Individuals	<u>1,512.00</u>	<u>12,616.08</u>	Bad Checks	0.00	95.00
Gratitude Month			Miscellaneous Expense	0.00	0.00
Gratitude Month - Groups	0.00	3,633.65	Total Expense	<u>19,664.49</u>	<u>100,744.91</u>
Gratitude Month - Individual	0.00	154.00	Net Ordinary Income	-5,333.52	6,339.97
Total Gratitude Month	<u>0.00</u>	<u>3,787.65</u>	Other Income/Expense		
Sales - Bookstore	7,976.12	53,574.13	Other Income		
Special Event Income	300.00	300.00	Other Income	0.00	0.15
Newsletter Subscript.	44.24	472.82	Interest Income	0.00	159.50
Total Income	<u>20,027.33</u>	<u>142,761.59</u>	Total Other Income	<u>0.00</u>	<u>159.65</u>
Cost of Goods Sold			Other Expense		
Cost of Books Sold - Shipping	66.00	66.00	Depreciation Expense	0.00	378.35
Cost of Books Sold	5,630.36	34,736.33	Amortization Expense	0.00	229.55
Credit Card Processing Fees	0.00	874.38	Total Other Expense	<u>0.00</u>	<u>607.90</u>
Total COGS	<u>5,696.36</u>	<u>35,676.71</u>	Net Other Income	<u>0.00</u>	<u>-448.25</u>
Gross Profit	<u>14,330.97</u>	<u>107,084.88</u>	Net Income	<u>-5,333.52</u>	<u>5,891.72</u>
Expense					
IFB Sponsored Events	0.00	525.00			
Unreconciled Bank Adj	0.00	-150.00			
Special Events Expense	0.00	13.00			
Employee Expenses					
Wages & Salaries	7,776.25	42,630.77			
Employer Tax Expenses	637.60	4,835.33			
Health Benefits	1,274.22	6,334.77			
Total Employee Expenses	<u>9,688.07</u>	<u>53,800.87</u>			
Professional Fees					
Accounting	0.00	1,500.00			
Computer Consulting	415.11	1,334.01			
Total Professional Fees	<u>415.11</u>	<u>2,834.01</u>			
Bank Charges	0.00	93.00			
Postage					
Bulk Mail	0.00	550.00			
Postage - Other	0.00	267.65			
Total Postage	<u>0.00</u>	<u>817.65</u>			
Rent - Office	8,293.16	29,026.06			
Rent - Other	0.00	375.00			

CORRECTION:

In last month's issue—August 2008— we printed the P&L for May /Jan—May YTD. The report was not accurate. Please see the August issue online at <http://www.aasf.org/thePoint.cfm> for the correct information.

We apologize for any inconvenience (or raised eyebrows!) this error created.

Maury P.
Central Office Manager

SEPTEMBER 2008

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528
You can also email or phone us with your new contact information.
theport@point.org / San Francisco (415) 674-1821 / Marin (415) 499-0400

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Name		

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