

A publication of the

intercountry Fellowship

of Alcoholics Anonymous

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## THE PROMISES ALL CAME TRUE FOR ME ON MY DRIVE HOME

by Rich H.

It all started on June 15, 1983, when I asked a man whose life worked, whose standing in the community was admirable, and whose family he loved entirely and unconditionally to be my sponsor.

We went through the steps using the "Twelve Steps and Twelve Traditions," and he seemed constitutionally incapable of absorbing any of my highly intellectual and pretentious hyperbole regarding what I thought about anything in general.

And after dealing with my inventory, and a Seventh Step prayer, I mentioned to him that I was renting a car and driving to Montana to make amends to my father and older brother. He looked at me with that pitiless twinkle and said: "That's great, Rich! And you can drive over to Idaho and make amends to your Mom, too!"

I nearly passed out. I had carefully

explained to him how my mother had torn my entire family apart with her criminal activity; how her incidents of forgery cost my Dad a good job as a bank officer with the biggest

bank in Idaho. I told him how bad it hurt when she left one night when I was nine, not to be seen for another six years. How her negative contributions had driven me to become an alcoholic delinquent and a mediocre Army officer. And on and on and on.

My sponsor listened patiently, and then told me that if I didn't forgive her and make amends to her I would return to drinking. So I re-read the Eighth Step, concentrating on the line: "we must forgive these others for the wrongs done us, real or fancied." I was still agnostic back then, so I dealt with her in terms of Humanism and ethics, finally realizing



# monthly calendar

october 2008

Events, Highlights and Happenings

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>		 	<p><b>1</b> <u>FIRST WED</u>                      Intercounty Fellowship Board Orientation 6 pm, Meeting 7 pm, 1187 Franklin St./ Geary St., San Francisco, CA; First Unitarian Universalist Church)</p>	<p><b>2</b></p>	<p><b>3</b>                      SF Unity Day Planning/ Fellowship Committee, Central Office, 6pm</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> <u>FIRST MON</u>                      Access Committee, Central Office; 5:30pm</p>	<p><b>7</b> <u>SECOND TUE</u>                      SF Bridging The Gap 1187 Franklin St., 6:30 pm                      Marin H&amp;I, 1360 Lincoln, San Rafael, Bus. Meeting: 7:15 pm                      SF General Service 1187 Franklin St. Meeting: 8 pm</p>	<p><b>8</b> <u>SECOND WED</u>                      12th Step Workshop Central Office, 6:30 pm                      Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30 pm</p>	<p><b>9</b> <u>SECOND THU</u>                      Trusted Servants Workshop Committee Central Office, 6:00 pm</p>	<p><b>10</b>                      SF Unity Day Planning/ Fellowship Committee, Central Office, 6pm</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b> <u>SECOND MON</u>                      SF Public Information/ Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm</p>	<p><b>14</b> <u>THIRD TUE</u>                      San Mateo General Service, St. Andrews Church, 7:30 pm</p>	<p><b>15</b> <u>THIRD WED</u>                      Website Committee, Central Office; 6:30pm</p>	<p><b>16</b></p>	<p><b>17</b>                      SF Unity Day Planning/ Fellowship Committee, Central Office, 6pm</p>	<p><b>18</b></p>
<p><b>19</b> <u>THIRD SUN</u>                      Archives Committee, Central Office, 2 pm                      Business Meeting followed by Work Day</p>	<p><b>20</b> <u>THIRD MON</u>                      SF Teleservice Central Office, 6:30 pm                      Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm</p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b>                      SF Unity Day Planning/ Fellowship Committee, Central Office, 6pm</p>	<p><b>25</b> <u>FOURTH SAT</u>                      General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm</p>
<p><b>26</b>                      Living Sober, General Planning Meeting, 1668 Bush St., Trinity Church, 5 pm</p>	<p><b>27</b></p>	<p><b>28</b> <u>FOURTH TUE</u>                      Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm</p>	<p><b>29</b></p>	<p><b>30</b> <u>LAST THU</u>                      SF H&amp;I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm</p>	<p><b>31</b></p>	

# COMING UP

mark your calendar

## TIBURON HAVEN GROUP

Strawberry Rec Center  
Auditorium,  
118 Strawberry Dr, Mill Valley

Sunday, October 19, 2008:

Frances L., Greenbrae

Childcare Available

Special 90 Minute Meetings Listed Above  
Meets at Noon Every Sunday for its regular  
Oen Speaker Meeting

## 12th Step Workshop

Wednesday, October 8, 2008

Central Office,

1821 Sacramento St., S.F., CA

Join the 12th Step List to assist Teleservice  
and Central Office with requests for help!

More info: [www.aasf.org](http://www.aasf.org) or 415-674-1821

CNCA BTG Committee presents  
3rd Annual Bridging the Gap Forum

Sunday, October 26, 2008

Cotati Veterans Memorial Hall, Cotati  
(Near Petaluma)

Learn about the 12th Step service  
that BTG provides.

More info from [btgchair@cnca06.org](mailto:btgchair@cnca06.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](http://www.aasf.org) soon!

# OCTOBER 2008 SPEAKERS

## BRISBANE BREAKFAST BUNCH

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

Date:	Speaker:	From:
10/05	Ken K.	Burlingame
10/12	Phil C.	Tools of Recovery
10/19	Jim P.	Hillsborough Men's
10/26	Ward C.	Peninsula Fellowship

## TUESDAY DOWNTOWN

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

Date:	Speaker:	From:
10/07	Maria G.	San Mateo Fellowship
10/14	Richard G.	Too Early
10/21	Veronica M.	Marin Fellowship
10/28	Alan K.	Sunset 9ers



## FRIDAY NIGHT ALL GROUPS

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

Date:	Speaker:	From:	Host Group:
10/03	Peter D.	As Bill Sees It	Rose Garden
10/10	Nick G.	All Together Now	Light Steppers
10/17	Kate S.	Marina Discussion	Show of Shows
10/24	Paul W.	Waterfront	Mens' Single Topic
10/31	Barbara M.	Thursday Night Women's	Sought to Improve

## FRIDAY ALL GROUPS ANNIVERSARY CELEBRATION!

GET IN THE MOOD TO BE SERENE WITH THE DULCET TONES OF A GUEST PIANO PLAYER  
TICKLE YOUR TASTEBUDS WITH GOURMET TREATS AND PREPARE

YOURSELF FOR THE SHARE OF **BARBARA M.** A FIFTY YEAR VETERAN  
OF THE A.A. PROGRAM

AS WE CELEBRATE **SIXTY-ONE YEARS** OF THE **FRIDAY ALL GROUPS MEETING!**

**FRIDAY, OCTOBER 31, 2008**

**CELEBRATION BEGINS AT 7:30PM MEETING STARTS AT 8:30PM!**





**New Meeting:**

Mon - Thu 7:00am Hayes Valley AS BILL SEES IT - KEEP IT SIMPLE, S.F. Alano Club, 1748 Market St. (BK, GY, LS)

**Meeting Changes:**

Mon	6:30pm	Novato	JUST CAN'T WAIT 'TIL 8, 120 Landing Ct. Ste. A (was 1905 Novato Blvd)
Tue	6:00pm	Novato	THERE IS A SOLUTION, 646 Canyon Rd./ Hill Rd. (was 1905 Novato Blvd)
Thu	7:30pm	Novato	SISTERS IN SOBRIETY, Church, 1915 Novato Blvd./ Simmons Ln . (was 1473 S. Novato Blvd.)
Sat	10:00am	Novato	INTIMATE FEELINGS, 1461 S. Novato Blvd. (was 1905 Novato Blvd)
Sat	4:00pm	Novato	THE BARNYARD GROUP, 120 Landing Ct. Ste. A (was 1905 Novato Blvd)

**No Longer Meeting:**

Mon	7:00pm	Hayes Valley	AS WE UNDERSTOOD HIM, S.F. Alano Club, 1748 Market St.
Thu	7:00pm	Crocker Amazon	WOMEN'S STEP/DISCUSSION MEETING, 1310 Bacon St.
Fri	12:00pm	Hayes Valley	FRIDAY REFLECTIONS, S.F. Alano Club, 1748 Market St.
Sat	10:00am	Hayes Valley	ROMPER ROOM, S.F. Alano Club, 1748 Market St.

## RECENTLY REGISTERED TRUSTED SERVANTS - AUGUST 2008

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

**San Francisco -**

**6 AM Marina Dock** Fri. 6am; **7AM Speaker Discussion** Thu. 7am; **A Step Beyond** Thu. 6pm; **Alumni** Wed. 8:30pm; **Castro Discussion (Show Of Shows)** Wed. 8pm; **How It Works** Sat. 2pm; **Joys Of Recovery** Tue. 8pm; **Miracles (Way) Off 24th St.** Wed. 7:30pm, **Moving Toward Serenity** Wed. 8:30pm; **Saturday Afternoon Meditation** Sat. 5pm; **Saturday Easy Does It** Sat. 12noon; **Speaker Discussion** Sat. 12pm; **Sunset Reflections** Thu. 1pm; **The 12 Schleppers** Thu. 8pm; **The Mission Creek Meeting** Tue. 5:30pm; **Tuesday Downtown Beginners** Tue. 7pm; **Thursday Night Women's** Thu. 6:30pm; **Valencia Smokefree** Fri. 6pm; **What It's Like Now** Mon. 6pm; **Women Living Sober** Sat. 10am; **Women Who Drank Too Much** Tue. 6:15pm; **Work in Progress** Sat. 7pm

**Marin -**

**Attitude Adjustment Hour** Wed. 7am; **Larkspur Beginners** Fri. 7pm; **Larkspur Step** Wed. 8:30pm; **Monday Nooners** Mon. 12noon; **Primary Purpose** Wed. 8:30pm; **Six O'Clock Sunset** Thu. 6pm; **Sunlight Of The Spirit** Thu. 7pm; **Women Who Drank Too Much** Mon. 7:30pm

### SECRETARIES AND TREASURERS!

You can now register with  
Central Office on our website:  
[www.aasf.org](http://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](mailto:thepoint@aasf.org) to  
have your group featured  
in an upcoming issue!




## From the Editor

The great minds here at *The Point* have adopted a reader's suggestion for a new series of articles about how the A.A. program works in your life today, as a sober person working the steps and "adopting these principles in all our affairs." Read our Bulletin Board this month for an example: how making a small attitude adjustment resulted in big changes at Muni! We invite your contributions, and we need a name for this series. We started with "Living along Spiritual Lines," but immediately ran into the spiritual versus religious debate. We aren't looking for your "sudden and spectacular" conversion experience, but rather the more every day, gradual shifts in consciousness or behavior that result from spiritual growth. Reader, we need your ideas for the series title; this is San Francisco and we know there are lots of people out there masquerading as the strong, silent types who read this newsletter but can do a MUCH better job than this editor at clever copy. Please help!

See if you can figure out what the theme for this month's issue is. (Hint: it has something to do with the Ninth Step.) I recently heard a speaker on the topic who said that

his fear of economic insecurity had left him, leaving behind—economic insecurity! What a miracle, to lose the fear in the face of the reality. The cover and the stories on Growing Up, Amazed, and Two Funerals all address this important part of our program that is the reward for staying sober and working the steps.

Our long-timer conversation this month features Jack G. who was instrumental in the development of ICYPAA (the clumsy acronym for young people in A.A., pronounced "icky-paw" for the uninitiated) and still plays league softball after 51 years in A.A. and 47 years of continuous sobriety. As with all the long-timer articles, there is a much longer conversational record on archive at Central Office, if you're interested. Our collective history need not be lost just because we are anonymous—that's the idea behind this project. If you know of members with long term sobriety (somewhat arbitrarily set at over 35 years) who could be invited to share their experience, strength, and hope—and A.A. history—please contact us at [thepoint@aasf.org](mailto:thepoint@aasf.org). 

## 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](http://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](mailto:thepoint@aasf.org).



## LIFE ALONG SPIRITUAL “LINES”

by Jean M.

After several years of riding home on Muni at night from my office downtown, I found myself growing more and more enraged about how poorly the service was run, how overcrowded the trains were, how inaccurate the schedules, how irresponsible the station agents—and most of all, how rude and inconsiderate the drivers were. Many of them snarled when asked a question, didn't speak up, and wouldn't call out the stops even on pitch-dark rainy nights when nothing was visible except my own terrified reflection in the train window as I went sailing helplessly past my stop. Night after night, I arrived home ex-

hausted just from tabulating all of my grievances en route. So about a month ago, I decided to force myself, as I got off the train each night, to THANK the driver. No matter how awful the ride, how surly the driver's attitude, how disruptive the other passengers or how late I was getting home — even if I was at the wrong stop, I began to say, “Good night. Thank you!”

I then had to cross in front of the stopped streetcar. So after the first few nights I took to adding a friendly wave to the driver. Often, to my surprise, they waved back.

Now, I don't know how this is possible, because it wasn't the same driver every night, nor has there been time for me to retrain them all. But after the first week, I noticed that the train service along the L-Taraval route began to improve. Its offenses became distinctly less noticeable. With so much improvement in my evening commute, I was soon able to concentrate on my crossword puzzle or even read a good book along the way.

So whenever it seems impossible for a recovering alcoholic to change the world — I remind myself how clearly I've proven that it isn't. **TP**

## THE PROMISES ALL CAME TRUE FOR ME ON MY DRIVE HOME

*(Continued from page 1)*

that she was a deeply flawed person, but human—and my mother nonetheless.

In late May 1984, I found myself walking up the little path to her small house in Caldwell, Idaho. My knees were giving out, much like when I jumped from an unmarked helicopter in Cambodia fourteen years earlier. I was one scared cookie!

After I explained to her why I had come, she told me that if the same thing had happened to her, she'd probably feel just like me. She asked me to spend the night, promising a home-cooked breakfast the next morning.

On that drive home to the City, I realized all of the Promises of our program. Viscerally, in the deepest pit of my soul, I knew that A.A. worked,

and that I was now recovered in the sense of the opening to our Big Book. This was my amazement.

“New freedom” from the horror of my childhood was realized, as well as the feeling of freedom to finally experience an authentic life. “New happiness” overcame me, as I alternately cried and laughed to myself on the lonely road from Boise to Winnemucca. By promising a mother/son relationship to my mom, I left that door to my past open just enough to let her in, to join the rest of my family. The regret that grew so large, from being seemingly betrayed by my family and uprooted from our home in Boise to a shabby rental in Billings, vanished. Serenity and peace overcame me later that evening, when I was able to go to bed and fall asleep for the first time since my Army experiences in Vietnam and Cambodia. I also realized

how much more effective I could be as a sponsor, in terms of benefiting others. My negative self-image was erased by knowing that I would become a full-fledged son to her. The end of self-seeking came in knowing that a selfish person was incapable of doing what I had just completed. Alcoholics Anonymous gave me a perfect platform to become a superior sponsor and a friend, genuinely interested in the recovery of those I might help.

For the entire drive of 635 miles, I was a starry-eyed optimist. I certainly felt no fear of any person, having just dealt with the largest villain in my life. I knew, as well, that money is usually a big problem, not a solution. I gained the confidence to handle baffling situations. I certainly knew that God had enabled a miracle on my behalf. **TP**

# Dear Alky...

Dear Alky,

**I have a sponsee who has “lateraled” into A.A. from another Twelve Step program. In fact, she’s been in a number of Twelve Step programs but only recently identified as an alcoholic. When it comes to doing the steps, she tells me she’s done lots of inventories in these other programs. Some of them, she says, are much more extensive than our A.A. Fourth Step. She questions why she should go over all that stuff again since she’s already been extremely thorough. She isn’t drinking and has been abstinent from alcohol for three years, through these other programs.**

**What can I tell her to support completing her Fourth Step in A.A. and embracing the A.A. path? She sees herself as a double/triple winner through the steps, but thinks she’s already been down our Twelve Step road.**

**Many Thanks,**

**Double/Triple’s Sponsor**

Dear DTs,

Alky has had some of these sponsees! I’m reminded of the character in the movie “Drunks” (I think Parker Posey played the role) who speaks in the A.A. meeting about how much the meetings help her with her various personality issues. But I digress.

Clearly, your sponsee has a right to be a member of as many fellowships as she wants. If she has a desire to stop drinking (and stay stopped) then she certainly qualifies for membership in ours. The issue is whether she will actually participate in her A.A. recovery, given her experience of working steps around other addictions. Treat her as you would any other sponsee. Tell her that your job as a sponsor in A.A. is to show her how you have recovered from alcoholism through the practice of the Twelve Steps. Have her work Step One very thoroughly, since her recognition of her problem with alcohol seems to have come well into a period of abstinence. When she’s worked Steps One through Three to your satisfaction, have her write a Fourth Step. She doesn’t need to rehash material that she’s

already worked through in other programs. The resentments and fears on her inventory should be active ones that are blocking her progress *now*. And no matter how many times she’s worked the steps, assuming she is human, she’s still got character defects that are blocking her usefulness to God and her fellows.

*Clearly, your sponsee has a right to be a member of as many fellowships as she wants. If she has a desire to stop drinking.*

Try not to get too bogged down. If she’s willing to work the steps with your guidance, than you can be of service by sharing your experience. If she’s suffering from “terminal uniqueness” as the result of her problems other than alcoholism, point out other people you know who are also doubly or triply blessed. And remind her that we keep what we have by giving it away. She’s bound to run into other people in the fellowship who might benefit from her perspective. Keep it simple and keep up the sponsoring!

Alky 

## Attention Readers

*The Point* Committee is discussing ideas for new features in 2008. We are also considering saying goodbye to some of the current ones. We’d like your help—what do you want to read about? Please write to us and give us your feedback.. You can reach us at [point@asf.org](mailto:point@asf.org). Don’t be shy!

Additionally, let us know if you would like to be added to our list of contributors. If we publish your articles you will be thanked with a complimentary one-year subscription.





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.     | Kathleen C.    |
| Ann & Denise     | Lauren H.      |
| Barbara M.       | Leo H.         |
| Beverly C.       | Lisa M.        |
| Bruce D.         | Liz & Aiden D. |
| Caroline A.      | Lyle W.        |
| Casey L.         | Margarite S.   |
| Catherine S.     | Marty C.       |
| Celia H.         | Mary F.        |
| Dan & Sherry T.  | Michael M.     |
| David J.         | Michael W.     |
| David P.         | Patrick M.     |
| Dennis & Lucy O. | Pat P.         |
| Dick F.          | Paul M.        |
| Donald Ray N.    | Peg L.         |
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| Greg S.          | Scott C.       |
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| Jane K.          | Steve F.       |
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| Jim H.           | Tim M.         |
| Karen K.         | 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!



# MEET THE MEETING: FREETHINKERS GROUP

by Bree L.

If you're one of those bogged down with all the "Higher Power, God" talk, the Freethinkers Group is the meeting for you. This is the meeting for those who aren't comfortable with reference to a higher power or for those who carry enough of a resentment toward organized religion to avoid it altogether. It is also for those who want to avoid what they see as empty theology or unnecessary religiosity.

The meeting follows a format that quotes the writings of Bill W. from a 1965 issue of the Grapevine, "... the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not therefore pressure anyone with our individual or even collective views." The meeting format says that the group is an expression of some who may or may not feel comfortable with all the beliefs of A.A., such as the reliance upon a higher power. There are many paths to sobriety and it is not their desire to preach or try to alter anyone's beliefs. As one member says, there are many who have "given themselves to this simple program," yet still have problems.


The meeting begins with individual introductions and then the floor opens for a topic for discussion. Topics are solicited from the floor and people are encouraged to speak on that topic or any other subject. There are a number of members with long-term sobriety who regularly attend and they have much to contribute.

One such person celebrated twenty years and reports that she has never worked the steps. Another member is celebrating four years and strongly relies on a traditional God and sees the Freethinkers as his home group.



The meeting rarely addresses the higher power directly but frequently new members speak of struggling with the concept of a higher power. They want to see how others have dealt with such struggles. One member described the meeting as having more than its share of curmudgeons but says the surprising thing is how caring the crusty folks are of one another and, especially, newcomers.

It's a bit of a jolt to close without the serenity prayer or any other prayer, which certainly makes sense. However, the closing is still meaningful. As with everything, you get out of it what you put into it. The group joins hands and after a short thirty second pause, everyone heartily recites, "Keep coming back."

This meeting is listed in the directory as "The Freethinkers" but the longer name is the Agnostics and Freethinkers Group of Alcoholics Anonymous. This group meets Thursday nights, 6:30 p.m., at Bethany United Methodist Church, 1268 Sanchez at Clipper. Street parking is available. The entrance to the meeting is on Clipper and the meeting is up the stairs in the nursery. Coffee, tea and cookies are provided. 



# MYSTERY MARK

by Carole P.

For almost two years, a mystery man has attended our A.A. meditation meeting. His name is Mark. Mark has a head injury that affects his ability to speak clearly. Although he has a special laptop computer that can be programmed to say words, it takes forever for the computer to work, and most of the time it is broken any way. Mark is also partially paralyzed and uses a motorized wheel chair to get around the hospital where the meeting is held—Laguna Honda.


Members of A.A. who live in the facility are welcome to come to our meeting, if they can sit quietly for twenty minutes of meditation. A surprising number of residents attend regularly. Those who can speak are able to tell us about who they are and what happened to them. But it is different with Mystery Mark. Although he loves to try to share, no one can really under-

stand what the heck he is saying. We are happy that he feels safe enough to speak at group level, but it can also be frustrating. His experience, strength and hope were a mystery to us.

Then, by an act of divine intervention, another member of the fellowship became friends with Mark. With her help, we were finally able to unravel the mystery. Elizabeth met Mark at an A.A. meeting and they clicked. She began to visit him regularly at the hospital. With great patience and great love, Elizabeth learned to understand Mark's speech pattern, and she was able to finally piece together his story.

Elizabeth offered to be Mark's voice and to read his story at the meditation meeting. The group conscience was overwhelmingly in favor of skipping the meditation one week to

learn about Mark. And we learned a lot. We learned how drugs and alcohol led to the fight that ultimately resulted in the injury to his brain. We learned about his family life, and his high IQ, and his commitment to staying sober in the program of Alcoholics Anonymous. Mark's story ended with a list of 55 things he is grateful for in his life. This list includes his loving higher power; the fellowship of A.A.; the fact that his right side is paralyzed and he is left-handed; and his gratitude to his hometown baseball team—the San Francisco Giants.

My own gratitude list grew longer as a result of being at that meeting and hearing another alcoholic share his experience, strength and hope. Mark is a powerful example of the miracle of A.A., and the mystery that keeps us all sober, one day at a time. 

# TWO FUNERALS AND A NINTH STEP

by Anonymous


“We will intuitively know how to handle situations which used to baffle us “ When I first came into recovery, *that* particular promise of the Ninth Step is one of the situations which baffled me. I interpreted it to mean that, if I wasn't loaded and high, then I wouldn't fall down or forget things, thus handling situations more graciously than usual. It is true, that is a result of being sober, but it is not what is meant by the Promises. The Promises are a result of working the steps, not just being sober. And making amends wherever possible is key to unlocking the Promises. Here are a couple scenes from my life that may be illustrative.

When my grandmother died eight years ago, I flew to her funeral loaded, attended the funeral loaded, talked to extended family and friends loaded, and no one knew it—but me. I had the “look good” going on, but I was

numbed out, downed out, drinking and chemically altered. Today I look at the family photograph taken at her graveside and I can't believe how normal I look when inside I was dark, secretive, sleazy, and a liar. My daughters, sisters, parents, and (now ex-) husband surround me on film, and it would be a few more years yet before they would know I am an alcoholic and addict.

Today, I have been sober for three and a half years and completed my first set of amends last October. This past summer, I was with my mother at my father's bedside during the last week of his life, while he died of Alzheimer's disease. I was present for him and for her—and for myself. I wasn't numb, I felt *a lot* and I am surprised that some of what I felt was exhilarating and downright funny. Who knew? I certainly would not have known if I was still self-medicating. And if I had not

gone through the process of being as honest as I was capable of being with the people in my life that I had harmed and to whom I owed amends, I wouldn't have known how to handle that situation. Being as honest as I had to be in order to complete my amends permitted a sort of openness that made me available and present to the profound experience of my dear father's death. I shared the experience authentically with those around me, we got each other through it, and there was a whole lot of love and laughter in that room, as well as death.

If you had told me that I could sit through a week of dying in an Alzheimer's unit surrounded by relatives, health care professionals, other patients, and liquid morphine without even a craving, I would not have believed you. But I did. Now, that's an extravagant promise—fulfilled. 

# CONVERSATIONS WITH LONGTIMERS

as told to the Drunk Whisperer

## ““Forever Young” Jack G

Jack G. has been sober for 47 years. He first became involved with A.A. 51 years ago, as a 23-year old in Buffalo, NY. It has been Jack’s mission to get more young people involved with A.A. and he continues his involvement with the International Conference for Young People in Alcoholics Anonymous (ICYPAA) which held its 50th anniversary conference this past summer. Jack has held every position in General Service, except Delegate, and has worked professionally in the alcohol rehabilitation field.

Q. What’s your date of sobriety?

A. June 3, 1961. I got sober in Denver, CO. Before that, I attended the first International Conference of Young People in A.A. in Niagara Falls, NY in April 1958. I was at least seven or eight years younger than anybody else.

Q. Even at the young people’s conference?

A. Yes. Young people then were 32 to 35 years old. Blessedly, in 50 years, that’s changed. At that time, it was widely thought that unless you drank heavily for at least ten years, you could not be an alcoholic. I was an alcoholic from the very first drink. I drank more than my peers. I was a good athlete, had very good opportunities in athletics and today I know that my drinking cost me that. People always ask, “What did you lose, drinking?” The first thing I lost, I was 18 years old. I had an Irish setter dog, she slept in my bedroom for ten years. I came home very drunk, and I barfed all over that poor dog. She left and we never saw her again.

Q. Did you get a sponsor?

A. My sponsor, Reed McDougal, was

55 years old; I was 27. He showed me by his talk, by his example, that he was an alcoholic. Reed was 16 years sober, he was a lawyer, a very wealthy man, and he drug around a homeless, poverty-stricken wino and literally loved me sober.

Q. Did you ask him to be your sponsor?

A. No, he just never left me alone. [laughter] In those days, groups would appoint sponsors. As the book says over and over again, we’re about one drunk talking to another. Not one drunk preaching to another, not one drunk cramming the Big Book down somebody’s throat.

Q. Do you go to regular meetings today?

A. I probably go to a couple meetings a week. I come over here [to San Francisco from his home in Hayward] for Tuesday Downtown. Tuesday Downtown started out with 20 people. So half a dozen of us guys started getting the winos a cup of coffee and some cigarettes and donuts so they wouldn’t sneak out the back and leave the meeting. We got so big, we moved several times. That meeting used to draw over 2,000. It was the biggest birthday meeting in northern California and the biggest party in town during the 1970’s.

Q. Is Tuesday Downtown that big now?

A. No—we don’t like dirty homeless people. That’s what destroyed it. When we start figuring out who belongs, then that’s very destructive.

Q. Tell me about the history of young people in A.A. in San Francisco.


A. When I lived in San Francisco

[1964-83], I got involved in General Service. I held every seat but Delegate. My mission there was to make sure young people [YP] became a part of. In those years, it was thought that YP would create a schism and there was a great fear of that. And I kept saying, no, you need to include us. They did not want to give us a slot on the state convention. And that’s how ACYPAA (All-California Young People in A.A.) got started. The first ACYPAA was in 1969 in the Hotel California in Fresno. The old timers said, see, they’re starting their own thing. I said: you need to give us a place on the state convention so we’re a part of. That’s always been my thing, if you allow us to be part of, then we won’t go away.

Q. Any advice about General Service?

A. It’s only rewarding if you have a purpose. I became part of General Service because I had a mission: I wanted to put young people on the top rung. That was always my goal, so I had a motivation to be there. Business meetings are boring; business meetings are just awful. Well, mopping up after a drunk is awful. But the reward is enormous.

Q. What has changed in A.A.?

A. When A.A. is doing its thing, absolutely nothing has changed. I think the biggest difference is that a lot of people come to A.A. today through treatment programs. Those people are healed to some extent, but not necessarily through a connection with another alcoholic like 

# THE PROMISES = GROWING UP

by Carole K.

At the beginning of my recovery I put one foot in front of the other and did what I was told—90 meetings in 90 days, don't drink one day—or 10 minutes—at a time, find your higher power and turn it over, name those character defects and show them the door, make amends and keep making amends. But now, as I'm into my 22<sup>nd</sup> year of recovery, the promises that have come true are what keep me sober more than anything else.

The promises that have come true for me make me fiercely protect my sobriety. I don't even dabble in stinking thinking because I love what my life has become. I'm hyper-vigilant—no desserts with alcohol even if flamed, no food with wine sauce, no non-alcoholic beer, no daydreaming about wanting to use again, no reminiscing about wine with meals. I nip that stuff in the bud. And the reason? Because the promises have come true for me.

I am happy and grateful. There is no


simpler way to put it. I have peace and serenity at home and even though work or volunteering can become stressful, those places are not who I am or where my soul lives.

I don't regret the past nor wish to shut the door on it. I remember the pain, depression, and humiliations that occurred while drinking and I use these memories to remind myself that I don't want to do that again. I have compassion for the girl I was back then, but I sure don't want to return to it. The depths were incredible, suicidal, and completely reckless. I'm one drink away from those dangerous messes and I can't imagine anything worse than being returned to it. I find comfort in the promise that my experiences can benefit others and I've seen it over and over when I tell my story. I'm thankful that all that hideousness has *some* benefit.

The fear of economic insecurity is a strange one. I stayed with an alcoholic husband for three years after I

got sober because of that particular fear. I had to let it go. I was on my knees to my HP, and, eventually, I found the strength to get out. Surprisingly, I've found economic security on my own just by staying sober, not calling in sick once too often, or getting high at work and getting fired, and allowing my head to clear enough to succeed at a job.

I'm finally getting closer to the point that I intuitively know how to handle situations that used to baffle me. I've learned to walk away from other people's inappropriate behavior whereas in the past I have would returned the craziness. This attitude shift has probably been one of the greatest gifts of sobriety. What a gift . . . I can walk away. Or I can choose to engage rationally. I think I've grown up, finally.

I didn't pay much attention to the promises for years. Maybe that's true for other people. It's surprising to me now the beauty and power of these simple words. 

## UNITY DAY: TRUTH OR DARE?

If you could do one thing to spark up your program, it should be Unity Day. Ladies and gentlemen, this is 24-karat A.A., the best of the best.

Unity Day promises to provide those attending with a deeper understanding of how A.A. functions. Too many members take the attitude that such issues are not for them. Experience suggests, however, that going to *just one* of these events can have a powerful impact on your recovery. Participants leave feeling tremendously grateful for the depth of A.A. and with a strong sense of inclusion.


This year, like those past, we'll hear presentations that address issues beyond our regular meetings. This is an opportunity to see the full range of how we carry the message to the still suffering alcoholic. The day is interspersed with excellent speakers and workshops on many and varied subjects.

Unity Day focuses on our three legacies: recovery, unity and service. Many A.A. members are acquainted with the service entities that provide us with the all important opportunity to practice the Twelfth Step,

such as Hospitals and Institutions and Teleservice.

Attend just once, if for no other reason than to affirm the A.A. Responsibility Statement: *I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.*

November 1, 2008 at the Urban Life Center, 1111 O'Farrell St., at Franklin

Come on – I dare you! 

# AMAZED BEFORE HALFWAY THROUGH . . .

by Abby L.

I've always wanted to have more sober time than using time. But since I got sober when I was 43 and used from age 13, I'll be 74 before I reach that goal; so I guess I'm perpetually halfway through! Well, anyway, I'm definitely amazed.

I went into treatment in 1987 without any previous knowledge of Alcoholics Anonymous. I certainly had no idea about the Promises following Step Nine. Quickly after doing my amends from my Eighth Step list, I felt "a new freedom and a new happiness." It was a relief to share my burdens and give away my resentments to God and my sponsor. I felt free, without all the shame and paranoia that excessive using and drinking brought me.

I have been plagued with feelings of uselessness and self-pity throughout my entire adult life. Since sponsoring other women and working with a wonderful sponsor myself, I no longer feel so sorry for myself and can easily change from victim to willing participant whenever I look at my part in things or put my hand out to a newcomer.

I knew I had intuitive abilities and I had many messages while I was drinking. But I just couldn't access those powers while substances were blocking me from the "sunlight of the spirit." After getting sober, I worked at a local soup kitchen, making and serving food and ordering supplies. I was hanging on by my

fingernails, working the steps and staying clean, one day at a time.

After a few years sober, I found my-




self at 50 years old with no career (hard to put my kind of "pharmaceutical sales" on a resume). My husband moved out, my daughter moved in with him, and I looked around and I was alone. I wasn't his wife any more, not her mother any longer, and had no job. Fifty years old and I had never lived alone. I decided to use it as an opportunity to get into a relationship with myself. So I painted my house purple.

That's also when I got a serious commitment in A.A. At that time, a friend was starting an A.A. meeting in the jail called the Sisters Program. There would be 65 to 70 women in the mandatory meeting in a huge circle with everyone wearing orange. This was an intense, yet grati-

fying, experience. My past experiences could so easily be used to benefit others here. I did not regret the past, nor wish to shut the door on it, because my story gave others hope. (I have sponsored a woman who I met in the jail for nine years—she's now in nursing school.)

I learned after my fifth year of sobriety that I had a real purpose for living. I realized I was here to do service. One door closes and another door opens, but the hallways are a challenge!

Right after that jail commitment, I was offered a job working with the homeless, providing medical care outreach on the street. I had finally learned how to get out of those hallways using our simple set of spiritual tools! This new career used all my experience, harnessed all my gifts, and let me shine in a way I had never done before. I was really good at it.

Whenever I had the opportunity to read the Promises at a meeting, I would say, "they are being fulfilled among us—sometimes slowly—sometimes slowly," only to remind myself of how stubborn and argumentative I was when I first came to recovery. Now I can honestly say I have surrendered. I am grateful so many of the promises have come true for me. I hope I get to stick around A.A. until I have more time sober than I had drinking. 

## Recent Deaths

Dr. Gil A. - Marin County  
Tommy M. - First Place

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 16, **Recent Deaths** is intended for information only and the listing is not dependent upon a contribution in the name of the deceased.

# W.I.S.D.O.M. - *WHEN INTO SELF,* *DISCOVER OUR MOTIVES*

by Mark S.

My first encounter with the word “wisdom” came in the Serenity Prayer, “... and the wisdom to know the difference.” I hadn’t thought about wisdom much before, holding it as another unobtainable condition that belongs solely to those who had achieved great things. , (Bill Gates must surely be wise?) and everyone knows who Gandhi is!

I had been called wise in my younger life. I often made profound statements and was called wise beyond my years enough times to know I wasn’t damned to be a fool.

The wisdom I had then, and have rediscovered now, is nothing without honesty.

Being diligently (brutally, bluntly, coldly, completely) honest, is wisdom for me today.

When I came into A.A., I had been fantasizing about everything around me. I thought people didn’t like me. I thought the universe was a vacuum sucking everything towards a black hole and that everything we tried for

was in vain. I had no appreciation for the life I had or for others. I felt judged, small, and hopeless.

When I first walked into a space filled with people I had never met before who felt the same way, and were willing to help each other (sometimes by just showing up), I opened my heart to the possibility there might be another way of looking at things. I knew from that moment on, there was a choice and that I would never be alone again with my secrets, my fears, or my terminal uniqueness, as long as I was willing to show up.

I can often recognize the honest solution to whatever the subject may be; however, when I am not capable of choosing it over a lesser path (usually of least resistance), I go from “wise” to “unwise.” When faced with the choice between acceptance (serenity) and courage (required for change), there is a way to affect the outcome. If I am honest, really honest, I know whether I can change something or accept it.

For me:

Wisdom is remembering it’s not my fault (it’s God’s).


Wisdom is remembering somewhere along the way I was traumatized and have been scared ever since.

Wisdom is remembering I’m being taken care of by my higher power (otherwise I wouldn’t be here understanding this right now).

Wisdom is remembering yesterday is gone forever.

Wisdom is remembering I don’t need more.

Wisdom is remembering everyone did their best at the time.

My life gets more worth owning every day. However, in order to continue that growth, I have to remember one thing—I am being cared for by a power greater than myself. A power that comes from being honest about myself and all those around me: we are all the same. 

## 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.marintelesevice.com](http://www.marintelesevice.com)

### 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](http://www.aasf.org) soon!

# GROUP CONTRIBUTIONS



<u>Fellowship</u>	<u>Jul. 2008</u>	<u>YTD</u>	<u>Marin Group Contributions</u>	<u>Jul. 2008</u>	<u>YTD</u>	<u>Marin Group Contributions</u>	<u>Jul. 2008</u>	<u>YTD</u>
Alta Mira Sun. 7pm		268	Monday Night Meeting M 8pm Boli-nas		125	Women's Meeting Su 430pm		27
Artists & Writers F 630pm		1,190	Monday Night Stag (Tiburon) 8pm	79	827	Working Dogs W 1205pm		225
Brisbane Breakfast Bunch	48	198	Monday Night Women's M 8pm		131	<b>Total Marin Group Contributions</b>	<b>4,909</b>	<b>26,079</b>
Contribution Box	105	388	Monday Nooners M 12pm		275	<b>SF Group Contributions</b>	<b>Jul. 2008</b>	<b>YTD</b>
Customer		9	More Will Be Revealed F 12pm		100	6am Marina Dock F	86	86
Deer Park Discovery Group		25	Morning Attitude Adjustment MTuF 7am		285	6am Marina Dock M		32
IFB	82	627	Nativity Monday Night Big Book M 8pm		100	6am Marina Dock Sa		305
Marin City Groups 5D 630pm		200	Newcomers Step M 730pm	424	906	6am Marina Dock Tu		25
Marin Teleservice	700	1,697	Noon Discussion Th 12pm		214	6am Marina Dock W		24
Pax West Fellowship Dinner		120	Noon Hope F 12pm		470	7am As Bill Sees It Fri		170
Santa Rosa Fellowship		10	Noon Tu 12pm		99	7am Grab Bag M 7am		62
Serenity House		450	North Marin Speaker Sun 12pm		130	7am Marina Dock		7
SF Alano Club		10	On Awakening 7D 530am		490	7am Speaker Discussion Th 7am	135	135
Spirit of San Francisco		168	Primary Purpose W 830pm		83	7am Step Discussion Tu 7am		29
Waterfront Sun 8pm		260	Refugee Th 12pm	50	50	830am Smokeless F 830am		261
<b>Total Fellowship</b>	<b>935</b>	<b>5,620</b>	Reveille 5D 7am	100	200	A is for Alcohol Tu 6pm		34
			Rise N Shine Sun 10am		183	A New Start F 830pm		255
<b>Marin Group Contributions</b>	<b>Jul. 2008</b>	<b>YTD</b>	Sausalito 12 Step Study Group	175	175	A Vision for You (SF) Su 630pm		40
Attitude Adjustment 7D 7am		2,000	Sisters In Sobriety Th 730pm (M)	100	534	AA As You Like It Tu 530pm	98	98
Awakenings Sa 830am	35	35	Six O'Clock Sunset Th 6pm	59	59	AA Step Study Su 6pm	54	361
Awareness/Acceptance M 1030am		272	Spiritual Testost. Sun Men's Stag		315	Acceptance Group M 530pm		43
Blackie's Pasture Sa 830pm	272	494	Steps to Freedom M 730pm	223	320	Afro American Beginners Sat 8pm	93	175
Caledonia Sun 8pm		500	Steps To The Solution W 715pm		174	Afro American F 8pm		57
Candlelight Sun 830pm		138	Stinson Beach Fellowship Th 8pm		100	All Together Now Th 8pm		253
Closed Women Step Study Tu 330pm	117	319	Sunday Express Sun 6pm		200	Amazing Grace M 7pm	120	120
Creekside New Growth Sun 7pm		70	Sunday Friendship Sun 7pm		100	Any Lengths Sat 930am	307	1,070
Crossroads Sun 12pm		316	Sunlight of the Spirit Th 7pm		98	Artists & Writers F 630pm	110	248
Design For Living (Marin) W 7pm		75	Survivors M 12pm		182	As Bill Sees It Sat 11am		142
Downtown Mill Valley F 830pm	101	611	T. G. I. Tuesday 6pm		102	As Bill Sees It Sat 8pm		211
Experience, Strength & Hope		96	T.G.I.F. F 6pm		115	As Bill Sees It Th 6pm	377	783
Fairfax Friday Night F 830pm		76	Terra Linda Group Th 830pm	500	1,183	As Bill Sees It Th 830pm		181
Freedom Finders F 830pm		620	Terra Linda Thursday Men's Stag		904	As Bill Sees It Tu 1210pm		390
Friday Night Book F 830pm	68	198	The Barnyard Group Sa 4pm		94	As We Understood Him Mon. 7pm		13
Girls Night Out W 815pm		109	The Fearless Searchers F 8pm	68	106	Ass in a Bag Th 830pm		313
Gratitude Tu 8pm	381	381	Three Step Group Sa 530pm	361	361	Beginner Big Book Step Th 630pm		162
Happy Hour (Marin) Th 6pm		96	Thursday Night Book Club Th 7pm		133	Beginners' Step Study Sat 630pm		42
Happy, Joyous & Free 5D 12pm		750	Thursday Night Speaker Th 830pm		1,748	Beginner's Warmup W 6pm		73
High & Dry W 12pm	335	335	Tiburon Beginners & Closed Tu		653	Bernal Big Book Sat 5pm		872
Hillside Candlelight F 830pm		57	Tiburon Big Book Group W 730pm		185	Bernal New Day 7D	213	1,522
Intimate Feelings Sa 10am	88	298	Tiburon Haven Sun 12pm		400	Big Book Basics F 8pm		220
Inverness Sunday Serenity Su 10am		95	Tiburon Women's Candlelight W 8pm	128	233	Big Book Beginners F 1pm		24
Island Group Th 8pm	169	328	Tuesday Chip Meeting Tu 8pm		1,157	Big Book Study Su 1130am		232
Living in the Solution F 6pm	367	691	Tuesday Twelve Step Tu 630pm	23	61	Blue Book Special Su 11am	54	54
Marin City Groups 5D 630pm	200	550	We, Us and Ours M 650pm		130	Bookenders Mon 10am		126
Men Only Stag Sa 6pm		45	Wednesday Night Speaker Discus-sion		133	Came to Believe M 830am		38
Mill Valley 7D 7am		600	What's It All About F 12pm	213	363	Came To Believe Su 830am		36
Mill Valley Discussion W 830pm		18	Women For Women W 12pm		50	Castro Discussion (Show Of Shows)		784
Monday Blues M 630pm	275	515	Women's Lunch Bunch F 12pm		109			

# GROUP CONTRIBUTIONS, CON'T

SF Group Contributions	Jul. 2008	YTD	SF Group Contributions	Jul. 2008	YTD	SF Group Contributions	Jul. 2008	YTD
Castro Monday Big Book M 830pm		60	Hilldwellers M 8pm	71	71	Sinbar Su 830pm		282
Cocoonuts Su 9am		35	Home Group Sat 830pm	107	902	Sisters Circle Su 6pm	45	326
Code Blue Big Book Study W 7pm	126	434	Hoodlum Haven F 8pm	928	928	Sober & Centered F 7pm		140
Come N Get It F 630pm		348	How Was Your Week? Sa 10am		326	Sober Across the Board M-Sa 830am	15	175
Courtside Tu 1215pm		157	Huntington Square W 630pm	270	958	Sobriety & Beyond W 7pm		202
Creative Alcoholics M 6pm		152	Join the Tribe Tu 7pm		507	Sometimes Slowly Sa 11am		279
Each Day a New Beginning F 7am		1,541	Keep Coming Back Sa 11am		1,394	Sought to Improve Th 730pm		110
Each Day a New Beginning M 7am		130	Light Brigade Discussion Su 7pm	40	40	Sp. Founded Prog. Of Action		301
Each Day A New Beginning Su 8am		540	Light Steppers Su 7pm		60	Step Sisters (S.F.) Th 630pm		20
Each Day a New Beginning Th 7am	268	370	Lincoln Park Sat 830pm		269	Step Talk Su 830am	197	495
Each Day a New Beginning Tu 7am		572	Live and Let Live Su 8pm	62	62	Steppin' Up Tu 630pm	100	228
Each Day a New Beginning W 7am		243	Living Sober W 8pm	140	197	Stepping Out Sat 6pm		100
Early Start F 6pm		919	Living Sober with HIV W 6pm		278	Stonestown M 8pm		154
Easy Does It Tu 6pm		255	Luke's Group W 8pm		148	Straight Jackets Th 9am	41	93
Embarcadero Group 5D 1210pm	225	420	Lush Lounge Sa 2pm		321	Sunday Bookworms Sun 730pm		78
Epiphany Group Th 8pm		94	Meeting Place Noon F 12pm		281	Sunday Morning Gay Men's Stag	561	852
Eureka Step Tu 6pm		179	Meeting Place Noon W 12pm	58	177	Sunday Night 3rd Step Group 5pm		210
Eureka Valley Topic M 6pm		729	Mid-Morning Support Su 1030am	136	703	Sunday Night Castro Speaker Disc		951
Excelsior Free for All Sa 8pm		150	Miracles Off 24th St W 730pm		146	Sunday Rap Sun 8pm	240	360
Federal Speaker Su 12pm		354	Mission Terrace W 8pm		401	Sundown Steps Th 630pm		134
Firefighters & Friends Tu 10am		117	Monday Beginners M 8pm	71	71	Sundown W 7pm		372
Fireside Chat Group Tu 8pm	412	412	Monday Monday M 1215pm	76	243	Sunset 11'ers F		80
Founders' Group Sa 5pm		30	New Friday Big Book F 12pm		31	Sunset 11'ers M		140
Friday All Groups F 830pm		1,473	New Life W 7pm		220	Sunset 11'ers Th		40
Friday Knights Th 730am		50	Newcomers Tu 8pm	70	328	Sunset 11'ers Tu	105	105
Friday Lunchtime Step F 12pm		140	No Reservation M 12pm		347	Sunset 11'ers W		138
Friday Night Special F 830pm		20	No Whiners F 7pm		48	Sunset 9'ers M	223	507
Friday Night Women's Meeting F		48	Noon Smokeless F 12pm	182	285	Sunset 9'ers Sa		160
Friday Smokeless F 830pm		36	Noon Smokeless M 12pm		17	Sunset 9'ers Th		120
Friendly Circle Beginners Su 715pm		176	Noon Smokeless Th 12pm	60	113	Sunset 9'ers W	85	207
Friendly Circle Group Su		220	One Liners Th 830pm	305	612	Sunset Speaker Step Sun 730pm	259	597
Gold Mine Group M 8pm		38	One, Two, Three, Go! W 1pm		20	Sutter Street Beginners Sat 6pm		344
Golden Gate Seniors Tu 130pm		48	Park Presidio M 830pm	42	142	Ten Years After Su 6pm	791	1,226
Goodlands Su 2pm		150	Parkside Th 830pm		51	The Drive Thru W 1215pm		270
Haight Street Blues Tu 615pm	175	175	Pax West M 12pm	605	1,123	The Parent Trap 2 Wed. 430pm		119
Haight Street Explorers Th 630pm		51	Pax West Th 12pm		501	The Parent Trap M 1230pm	167	249
Happy Destiny Sa 630pm		26	Progress Not Perfection Tu 830pm		103	They Don't Know Who We Are		155
Happy Hour (S.F.) Th 6pm		36	Queers, Crackpots & Fallen Women		78	They Stopped In Time M 8pm		220
Happy Hour Ladies Night F 530pm		61	Reality Farm Th 830pm		150	Thursday Morning Men's BB Study		14
High Noon 5D 1215pm	25	110	Rebound W 830pm		144	Thursday Night Women's Th 630pm	101	465
High Noon Friday 1215pm	324	709	Relapse, Reb., Retreads & Winners Tu		82	Thursday Thumpers Th 7pm		360
High Noon Monday 1215pm	45	435	Rule 62 W 10pm	160	160	Too Early Sat 8am	203	1,403
High Noon Saturday 1215pm		459	Saturday Afternoon Meditation Sat 5pm		126	Tuesday Big Book Study Tu 6pm		60
High Noon Thursday 1215pm		1,108	Saturday Easy Does It Sa 12pm	287	647	Tuesday Downtown Tu 8pm		175
High Noon Tuesday 1215pm		450	Seacliff Th 830pm	362	362	Tuesday Men's Pax Tu 12pm		46
High Noon Wednesday 1215pm	27	324	Second Chance Th 215pm		74	Tuesday Women's Tu 630pm		122
High Sobriety M 8pm	475	475	Serenity House Sat 830pm	150	750	Tuesday's Daily Reflections Tu 7am		92
High Steppers W 7pm	142	157	Serenity Seekers M 730pm		467	Twelve Steps to Happiness F 730pm		72



# GROUP CONTRIBUTIONS, CON'T

SF Group Contributions	Jul. 2008	YTD
Valencia Smokefree F 6pm	121	649
Walk of Shame W 8pm	167	421
Washington Square M 7pm	27	79
Waterfront Sun 8pm		1,020
We Care Tu 12pm		270
Wednesday Women's Big Book W		120
West Portal W 830pm	148	192
Wharfrats Th 815pm		71
Women Living Sober Sa 10am		120
Women Who Drank Too Much Tu		7
Women's 10 Years Plus Th 615pm	101	340
Women's Kitchen Table Group Tu		102
Women's Promises F 7pm	176	300
Women's Step Discussion Meeting Th		100
Work In Progress Sat 7pm		56
YAHOO Step Sa 11am	97	196
<b>Total SF Group Contributions</b>	<b>12,043</b>	<b>58,180</b>
<b>Total Group Contributions</b>	<b>17,886</b>	<b>89,880</b>

## Individual Contributions

to Central Office were made through  
September 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

**Greenbrae:**  
Frances L. 46 years  
**High Noon:**  
Toby D. 17 years, Nikki H. 7 years  
Alana M. 4 years, Brian I year

The next IFB meeting is on  
Wednesday, October 1, 2008  
at 1187 Franklin Street in San Fran-  
cisco 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.



# IFB MEETING SUMMARY — SEPTEMBER '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 who 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.**

7AM Attitude Adjustment	Doin' the Deal	Home Group	Rule 62	Ten Years After
Any Lengths	Downtown Mill Valley	Huntington Square Group	Saturday Night Regroup	Terra Linda Group
Artist and Writers	Early Start	Keep Coming Back	Saturday Sunset 9'ers	The 24 Hour Plan
Ass In A Bag	Fireside Chat	Keep It Simple	Serenity Seekers	They Stopped In Time
Beginners' Warm Up	Friday Night BB Basics Group	Let It Be Now	Sesame Step	Tiburon Men's Stag
Bernal New Day	Friendly Circle Beginners	Live & Let Live	SFPOA	Too Early
Blue Book Special	Gold Mine Group	Living Sober With HIV	Sisters' Circle	Tuesday Newcomers
Castro Discussion	Gratitude Group	Marina Discussion	Sober 5150's	Valencia Smokefree
Coconuts	Happy Hour	Men's Gentle Touch	Some Are Sicker Than Others	Walk Of Shame
Code Blue	High Noon (Friday)	Mid-Morning Support	Steppin Up	Waterfront
Come N Get It	High Noon (Monday)	Miracles (Way) Off 24th St	Sunday Night Castro	We Care
Cow Hollow Men's Group	High Noon (Saturday)	One Liners	Sunday Night Friendship	Wharf Rats
Cow Hollow Young People	High Noon (Tuesday)	Queers, Crackpots & Fallen Women	Sunset 9'ers Su 8am	Wit's End
Dark Secrets	High Sobriety	Reality Farm	Sunset Speaker Step	Women Who Drank Too Much
Diamond Heights				

Following is an unofficial summary  
of actions, information, upcoming  
business and service opportunities

discussed at the September IFB  
meeting. It is provided for your con-  
venience and it is not intended to be

the completed approved minutes. For  
a complete copy of the minutes, con-  
tact the Central Office.

Chair's Report: Chuck K. asked for a volunteer to coordinate service sponsorship to connect people who want to be a service sponsor with those interested in getting a service sponsor. Ben N. volunteered. The IFB still needs a General Service liaison; no one volunteered.

**Treasurer's Report:** Patrick M. was absent but provided a written report. For the month of July Net Income was better than budget primarily due to lower expenses. Unrestricted cash is enough to cover 3.6 months of operating expenses. The months of coverage increased from June's 2.5 months. Overall YTD rating=Excellent, upgraded from last month.

Central Office Manager's Report: Maury P. reported that she will attend the 23rd Annual Central Office Manager Conference in Canada September 23-25 A temporary employee has been hired to fill in when Maury or Peter is out of the office. Central office has regular shifts open and always need temps.

Central Office Committee's Report: The COC report was given by Danny F., the new COC Chair. At the last COC meeting the Central Office Manager's and Treasurer's reports were heard and discussed, Danny F. was elected COC Chair and Brad P. COC Secretary.

Presentation of Human Rights Commission on Access Issues

Ed Ilumin, the Fair Housing Public Accommodation Compliance Office, from the San Francisco Human Rights Commission gave a presentation, explaining that alcoholics are in a protected class, since alcoholism is classified as a disability under the ADA. He explained that we must make every reasonable effort to respond to all requested reasonable accommodations and to hold events in accessible locations unless doing so would put an undue financial burden on the organization. Ed held a subsequent question and answer session.

**Election of at-large COC members:** One two-year and two one-year COC positions are available. Andy T. named the three candidates the

Nominating Committee recommends and the positions were filled.

Discussion of bylaws proposals

The recommended bylaws changes were read and voted on. All proposals passed.

IFB Committee Reports:

a. Access Committee: Pete R. reported for Virginia M. that she thanked everyone for opening our hearts to Ed Ilumin.

b. 12th step Committee: Olive reported that the all 12th Step volunteers have been contacted for updated information; the committee discussed their current one-year sobriety requirement for the Sunshine Club members and agreed to maintain it. They also decided to create a 12th step orientation packet and will their proposed budget for next year to the IFB treasurer. The next workshop is October 8th at 6:30 at Central Office. Bilingual volunteers are needed. The committee will have a table at Unity Day.

c. Archives Committee: The committee has been cataloguing, archiving, and preserving historical documents. The committee decided that \$500 would be more than enough to get started on their next projects. The committee could always use more members.

d. Orientation Committee: Ted R. welcomed the five new members that attended orientation and reported on the ongoing actions of the committee prior to every IFB meeting at 6PM.

e. The Point Editorial Committee: The committee needs articles from members and groups, who are encouraged to send their articles to [thepoint@aasf.org](mailto:thepoint@aasf.org). The committee needs two more regular members and meets the second and fourth Tuesday at 5:30 pm at Central Office. The committee is considering modifying the format and layout of *The Point* including reducing the IFB summary by only listing the groups who are represented each month.

f. Website Committee: One-time changes can always be made to the on the online schedule The website is now using Google analytics to deter-

mine statistics; currently 85% of the clicks are meeting views. Teleservice committee information is now in a protected area to help the committee track shifts.

g. Trusted Servants Workshop Committee: A workshop on the IFB Representative will be held on Saturday, September 6th, 10-11:30am at Central Office. The committee only has two members and needs one or two more members to join.

h. Fellowship Committee: Rebecca D. S. reported that the San Francisco Unity Day has been scheduled for November 1st at the Urban Life Center. The committee needs more members to join and help plan Unity Day with General Service.

Special Committee Reports

a. Teleservice: Steve R. thanked the Website Committee for their help. There are currently no open Teleservice positions. Steve reported that Teleservice volunteers have encountered a repeat abusive caller and that he would appreciate feedback from IFB members.

b. PI/CPC: The committee held four DUI classes in July, four in August, and a veterans connect event. The committee will have a workshop and table at Unity Day.

**IFB Liaison Reports**

a. General Service, SF: General Service will be electing the next Delegate to New York and a class B member. PRASSA will be in Oakland, for info visit [www.praasa.org](http://www.praasa.org). The Manager of the New York General Service Office will be the speaker at the upcoming Marin Unity Day.

b. Marin H&I: The committee is in 13 facilities and holds 26 meetings per week. They will have a booth at Marin Unity Day. There are Marin volunteers available to help with San Francisco H&I meetings.

c. Living Sober: Alejandro D. announced the 2009 Living Sober Conference will be held July 3-5, 2009. Living Sober's next event will be Fall Follies, a drag event held on September 27th at Everett Middle School.

Rebecca D. S.,  
IFB Secretary

by Madame Salami



Madame begins this month with some stellar trivia. Did you realize, dear readers, that Libra is the only sign of the Zodiac represented by an inanimate object—a pair of scales? Yes, the scales of justice and fairness belong to you, lovely Libra, and like no others, you know just how to tip them in your favor.

Your contradictory persona always makes Madame chuckle. On one hand, you love arguments and on the other hand, you do all you can to maintain harmony. You need and want balance in your life and are determined to do whatever it takes to have it.

Libras are compassionate and loving and known for their kindness and grace. For a sign so notoriously self-centered, you have a great charm and can make all those that come in contact with you feel at ease. Libras are often asked to be sponsors. You are good listeners and have uncanny skills of perception. But you have to be careful because you'll also often go to any lengths to avoid hurting anyone's feelings. There's a fine line between diplomacy and avoiding the truth.

Libra loves to be praised and the

center of attention. You host great parties because you make such a wonderful host. You know how to make everyone comfortable, but you can add dozens to your resentment list in just one evening, if everyone doesn't remind you how great you actually are.

It's likely been a tough year for creative Libra...at home, at work and at play. Things aren't coming as easily as they once did. But the

great thing is that what keeps your results from coming also improves you and helps you increase your spiritual life. You get the joy of learning the true importance of those things you think you've always wanted. And, isn't it funny how that list looks so different than it once did? **TP**

## Cunning, Baffling and Puzzlefuf

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

PROMPTLY  
WRONG  
DEFINED

SCOPE  
OPINION  
MATCHED

DRAWN  
EQUAL  
CONTROVERSY

CONTINUED  
PERSONAL

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

# Intercounty Fellowship of AA Financial Statement

## July 2008

	Jul 08	Jan - Jul 08
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	17861	88463
Honors	25	233
Contributions from Groups - Other	0	1201
Total Contributions from Groups	17886	89897
Contributions from Individuals		
Individual - Unrestricted	345	5211
Faithful Fiver	775	3590
Honorary Contributions	166	5102
Total Contributions from Individuals	1286	13903
Gratitude Month		
Gratitude Month - Groups	58	3692
Gratitude Month - Individual	0	154
Total Gratitude Month	58	3846
Sales - Bookstore	9995	63569
Special Event Income	235	535
Newsletter Subscript.	66	539
Total Income	29528	172289
Cost of Goods Sold		
Cost of Books Sold - Shipping	0	66
Cost of Books Sold	7080	41816
Credit Card Processing Fees	222	1278
Total COGS	7302	43160
Gross Profit	22226	129129
Expense		
IFB Sponsored Events	0	525
Unreconciled Bank Adj	0	-150
Special Events Expense	-150	-137
Employee Expenses		
Wages & Salaries	8921	51552
Employer Tax Expenses	-55	4781
Health Benefits	954	7289
Total Employee Expenses	9820	63621
Professional Fees		
Accounting	850	2350
Computer Consulting	0	1334
Total Professional Fees	850	3684
Bank Charges	33	146
Postage		
Bulk Mail	0	550
Postage - Other	0	268
Total Postage	0	818
Rent - Office	0	29026
Rent - Other	0	375
Access Expenses	1450	1825
Filing/Fees	0	60

	Jul 08	Jan - Jul 08
Insurance	0	1824
Internet Expense	55	385
Office Supplies	0	1638
Paper Purchased	240	240
Shipping	-57	211
Equipment Lease	0	3641
Repair & Maintenance	328	2916
Security System	34	348
Payroll Expenses	2	2
Telephone	314	2102
Phone Book Listings	82	571
Bad Checks	0	95
Miscellaneous Expense	-962	-962
Total Expense	12038	112803
Net Ordinary Income	10188	16326
Other Income/Expense		
Other Income		
Other Income	26	26
Interest Income	19	198
Total Other Income	46	225
Other Expense		
Depreciation Expense	0	378
Amortization Expense	0	230
Total Other Expense	0	608
Net Other Income	46	-383
Net Income	10233	15943

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