

A publication of the
Intercountry Fellowship
of Alcoholics Anonymous

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A NEW ATTITUDE TO GRATITUDE

by Heather W.

“And the topic is—gratitude.”

There was a time when those words would send me out of the room.

How many times must I listen to

someone who is grateful for her sobriety or for the program?

It's not that I didn't feel grateful. That old standby, the gratitude list, was never a problem: thank you for my happy marriage and wonderful children, thanks for my financial security, thanks for all my friends.

A.A. shares this emphasis on gratitude with many religions. In Judaism, the devout say daily 613 prayers of gratitude that start with the first pee of the day. In Buddhism, stu-

dents learn to be grateful for their pain because it is the root of compassion. Catholics thank Jesus for allowing them to be humans who make mistakes.



But gratitude is hard to come by in those frustrating moments when someone cuts off your car or a surly store clerk gives you no help. It's in those moments—when you want instant justice—that you lose all gratefulness but need it most. Let that driver speed by. I'm relieved I'm

not in that much of a hurry. Find another clerk. I'm happy this isn't my job.

Hardest of all are those times when my own deficiencies come through. Even housework sends my stomach

(Continued on page 6)

COMING UP

mark your calendar

TIBURON HAVEN GROUP

Strawberry Rec Center
Auditorium,
118 Strawberry Dr, Mill Valley

Special Thanksgiving Meeting!
Thursday, November 27, 2008
12noon Speaker Meeting, followed by
Thanksgiving Celebration!



CNCA 06 FALL ELECTION ASSEMBLY!

Saturday, November 8, 2008
8:30am to 5:30pm
Napa County Fairgrounds,
1435 N.Oak St., Calistoga, CA

Learn about the future of
Alcoholics Anonymous!

More info: www.cnca06.org

2008 CNCA 06 AA Archives Open House!

Sunday, November 9, 2008
11:30am to 4pm
193 Mayhew Way, Walnut Creek, CA
Learn about the local History of
Alcoholics Anonymous!

NOVEMBER SPEAKERS

BRISBANE BREAKFAST BUNCH

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

Date:	Speaker:	From:
11/02	Ben N.	Big Book Basics
11/09	Patti W.	Keep it Simple
11/16	Janice P.	Women's Happy Hour
11/23	Rod T.	
11/30	Becky S.	A Drifter

FRIDAY NIGHT ALL GROUPS

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

Date:	Speaker:	From:	Host Group:
11/07	Mike M.	Epiphany Group	Each Day a New Beginning
11/14	Leo H.	Came to Park	Embarcadero Group
11/21	Kathy J.	Monday Beginners	Home Group
11/28	Linda K.	Women's Happy Hour	Dark Secrets



San Francisco Unity Day 2008

Saturday, November 1, 2008

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

- 10am — Speaker Meeting and Teleservice Workshop
- 11am — Introduction to Service Groups and PI/CPC Speaker Workshop
- 12:30pm—Lunch and Bake-Off Winner Announced!
- 2pm —Trusted Servants Workshop and 12th Step Workshop
- 3pm — Conversations about Sponsorship; Bridging the Gap Workshop
- 4pm — AA Panel - Wrap Up Meeting; H & I Workshop

*Bring in your Home Group's entry for the 3rd Annual
"We Are Not Half-Baked" Cookie Contest by 11am*

Everyone Welcome!

**For more information, call Central Office
415. 674-1821**



Meeting Changes:

Tue	6:30pm	Noe Valley	WOMEN'S KITCHEN TABLE GROUP, 725 Diamond St./24th St. (was 1268 Sanchez St.)
Thu	7:30am	Tenderloin	FRIDAY KNIGHTS, Center, 242 Turk St./ Jones St. (was YMCA, 220 Golden Gate Ave.)
Fri	7:30am	Tenderloin	THOUGHT FOR THE DAY, Center, 242 Turk St./ Jones St. (was YMCA, 220 Golden Gate Ave.)
Sat	7:00am	Fairfax	ATTITUDE ADJUSTMENT HOUR (Remove ASL)
Sat	7:00pm	Nob Hill	WORK IN PROGRESS, Hospital, 900 Hyde St./ Pine, Hoffman Rm. (was 1111 O'Farrell St.)

No Longer Meeting:

Sun	5:00pm	Ingleside	INGLESIDE BEGINNERS: BIG BOOK STUDY, 1845 Ocean Ave./ Granada Ave.
Mon	11:30am	Mill Valley	KIDS WELCOME GROUP, Miller Ave./ Una Way
Tue	12:15pm	Financial	TRAVELERS, 235 Montgomery St./ Pine St.
Thu	8:00pm	Laurel Heights	THE 12 SCHLEPPERS, 601 Steiner St./ Fell St.
Sat	3:00pm	Alamo Square	HENRY'S MEN, 3200 California St./ Presidio

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 - SEPTEMBER 2008

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

San Francisco -

Bernal Big Book Sat. 5pm; **Big Book Basics** Fri. 8pm; **Castro Monday Big Book** Mon. 8:30pm; **Common Welfare** Thu. 8pm; **Keep Coming Back** Sat. 11am; **Like a Prayer** Sun. 4pm; **Living Sober With HIV** Wed. 6pm; **Miracles (Way) Off 24th St.** Wed. 7:30pm; **Off Broadway Book** Thu. 8pm; **Our Morning Meditations** Sat. 7:15am; **Reality Farm** Thu. 8:30pm; **Relapses, Rebounds, Retreads & Winners** Tue. 6:30pm; **Seacliff** Thu. 8:30pm; **Sisters Circle** Sun. 6pm; **Stonestown** Mon. 8pm; **Sunset 11'ers** Wed. 11am; **Tuesday Big Book** Tue. 8:30pm; **Tuesday's Daily Reflections** Tue. 7am; **Valencia Smokefree** Fri. 6pm; **Wits End Step Study** Tue. 8pm; **Women's Kitchen Table Group** Tue. 6:30pm

Marin -

11th Step Meeting Mon. 8pm; **Beginners Meeting** Tue. 7pm; **Ross-San Anselmo** Mon 8pm; **Sunday Express** Sun. 6pm; **Tuesday Twelve Step** Tue. 6:30pm, **Wednesday Mid-week** 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



'Tis the political season, and we here at *The Point* have been COMPLETELY obsessed with the debates, the drama, the drafting, the tallying, the polling and the voting that surrounds the most important thing that will affect the future of our planet and all sentient beings thereupon this November—that's right, we're rolling out the first survey of *The Point*! You have an opportunity to be involved in this historic event and we have made it very easy: just go online to click on the link from our website. It doesn't take long to complete, we promise. We need to know what works, what doesn't, and how to spend our resources most effectively, on your behalf. Oh, yeah, and it's anonymous.

It's Gratitude Month and that's the theme of this issue. It should be no surprise that the sober alcoholics

who wrote on being grateful in these pages have very individual (some might say "quirky") viewpoints that will challenge any pre-conceptions you might entertain on the topic. We are grateful for our contributors, new and returning. And we salute you, our readers, for your support and feedback (come on, fill out that survey).

November 11 is Veteran's Day, and we acknowledge the often-overwhelming impact of military service in two articles. Our long-timer interview features a veteran of the Pacific theater in World War II, who began his service at the ripe old age of 18. The Viet Nam war era is represented by the story, "A Veteran Writes."

Thanks to all who serve – *The Point* and otherwise. **TP**

the Point

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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.)

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.

Dear Alky...

Dear Alky

I need a sponsor and I'm gay. There seems to be a rule that sponsors should be of the same sex as their sponsees, presumably to avoid sexual attraction pitfalls. So should I avoid people of my same sex, or just gay people of my same sex? Or do I look for someone of the opposite sex who is also gay, so that they aren't attracted to me?

I'm confused.

Desperately Seeking a Sponsor

Dear DSS,

There are no “rules” in A.A. There is, however, a widely followed suggestion that straight newcomers not work with a sponsor of the opposite sex. There can be good reasons for that—in early sobriety, alcoholics can tend to act out their sick thinking in a variety of unfortunate ways, including inappropriate sexual

and romantic relationships. Therefore, straight women have been cautioned not to work with straight men, and vice-versa. Because our fellowship is also home to many LGBT alcoholics, the “sexual attraction” issue can arise in any number of sponsor/sponsee pairings.

On the other hand, it is nice to have a sponsor to whom you can relate well personally. That is why many gay and lesbian alcoholics choose to work with gay sponsors, it can be helpful to have common experiences and be unconcerned that the sponsor will have negative judgments about one's sexual inventory.

Nonetheless, in my opinion, the most important consideration in choosing a sponsor is simply whether the person is using the steps of the program to work through their own difficulties. You can often glean that from what the person says in meetings. If they are complaining most of the time (about

romance, finance, “how other people do A.A.” or really anything else) or if they appear to be reciting a speech, they are probably not going to be the greatest sponsor.

By contrast, if they talk in a genuine way about how they use the program to help them live a sober contented life, whatever their circumstances, they will probably be a good sponsor. Ultimately, a person's sexual orientation doesn't really matter. What matters is whether they have had a spiritual awakening as the result of the steps. If they have, whether or not there is a possibility of mutual attraction between sponsor and sponsee, they will be in a position to act appropriately and focus the relationship on the spiritual journey. And if they haven't, attraction or no attraction, you do not want them for a sponsor.

Cheers!

Alky 

A NEW ATTITUDE TO GRATITUDE


(Continued from page 1)

into nervous convulsions. I look at surfaces that were always clean before I had children—the kitchen floor, the toilet—and a gnawing anxiety comes over me. I'll never have a clean house again; I'll never be in control of my life again.

The truth is, I was never in control, and I'm not in control now. I don't

know what my house or life will look like in the future. I controlled the amount of drugs I ingested but not my life.

It's only through listening to other alcoholics and meditating that I've learned I'm grateful, I'm not in control. Not always, but these days I can be grateful that life is its own ever changing surprise.

It's taken some time and some dull meetings, but I see that gratitude is more than just a list or a dull topic now. It's a way of life that, when practiced, has the same instantaneous results I found in alcohol and drugs yet last beyond any high I ever felt. Gratitude feeds on itself much like an addiction. What's not to love about that? Gratefully I say, “My name is Heather, and I am an alcoholic.” 



"GRATITUDE: ...THANKFULNESS THANKFULNESS:... GRATITUDE"

—THE MERRIAM-WEBSTER DICTIONARY

Gosh, if only this were merely an emotional matter, one of "feelings." But I think it connotes much more than a state of mind, especially for those of us in the recovery program of Alcoholics Anonymous. After all, we are almost required to give something back to the fellowship, whether service, sponsorship, or Twelfth Step calls. And sometimes self-support doesn't cover our expenses adequately. When this happens, H&I has fewer books to give away, meetings lose their rental space, and the Cen-

tral Office must somehow cut back on its many beneficial activities in support of the local A.A. community. Could we afford to lose the special telephone system for Teleservice? Print schedules annually, instead of quarterly? Give up the local bookstore, and source of sobriety chips? Suspend *The Point* newsletter and its secretary's announcements? All of my sober friends agree that the Central Office is critically necessary. And that the Central Office we have is the best in the world.

There is, of course, one very special way that your group can pitch in this month, and that is to pass the basket a second time for Gratitude Month, with the extra contribution for Central Office. After all,

"I am responsible. Whenever anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."



MY DAILY COMPANION

Author Unknown

Whenever November rolls around, gratitude always comes to the forefront of my consciousness because of "Gratitude Month." But I am grateful every day since I got sober.

As I look back, I realize that I never experienced a feeling of gratitude before A.A. Why? I suppose it was because I spent all my time and energy wallowing in self-pity and resenting what seemed to me to be my cruel fate. I was unable to focus on anything but me—my wants, my needs, my hopes and my fears. In other words, I was totally self-centered and, as such, incapable of gratitude.


The first day I recall feeling a sense of gratitude was the morning after my first A.A. meeting. I remembered leaving that meeting the evening before

with a sense of hope. That night, for the first time in years, I slept soundly without the aid of my favorite anesthetic, alcohol. I didn't know what was going on. I guess it's sort of like the first time a person falls in love.

It didn't take long for me to realize several things: I never had to drink again; I never had to be alone again; and, that I had a real chance to turn my life around. I began attending A.A. meetings regularly and got a sponsor. My sponsor took me through the steps as they are set out in the Big Book. I became active in service work, particularly doing Twelfth Step calls.

Gratitude became my daily companion. It felt good. In fact, I have always looked upon gratitude as a gift of this

program. Gratitude gave me a feeling of hope and, more importantly, humility. My feeling of gratitude was a constant reminder that my sobriety and my new life were gifts of this program, gifts that I was unable to obtain on my own. I had to turn my life and will over to a power greater than myself to receive those gifts.

To this day, I do service work and I go to A.A. meetings on a regular basis. And, there has not been a day gone by that I have not felt grateful for sobriety. Don't get me wrong; I've had plenty of bad days since I got sober deaths of parents, divorce, heavy duty things. But, through it all, I have never gone one day without feeling grateful for A.A. and for my sobriety. 



MEET THE MEETING: AS BILL CC'S IT

by Bree L.

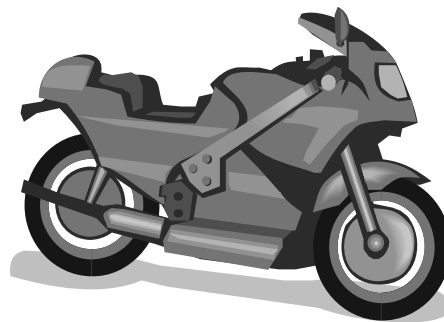
Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. As a Faithful Fiver, your personal contribution can and will make our vital services possible. We'd like to thank the following members for joining:

- | | |
|------------------|----------------|
| Alejandro D. | Karen K. |
| Ann & Denise | Kathleen C. |
| Barbara M. | Lauren H. |
| Beverly C. | Leigh B. |
| Bruce D. | Leo H. |
| Caroline A. | Lisa M. |
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| Janet B. | Stu S. |
| Jeanne C. | Sylvia D. |
| Jim H. | Tim M. |
| | 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!



Those of you in the know will immediately get that this meeting is geared toward the motorcycle crowd. For those of you who are clueless, such as this author, CC's is a secret language for those with motorcycles. It means cubic centimeters which is a measurement of motorcycle size. So As Bill CC's It is an excellent way for those who enjoy motorcycles and A.A. camaraderie to get together. This meeting offers an opportunity to start a Sunday with A.A. fellowship with or without a motorcycle.



The meeting is a treat in itself. Breakfast is available for six dollars and it is a hearty one of pancakes, eggs and sausage. The topic/discussion meeting runs the usual hour. The topics come from a glass container. Last week the topic was serenity and everyone had an opportunity to share. After the meeting, all gathered for a ride to Santa Cruz.

Tim T. says that the meeting started as a conversation between him and Bobby S. several years ago. They called a couple of friends who were

also in the program and decided on the name, suggested by James R. Tim obtained the domain name (www.asbillccsit.org). That web site today is a central tool for the group's communication and planning.

Incidentally, they have a "counter-steering committee" that plans all their rides and activities. For those of us who don't know about counter-steering, it is the way one steers a motorcycle. You steer in the opposite direction you want to go.

The meeting directory says that they have a ride the first and third Sunday, but there are more trips offered by this group. Every three-day weekend of the year, they plan an overnight trip. They just returned from a Labor Day ride to Mt. Lassen and Lake Almanor. The website gives all the information one might need for such a trip, including what to bring and instructions for the ride. A map of the route is also available.

The rides are listed on their website and each ride has a focus. The ride to Mt. Lassen and Lake Almanor was "Into Action." The ride to Santa Cruz was "Easy Does it." And an upcoming ride to Lake Berryessa will focus on "A Near-sighted Vision for You."

As Bill CC's It meets the first and third Sunday at 7:30 AM at The Alano Club, 1748 Market, near Octavia. There is ample street parking. **TP**

CONVERSATIONS WITH LONGTIMERS: HOW I STOPPED DRINKING AND LEARNED TO LOVE THE BOMB

Q. Ed, what's your sobriety date?

A. Nov. 21, 1968. It will be 40 years this November. My parents divorced when I was three. I grew up with my mother, my sister a year older than me, and any time I did something they liked, it was, "Oh, just like our family." If I did something they didn't like, it was "Just like your father." My mother remarried in 1936. That stepfather didn't drink because his father had been a notorious drunk.

Q. When did you start drinking?

A. In 1943, I went to live with my aunt, who had the strange idea that if young people were introduced to booze in the family scene, the likelihood of getting in trouble with booze was remote. Only it didn't work. I graduated high school June 16, 1944 and by the 9th of July, I was in the Marine Corps. I did a good job of drinking while I was in the service. A couple days after my 19th birthday, the group I was in took off for Asia. We ended up on Maui where the 4th Division Marine camp was. We were training for the next operation, which was Kyushu, the first island in the homeland of Japan. I was my platoon leader's runner with an M-1 rifle and a walkie-talkie, and not much life expectancy in that operation which was scheduled for Nov. 1, 1945. Anyway, we were very happy when the bomb was dropped on Hiroshima, we knew we were off the hook for a while. So I got in with some of the enterprising natives on Maui who

were brewing up some liquor from sugar cane that did horrible things to a person's sense of balance. The company commander noticed my drinking and read me the riot act. I was turned loose by the Marine Corps in September of 1946.

"I was my platoon leader's runner with an M-1 rifle and a walkie-talkie and not much life expectancy"

Q. What did you do after the war?

A. I went to college on the GI bill, trained to teach school, I got drunk instead. Within five years of graduating from college, I drank myself out of three jobs that could have led to careers—I always quit before I could be fired. After that, I ended up as an authority on entry level jobs. I got involved with a woman who literally drank herself to death. We lived together in the Tenderloin in 1959. From then until 1968 I was, if you wanted to be polite, a day laborer. And for want of anything better to do, I also ended up with a little rag bag of a circus. I was ring master and menagerie superintendent. I got to see a lot of the state of California with that crew. In 1968, I ended up on the van to Mendocino Hospital [state mental hospital]. I told the interviewer that I was there because I was crazy and that I was finding it harder and harder to make my basic needs of food, clothes, etc. He said,

"I'll tell you something. If you doubt your sanity, you probably aren't crazy. But I will tell you that mentally, emotionally, spiritually, and physically, you are a very sick person. But if you can stay sober, you'll probably find out you can get better in all of those categories."

Q. When did you start going to A.A.?

A. When I was in the hospital. I went to a Saturday patients' meeting. This wasn't an H&I meeting. You can imagine, there was a lot of experience, and there was a lot of hope, but there wasn't a lot of strength.

Q. So you never drank again?

A. No. The only exception is that I let the wine touch my lips at communion. But I don't go back for seconds. [laughter]

Q. Did you say you never had a sponsor?

A. That's right, never did. At the funny farm there wasn't a terrific emphasis on sponsors. Also, at Henry Ohlhoff House [halfway house in San Francisco], where I lived for thirteen months after release from the hospital, there wasn't a tremendous emphasis on sponsors because there were counselors.

Q. Anything changed in A.A.?

(Continued on page 12)

BLESSINGS IN DISGUISE

by Ted R.

“Make a list of the things you are *not* grateful for,” my sponsor said.

Thank God for the troubles and the pain. Thank God for the difficult times that help me grow to trust and rely on him more. Thank God for AIDS. Thank God for the meeting that goes on too long; the speaker who doesn't get sober by 45 minutes after the hour. Thank God for the things that you don't approve of that happen every day.

Once I have done that for a while, my understanding of God's will versus my will starts to be clearer. It started years ago, the shifting of my perspective. It continues to change. My sponsor used to have me say, “It is the seemingly bad, leading to the good.” He said, “You just can't see


the big picture. There is more that will unfold as time goes by. You will be grateful for this.”

It was hard to believe him. It was hard to trust that his experience was this Truth. I had little faith. I wanted to have things my way. I was not willing to wait. I wanted instant satisfaction. My emotions ruled my actions and my thinking. It took many years of working on inventory, praying and watching for results. I developed more of a wait and see attitude. I was not so quick to judge, label or compare myself to everyone else.

“You don't *really* write down your fears every day, do you?” my sponsor replies when I make the suggestion that he list his fears daily.

“It takes less than a minute to list ten fears, and ask God to remove them,” I say.

For some reason a gratitude list comes easier, there is more willingness to write it. “That is a start,” my sponsor says. “Now get grateful for the bad stuff. That is where the growth occurs.” Who wouldn't be grateful to have an apartment, a car, a job, a partner? This line I love from the Big Book story, A.A. *Taught Him To Handle Sobriety*: “Above all we reject fantasizing and accept reality.”

The truth is, sometimes it is not clear if a situation is good or bad. My friend Elizabeth sent me a wonderful card that said, “Just once I would like a blessing that is not in disguise.” 

ATTENTION HOLIDAY SHOPPERS!

Need a special holiday or anniversary gift for that Special Sober Someone? Or your Sponsor, Sponsee or an "interested friend"? How about giving a book or CD from the Central Office Bookstore?

Maybe a text out of the regular reading routine, like The Bill W./Carl Jung Letters or Emotional Sobriety. Or one from the *Best of the Grapevine* series. And there are plenty of audio CDs available at very reasonable prices for those who have difficulty with the printed word, including the Big Book, 12&12 and many, many others.

Visit the Bookstore at 1821 Sacramento (at Van Ness) T-F, 10 AM to 6 PM (Mondays 10 to 7).

Or surf on over to www.aasf.org to find a list of available literature and CDs, as well as a Literature Order Form.

Show your care and help carry the message by giving a memorable AA gift this Holiday Season.



LOST JOB, GIRLFRIENDS, BUT DIDN'T JUMP! GRATEFUL FOR THE LITTLE THINGS

by Jamie M.

I'm a high bottom drunk—when I got sober, I had my condo, my car, my job—everything except friends and the desire to live. I came to A.A. because my alternative (as I saw it then) was to jump out of a third story window. A college acquaintance did that—you have the chance to break many, many bones and still be alive. I didn't have the courage to go head first. Six weeks into sobriety, my company was restructured and my job was eliminated. So I was six weeks sober and out of a job. Little did I know that I would be more than a dozen years sober before I made that much money again.


So what does this have to do with gratitude, for goodness' sake? Well, there were a lot of times I didn't have much to do during that first year of sobriety, so I went to a lot of meetings. During the second year of sobriety, my girlfriend broke up with me, again. (She had originally dumped me due to my "mood swings," leading to my initial trip to A.A.) "Why are you still going to all those meetings? You haven't had a drink in more than six

months!" So I had even more time to go to lots of meetings during my second year of sobriety while still very under-employed. I got into a new relationship with a fellow A.A. who had less than a year sober, and that didn't work out (surprise, surprise). Some nonchalant old-timer told me, "That's great! With the wrong relationship out of your life, there's room for the right one!"

Just my opinion, but a lot of us aren't very good at gratitude. That's why we practice by making gratitude lists. When I started to write this, I was thinking of little things, like my practice of just wiggling my fingers in front of my face. "Look! I have ten fingers, and they all work! And I can see them with my two eyes, both also work!" Or my other practice of, when upset, keeping my focus on this moment. "Right now, my needs—not my wants—are met: I'm not in pain; I'm not hungry, I'm warm and dry, and no one is threatening me with harm." Everything that's bothering me is usually in the past or the future. Rarely is it in the present.



I've never climbed Mt. Everest, but I've climbed Mt. Tam over a hundred times, Mt. Shasta three, and any number of lesser peaks. When I got sober, walking six blocks was a challenge. I've never been famous, but I was a panelist on a radio talk show. I'm not rich, but I can pay my bills.

I'm grateful that I had a chance to write this. When I started, I was thinking about the little things I have to be grateful for, and I've remembered so many big ones that tears are filling my eyes. 

DEAR READER: *THE POINT* SURVEY IS ONLINE!

IT'S ANONYMOUS!

We need your help, and if you have ten minutes you can do it RIGHT NOW! Participate in our survey which will provide us with valuable information about *The Point*.

1. Run to the nearest Internet connection...
2. Go to www.aasf.org...

IT'S FREE!

IT'S IMPROVED!

IT'S BEING OF SERVICE!

3. Click on "The Point"...
4. Click on "Point Survey"...
5. Complete the survey
6. Sit back and enjoy the warm fuzzy of participation!

A VETERAN WRITES

by Rich H.

I recently had the honor of addressing my grandson's eleventh grade history class regarding my experiences in Vietnam and my return to civilian life. At the end of my presentation, the final question asked me to be specific about what I was like when I came home in 1971. My response was that, even though I had severe psycho-social problems, including a legal finding of being a sociopath with psycho-neurotic tendencies, as well as alcoholic drinking, pill popping and pot smoking, I had the good fortune of finding my way to sobriety in Alcoholics Anonymous in 1976, just five years after "coming home."

I was a problem drinker when I joined the Army, so I've never blamed the Vietnam War for my alcoholism. That said, several incidents of war I experienced there had voided me of any faith in God, and humankind in general. As a twenty-three-year old captain, I led or participated in seven classified missions on behalf of the CIA. Acts of pure evil and total insanity, and constant fear of capture or death, had changed me from a patriotic Boy Scout to a bitter, burnt-out, totally dangerous man. I tormented my first wife, drank my way through a promising career with a giant insurance company, and found myself with the barrel of a loaded revolver in my

mouth—wondering whether the round that went through my head would travel through the wall and hit my nine-month-old daughter.

I went to a locked psychiatric ward for six days and realized that people weren't just selected at random and placed in the loony bin. I also experienced existential fear for the first time in my life when a giant male orderly and a male nurse entered my room at 3 a.m., one telling the other "23b is awake and reading." No "How are you, Mister H----?" or "Can we get you anything?" I had called in air strikes when my outpost was being overrun by the enemy, had killed men with my hands, and had spent a night in Cambodia praying that the enemy wouldn't find me. I got real scared maybe three to four hours later, and usually drank my fears into oblivion. Here in the psych ward I was scared right now!

So I found my ninety-day-sober friend from work, and he took me to my first A.A. meeting in 1973. It took three more years of meetings before I got sober, but sober I became and sober I have remained.

I get a lot of help from the psychiatrists and psychologists at Fort Miley [Veterans Administration hospital in San Francisco], and I'm grateful that I do. But the sad, ironic fact is that they still don't get it, "it"

being that alcoholic, drug-addicted vets don't really benefit or improve while they are drinking and using. In one of many groups I've experienced, it's perfectly okay for a vet to use medical marijuana to quell anxiety, or have a few beers after work, or to live on the street. The VA gives them aid and assistance, but it doesn't appear that any of these lost souls ever experience the trappings of a normal life, let alone the life that is promised by our fellowship in the Ninth Step. It is my hope that these other men can make it out of the madness, along with the thousands of new veterans of the Iraq/Afghanistan War.

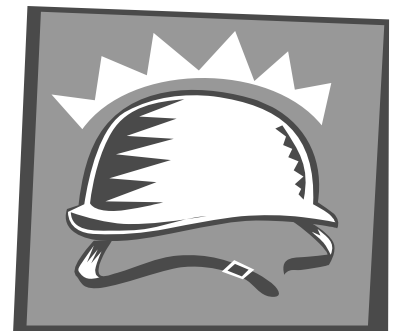
Sobriety and recovery in Alcoholics Anonymous is the single reason I am thriving today, that I have wonderful family relationships today, that I can sustain a marriage over 22 years, pay my taxes, and hang out with my friends around the Marina Dock. I rely on the doctors to keep my head screwed down tight, but all they can do is ease the symptoms somewhat.

It was an honor to serve my country back then, and I have adequate decorations from the Army and CIA in respect of this. But it doesn't amount to squat compared to finding recovery and God in our wonderful fellowship! **TP**

(CONVERSATIONS...Cont. from page 9)

A. I think there's more emphasis on sponsorship. I picked three different men over time who I asked to be my sponsor, and every time, in short order, they went out and got drunk. I

have never figured out if there was a cause and effect relationship there, or not. [laughter] So I figured, someone was trying to tell me something. My sponsor is the group and the God that I don't understand. **TP**



EIGHT YEARS AND NOT *FULLY* GRATEFUL

by Yours Truly

It's November, so I must be turning another year older in my sobriety. I got sober over Thanksgiving weekend in 2000 and haven't had a drink since. I've wanted to many times. Just like a dead leaf that withers and falls off a tree in autumn, so goes my long-term sobriety these days. It's quite ironic that I got sober in Gratitude Month, as my days of bitterness and contempt outweigh my fleeting days of real "thanksgiving"—especially in this past year. (Can anyone say "Dry Drunk?")

First of all, I thought long and hard about death this year and when and if I should bring about my own demise. I thought about my mom and how it would just "kill" her, so I couldn't do it. A spiritual friend of mine told me that, if one takes one's own life, the soul lives in its present state of being for eternity and never moves on to a different plain. So, I ended up fantasizing about getting

"If I think long and hard about it, I do have a tinge of thanks in my heart"

diagnosed with a terminal disease and just dying peacefully.

I also romanticized, a lot, about going out to the bars I used to go to and drinking again. That old feeling of "I'm missing something" came back very strong in my head and was pulling me to those barrooms. I did go, sat at the bar with a Diet Coke, and watched while the others got drunk. I got bored, and realized that I hadn't been missing anything.

So now *there's* gratitude. If I think long and hard about it, I do have a tinge of thanks in my heart and know that my life would be a lot worse these days if I were still doing what I

was doing eight years ago. I know I'd be broke, financially and emotionally, and would probably be sitting and drooling in a "quiet place" for crazy people. I also know my overall health wouldn't be able to take the toll from alcohol (and drugs—yes, there would be drugs) and I'd be vegetative. None of these scenarios are particularly upbeat. Thus, I am grateful for not being in those places.

I guess my crafty Higher Power had this whole get-sober-in-gratitude-month-and-right-at-the-onset-of-the-holidays idea planned from the start. He's always been off-color with a sick sense of humor—just like me—so, I guess it is what it is. Eight years will turn into 10, and then 20, before I know it (maybe), so I need to realize that my blips of bitterness and irritability are going to be part of the journey. You've been warned. **TP**

Gifts received and passed on...
Responsibilities met...
Acceptance of self...
Trust regained...
Identification with fellows...
Transformation of pain...
Ultimate reality sensed...
Depts Paid...
Esteem restored!

by Carlin H.

HOLIDAY MEETING CHANGES?

Will your meeting be held on Thanksgiving? How about Christmas? Or New Years Day? Please let Central Office know about any schedule changes so we don't send anyone to a dark room. And if your meeting is hosting a holiday event, let us know about that too... this time of year we're often looking for friendly faces to pass the time with.

IFB MEETING SUMMARY — OCTOBER '08

The IFB is the Board of Directors for our local AA Central Office (San Francisco and Marin Counties)

The following meetings have registered Intergroup Representatives who attended the last IFB meeting. If your meeting was not represented, consider electing an Intergroup (IFB) Representative and /or an alternate so your meeting is effectively represented

7AM Attitude Adjustment	Early Start	Let It Be Now	Saturday Sunset 9'ers	Ten Years After
Ass In A Bag	Friendly Circle Beginners	Living Sober With HIV	Serenity Seekers	Tiburon Men's Stag
Beginners' Warm Up	Gratitude Group	Marina Discussion	Sober 5150's	Tuesday Newcomers
Bernal New Day	High Noon (Monday)	Men's Gentle Touch	Some Are Sicker Than...	Valencia Smokefree
Cocoanuts	High Noon (Tuesday)	Miracles On 24th St	Steppin Up	Waterfront
Code Blue	Home Group	Queers, Crackpots & Fallen Women	Sunset 9'ers Su 8am	Women Who Drank. . .
Cow Hollow Men's Group	Join the Tribe	Regroup	Sunset Speaker Step	Women's Promises
Downtown Mill Valley	Keep Coming Back	Rule 62		

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the October 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 units sold at the bookstore have decreased and asked Reps to find out if their groups are purchasing books from Central Office and to suggest a literature commitment to groups that currently have none. Chuck reported he recently gave a pitch at a meeting about the IFB and asked if anyone was interested in giving the pitch at other meetings or possibly reinstating the Outreach Committee.

Treasurer's Report: Patrick M. was absent but provided a written report. For the month of August Net Income was worse than budget. The unfavorable result was primarily due to lower group contributions and bookstore sales. Unrestricted cash is enough to cover 3.0 months of operating expenses. The months of coverage decreased from July's 3.6 months. Overall YTD rating=Excellent, same as last month.

Central Office Manager's Report: No report. Maury P. was in Canada for the 23rd Annual Central Office Manager conference.

Central Office Committee's Report: The COC report was given by Dan B. who reported that the COC retreat was a good exchange of experiences and goal setting. At the September COC meeting the Cen-

tral Office Manager's and Treasurer's reports were heard and discussed and the COC retreat goals were discussed.

Sample IFB Rep Report

Stu S. volunteered to give a sample of what he reports back from the IFB meetings to his group. Other Reps gave report examples. Shelly W.-R. volunteered to assist Chuck with emailing sample report ideas to IFB members.

Discussion about IFB Group Inventory

Chuck reported it has been a year since the last IFB group inventory and asked if the IFB felt inclined to start a fresh inventory, look at the action items from the last one, or to not do one this year. Following discussion a motion was made that the IFB pursue taking an inventory, taking into account what came out of the last inventory, and that the Chair and the facilitator take responsibility for how to follow up on the action items after the inventory. Thirty-two voted in favor, zero opposed, two abstentions. The motion passed.

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

- a. Access Committee: Virginia M. requested that the IFB support Unity Day having ASL signers if requested. Chuck responded the IFB does not need to approve that, the COC can make that change and it should not be a problem.
- b. 12th step Committee: Olive reported that the Committee updated their list but lost a lot of members. The Committee updated the 12th step workshop and pamphlet. They could use more bilingual vol-

unteers. There will likely be a Sunshine Club and a 12th Step Committee workshop at Unity Day.

c. Archives Committee: Tracy F. reported that the Committee has been cataloging, archiving, and preserving historical documents. The Committee needs help finding a software program to catalog documents and needs a volunteer with display experience. The Committee is participating in Spirit of San Francisco.

d. Orientation Committee: Ted R. welcomed the two new members that attended orientation. He asked Reps to encourage their groups to elect an alternate IFB Rep to ensure there is a backup so IFB information can be disseminated. Chuck noted that he arrives at the IFB meetings early to be available to new Reps and encourages all Chairs to do the same.

e. The Point Editorial Committee: Mike M. reported there will be a special Point Committee meeting next week to look at past formats of the newsletter with an eye for potential change.

f. Website Committee: Michael P. reported a website review has begun. He asked Committee Chairs to think about whether they want more or different information on their Committee web pages. Michael flagged the two places with info on Committees are the Service and IFB tabs, for anyone wanting to pitch a Committee. The Teleservice calendar is up. Archives Committees documents could be posted on the website. He distributed a report displaying the hits received on each page of the website.

(Continued on page 15)

(Continued from page 14)

g. Trusted Servants Workshop Committee: Tracy F. reported that feedback was overall very positive for the workshop on the IFB Representative held on Saturday, September 6th at Central Office. He noted a trusted servant's workshop will be held at Unity Day. The Committee has only 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. She asked volunteers to sign up.

Special Committee Reports

a. Teleservice: Steve R. reported Teleservice adopted a protocol for what to do when volunteers encounter abusive callers. The Committee has openings, with a suggested one year sobriety requirement.

b. PI/CPC: Bruce K. reported in September the Committee held two DUI classes, participated in the Bayview Hunters Point Project Homeless Connect event, had a speaking opportunity at USF, had a table at the NCADA "Rally for Recovery", and had no school workshops since the school year had just started. The Committee will have a workshop and table at Unity Day.

IFB Liaison Reports

Living Sober: Alejandro D. announced the 2009 Living Sober Conference will be held July 3-5, 2009, that planning meetings are starting, and asked those interested in ensuring there is funding for the 2009 Conference to participate. Living Sober's Fall Follies drag event held on September 27th was a big success.

XVI Group Rep Reports:

a. Virginia M. played a recorded message she received from a deaf member who called the access Committee.

b. Shelly W.-R.'s reported a woman in her group created a tape library of women speakers. She noted women's shares are only one out of every ten on recorded tape, flagging the importance for women to get our voices heard and encouraged other women to share their stories with her.

Rebecca D. S.,
IFB Secretary

COMMITTEE CONTACTS

The following is a list of names and email addresses for IFB Officers and for most of the IFB committees. If you are interested in doing service on a committee, or if you wish to receive more information about a committee, please email that committee at the address.

INTERGROUP OFFICERS:

CHAIR

Chuck K. chair@aasf.org

VICE CHAIR

Derek D. vicechair@aasf.org

TREASURER

Patrick M. treasurer@aasf.org

RECORDING SECRETARY

Rebecca D.S. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

Danny F. 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

PI/CPC COMMITTEE

Paul P. picpc@aasf.org

The next IFB meeting is on Wednesday, November 5, 2008 at 180 Harrison Street in Sausalito at 7:00 p.m. Orientation starts at 6:00 p.m. and is required for all new members.

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

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

Individual Contributions

to Central Office were made through October 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

Firefighters & Friends:
Denise H. 23 years
We, Us, and Ours:
Sheila H. 27 years

GROUP CONTRIBUTIONS



Fellowship	Aug. 2008	YTD	Marin Group Contributions	Aug. 2008	YTD	SF Group Contributions	Aug. 2008	YTD
Alta Mira Sun. 7pm		268	Monday Nooners M 330pm	344	344	6am Marina Dock	342	342
ARA House	20	20	More Will Be Revealed F 12pm		100	6am Marina Dock F		86
Artists & Writers F 630pm		1190	Morning Attitude Adjustment MTuF 7am		285	6am Marina Dock M		32
Brisbane Breakfast Bunch	34	232	Nativity Monday Night Big Book M 8pm		100	6am Marina Dock Sa	76	381
Contribution Box	79	468	Newcomers Step M 730pm		906	6am Marina Dock Tu		25
Customer		9	Noon Discussion Th 12pm		214	6am Marina Dock W		24
Deer Park Discovery Group		25	Noon Hope F 12pm		470	7am As Bill Sees It Fri	124	294
IFB	87	714	Noon Tu 12pm		99	7am Grab Bag M 7am		62
Marin City Groups 5D 630pm		200	North Marin Speaker Sun 12pm		130	7am Marina Dock		7
Marin Teleservice		1697	On Awakening 7D 530am		490	7am Speaker Discussion Th 7am		135
Pax West Fellowship Dinner		120	Primary Purpose W 830pm		83	7am Step Discussion Tu 7am		29
Santa Rosa Fellowship		10	Refugee Th 12pm	50	100	830am Smokeless F 830am		261
Serenity House		450	Reveille 5D 7am		200	A is for Alcohol Tu 6pm	83	117
SF Alano Club		10	Rise N Shine Sun 10am	135	318	A New Start F 830pm		255
Spirit of San Francisco		168	San Geronimo Valley Book Study F 8pm	78	78	A Vision for You (SF) Su 630pm		40
Waterfront Sun 8pm		260	Saturday Serenity Sa 8pm	52	52	AA As You Like It Tu 530pm		98
Total Fellowship	220	5840	Sausalito 12 Step Study Group		175	AA Step Study Su 6pm		361
			Sisters In Sobriety Th 730pm (M)		534	Acceptance Group M 530pm		43
Marin Group Contributions	Aug. 2008	YTD	Six O'Clock Sunset Th 6pm		59	Afro American Beginners Sa 8pm		175
Attitude Adjustment 7D 7am	750	2750	Spiritual Testost. Sun Men's Stag Su 830a		315	Afro American F 8pm		57
Awakenings Sa 830am		35	Steps to Freedom M 730pm		320	All Together Now Th 8pm		253
Awareness/Acceptance M 1030am		272	Steps To The Solution W 715pm		174	Amazing Grace M 7pm		120
Blackie's Pasture Sa 830pm		494	Stinson Beach Fellowship Th 8pm		100	Any Lengths Sat 930am		1070
Caledonia Sun 8pm		500	Sunday Express Sun 6pm	100	300	Artists & Writers F 630pm		248
Candlelight Sun 830pm		138	Sunday Friendship Sun 7pm		100	As Bill Sees It Sat 11am		142
Closed Women Step Study Tu 330pm		319	Sunday Night Corte Madera Sun 8pm	667	667	As Bill Sees It Sat 8pm	208	418
Creekside New Growth Sun 7pm		70	Sunlight of the Spirit Th 7pm	50	148	As Bill Sees It Th 6pm		783
Crossroads Sun 12pm		316	Survivors M 12pm		182	As Bill Sees It Th 830pm	185	366
Design For Living (Marin) W 7pm		75	T. G. I. Tuesday 6pm		102	As Bill Sees It Tu 1210pm		390
Downtown Mill Valley F 830pm		611	T.G.I.F. F 6pm		115	As We Understood Him M 7pm		13
Experience, Strength & Hope Sa 6pm		96	Terra Linda Group Th 830pm		1183	Ass in a Bag Th 830pm		313
Fairfax Friday Night F 830pm		76	Terra Linda Thursday Men's Stag Th 8pm		904	Be Still AA Su 1215pm	211	211
Freedom Finders F 830pm		620	The Barnyard Group Sa 4pm		94	Beginner BB Step Th 630pm		162
Friday Night Book F 830pm		198	The Fearless Searchers F 8pm		106	Beginners SS Sat 630pm		42
Girls Night Out W 815pm		109	Three Step Group Sa 530pm		361	Beginner's Warmup W 6pm		73
Gratitude Tu 8pm		381	Thursday Night Book Club Th 7pm		133	Bernal Big Book Sat 5pm		872
Happy Hour (Marin) Th 6pm		96	Thursday Night Speaker Th 830pm		1748	Bernal New Day 7D	247	1769
Happy, Joyous & Free 5D 12pm	1500	2250	Tiburon Beginners & Closed Tu 7/830pm		653	Big Book Basics F 8pm		220
High & Dry W 12pm		335	Tiburon Big Book Group W 730pm	100	284	Big Book Beginners F 1pm		24
Hillside Candlelight F 830pm		57	Tiburon Haven Sun 12pm		400	Big Book Study Su 1130am		232
Intimate Feelings Sa 10am		298	Tiburon Women's Candlelight W 8pm		233	Blue Book Special Su 11am		54
Inverness Sunday Serenity Su 10am		95	Tuesday Chip Meeting Tu 8pm		1157	Bookenders Mon 10am		126
Island Group Th 8pm		328	Tuesday Twelve Step Tu 630pm		61	Came to Believe M 830am		38
Living in the Solution F 6pm		691	We, Us and Ours M 650pm		130	Came To Believe Su 830am		36
Marin City Groups 5D 630pm		550	Wednesday Night SD W 7pm		133	Castro Discussion W 8pm	418	1202
Men Only Stag Sa 6pm		45	What's It All About F 12pm		363	Castro Monday Big Book M 830pm	118	178
Mill Valley 7D 7am	1200	1800	Women For Women W 12pm		50	Cocanuts Su 9am		35
Mill Valley Discussion W 830pm		18	Women's Big Book Tu 1030am	287	287	Code Blue Big Book Study W 7pm		434
Monday Blues M 630pm		515	Women's Lunch Bunch F 12pm		109	Come N Get It F 630pm		348
Monday Night Meeting M 8pm Bolinas		125	Women's Meeting Su 430pm		27	Courtside Tu 1215pm		157
Monday Night Stag (Tiburon) 8pm	1015	1842	Working Dogs W 1205pm		225	Creative Alcoholics M 6pm		152
Monday Night Women's M 8pm		131				Each Day a New Beginning F 7am		1541
Monday Nooners M 12pm		275	Total Marin Group Contributions	6328	32408	Each Day a New Beginning M 7am		130

GROUP CONTRIBUTIONS, CON'T

SF Group Contributions	Aug. 2008	YTD	SF Group Contributions	Aug. 2008	YTD	SF Group Contributions	Aug. 2008	YTD
Each Day A New Beginning Su 8am	743	1283	Living Sober with HIV W 6pm	278		Sunday Bookworms Sun 730pm		78
Each Day a New Beginning Th 7am		370	Luke's Group W 8pm	148		Sunday Morning Gay Men's... Su 930am		852
Each Day a New Beginning Tu 7am		572	Lush Lounge Sa 2pm	321		Sunday Night 3rd Step Group 5pm	242	452
Each Day a New Beginning W 7am		243	Meeting Place Noon F 12pm	211	492	Sunday Night Castro SD Su 8pm		951
Early Start F 6pm		919	Meeting Place Noon W 12pm		177	Sunday Rap Sun 8pm		360
Easy Does It Tu 6pm		255	Mid-Morning Support Su 1030am		703	Sundown Steps Th 630pm	58	191
Embarcadero Group 5D 1210pm	361	782	Miracles Off 24th St W 730pm		146	Sundown W 7pm		372
Epiphany Group Th 8pm		94	Mission Terrace W 8pm		401	Sunset 11'ers F		80
Eureka Step Tu 6pm		179	Monday Beginners M 8pm		71	Sunset 11'ers M		140
Eureka Valley Topic M 6pm		729	Monday Monday M 1215pm		243	Sunset 11'ers Th		40
Excelsior Free for All Sa 8pm		150	Moving Toward Serenity W 830pm	314	314	Sunset 11'ers Tu	78	183
Federal Speaker Su 12pm	359	713	New Friday Big Book F 12pm		31	Sunset 11'ers W		138
Firefighters & Friends Tu 10am		117	New Life W 7pm	275	496	Sunset 9'ers M		507
Fireside Chat Group Tu 8pm		412	Newcomers Tu 8pm		328	Sunset 9'ers Sa		160
Founders' Group Sa 5pm		30	No Reservation M 12pm		347	Sunset 9'ers Th		120
Friday All Groups F 830pm		1473	No Whiners F 7pm		48	Sunset 9'ers W		207
Friday Knights Th 730am		50	Noon Smokeless F 12pm		285	Sunset Reflections Th 1pm	28	28
Friday Lunchtime Step F 12pm		140	Noon Smokeless M 12pm		17	Sunset Speaker Step Sun 730pm		597
Friday Night Special F 830pm		20	Noon Smokeless Th 12pm		113	Sutter Street Beginners Sat 6pm		344
Friday Night Women's F 630pm		48	One Liners Th 830pm		612	Ten Years After Su 6pm	240	1466
Friday Smokeless F 830pm		36	One, Two, Three, Go! W 1pm		20	The Drive Thru W 1215pm		270
Friendly Circle Beginners Su 715pm		176	Park Presidio M 830pm		142	The Parent Trap 2 Wed. 430pm		119
Friendly Circle Group Su		220	Parkside Th 830pm	57	108	The Parent Trap M 1230pm		249
Gay Beginners Living Sober F 7pm	123	123	Pax West M 12pm		1123	They Don't Know Who... Sa 7pm		155
Gold Mine Group M 8pm		38	Pax West Th 12pm		501	They Stopped In Time M 8pm		220
Golden Gate Seniors Tu 130pm	122	170	Progress Not Perfection Tu 830pm		103	Thursday Morning Men's...Th 6am		14
Goodlands Su 2pm	77	226	Queers, Crackpots & Fallen Women		78	Thursday Night Women's Th 630pm	128	593
Haight Street Blues Tu 615pm		175	Reality Farm Th 830pm		150	Thursday Thumpers Th 7pm		360
Haight Street Explorers Th 630pm		51	Rebound W 830pm		144	Too Early Sat 8am	214	1617
Happy Destiny Sa 630pm		26	Relapse, Rebounders., Retreads...Tu 630pm		82	Tuesday Big Book Study Tu 6pm		60
Happy Hour (S.F.) Th 6pm		36	Rule 62 W 10pm		160	Tuesday Downtown Tu 8pm		175
Happy Hour Ladies Night F 530pm		61	Saturday Afternoon Meditation Sat 5pm		126	Tuesday Men's Pax Tu 12pm		46
High Noon 5D 1215pm		110	Saturday Easy Does It Sa 12pm		647	Tuesday Women's Tu 630pm		122
High Noon Friday 1215pm	44	753	Seacliff Th 830pm		362	Tuesday's Daily Reflections Tu 7am		92
High Noon Monday 1215pm	312	747	Second Chance Th 215pm		74	Twelve Steps to Happiness F 730pm		72
High Noon Saturday 1215pm		459	Serenity House Sat 830pm		750	Valencia Smokefree F 6pm		649
High Noon Thursday 1215pm		1108	Serenity House Stag Speaker M 730pm	150	150	Walk of Shame W 8pm		421
High Noon Tuesday 1215pm	306	756	Serenity Seekers M 730pm		467	Washington Square M 7pm		79
High Noon Wednesday 1215pm		324	Sesame Step Tu 730pm	60	60	Waterfront Sun 8pm	369	1388
High Sobriety M 8pm	830	1306	Sinbar Su 830pm		282	We Care Tu 12pm		270
High Steppers W 7pm		157	Sisters Circle Su 6pm		326	Wednesday Women's BB W 615pm		120
Hilldwellers M 8pm		71	Sober & Centered F 7pm		140	West Portal W 830pm		192
Home Group Sat 830pm		902	Sober Across the Board M-Sa 830am	15	190	Wharfrats Th 815pm		71
Hoodlum Haven F 8pm		928	Sobriety & Beyond W 7pm		202	Women Living Sober Sa 10am	120	240
How Was Your Week? Sa 10am		326	Sometimes Slowly Sa 11am		279	Women Who Drank Too... Tu 615pm		7
Huntington Square W 630pm		958	Sought to Improve Th 730pm		110	Women's 10 Years Plus Th 615pm		340
Join the Tribe Tu 7pm	475	982	Sp. Founded Prog. Of Action Th 7pm		301	Women's Kitchen Table Tu 630pm		102
Keep Coming Back Sa 11am		1394	Step Sisters (S.F.) Th 630pm		20	Women's Promises F 7pm		300
Light Brigade Discussion Su 7pm		40	Step Talk Su 830am		495	Women's Step Discussion Th 7pm		100
Light Steppers Su 7pm		60	Steppin' Up Tu 630pm		228	Work In Progress Sat 7pm		56
Lincoln Park Sat 830pm		269	Stepping Out Sat 6pm		100	YAHOO Step Sa 11am		196
Live and Let Live Su 8pm		62	Stonestown M 8pm		154	Total SF Group Contributions	8323	66503
Living Sober W 8pm		197	Straight Jackets Th 9am		93	Total Group Contributions	14871	104751

by Madame Salami



Madame once read that more U.S. presidents have been Scorpios than any other sign. I can't vouch for the accuracy, but, as a good Scorpio myself, I certainly like the association. Scorpios think big, want to act big, and usually need a great deal of *everything* to satisfy our big desires. Is it any surprise how many of us actually find our way into the fellowship of A.A.?

No one will accuse Scorpio of being dull. Scorpios possess an energy and ambition unsurpassed by other signs of the Zodiac. Scorpio has always been an achiever, forever striving to succeed, and do well in life. Scorpios are determined, passionate, exciting and magnetic. They're also mysterious, complex, and secretive. They love to unveil the mysteries of life while often keeping their own deepest mysteries and trials to themselves.

Scorpios are often very powerful in the lives of the people they know and love. Their traits can be used in extremely positive ways or just the opposite. Their strong emotionalism can often lead to acts that are only

beneficial to themselves. In other words, Scorpio may show severe signs of selfishness and self-centeredness.

In a month in which we give thanks, it's important for my Scorpion brothers and sisters to constantly develop those qualities that don't come so naturally, like optimism, faith, trust, generosity and everyone's favorite — gratitude! It's not just a feeling, but an action, and one of the last that many of us take time to practice.

I'll close this month with a note to the fellow Scorpio who asked Madame why he wasn't satisfied with the results, after he got everyone to agree with him and got his own way. Sometimes its not until we get something we want that we realize what we're really after. An inventory is not just a task, my friend, it's a tool...best used sooner rather than later. **TP**

Cunning, Baffling and Puzzlefuf

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

ATTRACTION
PRUDENT
UNANIMITY

CONSULTANTS
IMPROVE
TRUSTEES

PUBLIC
FILMS
MAINTAIN

SOUGHT
ONLY
MEDITATION

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

Intercounty Fellowship of AA

Financial Statement

August 2008

	Aug 08	Jan - Aug 08
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	14541	103005
Honors	16	249
Contributions from Groups - Other	314	1515
Total Contributions from Groups	14871	104769
Contributions from Individuals		
Individual - Unrestricted	55	5266
Faithful Fiver	735	4325
Honorary Contributions	167	5269
Total Contributions from Individuals	957	14860
Gratitude Month		
Gratitude Month - Groups	0	3692
Gratitude Month - Individual	0	154
Total Gratitude Month	0	3846
Sales - Bookstore	9047	72617
Special Event Income	0	535
Newsletter Subscript.	155	694
Total Income	25030	197320
Cost of Goods Sold		
Cost of Books Sold - Shipping	0	66
Cost of Books Sold	6642	48458
Credit Card Processing Fees	184	1462
Total COGS	6826	49986
Gross Profit	18204	147333
Expense		
IFB Sponsored Events	40	565
Unreconciled Bank Adj	0	-150
Special Events Expense	75	-62
Employee Expenses		
Wages & Salaries	11339	62890
Employer Tax Expenses	910	5690
Health Benefits	1189	8478
Total Employee Expenses	13438	77059
Professional Fees		
Accounting	0	2350
Computer Consulting	0	1334
Total Professional Fees	0	3684
Bank Charges	0	146
Postage		
Bulk Mail	200	750
Postage - Other	0	268
Total Postage	200	1018
Rent - Office	4147	33173
Rent - Other	0	375
Access Expenses	0	1825
IFB Literature		

	Aug 08	Jan - Aug 08
Sunshine Club	43	43
Total IFB Literature	0	0
Filing/Fees	0	60
Insurance	0	1824
Internet Expense	80	465
Office Supplies	108	1747
Paper Purchased	0	240
Software Purchased	380	380
Shipping	120	331
Equipment Lease	1939	5581
Repair & Maintenance	244	3160
Security System	34	381
Payroll Expenses	0	2
Telephone	326	2427
Phone Book Listings	82	652
Travel	534	534
Bad Checks	0	95
Miscellaneous Expense	0	-962
Total Expense	21745	134548
Net Ordinary Income	-3541	12785
Other Income/Expense		
Other Income		
Other Income	0	26
Interest Income	3833	4032
Total Other Income	3833	4058
Other Expense		
Depreciation Expense	0	378
Amortization Expense	0	230
Total Other Expense	0	608
Net Other Income	3833	3450
Net Income	292	16235

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