

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2008  
**12**  
**DECEMBER**

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the  
Intercounty Fellowship  
of Alcoholics Anonymous

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## “MERRY CHRISTMAS, Y’ALL!”

by Carlin H.

When I began my sobriety, I didn't much like Christmas. It wasn't that I'd had a horrible time in childhood like some of the stories I heard in meetings. But holidays, especially Christmas, were always disappointing and lonely. I was an only child, extended family lived far away, and all my regular playmates spent that day with cousins. My parents were frugal Yankees and Mom would save the paper from one year to the next—no excited ripping off paper in our house—and it became possible to know which gifts were for which person just by the paper, with the “to” and “from” tag still attached from the previous years. Because we were just three, we also wrapped up many small things for each other to have Something To Open. All in all, the area under the tree looked pretty bedraggled. There were two really good parts though. My dad worked for GE, and every year he got the latest cool lights from the company store. And every year he wrote a series of special clever riddling clues to send me all over the house to bring my

"big " present out of hiding. I clearly remember the year when I had asked for a boudoir chair, dreaming of something covered in pink silk and lace. But the chair at the end of the treasure hunt was red and yellow plastic. I said I loved it because I knew they had tried, but I resented having to deny my true feelings.

In early sobriety, I treated Christmas as just another day through which to live sober—that “just not drinking is enough” strategy. And, truth be told, I resented Christmas for all those past disappointments. I remember a guy named Jim from the High Noon meeting in the early eighties who spoke about how we (A.A.s) were a rag tag group in church basements who had sober Christmas despite all the millions of dollars spent on billboards and slick ads showing people enjoying the holidays with various brands of liquor. I rather liked being part of such a counter-culture.

(Continued on page 7)

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

# monthly calendar

Events, Highlights and Happenings

december 2008

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

# COMING UP

mark your calendar

## DECEMBER 2008 SPEAKERS



Living Sober 2009 presents . . .

### *New Year's Eve Masquerade Ball!*

Wednesday, December 31, 2008

7:30pm - Speaker Meeting  
9:00pm - Dance in the New Year 2009!

\$15 Suggested Donation  
Harvey Milk Civil Rights Academy  
4235 19th St. & Collingwood St.  
San Francisco, CA

### BRISBANE BREAKFAST BUNCH

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

| Date: | Speaker:   | From:                    |
|-------|------------|--------------------------|
| 12/07 | Tara S.    | Brisbane Breakfast Bunch |
| 12/14 | NO MEETING | MEETING CANCELLED        |
| 12/21 | Irene B.   | Kaiser Thursday          |
| 12/28 | Patrick K. | Boston                   |

### FRIDAY NIGHT ALL GROUPS

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

| Date: | Speaker: | From:            | Host Group:              |
|-------|----------|------------------|--------------------------|
| 12/05 | Billy B. | First Place      | Came to Believe          |
| 12/12 | Kate L.  | Serenity Seekers | Tuesday Downtown         |
| 12/19 | Russ M.  | Join the Tribe   | Holiday Extreme Makeover |
| 12/26 | Mike H.  | Serenity House   | Serenity Step            |

Novato Fellowship Events Committee

Presents

## New Years Eve DANCE

2008-2009  
6pm- 12am  
\$10.00  
suggested  
donation



Dancing  
Raffle Prizes  
Food and Snacks  
Bring appetizers  
(optional)



Our Lady of Lorreto Parish Hall  
Corner of Novato Blvd. and Grant Ave.

AA SPEAKER MEETING AT 7:00 PM

Preston M. From Sonoma County

RAFFLE AT 10:30 PM MUST BE  
PRESENT TO WIN!!!!

Raffle contact: Colleen: 717.1734

For food donation/ commitments:

CHRIS: 415.250.4203



Shake  
Rattle  
and Roll with



### The Spirit of San Francisco this New Year's Eve

Wednesday, December 31, 2008

Annual AA Speaker Meeting and

50's Soek Hop NYE Dance

### Speaker Philo from San Francisco

8:00 - 9:00 pm AA Speaker Meeting

9:30 pm Dance with Hosted Appetizers

Tickets available

\$15.00 In Advance, \$20.00 at the Door

Purchase tickets online at [www.spirit-sf.org](http://www.spirit-sf.org)

Additional Info email [info@spirit-sf.org](mailto:info@spirit-sf.org) or call 415-515-9637

The Janet Pomeroy Center

207 Skyline Blvd - San Francisco

Between the SF Zoo and Lake Merced



SAVE THE DATE - The 17th Annual  
SOSF Convention - October 2 - 4, 2009



### New Meeting:

|     |        |                |                                                                                   |
|-----|--------|----------------|-----------------------------------------------------------------------------------|
| Wed | 6:00am | Marina         | WEDNESDAY MORNING MEN'S MEETING, Marina Dock, 2118 Greenwich St. (BK, ME)         |
| Wed | 6:00pm | Laurel Heights | WOMEN'S MEETING: THERE IS A SOLUTION, 25 Lake St./Arguello Blvd. (BK, CL, SD, WO) |
| Sat | 6:00pm | Fairfax        | CONSCIOUS CONTACT, Church, 2626 Sir Francis Drake Blvd. (MED)                     |

### Meeting Changes:

|         |        |              |                                                                         |
|---------|--------|--------------|-------------------------------------------------------------------------|
| Mon—Sat | 8:30am | Tenderloin   | SOBER ACROSS THE BOARD, 160 Eddy St./Mason St. (was 366 Eddy St.)       |
| Mon—Fri | 9:00am | Inner Sunset | SUNSET 9'ERS, Church, 1329 7th Ave./Irving (was 1390 14th Ave./Judah)   |
| Sun     | 12noon | Novato       | NORTH MARIN SPEAKER, 646 Canyon Rd., 3rd Floor (was 853 Tamalpais Ave.) |

### No Longer Meeting:

|     |        |            |                                                                         |
|-----|--------|------------|-------------------------------------------------------------------------|
| Wed | 3:00pm | Sausalito  | THINKING MEN'S GROUP, Sausalito Sailing Club at the Barge (ME, DI)      |
| Wed | 7:30am | Marina     | 11TH STEP MEDITATION MEETING, Marina Dock, 2118 Greenwich St. (DI, MED) |
| Sat | 4:00pm | San Rafael | BIG BOOK STUDY, Marin Alano Club, 1360 Lincoln Ave./Maple St.           |

**Please Note:** Central Office occasionally receives reports that meetings listed in our schedules are not there. Sometimes these reports turn out to be mistaken—and sometimes not. The office relies primarily on information that is given to us by A.A. groups, but when a group disbands, informing the Central Office is a common omission. **If you know anything about a meeting that has disbanded**, please call the Central Office immediately: (415) 674-1821. *Thanks for your help in keeping the schedule accurate!*

## RECENTLY REGISTERED TRUSTED SERVANTS - OCTOBER 2008

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

### San Francisco:

**A is for Alcohol** Tue. 6pm; **Beginner Big Book Step** Thu 6:30pm; **Bernal Big Book** Sat. 5pm; **Big Book Basics** Fri. 8pm; **Big Book Study** Sun. 11:30am; **Cow Hollow Men's Group** Wed. 8pm; **Each Day a New Beginning** Tue. 7am; **Embarcadero Group** 5D 12:10pm; **Franciscan Noon Discussion** Mon. 12noon; **High Sobriety** Mon. 8pm; **How It Works** Sat. 2pm; **Huntington Square** Wed. 6:30pm; **No Regrets** Tue. 7am; **Queers, Crackpots, & Fallen Women** Mon. 5:30pm; **Steppin' Up** Tue. 6:30pm; **Some Are Sicker Than Others** Wed. 6pm; **Sought to Improve** Thu. 7:30pm; **Women Who Drank Much** Tue. 6:15pm

### Marin:

**Downtown Mill Valley** Fri. 8:30pm; **Happy, Joyous, & Free** Thu 12noon; **The Novato Group Friday Night Discussion** Fri. 8:30pm; **Refugee** Thu. 12noon; **Sunday Night Corte Madera** Sun. 8pm; **Tiburon Haven** Sun. 12noon; **Tiburon Women's Candlelight** Wed. 8pm; **Tuesday Twelve Step** Tue. 6:30pm

### 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 12 of this issue!

Contact  
[thepoint@aasf.org](mailto:thepoint@aasf.org) to  
have your group featured  
in an upcoming issue!

## From the Editor

Drunks in recovery often hate this time of year, with good reason: the pain of Christmas past, the forced celebratory mood, the constant cultural messages to buy things for people who don't need anything, that special loneliness of New Year's Eve in a new town or new in sobriety - you fill in the blank with your own December nightmare.

In light of all that, in this issue we focus on some positive things that members of our fellowship have managed to create for themselves and others to get through the long nights of winter. The common thread is, of course, to think about others who might be having difficulties and do something for them. For example, even if you're not going to drink yourself, get to a meeting to help that newcomer stay sober (like our longtimer this month, Ben). Sign up for an alcothon (see "Meet the Meeting"). Perform a

*mitzvah* that requires some real effort on your part (see Hostess with the Mostest, inside). Honor the memory of a loved one with a new tradition of your own (cover story). Pray for guidance. Then listen.

A member of *The Point* committee told me about an A.A. meeting where members began to verbally throw all the trappings of the season out the window, with great hilarity: off, Dancer, off, Rudolph, off, candles, out, manger, out, egg nog, goodbye mistletoe, so long, Christmas tree, no wreaths, no seasonal music—what a relief! Even if that's your favorite fantasy, it's not likely going to happen, so use the tools of the program, especially the ones that link you with other A.A.'s, and have some laughs at the season's expense with the rest of us who get the gallows humor and won't judge you for it. 

## 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).

# Dear Alky...

Dear Alky,

**People just don't seem to take my being an alcoholic seriously. My mother keeps giving me wine and at my sister's fortieth birthday said, "You can at least have one drink to celebrate with your sister." I just stood there with this fifty-pound glass of wine and felt like a dolt: full of guilt for not being a sport for my sister.**

**How can I possibly tell people at my workplace that I've moved to the dry dark side and I'll be having seltzer with lemon instead of the usual martini? I have to entertain, and part of my job includes camaraderie with clients, who are like old friends.**

**I'm going to my meetings and still not drinking, but the holidays are coming up with Christmas parties, my mother's rum balls and work parties. I'm scared that I won't make it through to January. Help.**

**Fearful Flora**

Dear FF:


As long as *you* take your sobriety seriously, you will be okay. Only you can assess the level of discomfort you are willing to experience in order to protect your sobriety—you cannot depend on other people to become more considerate, more nonjudgmental, or “better sports” than they already are. What you *can* do is to increase your meeting attendance during stressful times like the holidays,

invite a sober friend along to family get-togethers where you are concerned about pressure to drink, or politely decline to attend if bringing someone with you isn't feasible.

Regarding those work relationships: you don't have to tell people that you've gotten sober or moved to the “dark side.” You can simply drink your alternative beverage with a smile on your face and say that you aren't in the mood for a drink (*if* anyone asks). Here again, if it's not exclusively a work meeting but a holiday event involving clients, bring a sober friend for moral support. Alky has been a “sober beard” for a friend's office holiday party and it was perfectly delightful. While the other attendees were stuck in a bar line, my friend and I got all the choice hors d'oeuvres.

Regarding fear: PRAYER! Some good choices are the serenity prayer (easy to remember), and the fear prayer (“God, please remove my fear and direct my attention to what you would have me be.”) Also, a good all-purpose one is the Third Step prayer (found on page 68 of the Big Book). When you find yourself full of anxiety about what someone will say, or think, about your sobriety, turn to your Higher Power—whatever form it takes—and ask to be relieved of your fear. Alky's done this approximately four million times and it really does work!

Happy sober holidays, everyone!

Love, Alky 

2008 - The Annual - 2009  
WATERFRONT GROUP  
NEW YEAR

It's a New ERA & We are  
Still Doing The DEAL!

7 PM FORMAL SPEAKER MEETING  
Jonny O'. from San Jose  
(the many decade archivist for  
Santa Clara County)

9 PM until 11:30 PM DANCE &  
HOLIDAY PARTY  
Classy Dress Please  
DJ: to be announced (too hot to tell)

SATURDAY NIGHT DECEMBER 27  
FORT MASON CENTER, Bldg C



## LATEST READER SURVEY SAYS:

That 80% of you read it every month, and nearly 90% of our readers are satisfied with the content and relevance of the articles. Thank you!

We'll try to continue to offer our fellowship a thoughtful and high quality publication. The greatest number of you most enjoyed the member-furnished articles regarding the experience, strength and hope of our sober short- and long-term members.

Ironically, only 40% of you were willing to provide more of these articles. **We urge each of you to announce at meetings (and consider yourself) that member-provided content is vital to the success of our newsletter! If there are any suggestions our readers would like to make, please email us at: [thepoint@aasf.org](mailto:thepoint@aasf.org).**

Our readers also responded with strong support for the calendar, secretary's announcements, and Dear Alky. The IFB Meeting summary got a lot of positive feedback in terms of content and importance.

On a separate note, *The Point* committee is sad to report that Madame Salami has retired after many issues of clever and timely horoscopes for our astrologically oriented members. Farewell and best wishes, Madame!



---

## “MERRY CHRISTMAS, Y’ALL!”

*(Continued from page 1)*

One of the folks I met in that rag tag High Noon group was Randy, a handsome, young Texan with a 1000 megawatt smile and a smooth drawl. He lost his sobriety for a while after being diagnosed with AIDS and I, who had always been judgmental of relapsers, came to understand that I was fortunate not to have had any challenges in my life bigger than what the quality of my sobriety could handle.

In 1988, Randy decorated his apartment in a way that his friend Bill characterized as a "Fort Worth interpretation of Christmas at Versailles." I walked in and my jaw dropped. I felt the wonder of a child seeing a decorated tree for the first time. The top reached the ceiling and it dripped with gorgeous ornaments,

and the floor underneath was piled with beautifully wrapped and beribboned boxes. He had made stockings for the four of us who would have Christmas dinner together. Each was unique. I still have the one made from the leftovers of a ball gown he made for us to wear—me one night and him the next—to the Shanti [HIV/AIDS nonprofit] volunteer and client celebrations. He had a small sober gathering one night before a choral concert, with homemade Christmas cookies shaped like bells and stars and angels. It was a season of beauty and song and special food (he even put a bow on the butter) and friendship. It was the most beautiful Christmas! And it melted away the old resentment and disappointment. Ever since then I have said that he gave me Christmas.

Christmas of 1990 was hard because Randy had died 7 months earlier. I didn't want to celebrate without him, but I knew that honoring the gift he had given me was the next right thing to do. I had inherited his cookie cutters and so that year, and for many years after, I used them to make dozens of anise flavored sugar cookies to share with people who had brightened my life during the year—people I saw regularly in shops and other places in the course of ordinary days who would not expect any sort of gift. Doing this little thing for others gave me joy and a sense of connection. In addition to the bells and stars and angels, I always included ten-gallon hats and armadillos to make sure the cookies had a bit of Texas in them. So Merry Christmas, y'all.







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.       | Leigh B.        |
| Beverly C.       | Lelan & Rich H. |
| Bruce D.         | Leo H.          |
| Caroline A.      | Lisa M.         |
| Casey L.         | Liz & Aiden D.  |
| Catherine S.     | Lyle W.         |
| Celia H.         | Margarite S.    |
| Dan & Sherry T.  | Marty C.        |
| David J.         | Michael W.      |
| David P.         | Patrick M.      |
| Dennis & Lucy O. | Pat P.          |
| Dick F.          | Paul M.         |
| Donald Ray N.    | Peg L.          |
| Doug C.          | Peggy T.        |
| Elizabeth S.     | Pene P.         |
| Frances L.       | Ralph P.        |
| George S.        | Robert W.       |
| Giles H.         | Sam V.          |
| Greg W.          | Scott C.        |
| Herman B.        | Sheila H.       |
| Jane K.          | Steve F.        |
| Janet B.         | Stu S.          |
| Jeanne C.        | Sylvia D.       |
| Jim H.           | Tim M.          |
| Karen K.         | Tom M.          |
|                  | Tracy F.        |

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!



## A YEAR-END GIFT TO *THE POINT*: RAY C. FINDS ERNIE B. AFTER 38 YEARS

Dear Point:

The August 2008 issue of *The Point*, in the "Conversations With Longtimers" article, reported a conversation with Ernie B., sober almost 52 years. If you are interested in consequences of your publishing efforts, please continue reading.

I have lived in Marin County since 1970, keeping sober in A.A. (my home group is the Original Marin Smokeless Group), but I got sober in San Mateo County in 1964. When I read the *Ernie B.* article, I wondered, "Could that be the same Ernie B. who was such an inspiring example in my early days of sobriety?" I inquired at Central Office and eventually confirmed that yes, he is the same Ernie B., and why don't you give him a call? Which I did. This is to report on the meeting with him in his living room that followed, with the hope of transmitting an inkling of the joy that accompanied it.

We hadn't seen each other for at least 38 years and certainly wouldn't have recognized one another if we had met on the street. He is now 91; I am 77. Our relationship had been lop-sided in the first place, because he was prominent among the active members of the day while I was just another new face in the crowd. But we compared notes and learned that we had scores of mutual friends, whom we discussed with a nostalgia that, without exaggeration, could be described as effervescent. I showed Ernie a copy of the earliest A.A. pocket calendar I still have, from 1969, with names and telephone numbers. I have to confess an almost childish delight at

his surprise when he saw his own name there and his telephone number with the old alphabetic prefix!

We were reviewing his list of names, which in longhand he had carefully transcribed from memory into a spiral notebook, reminiscing on those we both recognized. When he asked, "How about Bill R.?" it was as though someone had exploded a memory bomb in the room and for a moment I was lost in the smoke. (In 1961, I had called the Central Office for help and was told someone would pick me up after work and take me to a meeting. That someone was Bill R., who took me first to his apartment, then to my first A.A. meeting after his wife had made supper for us. He was my first sponsor—72 years old and with an ailing heart, which makes it doubtful that he is still alive today at age 119. I stayed sober for three weeks, got drunk on the way to a meeting and didn't make it back for three years, but that wasn't his fault.) When the smoke cleared enough for me to speak, I related this to Ernie, who said, "Hey, I was Bill R.'s sponsor!"

You can imagine my reaction. But I doubt that either of us can in a few words accurately express the breadth and depth of the feelings that swept over me, unless perhaps, "a tsunami of love and gratitude for Alcoholics Anonymous."

And thus, my dear friends at Central Office, do I lay this little vignette on your doorstep, and embrace you all warmly.  
—Ray C.



# THE HOSTESS WITH THE MOSTEST

by Peg L.

There has been a holiday potluck at my apartment for years now; I don't even remember how many there have been. Although it is held on Christmas Day, I prefer to call it the Holiday Party held on Christmas. In fact, on the flyers I hand out at meetings as invitations, I have the image of a Christmas tree, but the foliage is made up of lines of type that say, "Ramadan, Hanukkah, Kwanzaa, Christmas, Solstice," over and over.


At the beginning, probably about twenty people attended, including a few small babies. Last year, somewhere around 80 or so were here. Fortunately, not all at the same time. I always say, it's for people who don't have anywhere else to go, or don't want to go to the place they have. Everyone is welcome: newcomers, old timers, family members, babies, friends, in-laws, outlaws—as long as everyone is nice to each other.

*"It's for people who  
don't have anywhere  
else to go, or don't want  
to go to the place  
they have."*

The past few years, I've provided two turkeys and a ham and all the guests have brought everything else. I love mashed rutabagas, so I always make those, too. The array of food is always astounding: all the usual stuff you would expect, plus Chinese food and usually a pizza or two. Oh, and the desserts! To die for!

It has been fun for me to notice some of the changes in myself as the years go by. As a super control freak, I used to not be able to allow anyone else to do the dishes in my house. Finally, years ago, I began to leave

the premises and go for a walk so I would not have to hover over whoever had taken on the task. Eventually, I got so I could actually have a conversation with the person washing the dishes (and not about the proper way to do the dishes in my house). The past few years, I simply know that some folks will stay to do the dishes and help put the house back together. I have prayed for years to be able to stop having to control every aspect of my life (and yours), and this is just one of the ways God has done for me what I could not do for myself.

Alcoholics Anonymous has been the village I have lived in for 26 years, no matter where in the world I go. It has sustained me through good times and bad. This is just one of the ways I get to share time with my fellow villagers. 

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# THE GIFT OF SOBRIETY

by Anonymous

Christmas is coming. My twin daughters are planning to come home from Buenos Aires to San Francisco to spend the holidays with their dad and me. I got sober in Alcoholics Anonymous when they were three years old and they are now twenty-five. Over the years I have sponsored a number of women, many of them with young children, just like mine were when I put down that last drink. As I prepare to enjoy the company of my daughters, which is one of the gifts of sobriety, I ask myself: why did some of those women get sober and

*"It isn't something we  
earn. It is something  
we receive."*

others not? A mother (or father) has a pretty compelling motivation to get sober. Some of the women who couldn't put down the drink were as willing as anyone. They went to meetings; they took commitments. But they still couldn't stay sober. Why do some of us stay sober and some not? I spoke at a meeting for a woman who is a long-time member of the fellowship of A.A. She had

relapsed over and over again, for years, but finally made it, one day at a time. She just celebrated twenty years of sobriety. Why can't my sponsee, who was willing to walk a half-mile on a broken foot to meet me before an early-morning meeting, why can't she stay sober? If I obsess about it enough, I will probably drink myself. I'm not her Higher Power, and sobriety is a gift. It isn't something we work for. It isn't something we earn. It is something we receive. We just have to be willing to receive it. Maybe that is the answer. I wish I knew. 

# CONVERSATIONS WITH LONGTIMERS

## BEN, 56 YEARS OF BEING GAY IN A.A.

*As told to the Drunk Whisperer*

*What a pleasure to interview Ben; our conversation ranged from New York theater to medieval monastic orders to statistics on A.A. success rates. If you're interested, the full interview is available, either transcript or audio, as with each of our longtimer interviews. Contact our Archives Committee for more information—D.W.*

Q. What's your sobriety date?

A. May 6, 1952. I've been sober 56 years.

Q. Oh, my God. Good grief.

A. It surprises me, too. The first person I heard speak from an A.A. platform had been sober for SEVEN YEARS! My God, how did he manage? I was struggling to make a day. Bill Wilson, when I met him, had 17 years of sobriety.

Q. Where did you get sober?

A. Around Boston. That was my stomping grounds. There were only two gay bars. One of them was gay, only if Don was playing piano. If he wasn't then it wasn't. I moved to New York; that's the first thing I did.

Q. How long were you sober when you moved to New York?

A. About three weeks. They say, don't do that, nowadays. Don't make a major decision. Well, my sponsor said, "Oh, you want to go to New York. My wife is going there next week, she'll give you a ride." There were no rules then, no established way of doing it. And sponsors were,

well, almost a joke. Marty Mann told me about sponsors . . .

Q. Did you know her? [Marty Mann got sober in A.A. and went on to found the National Council on Alcoholism.]

A. Yeah. She said a sponsor was so you'd know where the meeting was, because meetings were in apartments.

Q. So it was more like a phone tree?

A. Yes, and if you didn't have a sponsor, you'd never know where the meeting was. That's about all there was to it. And furthermore, we had Bibles in those days. And what's more than that, we actually read them! It was quasi-religious.

Q. More like the Oxford Group?

A. Well, the Oxford Group was the heavy shadow. The mother they wished to deny, but on the other hand, that's where they got the ideas. And it was, of course, much stricter and much more elevated than A.A.

Q. Were you out at that time?

A. There wasn't any such thing.

Q. So nobody was out?

A. Not anyone in their right mind. Because you could be locked up, just for being out. They had dirty words for it, as in "your case." And I was still using that word, case, as in my "case." We were all, you see, certified nuts. It was not nice, any way you look at it. That's one of the reasons I got married, because there

was no alternative. These young fellows now don't understand the pressures that were on us back then. I left New York after I was sober for ten years. I came to San Francisco in 1976, and I stayed. What I came here to do, we've done. We've put the gay community on the map. The first gay Living Sober [annual convention during July each year], this is gays in A.A., 1976, I think, was the first one. It was out at San Francisco State. It's a beautiful campus and they let us have the run of the place for the entire weekend. They charged us very little.

Q. And there was no problem with discrimination—I mean, GAY and ALCOHOLICS.

A. No, no. We had a plant in the faculty there and he got it over the objections of the others. And there were only 250 of us. Well, word got around. We were the only ones in the country, or the world, at that point. We moved it down to Civic Center, where it's been since [except last year, it moved to a hotel], and about the third year we had 5,000 people. They were coming from all over the United States, because there was nothing like that, not back where they lived—gay, and A.A., at the same time. Bob H. worked so hard putting it together, always with the 15-foot long strand of pearls he threw about. Now, the attendance has dropped down to around 1,200 because there is gay A.A. in Minneapolis or wherever. I have attended every single one. I'm

*(Continued on page 11)*

# A HOLIDAY RECIPE YOU'RE GONNA LOVE: HOW TO STAY SOBER!

by Anonymous

'Tis the season for parties, dinners, presents, family gatherings, and "out with the old, in with the new."

Newcomers, in particular, may be jittery at this time of year. But don't fear! Thankfully, we don't have to do the holidays alone anymore. Now, more than ever, it is important that we stay connected, share honestly with our trusted A.A. friends and sponsor, and not pick up that first drink. Together, we can stay sane and sober over the holidays.

Here are a few well-tested A.A. tips for holiday sanity and sobriety:

**Plan ahead.** It always helps to have a "plan of action" of some kind; will you be spending time with family? Traveling to another state? Staying home? Spending time with friends? Or do you have no plans? It helps to think ahead; will you need a meeting schedule where you'll be staying? Can you call and make an A.A. contact before you get there? Or, if you are staying in town, can you sign up to lead a marathon meeting or plan a dinner with fellow A.A.s? We often find it best to make a plan (and stick to it) so that we are around people

who will help us stay sober, wherever we may be.

**Be of service.** When the going gets tough, we've learned to throw ourselves harder into service. Give a newcomer a call and see how he or she is doing, arrange for coffee after the meeting, help out setting up or cleaning up at the meetings you attend. This extra reaching out can be a lifesaver during a difficult time.



**Avoid HALT.** We've found it beneficial to pay attention to ourselves; am I hungry, angry, lonely or tired? If so, we need to take care of these basic human needs. It's amazing how our anxiety and discomfort can be relieved by these simple actions!

**Make backup plans.** So, we've got our plans in place, but what if something goes wrong? What if we get stranded at the office party with our drunken colleagues? We've discovered that it's helpful to have a backup plan; specifically, a way to get out of an uncomfortable or slippery situation, should it arise. Whenever possible, bring your own car or have a way out if things get too difficult or scary. Bring A.A. telephone numbers with you and don't be afraid to use them. And don't forget to bring your real reinforcement with you wherever you go: your Higher Power!

**Use A.A. literature.** Living Sober is particularly useful, offering simple tools so that we don't pick up that first drink. Dive into the literature and see what gems it has in store for you.

**Stay in contact.** Use the telephone and go to meetings—a lot. Remember, alone you may be in deep water, but together we can make it. You're worth saving. Let's have a sober new year together. **TP**

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## CONVERSATIONS WITH LONGTIMERS

(Continued from page 10)

the last one to stand up [countdown for number of sober years, a Living Sober tradition] so I get that accolade. I don't go to a single gay A.A. meeting all year round so most don't know me from anywhere else. But I can't shake the job. [laughter] Nobody's going to get sober any longer

than I am! That's the thing about length of sobriety—oh, they must be wise! Not necessarily. Sober, yes. But I make mistakes like anybody else.

Q. How has A.A. changed?

A. I don't want to lament "the good ol' days." A.A. is appropriate for to-

day. One thing I've noticed, however, is that it seems that the lower and more rotten the story, the better. When I came in, I always heard the spiritual pitch; speakers gave details about the steps, getting sober, and program. And it was a good thing for me that they did! **TP**

# MEET THE MEETING: MISSION FELLOWSHIP ALCOTHONS

by Bree L.

The Mission Fellowship at 2900-24<sup>th</sup> St. holds alcohons every year for Christmas and New Year. These holiday events are a longstanding tradition. According to Karen C., the meetings started at 1364 Valencia, otherwise known as the “Divine Dump.” They then moved to 1010 Valencia (a step up), and after the most recent move, they’re at the spot known as “2900.” Karen tells of attending her first alcohon over Labor Day in 1987 at 1010 Valencia. “It was a great place for newcomers, as well as a place to get involved,” she says.

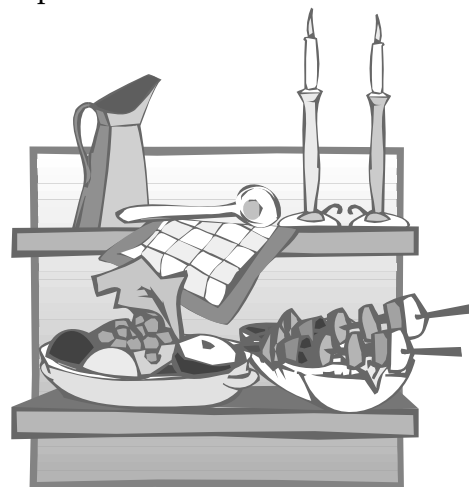
The changes that have taken place over the years are not limited to the location. One major change is from a “marathon” to an “alcohon.” Marathons that used to run three days for 24 hours each day have been downsized to three-day alcohons with reduced hours. The committee found it difficult to staff the early morning hours, and the room was becoming more of a place to crash than a place to attend an A.A. meeting. The last meeting each day now starts at 10 PM and resumes the next day at six in the morning. There are also fewer holiday alcohons, as there is no longer one over Labor Day weekend.

Early in December, a sign-up schedule will be posted on the wall at 2900 and all are encouraged to participate, according to Rene C. of the management committee. There are openings for shift coordinators that run for six hours (6 AM to 12 noon to 6 PM to 12 midnight). The shifts are interspersed with the established meetings that continue during holiday times. There are also sign-ups for secretaries and speakers.

The Christmas Eve alcohon will start at 6 AM on Wednesday, December 23 with meetings every even hour until midnight. They will again start on December 24 at 6 AM and continue throughout the day until midnight. Christmas Day, meetings will start at 6 AM with meetings throughout the day except from 2 to 4 PM, there will be an afternoon potluck.

The New Year’s alcohon will start at 6 AM on Tuesday, December 30 and have meetings every even hour until midnight. They will again start at 6 AM on New Year’s Eve and run through the day, extending the last meeting from midnight to 1:30 AM New Year’s Day. Then the meetings will again start at 6 AM and continue throughout the day, except for the

afternoon hours of 2PM to 4PM for a potluck dinner.



The potlucks on Christmas Day and New Year’s Day are good opportunities to expand one’s culinary talents or to fall back on the tried and true, guaranteed to please dishes. The Mission Fellowship Committee supplies the paper products, tables and drinks, such as coffee or tea.

The Mission Fellowship is located at the corner of 24<sup>th</sup> and Florida Streets. The alcohon is a good way to stay sober and perform service by sharing the holidays with fellow alcoholics. **TP**

## Mission Fellowship Holiday Alcohons!

2900 24th St./ Florida, San Francisco, CA

Tu

**Sorry, Incorrect Information!**

jht

Please check [www.aasf.org](http://www.aasf.org) or call Central Office,

We

415-674-1821 for the Alcohon Schedule.

ght!

Meetings Every 2 hours on the Even Hour! More info from [erica\\_s\\_r@yahoo.com](mailto:erica_s_r@yahoo.com)

# BEYOND YOUR WILDEST DREAMS!

by Mike A.


They told me when I first came into A.A. to hang on, for if you stay sober, life will get better beyond your wildest dreams. I remember the first time I heard the Ninth Step promises and how foreign they seemed. As I take a look at the past four years of my life since getting sober and joining Alcoholics Anonymous, I can honestly say the Ninth Step promises have come true and continue to come true in ways I would have never imagined.

I haven't made my first million yet, nor purchased my own small island in the south Pacific; however, I know who stares back at me when I look in the mirror. I have found a peace and comfort within my own skin that never seemed possible. I cherish the relationship I have with my wife; we have been married for two and a half years and are expecting our first child. One day at a time, I have held the same job for almost four years and have been able to level out the mental swings from fear of being fired to expectation of promotion to CEO. I have faced personal fears, such as acting on stage and surfing in the northern Pacific, and found that the easiest way to move past fear is to simply show up!

I have been fortunate to experience the gift of humility. I would never have expected to feel the joy, gratefulness, and contentment that come as a result of getting out of myself, in order to aid or be of service to someone else. I believe that in order to keep your sobriety you have to give it away.

In conclusion, I take responsibility for myself and my actions. I try to be

*"I know who stares back at me when I look in the mirror. I have found a peace and comfort within my own skin that never seemed possible. "*

as honest as I can and be of service whenever possible. The Ninth Step promises are summed up in the mental freedom I experience on a daily basis, as well as the degree of pureness in relationships I've built on this journey. For the first time in my life, I feel that if tomorrow were my last day, I would have no fear or regrets and be grateful for all I had been able to experience. 

## Cunning, Baffling and Puzzlefuf

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

INCITEMENT  
PERILOUS  
DEMOCRATIC

DISCUSSION  
EVER  
PRINCIPLES

FOUNDATION  
MESSAGE  
SPIRITUAL

CARRY  
TRADITIONS  
PERSONALITY

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

# IFB MEETING SUMMARY — NOVEMBER '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**

|                        |                         |                                  |                         |                              |
|------------------------|-------------------------|----------------------------------|-------------------------|------------------------------|
| Bernal New Day         | High Noon (Friday)      | Men's Gentle Touch               | Sober 5150's            | They Stopped In Time         |
| Blue Book Special      | Home Group              | Miracles On 24th St              | Some Are Sicker Than... | Tiburon Men's Stag           |
| Cocoonuts              | Huntington Square Group | Queers, Crackpots & Fallen Women | Sunset 9'ers Su 8am     | Too Early                    |
| Code Blue              | Keep Coming Back        | Reality Farm                     | Sunset Speaker Step     | Tuesday Newcomers            |
| Friday Night BB Basics | Let It Be Now           | Regroup                          | Ten Years After         | Union/Steiner Young People's |
| Gold Mine Group        | Living Sober With HIV   | SFPOA                            | The 24 Hour Plan        | Valencia Smokefree           |
| Gratitude Group        |                         |                                  |                         |                              |

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the November 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 Officer Reports

**a. Chair:** As November is gratitude month, Reps were reminded to bring Gratitude Month participation up with their groups if their group is not already participating.

**b. Treasurer:** For the month of September the Net Income was higher than budget. The favorable result is due to lower expenses and higher bookstore sales than budgeted. Unrestricted cash is enough to cover 2.4 months of operating expenses after supplemental compensation is funded. Overall rating Excellent year-to-date; Very Good for the month.

**c. Central Office Report:** Maury P. reported on the 23<sup>rd</sup> Annual Central Office conference. AAWS has an overstock *Experience, Strength and Hope* and will increase the price of some books (though they have not yet disclosed which ones), which will lead to increase in the prices of those books sold at Central Office. Maury negotiated a discount on the current SF schedule due to an error on the color of the cover made by the print broker. The savings is being passed on to the groups. The Central Office can always use substitutes for the phone shifts.

**d. Central Office Committee:** At the September COC meeting the Central Office Manager's and Treasurer's reports were heard and the Treasurer presented

the proposed budget.

## Discussion about IFB Group Inventory.

Following discussion of the last IFB group inventory, taken almost two years ago, a motion was made that the IFB hold a group inventory at the January IFB meeting. 25 voted in favor, 3 opposed, 3 abstained; the motion passed. A motion was made that an ad hoc committee be formed to review, discuss, and present their synopsis of the action items from the last inventory and suggested questions for the upcoming inventory. 26 voted in favor, 4 abstained.

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

**a. Access Committee:** At Unity Day audio materials were provided for a blind member interested in Bridging the Gap and three members showed interest in helping develop the library of audio versions of service information.

**b. 12<sup>th</sup> Step Committee:** Sunshine Club and 12<sup>th</sup> Step Committee workshops were held at Unity Day with standing room only. The updated 12<sup>th</sup> Step list is very short, especially on women; Stu encouraged Reps to let people know.

**c. Archives Committee:** The Committee has been cataloguing, archiving, and preserving historical documents. The Committee participated in Unity Day and is in need of more members. Area archives is having an open house event on Nov. 9<sup>th</sup>.

**d. Orientation Committee:** Ted R. welcomed the three new members that attended orientation. He noted that several

Committee Chairs arrived at the IFB meeting early and gave information to the new Reps about their Committees and encouraged other Chairs to do the same.

**e. The Point Editorial Committee:** The *Point* survey was not structured correctly online, which prevented some people from accessing it, but the Committee still received 80 responses. About 80% of the respondents read *The Point* regularly and many gave their feedback on the types of things they would like to see more of. The Committee needs a Layout Person and an Associate Editor.

**f. Trusted Servants Workshop Committee:** The workshop held at Unity Day included Spanish speaking participation, which was a first. The Committee has only two members and needs one or two more members to join.

**g. Website Committee:** The Teleservice calendar is up. The Archives Committee's documents could be posted on the website. A Google analytics reporting displaying the hits received on each page of the website was distributed.

**h. Fellowship Committee:** San Francisco Unity Day was a success. Rebecca D. S. thanked those who were able to attend. She announced the annual Central Office volunteer appreciation party will take place on Tuesday, November 18<sup>th</sup>, 6pm-8pm at Central Office and asked Reps to look for an email letting them know which category of pot luck items to bring to the party. The Committee needs more members to join.

## Special Committee Reports

**PI/CPC:** In October the Committee held

(Continued on page 15)

(Continued from page 14)

seven DUI classes, and were invited to Washington High School to speak to five classes. The Committee held a workshop and had a table at Unity Day.

#### **IFB Liaison Reports**

a. General Service, SF: The CNCA meeting is scheduled for this upcoming weekend; details are listed on *The Point* calendar.

b. General Service, Marin. General Service Marin is holding elections on the 17<sup>th</sup> and is going through their financial guidelines. Background material on GSO's idea of being self supporting through group contributions is available for anyone who is interested. Marin is hosting the pre-conference assembly.

c. Teleservice, Marin: Elections will be held on the 26<sup>th</sup>.

d. PI/CPC, Marin: Paige reported they held a workshop last month and got some new speakers. A member is holding an AA meeting at the Marin High School.

e. Bridging the Gap: Unity Day increased participation.

f. Marin H&I: Paige reported they are looking into implementing the spirit of rotation.

g. Living Sober: Alejandro D. corrected *The Point* calendar by noting their next meeting is November 23<sup>rd</sup>. They are doing a spaghetti pasta dinner.

#### **Sample IFB Group Rep Reports**

Ted gave a sample Rep report, highlighting all Committees that need help. Tracy added that he likes to use the calendar in *The Point* to give the members the dates the committees meet.

#### **Group Rep Reports**

The Mission Fellowship is looking for people to help with the holiday Alcothon. If meetings aren't happening due to holiday schedule let Central Office know so they can change the information on the website and avoid volunteers sending members to meetings that are not taking place during the holidays.

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

#### **PI/CPC COMMITTEE**

Paul P. picpc@aasf.org

#### **SF TELESERVICE COMMITTEE**

Steve R. sfteservice@aasf.org

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

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

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

## **Individual Contributions**

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

### **ONGOING MEMORIALS**

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

### **ANNIVERSARIES**

High Noon: Wayne E. 14 years,  
Suzanne O. 11 years,  
Bernie A. 6 years, Eric P. 5 years,  
Nora 4 years, Jennifer S. 2 years,  
John 1 year  
Gold Mine Group:  
Dianne E. 2 years  
Oregon: Jack W. 26 years  
Terry H. 29 years  
Cynthia C. 12 years  
Women's Kitchen Table Group:  
Peg L. 27 years



# GROUP CONTRIBUTIONS

SEPTEMBER 2008

| Fellowship                          | Sep. 2008        | YTD          | Marin Group Contributions                 | Sep. 2008 | YTD   | Marin Group Contributions              | Sep. 2008        | YTD           |
|-------------------------------------|------------------|--------------|-------------------------------------------|-----------|-------|----------------------------------------|------------------|---------------|
| Alta Mira Sun. 7pm                  |                  | 268          | Mill Valley 7D 7am                        |           | 1,800 | Tuesday Chip Meeting Tu 8pm            |                  | 1,157         |
| ARA House                           |                  | 20           | Mill Valley Discussion W 830pm            |           | 18    | Tuesday Twelve Step Tu 630pm           |                  | 61            |
| Artists & Writers F 630pm           |                  | 1,190        | Monday Blues M 630pm                      |           | 515   | We, Us and Ours M 650pm                |                  | 130           |
| Brisbane Breakfast Bunch            | 32               | 264          | Monday Night Meeting M 8pm Bolinas        |           | 125   | Wednesday Night SD W 7pm               |                  | 133           |
| Contribution Box                    |                  | 468          | Monday Night Stag - 12 & 12 M 6pm         | 300       | 300   | What's It All About F 12pm             |                  | 363           |
| Customer                            |                  | 9            | Monday Night Stag (Tiburon) 8pm           |           | 1,842 | Women For Women W 12pm                 |                  | 50            |
| Deer Park Discovery Group           |                  | 25           | Monday Night Women's M 8pm                |           | 131   | Women's Big Book Tu 1030am             |                  | 287           |
| Harbor Lights Fellowship            | 33               | 33           | Monday Nooners M 12pm                     |           | 275   | Women's Lunch Bunch F 12pm             |                  | 109           |
| IFB                                 | 88               | 802          | Monday Nooners M 330pm                    |           | 344   | Women's Meeting Su 430pm               |                  | 27            |
| Marin City Groups 5D 630pm          |                  | 200          | More Will Be Revealed F 12pm              |           | 100   | Working Dogs W 1205pm                  |                  | 225           |
| Marin Teleservice                   |                  | 1,697        | Morning Attitude Adjustment MTuF 7am      |           | 285   | Young People's BYOB Sat 7pm            | 200              | 200           |
| Pax West Fellowship Dinner          |                  | 120          | Nativity Monday Night Big Book M 8pm      |           | 100   | <b>Total Marin Group Contributions</b> | <b>2,887</b>     | <b>35,294</b> |
| Santa Rosa Fellowship               |                  | 10           | Newcomers Step M 730pm                    |           | 906   |                                        |                  |               |
| Serenity House                      |                  | 450          | Noon Discussion Th 12pm                   |           | 214   | <b>SF Group Contributions</b>          | <b>Sep. 2008</b> | <b>YTD</b>    |
| SF Alano Club                       |                  | 10           | Noon Hope F 12pm                          | 165       | 635   | 6am Marina Dock                        |                  | 342           |
| Spirit of San Francisco             |                  | 168          | Noon Tu 12pm                              |           | 99    | 6am Marina Dock F                      |                  | 86            |
| Waterfront Sun 8pm                  |                  | 260          | North Marin Speaker Sun 12pm              |           | 130   | 6am Marina Dock M                      |                  | 32            |
| West Bay Alano                      | 69               | 69           | Novato Monday Stag M 8pm                  | 60        | 60    | 6am Marina Dock Sa                     |                  | 381           |
| <b>Total Fellowship</b>             | <b>222</b>       | <b>6,062</b> | On Awakening 7D 530am                     |           | 490   | 6am Marina Dock Tu                     |                  | 25            |
|                                     |                  |              | Primary Purpose W 830pm                   | 60        | 143   | 6am Marina Dock W                      |                  | 24            |
| <b>Marin Group Contributions</b>    | <b>Sep. 2008</b> | <b>YTD</b>   | Refugee Th 12pm                           |           | 100   | 7am As Bill Sees It Fri                |                  | 294           |
| A Vision for You (Fairfax) Su 730pm | 125              | 125          | Reveille 5D 7am                           |           | 200   | 7am Grab Bag M 7am                     |                  | 62            |
| Attitude Adjustment 7D 7am          |                  | 2,750        | Rise N Shine Sun 10am                     |           | 318   | 7am Marina Dock                        |                  | 7             |
| Awakenings Sa 830am                 |                  | 35           | San Geronimo Valley Book Study F 8pm      |           | 78    | 7am Speaker Discussion Th 7am          |                  | 135           |
| Awareness/Acceptance M 1030am       |                  | 272          | San Geronimo Valley M 8pm                 | 68        | 68    | 7am Step Discussion Tu 7am             |                  | 29            |
| Blackie's Pasture Sa 830pm          |                  | 494          | Saturday Serenity Sa 8pm                  |           | 52    | 830am Smokeless F 830am                |                  | 261           |
| Caledonia Sun 8pm                   |                  | 500          | Sausalito 12 Step Study Group             |           | 175   | A is for Alcohol Tu 6pm                |                  | 117           |
| Candlelight Sun 830pm               | 125              | 263          | Sisters In Sobriety Th 730pm (M)          |           | 534   | A New Start F 830pm                    |                  | 255           |
| Closed Women Step Study Tu 330pm    |                  | 319          | Six O'Clock Sunset Th 6pm                 |           | 59    | A Vision for You (SF) Su 630pm         |                  | 40            |
| Creekside New Growth Sun 7pm        |                  | 70           | Spiritual Testost. Sun Men's Stag Su 830a |           | 315   | AA As You Like It Tu 530pm             |                  | 98            |
| Crossroads Sun 12pm                 |                  | 316          | Steps to Freedom M 730pm                  |           | 320   | AA Step Study Su 6pm                   |                  | 361           |
| Day At A Time 7D 630am              | 611              | 611          | Steps To The Solution W 715pm             | 65        | 239   | Acceptance Group M 530pm               |                  | 43            |
| Design For Living W 7pm             |                  | 75           | Stinson Beach Fellowship Th 8pm           |           | 100   | Afro American Beginners Sat 8pm        |                  | 175           |
| Downtown Mill Valley F 830pm        | 119              | 730          | Sunday Express Sun 6pm                    |           | 300   | Afro American F 8pm                    | 42               | 99            |
| Experience, Strength & Hope Sa 6pm  |                  | 96           | Sunday Friendship Sun 7pm                 |           | 100   | Alamo Square Su 7pm                    | 210              | 210           |
| Fairfax Friday Night F 830pm        |                  | 76           | Sunday Night Corte Madera Sun 8pm         |           | 667   | All Together Now Th 8pm                |                  | 253           |
| Freedom Finders F 830pm             |                  | 620          | Sunlight of the Spirit Th 7pm             | 50        | 198   | Amazing Grace M 7pm                    |                  | 120           |
| Friday Night Book F 830pm           |                  | 198          | Survivors M 12pm                          |           | 182   | Any Lengths Sat 930am                  |                  | 1,070         |
| Girls Night Out W 815pm             |                  | 109          | T. G. I. Tuesday 6pm                      |           | 102   | Artists & Writers F 630pm              |                  | 248           |
| Gratitude Tu 8pm                    |                  | 381          | T.G.I.F. F 6pm                            | 119       | 234   | As Bill Sees It Sat 11am               |                  | 142           |
| Happy Hour (Marin) Th 6pm           |                  | 96           | Terra Linda Group Th 830pm                | 500       | 1,683 | As Bill Sees It Sat 8pm                |                  | 418           |
| Happy, Joyous & Free 5D 12pm        |                  | 2,250        | Terra Linda Thursday Men's Stag Th 8pm    |           | 904   | As Bill Sees It Th 6pm                 |                  | 783           |
| High & Dry W 12pm                   |                  | 335          | The Barnyard Group Sa 4pm                 |           | 94    | As Bill Sees It Th 830pm               |                  | 366           |
| Hillside Candlelight F 830pm        |                  | 57           | The Fearless Searchers F 8pm              |           | 106   | As Bill Sees It Tu 1210pm              |                  | 390           |
| Intimate Feelings Sa 10am           |                  | 298          | Three Step Group Sa 530pm                 |           | 361   | As We Understood Him Mon. 7pm          |                  | 13            |
| Inverness Sunday Serenity Su 10am   |                  | 95           | Thursday Night Book Club Th 7pm           |           | 133   | Ass in a Bag Th 830pm                  | 114              | 427           |
| Island Group Th 8pm                 |                  | 328          | Thursday Night Speaker Th 830pm           |           | 1,748 | Be Still AA Su 1215pm                  |                  | 211           |
| Larkspur Beginners F 7pm            | 219              | 219          | Tiburon Beginners & Closed                |           | 653   | Beginner Big Book Step Th 630pm        |                  | 162           |
| Living in the Solution F 6pm        |                  | 691          | Tiburon Big Book Group W 730pm            |           | 284   | Beginners' Step Study Sat 630pm        |                  | 42            |
| Marin City Groups 5D 630pm          |                  | 550          | Tiburon Haven Sun 12pm                    | 100       | 500   | Beginner's Warmup W 6pm                |                  | 73            |
| Men Only Stag Sa 6pm                |                  | 45           | Tiburon Women's Candlelight W 8pm         |           | 233   |                                        |                  |               |

# GROUP CONTRIBUTIONS, CON'T

| SF Group Contributions             | Sep. 2008 | YTD   | SF Group Contributions          | Sep. 2008 | YTD   | SF Group Contributions                | Sep. 2008 | YTD   |
|------------------------------------|-----------|-------|---------------------------------|-----------|-------|---------------------------------------|-----------|-------|
| Bernal Big Book Sat 5pm            |           | 872   | Happy Hour (S.F.) Th 6pm        |           | 36    | Our Morning Meditations Sa 715am      | 52        | 52    |
| Bernal New Day 7D                  | 283       | 2,052 | Happy Hour Ladies Night F 530pm |           | 61    | Park Presidio M 830pm                 |           | 142   |
| Big Book Basics F 8pm              |           | 220   | High Noon 5D 1215pm             |           | 110   | Parkside Th 830pm                     |           | 108   |
| Big Book Beginners F 1pm           |           | 24    | High Noon Friday 1215pm         | 155       | 908   | Pax West M 12pm                       |           | 1,123 |
| Big Book Study Su 1130am           |           | 232   | High Noon Monday 1215pm         | 46        | 793   | Pax West Th 12pm                      |           | 501   |
| Blue Book Special Su 11am          |           | 54    | High Noon Saturday 1215pm       |           | 459   | Progress Not Perfection Tu 830pm      |           | 103   |
| Bookenders Mon 10am                |           | 126   | High Noon Thursday 1215pm       | 343       | 1,451 | Queers, Crackpots & Fallen Women      |           | 78    |
| Buena Vista Breakfast Su 12pm      | 123       | 123   | High Noon Tuesday 1215pm        |           | 756   | Reality Farm Th 830pm                 | 231       | 381   |
| Came to Believe M 830am            |           | 38    | High Noon Wednesday 1215pm      | 170       | 494   | Rebound W 830pm                       |           | 144   |
| Came To Believe Su 830am           |           | 36    | High Sobriety M 8pm             |           | 1,306 | Relapse, Rebounders, Retreads...      |           | 82    |
| Castro Discussion W 8pm            |           | 1,202 | High Steppers W 7pm             |           | 157   | Rule 62 W 10pm                        |           | 160   |
| Castro Monday Big Book M 830pm     |           | 178   | Hilldwellers M 8pm              |           | 71    | Saturday Afternoon Meditation Sat 5pm |           | 126   |
| Cocoanuts Su 9am                   |           | 35    | Home Group Sat 830pm            |           | 902   | Saturday Easy Does It Sa 12pm         |           | 647   |
| Code Blue Big Book Study W 7pm     |           | 434   | Hoodlum Haven F 8pm             |           | 928   | Saturday Night Regroup Sat 730pm      | 500       | 500   |
| Come N Get It F 630pm              |           | 348   | How It Works Sat 2pm            | 49        | 49    | Seacliff Th 830pm                     |           | 362   |
| Courtside Tu 1215pm                |           | 157   | How Was Your Week? Sa 10am      |           | 326   | Second Chance Th 215pm                |           | 74    |
| Cow Hollow Men's Group W 8pm       | 175       | 175   | Huntington Square W 630pm       | 119       | 1,077 | Serenity House                        | 150       | 150   |
| Creative Alcoholics M 6pm          |           | 152   | Join the Tribe Tu 7pm           |           | 982   | Serenity House Sat 830pm              |           | 750   |
| Each Day a New Beginning F 7am     |           | 1,541 | Joys of Recovery Tu 8pm         | 50        | 50    | Serenity House Stag Speaker M 730pm   |           | 150   |
| Each Day a New Beginning M 7am     |           | 130   | Keep Coming Back Sa 11am        | 1,457     | 2,851 | Serenity Seekers M 730pm              |           | 467   |
| Each Day A New Beginning Su 8am    |           | 1,283 | Keep It Simple Sat 830pm        | 404       | 404   | Sesame Step Tu 730pm                  | 319       | 379   |
| Each Day a New Beginning Th 7am    |           | 370   | Light Brigade Discussion Su 7pm |           | 40    | Sinbar Su 830pm                       |           | 282   |
| Each Day a New Beginning Tu 7am    |           | 572   | Light Steppers Su 7pm           |           | 60    | Sisters Circle Su 6pm                 |           | 326   |
| Each Day a New Beginning W 7am     |           | 243   | Like A Prayer Su 4pm            | 27        | 27    | Sober & Centered F 7pm                |           | 140   |
| Early Start F 6pm                  | 1,223     | 2,142 | Lincoln Park Sat 830pm          |           | 269   | Sober Across the Board M-Sa 830am     | 20        | 210   |
| Easy Does It Tu 6pm                |           | 255   | Live and Let Live Su 8pm        |           | 62    | Sobriety & Beyond W 7pm               |           | 202   |
| Embarcadero Group 5D 1210pm        |           | 782   | Living Sober W 8pm              |           | 197   | Sometimes Slowly Sa 11am              | 277       | 556   |
| Epiphany Group Th 8pm              |           | 94    | Living Sober with HIV W 6pm     | 308       | 586   | Sought to Improve Th 730pm            | 96        | 206   |
| Eureka Step Tu 6pm                 |           | 179   | Luke's Group W 8pm              | 100       | 248   | SFPOA Th 7pm                          |           | 301   |
| Eureka Valley Topic M 6pm          | 825       | 1,554 | Lush Lounge Sa 2pm              |           | 321   | Step Sisters (S.F.) Th 630pm          |           | 20    |
| Excelsior Free for All Sa 8pm      | 200       | 350   | Marina Discussion F 830pm       | 726       | 726   | Step Talk Su 830am                    |           | 495   |
| Federal Speaker Su 12pm            |           | 713   | Meeting Place Noon F 12pm       |           | 492   | Steppin' Up Tu 630pm                  |           | 228   |
| Firefighters & Friends Tu 10am     |           | 117   | Meeting Place Noon W 12pm       |           | 177   | Stepping Out Sat 6pm                  | 47        | 147   |
| Fireside Chat Group Tu 8pm         |           | 412   | Mid-Morning Support Su 1030am   | 178       | 881   | Stonestown M 8pm                      |           | 154   |
| Founders' Group Sa 5pm             |           | 30    | Miracles Off 24th St W 730pm    |           | 146   | Straight Jackets Th 9am               |           | 93    |
| Friday All Groups F 830pm          |           | 1,473 | Mission Terrace W 8pm           |           | 401   | Sunday Bookworms Sun 730pm            | 368       | 446   |
| Friday Knights Th 730am            |           | 50    | Monday Beginners M 8pm          |           | 71    | Sunday Morning Gay Men's Stag         |           | 852   |
| Friday Lunchtime Step F 12pm       | 140       | 280   | Monday Monday M 1215pm          |           | 243   | Sunday Night 3rd Step Group 5pm       |           | 452   |
| Friday Night Special F 830pm       |           | 20    | Moving Toward Serenity W 830pm  |           | 314   | Sunday Night Castro SD Su 8pm         |           | 951   |
| Friday Night Women's Mtg. F 630pm  |           | 48    | New Friday Big Book F 12pm      |           | 31    | Sunday Rap Sun 8pm                    |           | 360   |
| Friday Smokeless F 830pm           | 213       | 248   | New Life W 7pm                  |           | 496   | Sundown Steps Th 630pm                |           | 191   |
| Friendly Circle Beginners Su 715pm |           | 176   | Newcomers Tu 8pm                |           | 328   | Sundown W 7pm                         |           | 372   |
| Friendly Circle Group Su           |           | 220   | No Gurus Meditation Su 7pm      | 16        | 16    | Sunset 11'ers F                       | 65        | 145   |
| Gay Beginners Living Sober F 7pm   |           | 123   | No Reservation M 12pm           |           | 347   | Sunset 11'ers M                       |           | 140   |
| Gold Mine Group M 8pm              |           | 38    | No Whiners F 7pm                |           | 48    | Sunset 11'ers Th                      |           | 40    |
| Golden Gate Seniors Tu 130pm       |           | 170   | Noon Smokeless F 12pm           | 18        | 303   | Sunset 11'ers Tu                      |           | 183   |
| Goodlands Su 2pm                   |           | 226   | Noon Smokeless M 12pm           |           | 17    | Sunset 11'ers W                       |           | 138   |
| Haight Street Blues Tu 615pm       |           | 175   | Noon Smokeless Th 12pm          |           | 113   | Sunset 9'ers M                        |           | 507   |
| Haight Street Explorers Th 630pm   | 60        | 111   | One Liners Th 830pm             |           | 612   | Sunset 9'ers Sa                       |           | 160   |
| Happy Destiny Sa 630pm             |           | 26    | One, Two, Three, Go! W 1pm      |           | 20    | Sunset 9'ers Th                       |           | 120   |

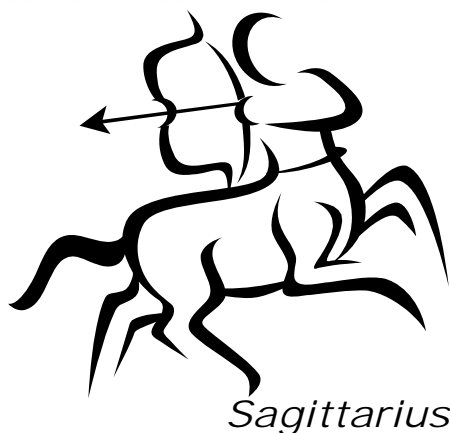
# GROUP CONTRIBUTIONS, CON'T

| SF Group Contributions              | Sep. 2008     | YTD           |
|-------------------------------------|---------------|---------------|
| Sunset 9'ers W                      |               | 207           |
| Sunset Reflections Th 1pm           |               | 28            |
| Sunset Speaker Step Sun 730pm       |               | 597           |
| Surf Tu 8pm                         | 111           | 111           |
| Sutter Street Beginners Sat 6pm     |               | 344           |
| Ten Years After Su 6pm              |               | 1,466         |
| The Drive Thru W 1215pm             |               | 270           |
| The Parent Trap 2 Wed. 430pm        |               | 119           |
| The Parent Trap M 1230pm            |               | 249           |
| The Pepper Group F 12pm             | 60            | 60            |
| They Don't Know Who We Are          | 45            | 200           |
| They Stopped In Time M 8pm          |               | 220           |
| Thursday Morning Men's BB Study     |               | 14            |
| Thursday Night Women's Th 630pm     | 92            | 685           |
| Thursday Thumpers Th 7pm            |               | 360           |
| Too Early Sat 8am                   | 209           | 1,825         |
| Trudgers Discussion Su 7pm          | 160           | 160           |
| Tuesday Big Book Study Tu 6pm       |               | 60            |
| Tuesday Downtown Beginners Tu       | 192           | 192           |
| Tuesday Downtown Tu 8pm             | 102           | 277           |
| Tuesday Men's Pax Tu 12pm           |               | 46            |
| Tuesday Women's Tu 630pm            |               | 122           |
| Tuesday's Daily Reflections Tu 7am  | 161           | 253           |
| Twelve Steps to Happiness F 730pm   |               | 72            |
| Valencia Smokefree F 6pm            | 76            | 725           |
| Walk of Shame W 8pm                 |               | 421           |
| Washington Square M 7pm             | 7             | 86            |
| Waterfront Sun 8pm                  |               | 1,388         |
| We Care Tu 12pm                     |               | 270           |
| Wednesday Women's BB W 615pm        |               | 120           |
| West Portal W 830pm                 |               | 192           |
| Wharfrats Th 815pm                  |               | 71            |
| Women Living Sober Sa 10am          |               | 240           |
| Women Who Drank Too Much Tu         | 48            | 55            |
| Women's 10 Years Plus Th 615pm      |               | 340           |
| Women's Kitchen Table Tu 630pm      | 180           | 282           |
| Women's Promises F 7pm              |               | 300           |
| Women's Step Discussion Th 7pm      |               | 100           |
| Work In Progress Sat 7pm            |               | 56            |
| YAHOO Step Sa 11am                  |               | 196           |
| <b>Total SF Group Contributions</b> | <b>11,342</b> | <b>77,845</b> |

|                                  |               |                |
|----------------------------------|---------------|----------------|
| <b>Total Group Contributions</b> | <b>14,451</b> | <b>119,202</b> |
|----------------------------------|---------------|----------------|

## SoberScope

by Madame Salami



It's the fourth year in a row you've been selected to be in charge of the office holiday party. Your foresight, good judgment, strong will and organization is an asset to all who come into contact with you this month. But remember: just because you've thought it through 1,000 times, doesn't mean that your way is *the* way. And, strange as it may seem, sometimes the best thing to say is ... absolutely nothing.

It's that time of year again, my crafty centaur. Your motor is going at full throttle and you're pushing harder for those changes you've been telling your sponsor you were going to make all year. Step back

and look with objectivity, let go, and you'll be in for a much gentler ride. Your best friend from rehab doesn't care that you have five sponsees when she has only four.

It's not an easy month for clumsy Sagittarius. Between holiday parties, shopping and the many new faces at meetings, carrying the message can also pose some difficulties. Sober Sagittarius can't bear to see suffering and will not begrudge time or money in trying to help relieve it in others. Your labor is always one of the heart, but remember: sometimes you're rewarded with ingratitude.

Get to the gym to relieve some holiday tension but stay clear of the contact sports. You're an accident waiting to happen. Watch the demands, keep the anger in check, and you'll fare just fine. Your mom doesn't need to know that her new sweater is hideous and looking a little snug. Tact is your friend. Remember, God is in the details, not the trifles. **TP**

### Recent Deaths

George R.

# Financial Statement

September  
2008

| Ordinary Income/Expense                     | Jan 08        | Jan - Jan 08   |
|---------------------------------------------|---------------|----------------|
| <b>Income</b>                               |               |                |
| Contributions from Groups                   |               |                |
| Group Contributions                         | 14,375        | 117,340        |
| Honor                                       | 28            | 278            |
| Contributions from Groups - Other           | 47            | 1,862          |
| <b>Total Contributions from Groups</b>      | <b>14,451</b> | <b>119,220</b> |
| Contributions from Individuals              |               |                |
| Individual - Unrestricted                   | 35            | 5,321          |
| Patrol Fee                                  | 388           | 4,885          |
| Honoray Contributions                       | 0             | 5,288          |
| <b>Total Contributions from Individuals</b> | <b>423</b>    | <b>15,494</b>  |
| Gratuity Month                              |               |                |
| Gratuity Month - Groups                     | 0             | 3,882          |
| Gratuity Month - Individual                 | 0             | 154            |
| <b>Total Gratuity Month</b>                 | <b>0</b>      | <b>3,845</b>   |
| Sales - Bookstore                           | 8,888         | 88,786         |
| Special Event Income                        | 0             | 535            |
| Newsletter Subscript.                       | 65            | 748            |
| <b>Total Income</b>                         | <b>23,231</b> | <b>228,550</b> |
| <b>Cost of Goods Sold</b>                   |               |                |
| Cost of Books Sold - Shipping               | 37            | 183            |
| Cost of Books Sold                          | 5,475         | 53,833         |
| Credit Card Processing Fee                  | 222           | 1,884          |
| <b>Total COGS</b>                           | <b>5,734</b>  | <b>55,700</b>  |
| <b>Gross Profit</b>                         | <b>17,497</b> | <b>164,830</b> |
| <b>Expenses</b>                             |               |                |
| IFB Sponsored Events                        | 158           | 724            |
| Unrecorded Bank Adj                         | 0             | -150           |
| Special Events Expense                      | 0             | 42             |
| Employee Expenses                           |               |                |
| Wages & Salaries                            | 8,784         | 71,885         |
| Employer Tax Expenses                       | 738           | 8,428          |
| Health Benefit                              | 1,184         | 8,882          |
| Workers Comp Ins.                           | 1,845         | 1,845          |
| <b>Total Employee Expenses</b>              | <b>11,551</b> | <b>89,030</b>  |
| Professional Fees                           |               |                |
| Accounting                                  | 0             | 2,350          |
| Computer Consulting                         | 158           | 1,484          |
| <b>Total Professional Fees</b>              | <b>158</b>    | <b>3,834</b>   |
| Bank Charges                                | 0             | 146            |
| Postage                                     |               |                |
| Bulk Mail                                   | 0             | 750            |
| Postage - Other                             | 0             | 288            |
| <b>Total Postage</b>                        | <b>0</b>      | <b>1,038</b>   |
| Rent - Office                               | 4,147         | 37,318         |
| Rent - Other                                | 388           | 875            |
| Access Expenses                             | 388           | 2,125          |
| IFB Literature                              |               |                |

|                             | Jan 08        | Jan - Jan 08   |
|-----------------------------|---------------|----------------|
| <b>Insurance</b>            |               |                |
| Interest Expenses           | 0             | 1,824          |
| Office Supplies             | 0             | 1,747          |
| Paper Purchased             | 288           | 588            |
| Software Purchased          | 0             | 380            |
| Shipping                    | 22            | 363            |
| Equipment Lease             | 0             | 5,581          |
| Repair & Maintenance        | 348           | 3,388          |
| Security System             | 34            | 415            |
| Payroll Expenses            | 0             | 2              |
| Telephone                   | 0             | 2,427          |
| Phone Book Listings         | 0             | 852            |
| Travel                      | 0             | 534            |
| Training                    | 25            | 25             |
| Ball Checks                 | 0             | 95             |
| Miscellaneous Expenses      | -145          | -1,187         |
| <b>Total Expense</b>        | <b>17,386</b> | <b>151,847</b> |
| <b>Net Ordinary Income</b>  | <b>131</b>    | <b>12,933</b>  |
| <b>Other Income/Expense</b> |               |                |
| Other Income                | 0             | 28             |
| Interest Income             | 188           | 4,280          |
| <b>Total Other Income</b>   | <b>188</b>    | <b>4,285</b>   |
| <b>Other Expense</b>        |               |                |
| Depreciation Expense        | 0             | 378            |
| Amortization Expense        | 0             | 230            |
| <b>Total Other Expense</b>  | <b>0</b>      | <b>608</b>     |
| <b>Net Other Income</b>     | <b>188</b>    | <b>3,677</b>   |
| <b>Net Income</b>           | <b>288</b>    | <b>16,610</b>  |

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# DECEMBER 2008

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