

# the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

20  
09 **1** JANUARY

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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## *In this issue...*

- **No Accident**
- **Why Go To Meetings?**
- **Step One: Taking Out the Trash**
- **Thank God for my Higher Power**
- **The Beginning of A.A. in  
San Francisco**
- **P.R.A.A.S.A.**
- **Courage to Change**
- **Sober 5150's**

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

# January 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>Persons requiring reasonable accommodations at meetings of IFB, COC, IFB committees and service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative format should contact: Central Office (415) 674-1821 no less than five business days prior to the event.</p> 			
4	<b>5</b> <u>FIRST MON</u> Access Committee Central Office; 5:30pm	6	<b>7</b> <u>FIRST WED</u> Intercounty Fellowship Board Orientation 6 pm, Meeting 7 pm, 1187 Franklin St./ Geary St., San Francisco, CA; (First Unitarian Universalist Church)
11	<b>12</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm	<b>13</b> <u>SECOND TUE</u> SF Bridging The Gap 1187 Franklin St., 6:30 pm Marin H&I, 1360 Lincoln, San Rafael Bus. Meeting: 7:15 pm SF General Service 1187 Franklin St. Meeting: 8 pm	<b>14</b> <u>SECOND WED</u> 12th Step Committee Central Office, 6:30 pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30 pm
<b>18</b> <u>THIRD SUN</u> Archives Committee Central Office, 2 pm Business Meeting followed by Work Day	<b>19</b> CENTRAL OFFICE CLOSED FOR BUSINESS TODAY <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, District Meeting: 8 pm	<b>20</b> <u>THIRD TUE</u> San Mateo General Service St. Andrews Church, 7:30 pm	<b>21</b> <u>THIRD WED</u> Website Committee Central Office; 6:30pm
25	<b>26</b> Central Office will be closed through Friday for facility improve- ments. Please spread the word.	<b>27</b> <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	28

## Central Office will be closed the week of



THURSDAY	FRIDAY	SATURDAY
<b>1</b> CENTRAL OFFICE CLOSED TODAY. HAPPY NEW YEAR!	<b>2</b>	<b>3</b>
<b>8</b> <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm	<b>9</b>	<b>10</b>
<b>15</b>	<b>16</b>	<b>17</b>
<b>22</b>	<b>23</b>	<b>24</b> <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma: Business Meeting: 12:30 pm SF PI/CPC Committee Speaker Workshop & Annual Meeting See Flyer Page 4!
<b>29</b> <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	<b>30</b>	<b>31</b>

**SINBAR GROUP PRESENTS: PIE & ICE CREAM SOCIAL**

Sunday, January 25<sup>th</sup> 2009

Speaker, Sally F. (S.F) 8pm

St Finbar Church  
 415 Edna St./Hearst Ave SF

Arrive early and stay late

Fill up on Pie, Ice Cream & Recovery

**BROADS WITHOUT BOOZE XIII**

Sunday, January 25<sup>th</sup>, 2009

11:30 am Fellowship  
 12:00 pm Lunch

Speaker  
 Jude H., Graton CA

United Irish Cultural Center  
 2700 45th Ave, SF

\$26 / lunch

For more info e-mail  
 Linda\_gemini@yahoo.com

January 26th for facility improvements.



## Meeting Changes

### Meeting Changes:

Mon - Fri	11:00am	Inner Sunset	SUNSET 11'ERS, Church, 1329 7th Ave./Irving (was 1390 14th Ave./Judah)
Sun	12noon	Castro	BE STILL A.A., Rec. Center, 100 Collingwood St. (was 12:15pm at 501 Castro)
Mon	1:00pm	Inner Sunset	MONDAY AT A TIME, Church, 1329 7th Ave./Irving (was 1390 14th Ave./Judah)
Mon	6:30pm	South of Market	LIVING SOBER ON SIXTH STREET, 88 Sixth St/Market St. (was 6:00pm)
Mon	8:00pm	Novato	NOVATO MONDAY STAG, Church, 1915 Novato Blvd./ Simmons (was 1180 Lynwood Dr.)
Tue	1:00pm	Inner Sunset	GETTING FIT AT ONE O'CLOCK, Church, 1329 7th Ave./Irving (was 1390 14th Ave./Judah)
Tue	6:00pm	Mission Bay	THE MISSION CREEK MEETING, Center, 225 Berry St./4th St. (was 5:30pm)
Wed	7:30pm	Corte Madera	TIBURON BIG BOOK GROUP, 150 Nellen Ave., Ste 100 (was 215 Blackfield Dr., Tiburon)
Thu	1:00pm	Inner Sunset	SUNSET REFLECTIONS, Church, 1329 7th Ave./Irving St. (was 1390 14th Ave./Judah)
Thu	8:00pm	North Beach	OFF BROADWAY BOOK, 880 Chestnut (Facility Closed; Not Meeting Jan. 1 & Jan. 8, 2009)
Fri	1:00pm	Inner Sunset	SPEAKER DISCUSSION, Church, 1290 5th Ave./Irving St. (was 1390 14th Ave./Judah)
Fri	5:00pm	Inner Sunset	FRIDAY AT FIVE, Church, 1329 7th Ave./Irving St. (was 1390 14th Ave./Judah)
Fri	6:00pm	Mission Bay	SAY HEY GROUP, Center, 225 Berry St./4th St. (was 5:30pm)
Sat	7:30pm	Alamo Square	SERENITY HOUSE OPEN, 1124 Fulton St. (was 8:30pm)

### No Longer Meeting:

Tue	8:15pm	Hayes Valley	LIGHTEN UP, SF Alano Club, 1748 Market St./Octavia
Wed	6:00pm	Hayes Valley	SPEAK EASY, SF Alano Club, 1748 Market St./Octavia
Fri	6:30pm	Marina	FOURTH STEP STUDY, Marina Dock, 2118 Greenwich St./Fillmore St.
Fri	7:05pm	Park Merced	NO WHINERS, 777 Brotherhood Way/Junipero Serra

**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!*



## SPEAKERS WANTED!!



Carry the AA message to schools, professional organizations, the medical community, and drunk driving classes.

### ***PI/ CPC SPEAKER WORKSHOP 11:00AM***

(Speaker requirement: two years of continuous sobriety in AA)

***Saturday, January 24, 2009***

***Urban Life Center, 1111 O'Farrell@ Franklin***

PI/CPC Annual Business Meeting at 12noon: 2008 PI/CPC Activity & 12:30pm: How to Access PI/CPC info on the Central Office Website

**For further information, call the Central Office: 415-674-1821**



## From the Editor

Happy New Year! It's a time of new beginnings, fresh starts, resolutions, and lots of newcomers at meetings with January sobriety dates. In that spirit, we here at *The Point* would like to introduce our new look and fresh features for 2009. Did you notice the cover, with the issue contents right out front? And take a look at our new series on the steps, starting, of course, with Step One: "Taking Out the Trash." Our series that debuted late last year, *Life Along Spiritual Lines*, continues this month on the theme of the pitfalls of overachievement ("Desire to Be Special"), which is also the topic of our lead story, "No Accident." And we have initiated a feature entitled "Not a Glum Lot" that we expect to become a reader favorite (Top 10 lists abound). "Dear Alky," that perennial winner, continues with sage advice, as does "Meet the Meeting," to entice you out of your meeting comfort zone. Don't miss the story of San Francisco's first A.A. meeting, and

add another funky acronym to your (always growing) A.A. glossary with "PRAASA."

We invite and encourage your submissions in any of our featured categories. Write us about your experience with your own favorite Step, for example, or the application of spiritual principles in your life, or on anything that you (or your sponsor!) think you could write about. Our online reader satisfaction survey late last year indicated that articles about member experience are much loved, but we can't provide them unless you submit them.


Our committee would like to extend our thanks and appreciation to our departing layout guru, Chris C., who brought new ideas and a professional polish to our newsletter. The new cover and the bigger calendar are only a couple of the great ideas he has left as his legacy. Thank you, Chris, for your hard work. 

## 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 [ww.aasf.org](http://ww.aasf.org).) 



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# No Accident

by Kathleen C.

Two days before the accident looked like a day filled with recovery. I woke up early, said my prayers, and tried to meditate. I had not slept well because I was speaking at a big noon meeting—one that is well known in the A.A. community, with a hundred people, lots of newcomers, and several microphones. I asked my Higher Power to help me do a good job. I got ready and went to work. Had a normal morning, but was distracted about the meeting. I kept praying that I wouldn't make a total fool of myself.

I spoke at the meeting. Everybody laughed, and nobody drank. I forgot to say a lot of things I meant to say, like what tools I use to stay sober, and how I cope with tough times in sobriety, but the discussion seemed to go well—other people mentioned those things. Afterwards a line of people one by one shook my hand and thanked me. A couple of women asked me to sponsor them and I said yes, as I usually do.

I went back to work, then to a routine doctor's appointment, and after work to a Step meeting at a recovery house. The woman I was supposed to meet with, a new sponsee, was no longer there. Due to confidentiality, the staff member couldn't give me details. She just eyed the copy of the *Twelve and Twelve* I had brought for my new "baby" and shook her head. Oh well. Another resident was out in the hall after the meeting, and asked if I could meet with her and would I consider being her sponsor. I could and I would.

The day before the accident I was supposed to meet a friend at a museum for lunch and to catch a new

exhibit. I mixed up the time and we missed each other. I went through the exhibit anyway and had lunch back at my office. She called and reminded me of our plans. I was humiliated that I had stood her up, apologized, and said we should try to re-schedule. Later that day she sent me a forgiving email, trying to take some of the blame, and we set a new date. I went through the rest of my day, and then met a sponsee at a coffee shop before going to a women's meeting. One of the women there had heard me speak the day before and told the group how terrific I was.

## *"The day of the accident I woke up really tired"*

The day of the accident I woke up really tired. I didn't want to get out of bed, but I had a morning meeting that I didn't want to miss. There were people I wanted to see, who I knew would ask me how it went at the big meeting. I dragged myself out of bed, got dressed, gulped down some yogurt and got into my car. The streets were narrow and choked with parked cars, leaving only enough room for one car to pass. I came to a stop sign, stopped, and then nosed forward to try to see if a car was coming. Bam! A speeding car hit me from the side. My car was knocked off its wheels and shoved sideways. My whole body was shaken. I sat there stunned. The other driver stopped, jumped out, and asked if I was OK. We did the ID exchange. We were both insured. The man left and I called my husband. Not going to make the meeting, after all.

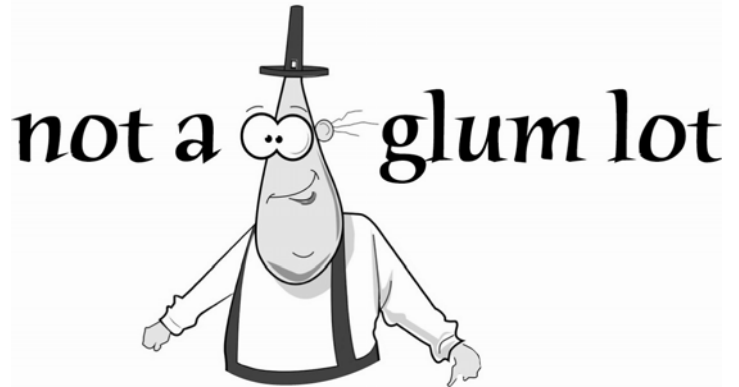
We called the tow truck, which never came, drove the car, as it groaned and protested, into a legal parking space and then went on with our weekend trip. My husband would deal on Monday. I mostly rested. I returned to work on Monday, more sore as the week went by. Got a massage, saw a doctor, and went through the motions. I called my sponsor and we had a long talk. As always, she was sympathetic and loving, but real.

What I came to realize was that the accident was no accident, but a tap on the shoulder from my Higher Power, telling me to slow down and let go—quit trying to do everything, including everything that was put in front of me in recovery. There is such a thing as greed for recovery and craving for the prestige that recovery can offer. I was so full of myself about speaking at this big notorious meeting that I forgot about my friend and mixed up our lunch date. I was so determined never to say no to a potential sponsee that I pushed myself beyond my physical and psychological limits. I needed to chill.

I still go to plenty of meetings, but I have learned to stop and think before I accept any new commitments. I haven't taken on any new sponsees since the accident, and I am trying to focus on the ones I already have. I am resisting volunteering for anything new at work or in my community and I am focusing on my family and friends. My Higher Power has taken care of me. I have enough. I don't need to be in constant pursuit of MORE. **IP**

# An AA Meeting Guide for Dummies

by Annia R.



**Not interested in a relationship?** Meet the ladies of *Girls Just Wanna Have Fun* (Malibu, CA)

**Got a toddler?** Share your experiences at *Famous Poop Stories* (Seattle, WA)

**Where to go if your wife is drinking?** *Save Her A Seat* (Manhattan, NY)

**If you want to meet someone good-looking?** *Babes of Anonymity* (Ogden, UT), *Lean And Serene* (Seattle, WA), *Cute But Dangerous* (Seattle, WA)

**Where to go if you don't like taking directions?** *Whatever* (Santa Monica, CA), *No Rules* (Salt Lake City, UT), *Anything Goes* (Oahu, HI)

**Where to go on your first date?** *Do It Sober* (Anchorage, Alaska)

**Sleepless in Oahu?** Go to *Midnight Madness* (Oahu, HI)

**Where to go if you run out of birth control?** *Plan B* (Pacific Palisades, CA)

**Tired of preachy old timers?** You might enjoy meeting members of *Don't Know* (Dallas, TX)

**Feeling a little crazy?** Go to *Nuts @ Noon* (Hillsboro, TX)

**Hungry?** You may find snacks at *12 Coconuts* (Oahu, HI)

**Worried about your anonymity?** Go to *Nameless Bunch of Drunks* (Seattle, WA)

**Sober and 'smober'?** You may meet other non-smokers at *Smokeless Inferno* (Seattle, WA)

*(These are real AA meeting names)*

## Why Go To Meetings?

Author Unknown


A friend who's been sober quite a while recently moved and just wrote me that she "hadn't gotten into the routine of regular meetings" as yet. Her remark reminded me of all the newcomers I've heard over the years who blamed their "slips" on "I quit going to meetings." It also reminded me of the following vignette:

A member of a certain AA meeting, who previously had been attending regularly, stopped going. After a few weeks, another member decided to visit him. It was a chilly evening. The visitor found the man at home alone, sitting before a blazing fire. Guessing

the reason for his old friend's visit, the man welcomed him, led him to a big chair near the fireplace and waited.

The visitor made himself comfortable but said nothing. In the grave silence, he contemplated the play of the flames around the burning logs. After some minutes, he took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent. The host watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow

and then its fire was no more. Soon it was cold and dead. Not a word had been spoken since the initial greeting. Just before the member was ready to leave, he picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the visitor reached the door to leave, his host said, "Thank you so much for your visit and especially for the fiery wake-up call. You'll see me at the next AA meeting." 

# the twelve steps

## Step One: Taking Out the Trash

by Mark S.

I take the first step every day. Because every day I wake up and I am still an alcoholic whose life had become unmanageable when I drank. Hell, my life had become unmanageable when I got angry, snorted cocaine, lusted after more than I have, blamed everybody else for my faults, and, most of all, when I continued to try to hold onto power over everything I saw and came into contact with.

Here's how powerless I am. I work on a street in a rough neighborhood where there is a lot of graffiti and broken down cars and trash. As a matter of fact, the wind blows a lot of trash right in front of my office. It's not my trash, mind you, but every couple of days we need to make a concerted effort to clean up

in front of my business, lest it look like I work in a dump. It only takes about ten minutes usually, but it's an annoyance because everyone is usually all dressed up for a day of business, not expecting to be street cleaners. One day I was feeling particularly pathetic about this never-ending chore, and I started preparing myself to see the garbage again when I walked out of my office. When I opened the door, lo and behold, there was the trash and I sighed and thought "Why me?" It was then that I paused and looked down. At my feet was a piece of trash that out of context really looked like nothing. It was a piece of paper in a clear binder sleeve. It said: "1. Admitted we were powerless over alcohol and our lives had become unmanageable."

I was amazed. How did that get there, I wondered. I know there is no meeting on my block or within many blocks of my office, for that matter. Was it delivered to me? Why didn't it land further up the street? To be honest, I don't know and it doesn't matter how it got there.

What matters is that I realize that I'm powerless over the trash, the people who dropped it in the first place, and the wind for that matter. I keep that "trash" in my desk drawer so that every time I open it, like opening my office door into the world, I am reminded I didn't create the sidewalk, or the wind, or the trash.

But I can still sweep. 

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## The Desire to be Special

by Jon R.

So much of the suffering I endured while in my active alcoholism was borne out of faulty beliefs I held. For example, I wholeheartedly believed that in order to be fulfilled in this life, I needed to achieve something great. More specifically, this achievement had to be something that society-at-large would also identify as great (if no one notices, then what's the point?). To add to this predicament, my mind oftentimes changed its opinion of what constituted great, so that yesterday's goal didn't feel as

swell as I thought it would when I reached it today.

*"I wanted so badly to be special, to be singled out as better than the rest—a notch above the nameless, faceless masses."*

This type of suffering continued into early sobriety. I remember explaining to my sponsor about this con-

stant self-criticism and self-obsession that I was tormented with. I wanted so badly to be special, to be singled out as better than the rest—a notch above the nameless, faceless masses. While this may be a very common desire among humans, and may indeed be part of the human condition, the relentlessness of this desire in me (and my seeming inability to measure up to my own inflated expectations) was at such a level that drinking had been the best solution to quiet the harsh voices in my

(Continued on page 9)



# Dear Alky...



Questions and Answers  
from one AA  
to another

Dear Alky,

**I have been learning some local traditions regarding the rotation of service positions within a group. Most commitments are six months, except for activities such as GSR, IFB, H&I, and some treasurer positions that are one or two years. But in one group I attend, one person has held the literature commitment for over ten years. Is this in line with the "spirit of rotation"?**

**A confused member**

Dear Confused:

The spirit of rotation, like all spirits, is not a solid thing. It's a suggestion. Is the issue that there is no one else in the group who wants to shlep the literature? As long as this person doesn't

mind doing it, so be it. If there are people chomping at the bit to take that commitment, it's probably time to let someone else have a turn. And literature is a good commitment for newcomers, as they can lay it out and hide behind the table, hoping no one will speak to them. Perhaps when the meeting next has elections, you might suggest that the meeting conscript someone new for that task.

Here's what conference-approved literature says about it:

"Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share. . . . To step out of an A.A. office you love can be hard. If you have been doing a good job, if you honestly don't

see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it's especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity.

"Many outgoing service position holders find it rewarding to take time to share their experience with the incoming person. Rotation helps to bring us spiritual rewards far more enduring than any fame. With no A.A. "status" at stake, we needn't compete for titles or praise—we have complete freedom to serve as we are needed." [from the pamphlet, *The A.A. Group*]

Take care,

Alky 


*(Continued from page 8)*

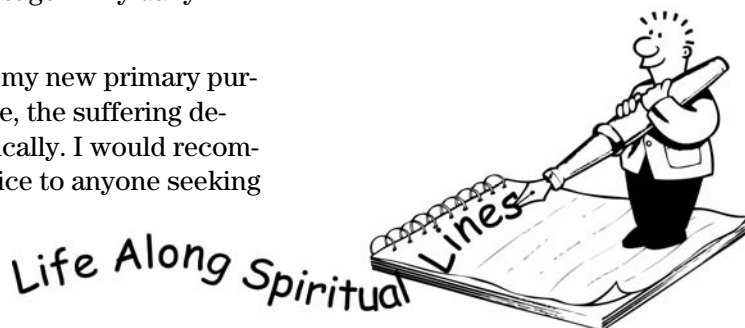
head. If I were going to stay sober, I'd need to find a new employer, because the one I had was never satisfied. I also needed an adjustment of values—some of that "moral psychology" that the Big Book talks about.

My sponsor immediately saw the nature of this problem, and, thankfully, he was well versed in A.A. literature. He had me read (and re-read) page 124 of *Twelve Steps and Twelve Traditions*, the paragraph that begins "Still more wonderful is the feeling

that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy." I was instructed to read this page every day and try to live the spirit of this passage in my daily affairs.

Over time, with my new primary purpose to guide me, the suffering decreased dramatically. I would recommend this practice to anyone seeking

to deflate a cruel and unkind ego. Having stopped trying to claw my way to the top of the heap, I now have energy left to contribute to this life. 



# “Thank God for my Higher Power” by Diane O.

What an odd statement coming from me, Miss Do-it-all-yourself, don't-ask-for-help, don't-look-stupid, no-one-will-do-it-for-you. That I would thank a god and have full belief in a Higher Power is not something I would have once ever thought possible. An amazing change has happened to me over the last seven years and I have the A.A. community to thank.

My solo drinking career began around age thirteen with older friends bringing bottles of cheap wine to the woods where we would “commune with nature,” play music, sing and draw around a fire. (It was the late 60's; it seemed so cool!) Oh, and did I mention downing the bottle asap to get the strongest buzz going? It was such an instant relief when that wave of drunkenness would sweep over me. I would relax, the world was good and I wanted more.


I graduated from middle school, high school, undergraduate and graduate school, all the while also graduating in the ranks of alcoholism. I had gotten married to a really handsome guy, achieved a university teaching job and had high-class dinner parties with high-class people. Oh, did I mention that you can still puke up high-class food and high-class wine and have huge high-class hangovers? That ever-looming dark cloud of despair and doom that always hung over me got larger and larger. Each day I was full of hopelessness and

dread, waiting for the next bad thing to happen, because it would, it always did. I didn't want the drinking to be a problem so I would, on occasion, white-knuckle it and yell at myself and at everyone around me. When I once again picked up, within a half-day I was immediately back to all the old drinking behaviors and patterns. That scared me.

*“I had a lot of college degrees, but it took me eight long years of coming and going from the rooms of A.A. before I began to put together the seven plus years I have now.”*

I had a wonderful baby daughter and at nine months I decided to get help. I had a lot of college degrees, but it took me eight long years of coming and going from the rooms of A.A. before I began to put together the seven plus years I have now. It was all one step, one day, one hour, one meeting, one reading at a time. My first prayer was to ask for help, the second was to be willing. Those were very, very difficult steps for me; it meant that I didn't know any more. And much to my surprise, as I was able to keep a little more infor-

mation in, as I showed up for meetings, as I did my steps and learned to talk to my sponsor, as I learned what being honest was, my life improved. It didn't get easier, but it really improved. Eventually I learned what hope meant and how gratitude felt, two words that never touched my lips when I was drinking. And for today, I choose not to drink.

I also have a son and I'm pretty much a single mom. My daughter is sixteen and shows many signs of having the same spiritual and physical disease that I do. We've had some very rough patches, but I have hope and I will not give up. The serenity prayer has kept me on course and I pray for the courage to do the things I know need to be done even though I am full of fear at times. I wake each day asking for the guidance to make the best choices for today and to be able to be of service. This has been some of the hardest and darkest work I've yet had to do sober, but drinking doesn't seem like an option. That's amazing to me. The blessing for me is that each day that I'm sober, I get a chance to do life without drinking and with LOTS of help. And I remind myself that just as I have a Higher Power, so does my daughter. So I give thanks, turn it over and keep coming back. 

In case you missed the announcement on p. 2-3, Central Office will be closed the week of January 26th for facility improvements. Please spread the word!

# The Beginning of A.A. in San Francisco

*In response to our reader survey, another new feature to debut this month is the Archives Corner. The Central Office Archives Committee will provide an article each month on some aspect of A.A. History. This month's feature is compiled from a variety of sources available to the Archives Committee*

The book *Alcoholics Anonymous* first appeared in April 1939. The handful of recovered drunks who had put it together in Akron, New York, Cleveland and Chicago, in an effort to make their program available to every alcoholic who wanted to get well, still needed a way to distribute it. One of them, a newly sober Irishman in New York by the name of Morgan, knew the nationally known radio commentator, Gabriel Heatter very well. He contacted Heatter and sure enough the national broadcast was planned.

The other A.A.'s were delighted, but they were also concerned. The date for the program was a week away and there was a fear that Morgan, following an old pattern, might get drunk the day of the show. That would be a calamity! The solution? They very gently told Morgan that he would have to be locked up until the night of the broadcast. But where? Then it was recalled that one of their more prosperous newcomers had a membership in the Downtown Athletic Club. As AA's co-founder, Bill W. put it, grumbling loudly, "Morgan was conducted into captivity. For several days we took turns staying with him around the clock, never letting him out of our sight."

Thus it was that on April 25, 1939, Morgan told his story on Gabriel Heatter's radio show, "We the People".

Among the many listeners to that show across the country was a woman, Mrs. Gordon Oram, a non-alcoholic, who ran a boarding house at 51 Potomac Street in San Francisco (see photo). One of Mrs. Oram's boarders was a salesman named Ted C. She liked him, but was concerned about him. He had been in and out of state hospitals and jails because of his drinking. He considered himself one of the "worst alcoholics" in California.



After hearing the Heatter radio program Mrs. Oram wrote to the New York office of Alcoholics Anonymous and obtained a copy of the book, *Alcoholics Anonymous*, for Ted. Others in the Bay Area had also heard the program or read an article, "Alcoholics and God," in the September 30, 1939 issue of *Liberty Magazine*. They too had contacted AA's New York office.

So it happened, that when an AA member from New York, Ray W., came to San Francisco for a sales training course in November of that year he brought with him a list of

those who had made inquiries. Among them was Mrs. Oram's boarder, Ted. From his room in the Clift Hotel on Geary Street, Ray called those on his list. He finally arranged for some of them to meet with him in his room on Tuesday, November 21, 1939. It was there that the first meeting of Alcoholics Anonymous on the West Coast was held. Aside from Ray and Ted, there were two others present, Don B. and Dave L. and the meeting lasted about two hours.

As Ray mentioned, it had become clear that they would need to form an AA group in San Francisco, where they all could meet regularly. Mrs. Oram offered her kitchen as a meeting place. So shortly before Christmas, 1939, the first AA group, the "San Francisco Group" began meeting in Mrs. Oram's kitchen, and later in various members' homes. In October of 1940 they found a more or less permanent site for their meetings in the Telegraph Hill Community House at 1736 Stockton Street in North Beach. AA's First Meeting on the West Coast.

*The full transcript of Morgan's story, as told on the Gabriel Heatter radio show "We the People" on April 25, 1939, can be found on the Archives page of our website: [www.aasf.org](http://www.aasf.org).*

*If you are interested in Archives, the committee meets the third Sunday of each month at Central Office at 2 pm. All are welcome!*



## P.R.A.A.S.A. *by Jeff O.*

Please. Please attend PRAASA, March 6 - 8, 2009, in Oakland. Details and registration forms are available at [www.PRAASA.org](http://www.PRAASA.org). In recent years, many of us have traveled from Alaska to Arizona to attend PRAASA. This year we are lucky to have it right across the Bay Bridge.

PRAASA stands for **Pacific Region Alcoholics Anonymous Service Assembly**. At PRAASA, I have always enjoyed the "loving discussion" about A.A. matters that I seldom hear discussed in calm, respectful ways. (Though, I do sometimes read about these matters in the *Grapevine* and, of course, in *The Point*.) Is A.A. a religion? Do we act like one? Where did many of our customs originate? Have we always chanted? What about different prayers? Are we a secret society? How about those public service announcements or court cards? Are there rules in A.A.? What's with the *Grapevine*? Oh, there's a desk at the A.A. general service office to interface with the other 300 twelve-step fellowships?


Another topic has been primary purpose. Now, some opinions speak to me more than others. One take-away from an early PRAASA experience: "Our traditions are to be embraced with compassion and love; not invoked out of anger and fear." I learned that our singleness of purpose is more a humble expression of our limitation as a society, though it sometimes is used as censorship.

*"Our traditions are to be embraced with compassion and love; not invoked out of anger and fear"*

Here's how it started for me. Five years ago, a friend invited me to PRAASA. I did not know what to expect. I flew down. After a late night and early morning, we checked into the hotel at which PRAASA took place. Suddenly, I got a feel for how large the event is. Around fourteen hundred people attended. I had been

to many large A.A. gatherings before, but something about PRAASA hit me. I was hooked immediately.

A past Pacific Region Trustee commented on how attracted she is to the "energy" she feels at service events like PRAASA. In retrospect, I think maybe that's what I felt. I was so moved that I went to the microphone, doubtless the largest number of people for whom I'd ever spoken, and got emotional. I couldn't define these feelings I had about this event. People were incredibly friendly. There was much love for A.A. I met many people, both alcoholic and non-alcoholic, who dedicate much of their life to A.A. and who obviously have the best of A.A. at heart. We don't make any decisions at PRAASA. We just talk.

I was exposed to a world of A.A. beyond my dreams. PRAASA has been amazing. Check out the website. Register. Volunteer. Show up. It might change your life. It might even help you stay sober. 

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## Courage to Change *by Molly D.*

The words of a member of the San Francisco fellowship will forever be emblazoned in my brain. They are simple words, and yet indispensable to my recovery as an alcoholic and a human. They are: Change! Change! Whenever I listen to the Ninth Step promises being read at the close of a meeting, the line "Our whole attitude and outlook on life will change" is

inevitably followed in my thoughts with "Change! Change!"

However comedic it is to hear these words and to recall with love their author, change is by far an absolute cornerstone of my recovery. I cannot find progress if I am not willing to change—change my thoughts, change my actions. When I came into recovery this time around, I was

paralyzed with the fear of change. Here was a group of people asking me to change people, places, and things; asking me to give up my old set of ideas for your set of new ones. You of Alcoholics Anonymous were calling on me to set down my sword and shield, to exchange them for the laughter and love of your group.

*(Continued on page 13)*

# Meet the Meeting: Sober 5150s by Bree L.

Once upon a time there was a man who had been institutionalized for 20 years. He was an alcoholic. He was schizophrenic. During his many hospitalizations he was treated for schizophrenia, but never for alcoholism. He never made it out of the hospital, but when the Sober 5150's\* came to SF General he had access to the Twelve Steps. He had the opportunity to work the A.A. program and address his alcoholism. Today he is living away from the hospital, attending meetings and is at last able to look up to a clear sky with no walls or bars to block his view.

The Sober 5150's group was formed in March 1996 and met at Michael and Elizabeth B's house. It was an offshoot of the Back to Basics group. Coincidentally, about a year after they had been gathering, there came a request for such a meeting at SF General Hospital Mental Health Rehabilitation Center. The group moved to SF General in 1997 and met in the Inpatient Unit. Six years ago, the group moved out of the hospital setting.

This speaker/discussion meeting tries to provide a safe place for those with mental health concerns to talk about them as they relate to their recovery

from alcoholism. There may be places where talking about one's hallucinations might not be welcomed. This is a meeting where one can talk about such things without fear of clearing the room. The Sober 5150's is a meeting specifically targeted to those with a "dual diagnosis." However, all are welcome, as with all open meetings.


*"The Sober 5150's is a meeting specifically targeted to those with a "dual diagnosis." However, all are welcome..."*

The format includes a quote from The Doctor's Opinion—where Dr. Silkworth talks about the different classifications of alcoholics and sees the manic-depressive as "perhaps, the least understood ... , and about whom a whole chapter could be written." (Alcoholics Anonymous, p. xxx) They also quote from Chapter 9, The Family Afterward: "... this does not mean we disregard human health measures. God has abundantly supplied this world with fine doctors, psychologists and practitioners of

various kinds. Do not hesitate to take your health problems to such persons. ...[W]e should never belittle a good doctor or psychiatrist. Their services are often indispensable in treating a newcomer and in following his case afterward." (Alcoholics Anonymous, p. 133)

Finally, there is reference to the pamphlet, The AA Member – Medications & Other Drugs, that gives a balanced perspective on the use of psychiatric drugs and recommends that no A.A. member play doctor. Decisions about medication types and dosing should be left up to one's Higher Power and physician.

The Sober 5150's meet on Wednesday night at 7:30 PM at the Forest Hills Christian Church, 250 Laguna Honda Blvd and Clarendon Ave. There is ample parking and bus availability.

*\*Section 5150, a section of the California Welfare and Institutions Code, permits involuntarily confinement of a person deemed (or feared) to have a mental disorder that makes them a danger to him or her self, and/or others. Pronounced "fifty-one-fifty," 5150 can informally refer to the person being confined.* 

*(Continued from page 12)*

And I wanted none of it. But of course, part of me did. The part of me that brought me to that first meeting. The part of me that thought for one moment there might be a solution to the insanity in my life, but I just didn't know what it was. The part of me that was willing to try something new, that was willing to accept your ideas, your invitations, your love, if even for a moment. This is how change has worked on me. The evidence of the positive power

of change in my life has brought me to a place where I actually look to change as an answer rather than something to be avoided at all costs. Today, I can look at the spots within me that don't point toward health, and I can ask for the help to change them. I can ask other people how they've worked to move closer to the person they want to be.

I can't change if I'm not willing to take the action. And, honestly, I'm not always willing! However, once I do take the action toward change

(the phone call, the prayer, the risk), I wonder why I didn't do it sooner. For a woman who would rather live in the insanity, poverty, and shame of an alcoholic life than change, my willingness to do something different is absolute evidence of the power of the program of Alcoholics Anonymous, and by far embodies the spirit of the Ninth Step promise that my attitude and outlook on life will change.

"Change! Change!"



# ifb meeting summary – dec. 2008

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

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

7AM Attitude Adjustment	Early Start	Huntington Square Group	Room to Grow	They Stopped In Time
Any Lengths	Friday Night BB Basics	Keep Coming Back	Saturday Sunset 9'ers	Tiburon Men's Stag
Artists and Writers	Friendly Circle Beginners	Keep It Simple	Serenity Seekers	Too Early
Blue Book Special	Gold Mine Group	Let It Be Now	Show of Shows	Treasurer
Castro Discussion	Gratitude Group	Living Sober With HIV	Some Are Sicker Than...	Valencia Smokefree
Central Office Manager	Happy Hour	Marina Discussion	Steppin Up	Waterfront
Cocoanuts	High Noon	Men's Gentle Touch	Sunset 9'ers Su 8am	We Care
Code Blue	High Noon Saturday	Mid-Morning Support	Sunset Speaker Step	Wits End
Cow Hollow Young People	High Noon Tuesday	One Liners	Ten Years After	Women Who Drank. . .
Dark Secrets	High Noon Thursday	Queers, Crackpots & Fallen Women	Terra Linda	Women's Promises
Doin' the Deal	Home Group	Reality Farm	The 24 Hour Plan	

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the December IFB meeting. It is provided for your convenience and it is not intended to be the completed approved minutes. For a complete copy of the minutes, contact the Central Office.

## IFB Reports

**Chair's Report:** Chuck K. reported: A vote would be taken for the vice chair position as Derek D. has resigned; reaching out to get more Reps could be a potential item on the upcoming group inventory, particularly how to make the IFB attractive to other members.

**Treasurer's Report:** Patrick M. provided a written report. For the month of October, Net Income was higher than the budgeted loss. The favorable result was due to higher individual contributions and lower expenses. Unrestricted cash is enough to cover 2.6 months of operating expenses. The months of coverage increased from September's 2.4 months. Overall YTD rating=Excellent, same as last month. Patrick presented the recommended budget, which was approved by the IFB.

## Central Office Manager's Report:

Maury P. reported The Marina Dock is closing on December 31<sup>st</sup> but re-opening as the Dry Dock on January 1<sup>st</sup>. She does not know if the meeting schedule will remain as is, but if any meetings change the aasf.org website will be updated. A Tuesday afternoon volunteer shift is open at Central Office.

## Central Office Committee's Report:

The COC report was given by Danny F. He reported that at the last COC meeting the Central Office Manager's and Treasurer's reports were heard and discussed; the 2009 budget was approved for recommendation to the IFB.

## Election of new IFB Vice-Chair

A Third legacy vote was taken for the Vice Chair position as the current chair had resigned. Andy T. was elected on the second round.

## Discussion about IFB Group Inventory

Ben reported he and David, using the pamphlet *The AA Group*, tried to come up with the questions that covered all of the issues the IFB deals with for January's inventory. A vote was taken to (a) have the trusted servants consolidate the questions; (b) get the five top voted questions by having each Rep get five votes which they could use on five different questions or put multiple votes on a question; (c) do nothing. (b) won the vote. Reps circled their selections and returned them to Ben who will tally the votes and bring the results to the next IFB meeting for the inventory.

**IFB Committee Reports: Anyone wanting more information on service opportunities may contact Central Office. You don't need to be a member of the IFB to be on a committee—please let all groups know the committees need support.**

a. Access Committee: Virginia M. reported that the annual Access Committee retreat is

coming up and that all IFB Reps are welcome.

b. 12<sup>th</sup> Step Committee: Olive reported that the Sunshine Club is available to bring meetings to people in need and that members should not be shy about the state of their homes when requesting a meeting. The 12<sup>th</sup> Step Committee is short of volunteers so they discussed having monthly workshops in 2009. If anyone has any input or opinions let Olive know.

c. Archives Committee: Tracy F. reported that the committee has been cataloguing, archiving, and preserving historical documents. The committee needs help with an electronic program that can catalog the documents and needs anyone that has display experience. The Archives Committee has been asked by *The Point* Committee to give a history of AA from the beginning. The Committee is considering asking the owners of the home at 51 Potomac in San Francisco if they can put a plaque up commemorating the first AA group on the west coast which met there. A motion was made that if the owner agreed to the plaque, the IFB will support it. The motion passed.

d. Orientation Committee: Ted R. welcomed the three new members that attended orientation. He noted he's seen a few people at meetings who had gone through IFB orientation, but had not come back. When he inquired as to why some noted scheduling issues. Ted suggested all Reps consider getting alternates so their groups would have representation if they could no longer represent the group.

e. *The Point* Editorial Committee: Rich H. reported that the January issue will have a humor section. He asked Reps to please announce at meetings that *The Point* Committee has vacancies and needs articles by AA members.

f. Website Committee: Michael P. reported there is two months of Google analytics information and that the hits have been fairly consistent. If there are any changes to meetings scheduled on holidays please let Central Office know so the website can be updated.

g. Trusted Servants Workshop Committee: Tracy F. reported the committee has only two members and needs one or two more members to join. If any members have ideas for workshops let him know.

h. Fellowship Committee: Rebecca D. S. reported that the Fellowship Committee helped a bit with the volunteer appreciation party, but not much. The committee needs more members to join and help plan June's Founders' Day. The committee is not meeting in December and will have a new meeting day in January.

#### **Special Committee Reports**

a. Teleservice: Steve R. reported that the committee had four sign ups at Unity Day. They have six openings due to some rotation; the commitment has a suggested one-year sobriety requirement.

b. PI/CPC: Bruce K. reported that the committee held four DUI classes in November and one school workshop with five classes to speak to. The committee held a workshop and had a table at Unity Day. They will participate in Project Homeless Connect.

#### **IFB Liaison Reports**

a. General Service, SF: Karen reported General Service has been holding elections for the next two-year panel. As such, this was her last month being a liaison and she thanked us for all of our service.

b. Teleservice, Marin: Daniel reported they had elections and their second 12<sup>th</sup> Step Worker workshop last month.

c. Living Sober: Alejandro D. announced the upcoming rummage sale and asked all to consider "Clearing up the Wreckage of your Past" when looking for items to donate.

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**

Andy T. 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, January 7th, 2009 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 December 15, 2008 honoring the following members:

### **ONGOING MEMORIALS**

Brian D., Linda Rose D.,  
Pat O'B., Pat T., John T.

### **ANNIVERSARIES**

Barbara M. 51 years  
Tuesday Downtown:  
George S. 19 years  
Bernal Big Book:  
Jill H. 20 years

# aa group contributions

Fellowship	Oct. 2008	YTD	Marin Group Contributions	Oct. 2008	YTD	Marin Group Contributions	Oct. 2008	YTD
Alta Mira Sun. 7pm		268	Larkspur Beginners F 7pm	219		The Novato Group Fri. Night	90	90
ARA House		20	Living in the Solution F 6pm	691		Three Step Group Sa 530pm		361
Artists & Writers F 630pm		1190	Marin City Groups 5D 630pm	160	710	Thursday Night Book Club Th 7pm		133
Brisbane Breakfast Bunch	58	322	Men Only Stag Sa 6pm	45		Thursday Night Speaker Th 830pm		1748
Contribution Box	118	586	Mill Valley 7D 7am	1800		Tiburon Beginners & Closed Tu	615	1268
Customer		9	Mill Valley Discussion W 830pm	18		Tiburon Big Book Group W 730pm		284
Deer Park Discovery Group		25	Monday Blues M 630pm	515		Tiburon Haven Sun 12pm		500
Harbor Lights Fellowship		33	Monday Night Meeting M 8pm Bolinas	125		Tiburon Women's Candlelight W 8pm		233
IFB	60	862	Monday Night Stag - 12 & 12 M 6pm	300		Tuesday Chip Meeting Tu 8pm		1157
Marin City Groups 5D 630pm		200	Monday Night Stag (Tiburon) 8pm	402	2244	Tuesday Twelve Step Tu 630pm		61
Marin General Service	85	85	Monday Night Women's M 8pm	131		We, Us and Ours M 650pm		130
Marin Teleservice		1697	Monday Nooners M 12pm	275		Wednesday Night SD W 7pm		133
Pax West Fellowship Dinner		120	Monday Nooners M 330pm	344		What's It All About F 12pm		363
Santa Rosa Fellowship		10	More Will Be Revealed F 12pm	100		Women For Women W 12pm		50
Serenity House	150	600	Morning Attitude Adjustment MTuF 7am	285		Women's Big Book Tu 1030am		287
SF Alano Club		10	Nativity Monday Night Big Book M 8pm	100	200	Women's Lunch Bunch F 12pm		109
Spirit of San Francisco		168	Newcomers Step M 730pm	906		Women's Meeting Su 430pm		27
Waterfront Sun 8pm		260	Noon Discussion Th 12pm	214		Working Dogs W 1205pm		225
West Bay Alano		69	Noon Hope F 12pm	635		Young People's BYOB Sat 7pm		200
<b>Total Fellowship</b>	<b>472</b>	<b>6534</b>	Noon Tu 12pm	99		<b>Total Marin Group Contributions</b>	<b>3517</b>	<b>38812</b>
			North Marin Speaker Sun 12pm	130				
<b>Marin Group Contributions</b>	<b>Oct. 2008</b>	<b>YTD</b>	Novato Monday Stag M 8pm	60		<b>SF Group Contributions</b>	<b>Oct. 2008</b>	<b>YTD</b>
A Vision for You (Fairfax) Su 730pm		125	On Awakening 7D 530am	490		6am Marina Dock		342
Attitude Adjustment 7D 7am	450	3200	Primary Purpose W 830pm	143		6am Marina Dock F		86
Awakenings Sa 830am		35	Refugee Th 12pm	100		6am Marina Dock M		32
Awareness/Acceptance M 1030am	72	344	Reveille 5D 7am	200		6am Marina Dock Sa		381
Blackie's Pasture Sa 830pm	118	613	Rise N Shine Sun 10am	137	455	6am Marina Dock Tu		25
Caledonia Sun 8pm		500	San Geronimo Valley Book Study F 8pm	78		6am Marina Dock W		24
Candlelight Sun 830pm		263	San Geronimo Valley M 8pm	68		7am As Bill Sees It Fri		294
Closed Women Step Study Tu 330pm	70	389	Saturday Serenity Sa 8pm	52		7am Grab Bag M 7am		62
Creekside New Growth Sun 7pm		70	Sausalito 12 Step Study Group	175		7am Marina Dock		7
Crossroads Sun 12pm	574	890	Sisters In Sobriety Th 730pm (M)	534		7am Speaker Discussion Th 7am		135
Day At A Time 7D 630am		611	Six O'Clock Sunset Th 6pm	168	227	7am Step Discussion Tu 7am		29
Design For Living W 7pm		75	Spiritual Testost. Sun Men's Stag Su 830a	315		830am Smokeless F 830am	44	305
Downtown Mill Valley F 830pm	109	839	Steps to Freedom M 730pm	320		A is for Alcohol Tu 6pm		117
Experience, Strength & Hope Sa 6pm		96	Steps To The Solution W 715pm	239		A New Start F 830pm		255
Fairfax Friday Night F 830pm		76	Stinson Beach Fellowship Th 8pm	100	200	A Vision for You (SF) Su 630pm		40
Freedom Finders F 830pm	327	948	Sunday Express Sun 6pm	300		AA As You Like It Tu 530pm		98
Friday Night Book F 830pm		198	Sunday Friendship Sun 7pm	100		AA Step Study Su 6pm		361
Girls Night Out W 815pm		109	Sunday Night Corte Madera Sun 8pm	667		Acceptance Group M 530pm		43
Gratitude Tu 8pm		381	Sunlight of the Spirit Th 7pm	198		Afro American Beginners Sat 8pm	63	239
Happy Hour (Marin) Th 6pm		96	Survivors M 12pm	182		Afro American F 8pm		99
Happy, Joyous & Free 5D 12pm		2250	T. G. I. Tuesday 6pm	102		Alamo Square Su 7pm		210
High & Dry W 12pm		335	T.G.I.F. F 6pm	234		All Together Now Th 8pm		253
Hillside Candlelight F 830pm		57	Terra Linda Group Th 830pm	1683		Amazing Grace M 7pm		120
Intimate Feelings Sa 10am	25	323	Terra Linda Thursday Men's Stag Th 8pm	904		Any Lengths Sat 930am	336	1406
Inverness Sunday Serenity Su 10am		95	The Barnyard Group Sa 4pm	94		Artists & Writers F 630pm	88	336
Island Group Th 8pm		328	The Fearless Searchers F 8pm	106		As Bill Sees It Sat 11am		142



# aa group contributions

SF Group Contributions	Oct. 2008	YTD	SF Group Contributions	Oct. 2008	YTD	SF Group Contributions	Oct. 2008	YTD
As Bill Sees It Sat 8pm		418	Friday Lunchtime Step F 12pm		280	Mission Creek Meeting	102	102
As Bill Sees It Th 6pm		783	Friday Night Special F 830pm		20	Mission Terrace W 8pm		401
As Bill Sees It Th 830pm		366	Friday Night Women's F 630pm		48	Monday Beginners M 8pm		71
As Bill Sees It Tu 1210pm		390	Friday Smokeless F 830pm		248	Monday Monday M 1215pm	62	305
As We Understood Him Mon. 7pm		13	Friendly Circle Beginners Su 715pm		176	Moving Toward Serenity W 830pm		314
Ass in a Bag Th 830pm		427	Friendly Circle Group Su		220	New Friday Big Book F 12pm		31
Be Still AA Su 1215pm		211	Gay Beginners Living Sober F 7pm		123	New Life W 7pm		496
Beginner Big Book Step Th 630pm	130	292	Gold Mine Group M 8pm		38	Newcomers Tu 8pm		328
Beginners' Step Study Sat 630pm		42	Golden Gate Seniors Tu 130pm		170	No Gurus Meditation Su 7pm		16
Beginner's Warmup W 6pm		73	Goodlands Su 2pm		226	No Reservation M 12pm		347
Bernal Big Book Sat 5pm		872	Haight Street Blues Tu 615pm		175	No Whiners F 7pm		48
Bernal New Day 7D	253	2305	Haight Street Explorers Th 630pm		111	Noon Smokeless F 12pm		303
Big Book Basics F 8pm	239	459	Happy Destiny Sa 630pm		26	Noon Smokeless M 12pm		17
Big Book Beginners F 1pm		24	Happy Hour (S.F.) Th 6pm		36	Noon Smokeless Th 12pm		113
Big Book Study Su 1130am		232	Happy Hour Ladies Night F 530pm	107	168	One Liners Th 830pm		612
Blue Book Special Su 11am		54	High Noon 5D 1215pm		12	One, Two, Three, Go! W 1pm		20
Bookenders Mon 10am		126	High Noon Friday 1215pm		84	Our Morning Meditations Sa 715am		52
Buena Vista Breakfast Su 12pm		123	High Noon Monday 1215pm	108	901	Park Presidio M 830pm		142
Came to Believe M 830am		38	High Noon Saturday 1215pm		459	Parkside Th 830pm	48	156
Came To Believe Su 830am		36	High Noon Thursday 1215pm		1451	Pax West M 12pm		1123
Castro Discussion W 8pm		1202	High Noon Tuesday 1215pm	172	928	Pax West Th 12pm		501
Castro Monday Big Book M 830pm		178	High Noon Wednesday 1215pm		494	Progress Not Perfection Tu 830pm		103
Cocoonuts Su 9am		35	High Sobriety M 8pm		1306	Queers, Crackpots & Fallen Women	123	201
Code Blue Big Book Study W 7pm		434	High Steppers W 7pm		157	Reality Farm Th 830pm		381
Come N Get It F 630pm		348	Hilldwellers M 8pm		71	Rebound W 830pm		144
Courtside Tu 1215pm	45	202	Home Group Sat 830pm	179	1081	Relapse, Rebounds, Retreads...		82
Cow Hollow Men's Group W 8pm		175	Hoodlum Haven F 8pm		928	Rule 62 W 10pm		160
Creative Alcoholics M 6pm		152	How It Works Sat 2pm		49	Saturday Afternoon Meditation Sat 5pm		126
Doin' the Deal Sun 10pm	14	14	How Was Your Week? Sa 10am		326	Saturday Easy Does It Sa 12pm		647
Each Day a New Beginning F 7am	659	2200	Huntington Square W 630pm		1077	Saturday Night Regroup Sat 730pm		500
Each Day a New Beginning M 7am	15	145	Join the Tribe Tu 7pm		982	Seacliff Th 830pm		362
Each Day A New Beginning Su 8am	283	1566	Joys of Recovery Tu 8pm		50	Second Chance Th 215pm		74
Each Day a New Beginning Th 7am		370	Keep Coming Back Sa 11am		2851	Serenity House		150
Each Day a New Beginning Tu 7am		572	Keep It Simple Sat 830pm		404	Serenity House Sat 830pm		750
Each Day a New Beginning W 7am		243	Light Brigade Discussion Su 7pm		40	Serenity House Stag Speaker M 730pm		150
Early Start F 6pm		2142	Light Steppers Su 7pm		60	Serenity Seekers M 730pm		467
Easy Does It Tu 6pm		255	Like A Prayer Su 4pm		27	Sesame Step Tu 730pm		379
Embarcadero Group 5D 1210pm	437	1219	Lincoln Park Sat 830pm		269	Sinbar Su 830pm		282
Epiphany Group Th 8pm		94	Live and Let Live Su 8pm		62	Sisters Circle Su 6pm		326
Eureka Step Tu 6pm		179	Living Sober W 8pm		197	Sober & Centered F 7pm		140
Eureka Valley Topic M 6pm		1554	Living Sober with HIV W 6pm		586	Sober Across the Board		210
Excelsior Free for All Sa 8pm		350	Luke's Group W 8pm		248	Sobriety & Beyond W 7pm		202
Federal Speaker Su 12pm		713	Lush Lounge Sa 2pm		321	Sometimes Slowly Sa 11am		556
Firefighters & Friends Tu 10am		117	Marina Discussion F 830pm		726	Sought to Improve Th 730pm		206
Fireside Chat Group Tu 8pm		412	Meeting Place Noon F 12pm		492	SFPOA Th 7pm		301
Founders' Group Sa 5pm		30	Meeting Place Noon W 12pm		177	Step Sisters (S.F.) Th 630pm		20
Friday All Groups F 830pm		1473	Mid-Morning Support Su 1030am	263	1144	Step Talk Su 830am		495
Friday Knights Th 730am		50	Miracles Off 24th St W 730pm		146	Steppin' Up Tu 630pm		228

# aa group contributions

SF Group Contributions	Oct. 2008	YTD	SF Group Contributions	Oct. 2008	YTD
Stepping Out Sat 6pm		147	They Stopped In Time M 8pm		220
Stonestown M 8pm	180	334	Thursday Morning Men's BB Study		14
Straight Jackets Th 9am		93	Thursday Night Women's Th 630pm	79	763
Sunday Bookworms Sun 730pm		446	Thursday Thumpers Th 7pm		360
Sunday Morning Gay Men's Stag		852	Too Early Sat 8am	385	2210
Sunday Night 3rd Step Group 5pm		452	Trudgers Discussion Su 7pm		160
Sunday Night Castro SD Su 8pm		951	Tuesday Big Book Study Tu 6pm		60
Sunday Rap Sun 8pm	240	600	Tuesday Downtown Beginners Tu		192
Sundown Steps Th 630pm		191	Tuesday Downtown Tu 8pm		277
Sundown W 7pm		372	Tuesday Men's Pax Tu 12pm		46
Sunset 11'ers F		145	Tuesday Women's Tu 630pm		122
Sunset 11'ers M		140	Tuesday's Daily Reflections Tu 7am		253
Sunset 11'ers Sa	414	414	Twelve Steps to Happiness F 730pm		72
Sunset 11'ers Th		40	Valencia Smokefree F 6pm		725
Sunset 11'ers Tu		183	Walk of Shame W 8pm		421
Sunset 11'ers W		138	Washington Square M 7pm		86
Sunset 9'ers M	127	634	Waterfront Sun 8pm	247	1635
Sunset 9'ers Sa		160	We Care Tu 12pm	191	461
Sunset 9'ers Th		120	Wednesday Women's BB W 615pm		120
Sunset 9'ers W	81	288	West Portal W 830pm		192
Sunset Reflections Th 1pm		28	Wharfrats Th 815pm		71
Sunset Speaker Step Sun 730pm		597	Women Living Sober Sa 10am		240
Surf Tu 8pm		111	Women Who Drank Too Much Tu		55
Sutter Street Beginners Sat 6pm	398	742	Women's 10 Years Plus Th 615pm		340
Ten Years After Su 6pm	337	1803	Women's Kitchen Table Group Tu		282
The Drive Thru W 1215pm	560	830	Women's Promises F 7pm		300
The Parent Trap 2 Wed. 430pm		119	Women's Step Discussion Th 7pm		100
The Parent Trap M 1230pm	159	409	Work In Progress Sat 7pm		56
The Pepper Group F 12pm		60	YAHOO Step Sa 11am		196
They Don't Know Who We Are Sat 7pm		200	<b>Total SF Group Contributions</b>	<b>7263</b>	<b>85108</b>



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:

- |                  |                   |
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| Jim H.           | Tim M.            |
| Karen K.         | Tracy F.          |

Many thanks to all of the groups (and individuals) who participated in Gratitude Month. If your group participated, but has not yet sent in the collection, please do so as soon as possible and make sure to write "Gratitude Month" on the check so we do not confuse it with your group's Seventh Tradition contribution.

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!



# profit and loss statement

## october 2008

	Oct 08	Jan - Oct 08
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	10625	128005
Honors	12	290
Contributions from Groups - Other	624	2186
Total Contributions from Groups	11261	130481
Contributions from Individuals		
Individual - Unrestricted	4636	9957
Faithful Fiver	590	5495
Honorary Contributions	164	5433
Total Contributions from Individuals	5390	20884
Gratitude Month		
Gratitude Month - Groups	0	3692
Gratitude Month - Individual	0	154
Total Gratitude Month	0	3846
Sales - Bookstore	8085	88791
Special Event Income	0	535
Newsletter Subscript.	72	821
Total Income	24808	245358
Cost of Goods Sold		
Cost of Books Sold - Shipping	15	118
Cost of Books Sold	5774	59707
Credit Card Processing Fees	245	1929
Total COGS	6034	61754
Gross Profit	18774	183604
Expense		
IFB Sponsored Events	0	724
Unreconciled Bank Adj	0	-150
Special Events Expense	0	-62
Employee Expenses		
Wages & Salaries	8605	80290
Employer Tax Expenses	711	7139
Health Benefits	1184	10846
Workers Comp Ins.	0	1045
Total Employee Expenses	10501	99321
Professional Fees		
Accounting	0	2350
Computer Consulting	715	2199
Total Professional Fees	715	4549
Bank Charges	0	146
Postage		
Bulk Mail	0	750
Postage - Other	0	268
Total Postage	0	1018
Rent - Office	4147	41466
Rent - Other	0	675
Access Expenses	300	2425
IFB Literature		
Sunshine Club	0	43
Total IFB Literature	0	43
PI/CPC	69	69

	Oct 08	Jan - Oct 08
Filing/Fees	74	74
Insurance	0	1824
Internet Expense	127	592
Office Supplies	197	1944
Paper Purchased	271	778
Software Purchased	0	380
Shipping	14	367
Equipment Lease	0	5581
Repair & Maintenance	328	3837
Security System	34	448
Payroll Expenses	0	2
Telephone	702	3129
Phone Book Listings	132	784
Travel	556	1089
Training	0	25
Bad Checks	0	95
Miscellaneous Expense	0	-1107
Total Expense	18097	169952
Net Ordinary Income	677	13652
Other Income/Expense		
Other Income		
Other Income	0	26
Interest Income	162	4362
Total Other Income	162	4388
Other Expense		
Depreciation Expense	0	378
Amortization Expense	0	230
Total Other Expense	0	608
Net Other Income	162	3780
Net Income	839	17432

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# January 2009

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