

the Point

*The Point is that we are willing
to grow along spiritual lines.*
from Chapter Five of the book, *Alcoholics Anonymous*

FEBRUARY
2009
2

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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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.

February 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|---|--|--|--|
| 1 | 2 | 3 <u>FIRST TUE</u> Access Committee Central Office; 6 pm | 4 <u>FIRST WED</u> Intercounty Fellowship Board Orientation 6 pm, Meeting 7 pm, 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) |
| 8 | 9 <u>SECOND MON</u> Fellowship Committee Central Office, 7 pm SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm | 10 <u>SECOND TUE</u> SF Bridging The Gap 1111 O'Farrell St., 6:30 pm Marin H&I, 1360 Lincoln, San Rafael Bus. Meeting: 7:15 pm SF General Service 1111 O'Farrell St. 8 pm | 11 <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 |
| 15 | 16 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 | 17 <u>THIRD TUE</u> San Mateo General Service St. Andrews Church, 7:30 pm | 18 <u>THIRD WED</u> Website Committee Central Office; 6:30pm |
| 22 <u>THIRD SUN</u> Archives Committee Central Office, 2 pm Business Meeting followed by Work Day | 23 | 24 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm | 25 |
| | | | |



| THURSDAY | FRIDAY | SATURDAY |
|---|--------|---|
| 5 | 6 | 7 |
| 12 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6:00 pm | 13 | 14 Trusted Servants Workshop, 10am to 12noon, Central Office See flyer on p. 4 |
| 19 | 20 | 21 |
| 26 | 27 | 28 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma: Business Meeting: 12:30 pm |
| <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> | | |

**FIRST PLACE
ANNIVERSARY PARTY!**

**410 ELLIS ST./ JONES
SAN FRANCISCO, CA**

**SUNDAY
FEBRUARY 15, 2009**

**12NOON MEETING
FOLLOWED BY
LUNCH & RAFFLE
AT 1:30PM**

**JOIN US TO CELEBRATE
FIRST PLACE'S**

**THE STONESTOWN
GROUP**

**1011 GARFIELD @
JUNIPERO SERRA**

FEBRUARY 23, 2009

**CELEBRATING OUR
35TH ANNIVERSARY**

**POTLUCK STARTS AT
6:30PM**

MEETING AT 8PM

**SPEAKER IS
AL MCC FROM CLAYTON**

ALL ARE WELCOME



Meeting Changes

Meeting Changes:

| | | | |
|-----|--------|------------------|--|
| Sun | 3:00pm | Hayes Valley | ONLY A LITTLE AT A TIME, S.F. Alano Club (was 2:00pm) |
| Wed | 8:00pm | Corte Madera | COVER TO COVER, 150 Nellen Ave., Ste 100 (was Tiburon Big Book at 7:30pm) |
| Thu | 7:15pm | Western Addition | SOUGHT TO IMPROVE, 1201 Fillmore St./Turk St. Berry St. (was 7:30pm) |
| Thu | 8:00pm | Belvedere | ISLAND GROUP, 3 Bayview Ave./Golden Gate Ave (was 145 Rockhill Dr., Tiburon) |
| Sat | 4:00pm | Novato | THE BARNYARD GROUP, 120 Landing Ct./Redwood Blvd. (was 1905 Novato Blvd.) |

No Longer Meeting:

| | | | |
|-----|--------|--------------|--|
| Tue | 8:15pm | Hayes Valley | LIGHTEN UP, SF Alano Club, 1748 Market St./Octavia |
| Wed | 3:00pm | Sausalito | THINKING MEN'S GROUP, 1 Napa St/Bridgeway |
| Wed | 6:00pm | Hayes Valley | SPEAK EASY, SF Alano Club, 1748 Market St./Octavia |

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!*

The Trusted Servants Workshop Committee of the



Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties

is pleased to present a Valentine's Day couple

GROUP TREASURER & LITERATURE PERSON WORKSHOP

Two experienced trusted servants tell how they loved doing service as group treasurer and literature person. Learn how money and spirituality CAN mix in carrying out these important trusted servant positions.

Where???? Central Office, 1821 Sacramento St, SF

Muni buses 1, 49 and 47 stop nearby

When??? Saturday, February 14th, 2009 10 to 12 noon

For more information contact Central Office at 415-674-1821 or tsw@aasf.org.

You'll fall in love with our coffee and doughnuts!



Reasonable Accommodations Policy: Persons requiring reasonable accommodations, including ASL interpreters, assistive listening devices or print materials in alternate formats should contact Central Office (415) 674 - 1821 no later than **Monday, February 9th, 2009.**




From the Editor



While many appear to be obsessed by romantic (aka, sexual) relationships during Valentine's Day month, we here at *The Point* strive to put relationships into perspective. There ARE other sorts of relationships, you know? Personally, I try to avoid relationships where performance anxiety might become a factor, if you get my drift. As Alky so wisely points out, there are no hard and fast rules in A.A. regarding romantic relationships, in spite of the old canard that you aren't supposed to have one in your first year of sobriety. But as the Wise Old Fool writes in Bulletin Board, break that "rule" at your peril; in fact, you might want to reconsider any "13th Step" activities at all.

Anyhow, we've chosen member stories this month to highlight relationships OTHER than romantic: the all-important sponsor/sponsee connection ("Inspiration to Pass It On"), an

A.A. friend in the work place (lead story, "Working with Frank"), and even relationships in IFB committees ("How the Work Gets Done")—what a concept! Our new humor section honors Valentine's Day with dating advice (not!). "Life Along Spiritual Lines" gives you a moment of zen in the hardware store. And check out the meeting of the month: Valencia Smokefree.


In spite of this editor's Scrooge-iness about the hearts and flowers holiday, *The Point* itself received a love letter about our new look and content. Thanks to everyone who reads it, and a big kiss to those who write to us. We are you, you are we, *The Point* belongs to us all, and all of us thank the Archives Committee for the second installment of our common history ("San Francisco A.A. Explodes"). 

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.) 



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f.y.i.

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Working with Frank by Pam B.

I've been working with a man I'll call "Frank" in a downtown San Francisco office for about ten years now. Over the years he has listened to my poems, shared with me his stories and photos of family back in the Midwest and (to quote Bob Dylan from *Modern Times*) we've been there for each other "when the deal goes down." As we shared our personal histories, it quickly became obvious that each of us has favored a life with a generous pinch of craziness and that we both came from families that had more than a passing acquaintance with alcohol.


Over the ten years I've known Frank, I've been sober (and not), in A.A. (and not). In my drinking days when Frank and I talked, we agreed that drinking and recovering from drinking could be a bit of a struggle, but that we were still having too much fun to consider the other path. We never drank together and though we sometimes told each other harrowing stories of the "night before," in some way I felt that our support of each other was of the "at arm's length" variety. In retrospect, I know that for years I thought that since he was always so together about work and so smart and organized, that really, truly, he wasn't as sick as I was. Having him in my working day has always been fun and smart and nourishing, but I never could have imagined that he would be a friend in the program of Alcoholics Anonymous—but that has become true for us.

I had been sober about three years when Frank hit his bottom in a "lost weekend" and called to let me know that it would be a day or so before he could come in to work. The road to A.A. began for him the Monday after that weekend and over the next few weeks we carefully worked alongside each other in a new rarified atmosphere.

"I saw what was happening to him and began to rededicate to my own sobriety."

Whether or not he had a spiritual awakening of the MGM, Technicolor variety or not, his transition and the evolution into a sober person has been one full of amazing grace and an inspiration to me. Whatever happened he was hanging on to it—and he was changing right before me. In the hours and days sober since that last drunk, Frank has become a teacher to me and a deeply trusted brother. I was sober and in A.A., but not passionate about it, and Frank was living a life that was bigger and more fulfilling because he was doing the suggested plan—his spirit was on fire! I saw what was happening to him and began to rededicate to my own sobriety. We have great little mini-meetings, ducking into an empty office for a "reality check" when one of us needs a bit of sober strength. In the midst of normal people talking about normal things, we can quickly

reach the other with a wink, a nod or a phrase that's almost like our "A.A. secret code."

The other day we were working on a project and doing the lion's share of the job while a co-worker was in a fog and not contributing. Both Frank and I became very righteously indignant and it was *oh so apparent* to us that we were stellar examples of the American workforce while the co-worker was certainly *not*, which led to gossip and lots of our own horn tooting. The next day we both laughed as we shared that each of us had been very involved with the same work the evening after our self-righteous explosion: some much needed Tenth Step work with our sponsors. We both still have a genuine appreciation for the edge—the slanted, crazy way to view the world. We have not morphed into straight and we don't live narrow. We do help each other get through the day, make or accept a suggestion, or share a quote or some wisdom from a meeting. Sometimes we don't have the good sense to remember to breathe—to pause—or to turn it over, but somehow we remind the other to try those simple remedies. Thank you, "Frank." 



Top Ten Meetings to Score (or Not!) a Date

by Annia R.

Top 10 meetings to score a date:

10. Hit It and Quit It
9. Too Young
8. Rebound
7. K.I.S.S.
6. Extreme Makeover
5. Into Action
4. Come 'n Get It!
3. Last Call
2. Doin' the Deal
1. Men's Gentle Touch

Top 10 meetings NOT to score a date:

10. Only a Little at a Time
9. Sober 5150's
8. Queers, Crackpots, and Fallen Women
7. The Parent Trap
6. Ass in a Bag
5. Wolf Den
4. Hoodlum Haven
3. Every Rose Has Its Thorn
2. Some Are Sicker Than Others
1. Men's Gentle Touch

These are all real meeting names in San Francisco.




by Wise Old Fool

Can anything be as ironic and dangerous as the idea of a newcomer engaging in a new romance, especially with another A.A. member? I recall one of my sponsees describing a particularly sensual first date with a newcomer fondly recalled as "Little Mary Sunshine." I looked him straight in the eye and told him to be careful because she was a newcomer with 30 days or so. The sponsee's response: "That's OK, so am I!" In a few weeks it was over, announced with copious tears and self-pity. Fortunately, neither got drunk. On another occasion

many years ago, I warned a middle-aged married member that his heart would be broken if he continued an assignation with a gorgeous young newcomer. I was correct; she got rid of him and stayed sober, thank God! He cried and whined for months and barely salvaged a marriage of several years.

In over 25 years of sobriety I have never observed or heard a first-hand account of one of these deals working out. I've heard plenty, though, about dangerous slips, broken hearts,

and impossible amends. Not to mention expensive divorces, loss of jobs, and spoiled reputations. I believe this explains why so many old-timers urge newcomers to avoid romantic liaisons until they have a year or so of good sobriety.

If you are aware of the exception—the romance of a newcomer that somehow transformed into a healthy and normal relationship—we cordially invite you to write about it for The Point! 

the twelve steps

Step Two: You Don't Have to be Insane

by Rich H.

I used to boast that taking the Second Step was easy for me because I began my recovery in a locked ward for mental patients. I had been discovered by my wife lying on the kitchen floor, unable to move my legs after a long night of power drinking. I probably drank 30 scotch-on-the-rocks and was in the throes of delirium tremens as I tried to crawl to the phone. The hospital kept me for six days and sent me home with an H&I meeting under my belt, as well as a copious supply of tranquilizers. I asked a co-worker who had 90 days of sobriety to take me to a meeting, and thus began my journey in A.A. I figured, in my genius intellect, since I turned from the nuthouse to Alcoholics Anonymous, I had already taken this vital step.

After I left the psych ward, I began to attend A.A. meetings on a somewhat regular basis. I really enjoyed the fellowship—interesting people from all walks of life who could laugh out loud at the shenanigans we had variously managed to get ourselves into. I went for pie and ice cream and coffee every night and made some great friends. I also began to abuse the Librium, learning quickly that four capsules on an empty stomach at 10 am had *precisely* the same effect as four fingers of good scotch: an initial nausea, quickly followed by an icy chill that slowly extended to the hair on my head, my fingers and toes, and a certain other intimate part of my body ... until I suddenly felt very well, indeed! In the months that followed,

I drank two bottles of 80-proof terpin hydrate cough syrup one night to shoo away a possible cold. On another occasion I found myself banging my head on the dashboard to justify taking more of a combination of aspirin and barbiturate prescribed for afternoon tension headaches. Despite whatever I may have been thinking, I was pretty far from sane!

*“Came to believe that
a Power greater than
ourselves could restore
us to sanity.”*

Six years later, I had been asked to speak at a big speaker meeting about my recovery. I had been laying it on pretty thick and had already shared twice at Tuesday Downtown. But I had a queasy feeling that night and when I arrived at the podium, I informed the group that I didn't really have six years. As a matter of fact, I would have three years the following month and would return to share then, if they wished. I explained that three years earlier I had smoked nearly an ounce of pot while breaking up with my permanent full-time girlfriend, and that I must revise my sobriety date accordingly. The group was wonderful about my humanity and candor (as we always are!), but I sure didn't feel wonderful.

I turned to an old-timer, who advised me that smart people like me never sobered up in A.A. and that I was doomed to the sorry death of a

wet-brained alcoholic. I had to be crazy to do something so stupid, he told me. And so then, I got it.

Alcohol and my substitutes for alcohol had come calling for me at the front door, announcing, "It will be different this time." Acting upon this impulse is the insanity of the alcoholic that I needed the Second Step to overcome. At that time, well over 30 years ago, I was still agnostic. So thank goodness the step says "came to believe that *a power greater than ourselves* could restore us to sanity."

The hundreds of sober men and women I knew in my A.A. community were definitely more powerful than I, and this became the basis of my faith—that the fellowship could restore me to sanity and keep me safe from that sneaky voice that lied about the consequences of my slip. Acting on that belief changed my entire relationship with the program, from that of using it to ensure my safety in my marriage and job and my prestige in the local meetings, to a relationship expressing in active terms my gratitude for the power of frequent meetings. Dr. Bob attended meetings very frequently and so have virtually all of the old-timers it is my joy to be associated with.

Other men began to turn to me for help: businessmen like myself who were cynical about spirituality but desperate enough for sobriety to become willing to take direction and to listen more than they talk.

(Continued on page 11)

Dear Alky...



Questions and Answers
from one AA
to another

Dear Alky,

I'm a 30-year-old woman with eight weeks of sobriety. Right before I quit drinking, I had just left a five-year relationship with an abusive man. I really enjoy the meetings, especially groups with a social reputation. Recently a really cool guy started hitting on me. My new girlfriends have warned me about him, but he is so CUTE! I've been advised to avoid romantic relationships for a year, but I really want to date this guy. What should I do?

Susy Q

Oh Susy, Susy, Susy.

I have to tell you that reading your note made me feel a little nostalgic for my own early sobriety . . . going to certain meetings hoping to run into certain people... Getting warned

(and ignoring those warnings) about the perils of dating in early sobriety. Ah, the "good old" days...

So, here's the scoop. There are no rules in A.A.! (Have I mentioned this before? Because it seems vaguely familiar.) And as many wise alcoholics have reiterated through the years, you can do anything in sobriety so long as you are willing to live with the consequences. However, I can tell you from my own experience that the consequences can hurt.

My relationship experience in early sobriety was often quite giddy, quite fun, and ultimately, quite painful. I was not ready for a healthy relationship in early sobriety because I was not healthy. Therefore, I continually sought out connections with other people who were not ready for healthy relationships. The pattern was pretty consistent: infatuation,

consummation, disillusionment. I need not get into the details, but the disillusionment stage can be really rough.

Given that you've just gotten out of an abusive relationship, I'm sure you have plenty of work to do before you'll really be interested in someone that's actually going to be a healthy choice for you. So, focus on making friends in sobriety, learning who you truly are deep down and finding out what you want to have and what you want to be in a relationship. If you focus on your step work, odds are that just when you least expect it, you'll meet someone great. Or someone horrible, but at least you won't need to drink over them!

All the best,

Alky

Inspiration to Pass It On: My Sponsor and My Friend

by Michael W.

Many of us are graced with finding a sponsor who truly shares experience, strength, and hope with us. My sponsor is someone I count on to be a spiritual guide through the program, life, and recovery. Over the past eight years we have worked the steps many times together. Some areas of our relationship will never change, yet several areas of our friendship have evolved to new levels. Something that will not change in our relationship is that I take any suggestion or action from him as an imperative, friendship aside. When he says something to me about my program, I take action—period. A sponsor does not

need to be a best friend; however, a sponsor relationship *can* evolve into a unique quality of friendship only found in A.A., one based on rigorous honesty, action, sincerity, respect,

"...he has barely scratched a limitless lode which will pay him dividends only if he mines it for the rest of his life and insists on giving away the entire product"

integrity, and heartfelt laughter. I love this man, not only as my sponsor, but also as an individual. We have shared real life experiences through thick and thin. The only way I can thank him is to try and pass this on to someone else. What comes to mind is Chapter Nine of the Big Book, "The Family Afterwards," where A.A. becomes like a family that keeps on giving. "Father feels he has struck something better than gold. For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if

(Continued on page 10)

Just a Little Bit More Sanity by Jamie M.

Once upon a time in my sobriety, I was looking for something in an auto parts store. I'd been sober for a while, so had certainly worked beyond the Second Step. But I was stuck in the store, looking for Bondo. I didn't know where to find it. Suddenly it occurred to me: ask the guy who works here! In fact, it occurred to me that this guy was my higher power for auto parts and accessories. I could be on my knees right there in the store, if I was that kind of guy, but no voice would ever boom out from heaven saying, "It's on aisle seven, next to the other body repair and paint items." I realized that this is a major aspect of the Second Step—it's completely nuts to go it alone when the world is full of people who know more than I do about almost everything. Ask directions. Ask how to do it. Ask, "Where do I find the Bondo?" Ask for help. This is especially important when you're having a bad relationship with the capitalized Higher Power. Remember, there are thousands of people all around you who



have powers greater than your own—doctors, lawyers, CPAs, plumbers, electricians, store clerks, the local who knows the back roads, you name it. There's no one person who can answer your every need, but there are many who can answer your specific, in-the-moment need—but you have to ask them; they're not mind readers.

It's a blessing to be restored to sanity—relieved of the INsanity of go-it-alone self-sufficiency. I would have found the Bondo eventually, I assume, but why waste the time? And if I'd been really on it, I would have asked a few questions and found out that there's more than one kind, and I had picked up the wrong kind. I didn't find that out until later...

I used to think that the Second Step was just a warm-up for the Third Step, so that people (such as myself) who didn't want to use the "G" word could get used to the whole Higher Power thing. But there in the auto parts store I realized that there's a lot more to it than that. Besides, there are a lot of spiritual traditions in which people get in touch with the Divine only to be directed back to the Human for help. There's a very sane bit of humility in asking a person who's right next to you, rather than the grandiosity of asking a Higher Power who's somewhere, to solve your problem. And who among us couldn't use just a little bit more sanity? **TP**

Inspiration to Pass It On: My Sponsor and My Friend

(Continued from page 9)

he mines it for the rest of his life and insists on giving away the entire product." (*Alcoholics Anonymous* p. 129)

Recently my sponsor had a brief stint in the hospital and, thankfully, he is just fine. I had the honor of picking him up from the hospital and then taking him to a meeting; it was truly

one of the biggest honors of 2008. I just feel lucky to know him. Of course, his phone would not stop ringing and everyone noticed his chair was vacant, even though he was away from the home group less than 72 hours. The man is an inspiration to many.

I always love how that the Twelve Steps start with "We admitted we

were powerless over alcohol—that our lives had become unmanageable," which emphasizes the importance of the fellowship. Recovery is about fellowship and the A.A. fellowship is a higher power. **TP**

SF A.A. Explodes in the 1940s

Compiled by The Central Office Archives Committee

“Publication of ‘Alcoholics Anonymous’ by Jack Alexander in the Saturday Evening Post . . . marked a milestone in the history of this Fellowship. Although one national article had been published previously, the Post report on the handful of men and women who had achieved sobriety through A.A. was largely responsible for the surge of interest that established the Society on a national and international basis..” (From the pamphlet, “The Jack Alexander Article about A.A.”)

The Jack Alexander article appeared in the March 1, 1941 issue of the *Saturday Evening Post*, a mere six years after the founding of Alcoholics Anonymous, and from this time forward A.A. began to really grow in San Francisco. Alcoholics from the East Bay started showing up at meetings in the City. After attending a few meetings, they formed a group in Oakland. On Labor Day, 1941, a barbeque was held at a member’s home in Menlo Park.

In August 1941, the San Francisco A.A. group began making regular contributions to the Alcoholic Foundation in New York, which became General Service New York. The first contribution was \$10.00 for the Foundation’s general fund and \$2.50 for the purchase of pamphlets.

By this time a few members were stressing the spiritual nature of the program, but most were ignoring this message. For example, it was decided to hold an open A.A. meeting to try to answer the great number of requests coming into the San Francisco A.A. post office box due to the




recent press exposure. This created a serious battle. Tempers were short and arguments bitter, and at least three members walked out and drank again. When the smoke cleared, the open meeting was held in order to provide information about the program.

Around this time, the A.A. group received local newspaper recognition. These two newspapers were the San Francisco Examiner and the San Francisco News. The News published a short essay, “Just for Today,” which the groups copied and distributed by the hundreds.

Around July 1943, the San Francisco A.A. group moved from its Telegraph Hill location to the Native Sons Hall at 414 Mason Street. Co-founder Bill W. visited the Bay Area in November of 1943. During this trip he spoke at the Hall to a record crowd of 50 A.A. members. He also spoke at an open meeting to an audience of 250. He and Lois stayed at an A.A. member’s house in Berkeley.

San Francisco’s first clubhouse was located at 137 Harlan Place (near Union Square). The first meeting was held there February 13, 1944. At that time there was one meeting a week, on Wednesday night. At this location the first beginners group was born, and it met each Friday night. The group outgrew the space within a year and moved to a new location at 143 Bush.

The full text of the Jack Alexander article and other related items of interest can be found on our website: www.aasf.org. 


Step Two: You Don’t Have to be Insane

(Continued from page 8)

The power to restore sanity to the sufferer is evident in the miraculous sharing of hardships overcome without drinking, of families restored to loving relationships, of thousands of

seemingly hopeless individuals finding and expressing their new freedom by sharing at meetings.

In recent years I have returned to faith in the God of my religion, whom

I believe speaks through the fellowship of Alcoholics Anonymous. All that was required was my belief in A.A. 

IFB Committees: How the Work Gets Done

by “Anne” Alcoholic

Someone recently asked me, “How do you stay sane while doing IFB committee work?” I don’t know the answer to that, but I have learned how to develop strong, supportive and loving relationships with my fellow committee members while being of service. Like sobriety, being on an IFB committee is not for wimps!

I got suckered into my first committee while serving as an IFB member. “All the *real* work of the IFB is done in the committees,” they said. Translation: “We will hound you mercilessly until you join a committee!” Then they pulled the “availability” trick. A new committee was introduced at a monthly IFB meeting. “Who is *available* to serve on this committee?” they asked. Well, sure I was available. I had some free time in my schedule. I raised my hand, thinking the next question would be, “Of those available, who *wants* to serve on this committee?” My hand might not stay up for that one. But no, the next thing I heard was “Thank you for volunteering.” “Which of you wants to be chair?” they asked me and the other lambkins who had hoisted our hooves in innocent availability. Before I knew what was happening, we were into action. Today, knowing what the word “available” really means, I would do it all over again. I’m such a schmoe, I’ve even stayed on two committees after I rotated off the IFB.

Committee meetings, like A.A. meetings, that start with the Serenity

Prayer are more likely to stay serene and productive. When my first reaction to hearing another committee member’s ideas is along the lines of, “That’s the stupidest thing I’ve ever heard,” I try to remember the Serenity Prayer and that other prayer where we ask to be channels of God’s peace. I smile and thank the person for their contribution. I relax and take it easy. Remember the “ultimate authority”—the loving God mentioned in Tradition Two? That tradition applies to committees as well as A.A. groups.


Punctuality and careful organization make for useful committee service, but I've managed to succeed without a lot of either!

The tips for beginners that we’ve all heard at meetings apply to committee service just as well as they do to staying sober. HOW? Honesty, open mindedness and willingness are priceless qualities in any discussion or decision-making that takes place at committee meetings. Nothing holds a committee together more concretely than an up-to-date and well-circulated contact list. So, get the phone numbers of your fellow committee members and use them! Nowadays that goes double for e-mail addresses. Even HALT works: I

always bring snacks to meetings, I avoid arguments, I never attend committee meetings by myself and I make sure I am well rested for meetings and events. I remember attending a Unity Day without getting enough sleep the night before. It wasn’t pretty!

Punctuality and careful organization make for useful committee service, but I’ve managed to succeed without a lot of either! I find that mixing organization with creativity helps. I’ll make an agenda, but illustrate it with cupids and hearts for February, lions and lambs for March. A good sense of humor is also valuable; I like to think I’m better equipped where that’s concerned. Of course, people who have served with me may have been thinking, “Is that b***ch ever on time?” and “What the hell is so damn funny?” but they’ve been as patient with me as I’ve been with them. The patience we learn from working with newcomers comes in handy.

So, as I said at the beginning, I don’t know nuttin’ ‘bout stayin’ sane, Miz Scarlett. I don’t even know if committees are where the *real* work of the IFB is done. What I do know is that serving on IFB committees has been fun, challenging, growth enhancing and, most important, has allowed me to stay sober and help others to achieve sobriety.

Are you available? 

Meet the Meeting: Valencia Smokefree

by Bree L.

“When I first came to this meeting, I hated it,” says Bruce M. who explained that his sponsor told him to meet him there. The sponsor didn’t show and Bruce called him to report just how terrible the meeting was. The sponsor told him to return the next week and then to attend until he wanted to be there. That was five years ago, and today Bruce calls it his home group.

The Valencia Smokefree meeting has a rich history. It started in 1985 at 1364 Valencia as one of the first smoke free meetings in San Francisco. According to Kathy M., folklore has it that the person who owned the original location was so grateful to have A.A. at his place, he told the members they would never have to move. Unfortunately, that owner passed away, the building was sold and the new landlord wasn’t so thankful. That necessitated a new location and the first management committee was formed. Members questioned then if the meeting would

survive. They moved to 1010 Valencia before coming to 2900-24th St.

1364 Valencia was then known as the “Divine Dump.” Bill C. describes the place as a long thin storefront with an oilcloth covered table. There were times when the basket started down the table with more money than what came back.

Kathy M. tells of being the first woman at the meeting with eight older men. She brought in a few of her female friends and with that, the male attendance became younger and increased in number. She tells of people having seizures, with paramedics arriving and transporting the patient out while the meeting continued. Another time, the meeting ended with members in a circle, holding hands around paramedics working on a patient. In yet another incident, a person passed out while the speaker was sharing and paramedics were called. A short group conscience decided to wait until the patient had been taken out before the speaker resumed.

Today, when one attends at 2900, there are many mementos that have survived since 1364 Valencia. The printed Twelve Steps and Twelve Traditions along the Florida Street wall were originally printed by an artist for the 1364 meetings and moved when the meetings did. The red A.A. sign above the door also came over from 1364, as well as the signs starting with “Easy Does It” over the sink in the back. Also, the black leather bench to the right of the sink has survived over the years. It was first used at the “divine dump,” along the long table mentioned above.

2900-24th St., at Florida, is easily reached by the #27 or #48 Muni, which stop at Bryant and 24th; it’s a short walk to 24th and Florida. Every Friday at six PM, you can plan on hearing a speaker followed by a great discussion. The meeting has survived well over than two decades and continues to fully carry on the spirit and traditions of A.A. **IP**

Recent Deaths

Acceptance Group: Wayne H. (Rigby)
Sunset Speaker Step: Justin

We print the names of any members who have recently died when the names have been sent to us. Unlike the **Ongoing Memorials** section, which appears on Page 15, **Recent Deaths** is for information only. This one-time listing is not dependent upon a contribution in the name of the deceased.

ifb meeting summary – jan. 2009

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

| | | | | |
|--------------------------|---------------------------|----------------------------------|-------------------------|--------------------------|
| Attitude Adjustment | Friendly Circle Beginners | Keep It Simple | Saturday Sunset 9'ers | Tiburon Men's Stag |
| Back to Basics | Gold Mine Group | Let It Be Now | Serenity Seekers | Too Early |
| Bernal New Day | Gratitude Group | Living Sober With HIV | SFPOA | Treasurer |
| Blue Book Special | Happy Hour | Marina Discussion | Sisters Circle | Tuesday Downtown |
| Came to Park | High Noon | Marina Discussion | Sober 5150's | Tuesday Newcomers |
| Castro Country Club | High Noon (Friday) | Men's Gentle Touch | Sober Across the Board | Valencia Smokefree |
| Castro Discussion | High Noon (Monday) | Mill Valley 7am | Some Are Sicker Than... | Waterfront |
| Central Office Manager | High Noon (Saturday) | Miracles On 24th St | Steppin Up | We Care |
| Cocoanuts | High Noon (Tuesday) | Queers, Crackpots & Fallen Women | Sunset 9'ers Su 8am | Women Who Drank Too Much |
| Code Blue | High Noon Th | Reality Farm | Sunset Speaker Step | Women's Promises |
| Each Day a New Beginning | Home Group | Regroup | Ten Years After | |
| Each Day a New Beginning | Join the Tribe | Room to Grow | Ten Years After | |
| Fireside Chat | Keep Coming Back | Rule 62 | They Stopped In Time | |

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the January 2009 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.

Chair's Report: Written report submitted. Chuck K. noted committee reports would be given verbally only if there was no written report.

Treasurer's Report: Written report submitted. Patrick M. noted that group contributions were down for December. Chuck noted Reps can ask their group Treasurers directly if they are sending the treasury into Central Office.

Central Office Manager's Report: Written report submitted.

Central Office Committee Report: Written report submitted. Brad P. reported the Central Office

Remodel Committee is looking for a carpenter and electrician to help with the Central Office remodel. Call Central Office if you are available to help. He flagged that Central Office is closed the last week of January for the remodel and asked Reps to announce that at meetings they attend.

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 that the committees can use support.

a. Access Committee: Elizabeth B. noted the committee will be changing their meeting date and have been working hard to improve access.

b. Archives Committee: See written report.

c. 12th step Committee: Stu reported that the committee did not meet in December.

d. Orientation Committee: See written report.

e. *The Point* Editorial Committee: Mike noted that the committee needs an Associate Editor and they would like to receive articles about conference approved literature.

f. Trusted Servants Workshop Committee: Written report submitted. Tracy F. reported the committee has only two members and needs one or two more members to join.

g. Web Committee: See written report.

h. Fellowship Committee: Rebecca D. S. reported that the committee needs more members to join and help plan June's Founders' Day. The committee now meets the second Monday of the month at 6pm at Central Office.

Special Committee Reports

a. SF Teleservice: See written report.

b. PI/CPC: Written report submitted. Bruce K. highlighted the speaker's workshop on January 24th.

IFB Liaison Reports

a. General Service, SF: David reported they have concluded elections for the District 6 officers and are ready to serve the panel.

b. General Service, Marin. No report.

c. Teleservice, Marin: Daniel reported the district held elections.

d. PI/CPC, Marin: No report.

e. Bridging the Gap: No report.

f. Marin H&I: No report.

g. Spirit of San Francisco: No report.

h. Living Sober: No report.

i. IFB Liaison to District 06 San Francisco: No report.

j. District 10 GSR: Naim, the new officer, introduced himself.

Election of new IFB Immediate Past Chair

Chuck provided the description of the commitment. Rebecca polled eligible Reps for availability. Carol E. was the only Rep who made herself available and she was approved by acclamation.

IFB Group Inventory

Separate notes were taken for the group inventory.

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. sfteleservice@aasf.org

The next IFB meeting is on Wednesday, February 4, 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

Individual Contributions

to Central Office were made through January 15, 2009 honoring the following members:

ONGOING MEMORIALS

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

ANNIVERSARIES

High Noon:
Mark V. 11 years,
Anthony J. 5 years,
Luis M. 5 years,
Lewis R., 5 years,
Kyle H. 3 years,
James L. 2 years

aa group contributions

| | | | | | | |
|-------------------------------------|------------|--|--|--|-------------|------------------|
| Fellowship | | 11/08 YTD Marin Group Contributions | | 11/08 YTD Marin Group Contributions | | 11/08 YTD |
| Alta Mira Sun. 7pm | | 268 Inverness Sunday Serenity Su 10am | | 150 245 Terra Linda Group Th 830pm | | 1683 |
| Anonymous | 300 | 300 Island Group Th 8pm | | 328 Terra Linda Thursday Men's Stag Th 8pm | | 904 |
| ARA House | | 20 Larkspur Beginners F 7pm | | 219 The Barnyard Group Sa 4pm | | 94 |
| Artists & Writers F 630pm | | 1190 Living in the Solution F 6pm | | 691 The Fearless Searchers F 8pm | | 106 |
| Brisbane Breakfast Bunch | 32 | 354 Marin City Groups 5D 630pm | | 710 The Novato Group Fri. Night D F 830pm | | 90 |
| Contribution Box | 51 | 637 Men Only Stag Sa 6pm | | 15 60 Three Step Group Sa 530pm | | 361 |
| Customer | | 9 Mill Valley 7D 7am | | 1800 Thursday Night Book Club Th 7pm | 19 | 152 |
| Deer Park Discovery Group | 20 | 45 Mill Valley Discussion W 830pm | | 18 Thursday Night Speaker Th 830pm | | 1748 |
| Harbor Lights Fellowship | | 33 Monday Blues M 630pm | | 319 834 Tiburon Beginners & Closed Tu | | 1268 |
| IFB | 101 | 963 Monday Night Meeting M 8pm Bolinas | | 125 Tiburon Big Book Group W 730pm | | 284 |
| Marin City Groups 5D 630pm | | 200 Monday Night Stag - 12 & 12 M 6pm | | 300 Tiburon Haven Sun 12pm | | 500 |
| Marin General Service | | 85 Monday Night Stag (Tiburon) 8pm | | 2244 Tiburon Women's Candlelight W 8pm | | 233 |
| Marin Teleservice | | 1697 Monday Night Women's M 8pm | | 131 Tuesday Chip Meeting Tu 8pm | | 1157 |
| Pax West Fellowship Dinner | | 120 Monday Nooners M 12pm | | 275 Tuesday Twelve Step Tu 630pm | | 61 |
| Santa Rosa Fellowship | | 10 Monday Nooners M 330pm | | 344 We, Us and Ours M 650pm | | 130 |
| Serenity House | 150 | 750 More Will Be Revealed F 12pm | | 100 Wednesday Night SD W 7pm | 19 | 152 |
| SF Alano Club | | 10 Morning Attitude Adjustment MTuF 7am | | 57 342 What's It All About F 12pm | | 363 |
| Spirit of San Francisco | | 168 Nativity Monday Night Big Book M 8pm | | 200 Women For Women W 12pm | | 50 |
| Waterfront Sun 8pm | | 260 Newcomers Step M 730pm | | 906 Women's Big Book Tu 1030am | | 287 |
| West Bay Alano | | 69 Noon Discussion Th 12pm | | 214 Women's Lunch Bunch F 12pm | | 109 |
| Total Fellowship | 654 | 7188 Noon Hope F 12pm | | 635 Women's Meeting Su 430pm | | 27 |
| | | Noon Tu 12pm | | 39 138 Working Dogs W 1205pm | 312 | 537 |
| | | North Marin Speaker Sun 12pm | | 130 Young People's BYOB Sat 7pm | | 200 |
| Marin Group Contributions | | 125 Novato Monday Stag M 8pm | | 60 Total Marin Group Contributions | 1232 | 40044 |
| A Vision for You (Fairfax) Su 730pm | | 3200 On Awakening 7D 530am | | 490 | | |
| Attitude Adjustment 7D 7am | | 35 Primary Purpose W 830pm | | 143 SF Group Contributions | | |
| Awakenings Sa 830am | | 344 Refugee Th 12pm | | 60 160 6am Marina Dock | | 342 |
| Awareness/Acceptance M 1030am | | 613 Reveille 5D 7am | | 200 6am Marina Dock F | | 86 |
| Blackie's Pasture Sa 830pm | | 500 Rise N Shine Sun 10am | | 455 6am Marina Dock M | | 32 |
| Caledonia Sun 8pm | | 263 San Geronimo Valley Book Study F 8pm | | 78 6am Marina Dock Sa | | 381 |
| Candlelight Sun 830pm | | 389 San Geronimo Valley M 8pm | | 68 6am Marina Dock Tu | | 25 |
| Closed Women Step Study Tu 330pm | | 70 Saturday Serenity Sa 8pm | | 52 6am Marina Dock W | | 24 |
| Creekside New Growth Sun 7pm | | 890 Sausalito 12 Step Study Group | | 175 7am As Bill Sees It Fri | 106 | 400 |
| Crossroads Sun 12pm | | 611 Serendipity Sa 11am | | 144 144 7am Grab Bag M 7am | | 62 |
| Day At A Time 7D 630am | | 75 Sisters In Sobriety Th 730pm (M) | | 534 7am Marina Dock | | 7 |
| Design For Living (Marin) W 7pm | | 839 Six O'Clock Sunset Th 6pm | | 227 7am Speaker Discussion Th 7am | | 135 |
| Downtown Mill Valley F 830pm | | 96 Spiritual Testost. Sun Men's Stag Su 830a | | 315 7am Step Discussion Tu 7am | | 29 |
| Experience, Strength & Hope Sa 6pm | | 76 Steps to Freedom M 730pm | | 99 419 830am Smokeless F 830am | | 305 |
| Fairfax Friday Night F 830pm | | 948 Steps To The Solution W 715pm | | 239 830am Smokeless Tu 830am | 165 | 165 |
| Freedom Finders F 830pm | | 198 Stinson Beach Fellowship Th 8pm | | 200 A is for Alcohol Tu 6pm | 69 | 186 |
| Friday Night Book F 830pm | | 109 Sunday Express Sun 6pm | | 300 A New Start F 830pm | | 255 |
| Girls Night Out W 815pm | | 381 Sunday Friendship Sun 7pm | | 100 A Vision for You (SF) Su 630pm | | 40 |
| Gratitude Tu 8pm | | 96 Sunday Night Corte Madera Sun 8pm | | 667 AA As You Like It Tu 530pm | | 98 |
| Happy Hour (Marin) Th 6pm | | 2250 Sunlight of the Spirit Th 7pm | | 198 AA Step Study Su 6pm | | 361 |
| Happy, Joyous & Free 5D 12pm | | 335 Survivors M 12pm | | 182 Acceptance Group M 530pm | | 43 |
| High & Dry W 12pm | | 57 T. G. I. Tuesday 6pm | | 102 Afro American Beginners Sat 8pm | | 239 |
| Hillside Candlelight F 830pm | | 323 T.G.I.F. F 6pm | | 234 Afro American F 8pm | | 99 |
| Intimate Feelings Sa 10am | | | | | | |

aa *group contributions*

| SF Group Contributions | Nov. 2008 | YTDSF Group Contributions | Nov. 2008 | YTD SF Group Contributions | Nov. 2008 | YTD |
|---------------------------------|-----------|--|-----------|--|-----------|------|
| Alamo Square Su 7pm | | 210 Eureka Step Tu 6pm | 139 | 317 Live and Let Live Su 8pm | | 62 |
| All Together Now Th 8pm | | 253 Eureka Valley Topic M 6pm | | 1554 Living Sober W 8pm | | 197 |
| Alumni W 830pm | 32 | 32 Excelsior Free for All Sa 8pm | | 350 Living Sober with HIV W 6pm | | 586 |
| Amazing Grace M 7pm | | 120 Federal Speaker Su 12pm | | 713 Luke's Group W 8pm | | 248 |
| Any Lengths Sat 930am | | 1406 Firefighters & Friends Tu 10am | | 117 Lush Lounge Sa 2pm | 258 | 579 |
| Artists & Writers F 630pm | | 336 Fireside Chat Group Tu 8pm | | 412 Marina Discussion F 830pm | | 726 |
| As Bill CCs It Sun 8am | 159 | 159 Founders' Group Sa 5pm | | 30 Meeting Place Noon F 12pm | | 492 |
| As Bill Sees It Sat 11am | | 142 Friday All Groups F 830pm | | 1473 Meeting Place Noon W 12pm | | 177 |
| As Bill Sees It Sat 8pm | | 418 Friday Knights Th 730am | | 50 Mid-Morning Support Su 1030am | | 1144 |
| As Bill Sees It Th 6pm | 143 | 926 Friday Lunchtime Step F 12pm | | 280 Miracles Off 24th St W 730pm | | 146 |
| As Bill Sees It Th 830pm | | 366 Friday Night Special F 830pm | | 20 Mission Creek Meeting | | 102 |
| As Bill Sees It Tu 1210pm | | 390 Friday Night Women's F 630pm | | 48 Mission Terrace W 8pm | | 401 |
| As We Understood Him Mon. 7pm | | 13 Friday Smokeless F 830pm | | 248 Monday Beginners M 8pm | | 71 |
| Ass in a Bag Th 830pm | | 427 Friendly Circle Beginners Su 715pm | | 176 Monday Monday M 1215pm | | 305 |
| Be Still AA Su 1215pm | | 211 Friendly Circle Group Su | | 220 Moving Toward Serenity W 830pm | | 314 |
| Beginner Big Book Step Th 630pm | | 292 Gay Beginners Living Sober F 7pm | | 123 New Friday Big Book F 12pm | | 31 |
| Beginners' Step Study Sat 630pm | | 42 Gold Mine Group M 8pm | | 38 New Life W 7pm | | 496 |
| Beginner's Warmup W 6pm | | 73 Golden Gate Seniors Tu 130pm | | 170 Newcomers Tu 8pm | | 328 |
| Bernal Big Book Sat 5pm | 165 | 1037 Goodlands Su 2pm | | 226 No Gurus Meditation Su 7pm | | 16 |
| Bernal New Day 7D | | 2305 Haight Street Blues Tu 615pm | | 175 No Reservation M 12pm | | 347 |
| Big Book Basics F 8pm | | 459 Haight Street Explorers Th 630pm | | 111 No Whiners F 7pm | | 48 |
| Big Book Beginners F 1pm | | 24 Happy Destiny Sa 630pm | | 26 Noon Smokeless F 12pm | 124 | 427 |
| Big Book Study Su 1130am | | 232 Happy Hour (S.F.) Th 6pm | | 36 Noon Smokeless M 12pm | | 17 |
| Blue Book Special Su 11am | | 54 Happy Hour Ladies Night F 530pm | | 168 Noon Smokeless Th 12pm | | 113 |
| Bookenders Mon 10am | | 126 High Noon 5D 1215pm | | 122 One Liners Th 830pm | 472 | 1084 |
| Buena Vista Breakfast Su 12pm | | 123 High Noon Friday 1215pm | 170 | 1162 One, Two, Three, Go! W 1pm | | 20 |
| Came to Believe M 830am | | 38 High Noon Monday 1215pm | | 901 Our Morning Meditations Sa 715am | | 52 |
| Came To Believe Su 830am | | 36 High Noon Saturday 1215pm | | 459 Park Presidio M 830pm | 60 | 202 |
| Castro Discussion W 8pm | | 1202 High Noon Thursday 1215pm | | 1451 Parkside Th 830pm | | 156 |
| Castro Monday Big Book M 830pm | | 178 High Noon Tuesday 1215pm | | 928 Pax West M 12pm | | 1123 |
| Cocoanuts Su 9am | | 35 High Noon Wednesday 1215pm | | 494 Pax West Th 12pm | | 501 |
| Code Blue Big Book Study W 7pm | | 434 High Sobriety M 8pm | | 1306 Pax West Tu 12pm | 240 | 240 |
| Come N Get It F 630pm | | 348 High Steppers W 7pm | | 157 Progress Not Perfection Tu 830pm | | 103 |
| Courtside Tu 1215pm | | 202 Hilldwellers M 8pm | | 71 Queers, Crackpots & Fallen Women | | 201 |
| Cow Hollow Men's Group W 8pm | 209 | 384 Home Group Sat 830pm | | 1081 Reality Farm Th 830pm | | 381 |
| Creative Alcoholics M 6pm | | 152 Hoodlum Haven F 8pm | | 928 Rebound W 830pm | | 144 |
| Doin' the Deal Sun 10pm | | 14 How It Works Sat 2pm | | 49 Relapsers, Rebounders, Retreads... | | 82 |
| Each Day a New Beginning F 7am | | 2200 How Was Your Week? Sa 10am | | 326 Rule 62 W 10pm | | 160 |
| Each Day a New Beginning M 7am | | 145 Huntington Square W 630pm | 78 | 1156 Saturday Afternoon Meditation Sat 5pm | | 126 |
| Each Day A New Beginning Su 8am | | 1566 Join the Tribe Tu 7pm | | 982 Saturday Easy Does It Sa 12pm | | 647 |
| Each Day a New Beginning Th 7am | | 370 Joys of Recovery Tu 8pm | | 50 Saturday Night Regroup Sat 730pm | | 500 |
| Each Day a New Beginning Tu 7am | | 572 Keep Coming Back Sa 11am | | 2851 Seacliff Th 830pm | | 362 |
| Each Day a New Beginning W 7am | | 243 Keep It Simple Sat 830pm | | 404 Second Chance Th 215pm | | 74 |
| Early Start F 6pm | | 2142 Light Brigade Discussion Su 7pm | | 40 Serenity House | | 150 |
| Easy Does It Tu 6pm | | 255 Light Steppers Su 7pm | 60 | 120 Serenity House Sat 830pm | | 750 |
| Embarcadero Group 5D 1210pm | 197 | 1416 Like A Prayer Su 4pm | | 27 Serenity House Stag Speaker M 730pm | | 150 |
| Epiphany Group Th 8pm | | 94 Lincoln Park Sat 830pm | | 269 Serenity Seekers M 730pm | | 467 |

aa group contributions

| SF Group Contributions | Nov. 2008 | YTD | SF Group Contributions | Nov. 2008 | YTD |
|---|-----------|------|--|-------------|---------------|
| Sesame Step Tu 730pm | | 379 | The Drive Thru W 1215pm | | 830 |
| Sinbar Su 830pm | | 282 | The Parent Trap 2 Wed. 430pm | | 119 |
| Sisters Circle Su 6pm | | 326 | The Parent Trap M 1230pm | | 409 |
| Sober & Centered F 7pm | | 140 | The Pepper Group F 12pm | | 60 |
| Sober Across the Board M-Sa 830am | | 210 | They Don't Know Who We Are Sat 7pm | | 200 |
| Sobriety & Beyond W 7pm | 260 | 462 | They Stopped In Time M 8pm | | 220 |
| Sometimes Slowly Sa 11am | | 556 | Thursday Morning Men's BB Th 6am | | 14 |
| Sought to Improve Th 730pm | | 206 | Thursday Night Women's Th 630pm | 67 | 831 |
| SFPOA Th 7pm | | 301 | Thursday Thumpers Th 7pm | | 360 |
| Step Sisters (S.F.) Th 630pm | | 20 | Too Early Sat 8am | | 2210 |
| Step Talk Su 830am | 173 | 668 | Trudgers Discussion Su 7pm | | 160 |
| Steppin' Up Tu 630pm | | 228 | Tuesday Big Book Study Tu 6pm | | 60 |
| Stepping Out Sat 6pm | | 147 | Tuesday Downtown Beginners Tu 7pm | | 192 |
| Stonestown M 8pm | | 334 | Tuesday Downtown Tu 8pm | | 277 |
| Straight Jackets Th 9am | | 93 | Tuesday Men's Pax Tu 12pm | | 46 |
| Sunday Bookworms Sun 730pm | | 446 | Tuesday Women's Tu 630pm | | 122 |
| Sunday Morning Gay Men's Stag Su 930am | | 852 | Tuesday's Daily Reflections Tu 7am | | 253 |
| Sunday Night 3rd Step Group 5pm | | 452 | Twelve Steps to Happiness F 730pm | | 72 |
| Sunday Night Castro Speaker Disc Su 8pm | | 951 | Valencia Smokefree F 6pm | 110 | 836 |
| Sunday Rap Sun 8pm | | 600 | Walk of Shame W 8pm | | 421 |
| Sundown Steps Th 630pm | | 191 | Washington Square M 7pm | | 86 |
| Sundown W 7pm | | 372 | Waterfront Sun 8pm | | 1635 |
| Sunset 11'ers F | | 145 | We Care Tu 12pm | | 461 |
| Sunset 11'ers M | 120 | 260 | Wednesday Women's BB W 615pm | | 120 |
| Sunset 11'ers Sa | | 414 | West Portal W 830pm | | 192 |
| Sunset 11'ers Th | | 40 | Wharfrats Th 815pm | | 71 |
| Sunset 11'ers Tu | | 183 | Women Living Sober Sa 10am | | 240 |
| Sunset 11'ers W | | 138 | Women Who Drank Too Much Tu | | 55 |
| Sunset 9'ers M | | 634 | Women's 10 Years Plus Th 615pm | | 340 |
| Sunset 9'ers Sa | | 160 | Women's Kitchen Table Group Tu | | 282 |
| Sunset 9'ers Th | | 120 | Women's Promises F 7pm | | 300 |
| Sunset 9'ers W | | 288 | Women's Step Discussion Meeting Th 7pm | | 100 |
| Sunset Reflections Th 1pm | | 28 | Work In Progress Sat 7pm | | 56 |
| Sunset Speaker Step Sun 730pm | | 597 | YAHOO Step Sa 11am | | 196 |
| Surf Tu 8pm | | 111 | Total SF Group Contributions | 3800 | 88909 |
| Sutter Street Beginners Sat 6pm | | 742 | | | |
| Ten Years After Su 6pm | 223 | 2026 | Total Group Contributions | 5686 | 136140 |



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. |
| Brent H. | Leo H. |
| Bruce D. | Lisa M. |
| Caroline A. | Liz & Aiden D. |
| Casey L. | Lyle W. |
| Catherine S. | Margarite S. |
| Celia H. | Martha S. |
| Charles D. | Marty C. |
| Dan & Sherry T. | Michael W. |
| David J. | Nancie G. |
| David P. | Patrick M. |
| Dennis & Lucy O. | Paul M. |
| Dick F. | Peg L. |
| Donald Ray N. | Peggy T. |
| Doug C. | Pene P. |
| Elizabeth S. | Penelope & Robert |
| 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. | 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!



Thanks to all of the groups and individuals who participated in Gratitude Month!

profit and loss statement

november 2008

| | Nov 08 | Jan - Nov 08 |
|--------------------------------------|--------|--------------|
| Ordinary Income/Expense | | |
| Income | | |
| Contributions from Groups | | |
| Group Contributions | 5655 | 133660 |
| Honors | 31 | 321 |
| Contributions from Groups - Other | 0 | 2186 |
| Total Contributions from Groups | 5686 | 136167 |
| Contributions from Individuals | | |
| Individual - Unrestricted | 3420 | 13377 |
| Faithful Fiver | 595 | 6090 |
| Honorary Contributions | 254 | 5687 |
| Total Contributions from Individuals | 4269 | 25153 |
| Gratitude Month | | |
| Gratitude Month - Groups | 474 | 4166 |
| Gratitude Month - Individual | 100 | 254 |
| Total Gratitude Month | 574 | 4420 |
| Sales - Bookstore | 4889 | 93680 |
| Special Event Income | 0 | 535 |
| Newsletter Subscript. | 66 | 888 |
| Total Income | 15485 | 260843 |
| Cost of Goods Sold | | |
| Cost of Books Sold - Shipping | 12 | 129 |
| Cost of Books Sold | 3273 | 62980 |
| Credit Card Processing Fees | 0 | 1929 |
| Total COGS | 3284 | 65039 |
| Gross Profit | 12200 | 195804 |
| Expense | | |
| IFB Sponsored Events | 134 | 858 |
| Unreconciled Bank Adj | 0 | -150 |
| Special Events Expense | 0 | -62 |
| Employee Expenses | | |
| Wages & Salaries | 8497 | 88788 |
| Employer Tax Expenses | 696 | 7836 |
| Health Benefits | 1184 | 12030 |
| Workers Comp Ins. | 0 | 1045 |
| Total Employee Expenses | 10378 | 109698 |
| Professional Fees | | |
| Accounting | 0 | 2350 |
| Computer Consulting | 0 | 2199 |
| Total Professional Fees | 0 | 4549 |
| Bank Charges | 0 | 146 |
| Postage | | |
| Bulk Mail | 200 | 950 |
| Postage - Other | 97 | 365 |
| Total Postage | 297 | 1315 |
| Rent - Office | 4320 | 45786 |
| Rent - Other | 75 | 750 |
| Access Expenses | 600 | 3025 |

| | Nov 08 | Jan - Nov 08 |
|------------------------|--------|--------------|
| IFB Literature | | |
| Sunshine Club | 0 | 43 |
| IFB Literature - Other | 106 | 106 |
| Total IFB Literature | 106 | 149 |
| PI/CPC | 49 | 118 |
| Filing/Fees | 60 | 134 |
| Insurance | 0 | 1824 |
| Internet Expense | 13 | 606 |
| Office Supplies | 31 | 1975 |
| Paper Purchased | 252 | 1029 |
| Software Purchased | 0 | 380 |
| Shipping | -103 | 265 |
| Equipment Lease | 1837 | 7418 |
| Repair & Maintenance | 244 | 4081 |
| Security System | 34 | 482 |
| Payroll Expenses | 0 | 2 |
| Telephone | 0 | 3129 |
| Phone Book Listings | 0 | 784 |
| Travel | 0 | 1089 |
| Training | 0 | 25 |
| Bad Checks | 0 | 95 |
| Miscellaneous Expense | 0 | -1107 |
| Total Expense | 18329 | 188393 |
| Net Ordinary Income | -6129 | 7412 |
| Other Income/Expense | | |
| Other Income | | |
| Other Income | 0 | 26 |
| Interest Income | 0 | 4362 |
| Total Other Income | 0 | 4388 |
| Other Expense | | |
| Depreciation Expense | 0 | 378 |
| Amortization Expense | 0 | 230 |
| Total Other Expense | 0 | 608 |
| Net Other Income | 0 | 3780 |
| Net Income | -6129 | 11192 |

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