

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2009
3
MARCH

A publication of the Intercountry Fellowship of Alcoholics Anonymous

A publication of the

Intercountry Fellowship

of Alcoholics Anonymous

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The Point is published monthly to inform AA members about business and meeting affairs in the Intercountry 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 Intercountry Fellowship Board, the Central Office, or The Point Editorial Committee, Letter, and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

March 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 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) Orientation, 6 pm, Meeting, 7 pm,
8 PRAASA 2009 See p. 9 for more info.	9 <u>SECOND MON</u> Fellowship Committee Central Office, 6 pm SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7 pm	10 <u>SECOND TUE</u> The Point Committee Central Office, 5:30 pm Bridging the Gap 1111 O'Farrell St. 6:30 pm Marin H&I 1360 Lincoln, San Rafael, 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 <u>THIRD SUN</u> Archives Committee Central Office, 2 pm Business Meeting followed by Work Day	16 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, 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	23	24 <u>FOURTH TUE</u> The Point Committee Central Office, 5:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm	25
29	30	31	

THURSDAY	FRIDAY	SATURDAY
5	6 PRAASA 2009 See p. 9 for more info.	7 PRAASA 2009 See p. 9 for more info.
12 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6 pm	13	14 General Service Agenda Topics Sharing Day 1111 O'Farrell St., San Francisco 10 am—3 pm See p. 9 for more info.
19	20	21
26 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	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>		

IFB Seeking Treasurer!

This is an elected, volunteer position with a two-year term that can be extended for another two-years. The IFB Treasurer oversees the accounting procedures for Central Office, reports to the IFB on financial matters, prepares the annual IFB budget with the budget committee, initiates outside audits and serves as a member of the Central Office Committee. Knowledge of QuickBooks is needed. A more detailed job description is available from the Central Office Manager.

It is not a requirement that the IFB Treasurer be a member of the Fellowship, however, if the applicant is an AA member it is suggested that he or she have one-year, or more, of continuous sobriety.

The job requires a minimum of 10 hours a month.

Position available July 2009.

Interested applicants send resume with cover letter to:

Central Office Committee
1821 Sacramento Street
San Francisco, CA 94109



Meeting Changes

Meeting Changes:

Sun	10:00am	Novato	RISE N SHINE, 801 Grant Ave./Reichert Ave (was 180 Rowland Way.)
Sun	8:30am	Corte Madera	SPIRITUAL TESTOSTERONE, 150 Nellen (was 101 Casa Buena Ave.)
Mon	8:00pm	Castro	THEY STOPPED IN TIME, Church, 152 Church St. (was 3400 16th St./Church St.)
Wed	8:00pm	Bolinas	BOLINAS BOOK STUDY, Church, 30 Brighton Ave. (was Bolinas Step Study at 3 Brighton Ave.)
Thu	7:30am	Tenderloin	FRIDAY KNIGHTS, YMCA, 220 Golden Gate Ave. (was 242 Turk St.)
Thu	7:30pm	North Beach	OFF BROADWAY BOOK (was 8pm)
Thu	8:30pm	Outer Richmond	SEACLIFF, Church, 417 31st Ave./Clement (was 420 29th Ave./Clement)
Fri	7:30am	Tenderloin	THOUGHT FOR THE DAY, YMCA, 220 Golden Gate Ave. (was 242 Turk St.)
Fri	8:30pm	Marina	ST. FRANCIS MEN'S, 1030 Girard Rd./Gorgas Ave. (was 420 29th Ave./Clement)

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!**

Marin Teleservice Spaghetti Feed



**Saturday, March 21st 2009, Doors open at
5pm, Meeting starts at 7pm.**

**Location: Mt. Tamalpais United Methodist Church
410 Sycamore Ave. Mill Valley, 94941**

**7\$ Suggested donation
Please bring dessert to share**

**The Friday Night
Big Book Basics
Meeting
Will be celebrating its
20th ANNIVERSARY**

**WITH A POTLUCK
Friday,
March 27, 2009**



Pot luck 6:30 PM

Meeting at 8:00PM

501 Laguna Honda Blvd
at Woodside.




From the Editor

“How do you know you’re connected to your Higher Power?” We posed this question to our regular contributors and you can see the results in these pages. (You may be reading about this topic again in the future, as we had more submissions than we can publish in one issue.) The Big Book says (p. 93), “he does not have to agree with your conception of God. He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself.” Our fellowship subscribes wholeheartedly to this formulation: we may not know exactly what it is, but we know when we’re connected. How does your experience compare with the responses compiled herein?

In this third month of 2009, we offer one member’s experience of Step Three, another example of getting connected to “God as we understood him.” Your history lesson this

month covers the first recovery clubhouses in San Francisco, demonstrating that this city has had plenty of alcoholics over the years. Dear Alky and Not a Glum Lot offer advice and some laughs, respectively, and we’re printing the letter to the editor that we left out of last month’s issue due to the chaos around the Central Office renovation.


Speaking of the renovation, have you seen it yet? Come by 1821 Sacramento Street and check it out! And while you do, find out about various service opportunities to keep you sober. There are committees that need your help; if you can’t stop by, call Central Office for information or check out the website. Make sure your group has a General Service Representative and sends a member to the Intercounty Fellowship Board. That’s the paradox of Alcoholics Anonymous: you can’t keep it unless you give it away. 

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.) 



the Point

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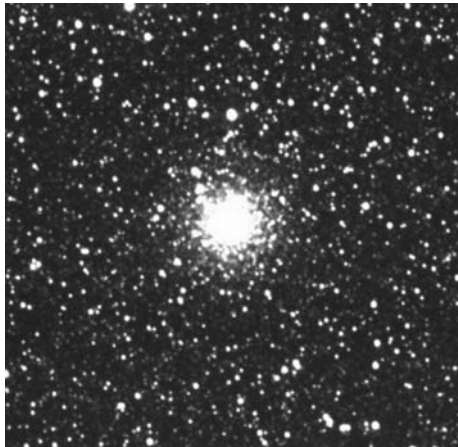
Faith Into Experience by Paul T.

God doesn't speak to me on a daily basis, at least not in an audible sense. I've always been cynical about people claiming to have white light experiences or attributing coincidence and chance to the direct intervention of their Higher Power. I suspect my Higher Power has better things to do.

So how do I know when I'm connected? For two days after I completed my Fifth Step, I felt amazing: clear-headed, peaceful, light, unburdened. I've experienced this again when I've been able to forgive somebody, when I'm really able to let go of a resentment or face a fear or when I live my Third Step and trust my Higher Power to take care of me. I think this is conscious contact. I've made an effort, done some work and stopped obsessing about myself.

Is faith the answer? Am I connected to my Higher Power by simply believing that I am? When I first saw the Steps, the word "God" put me off. A friend advised me to "fake it 'til you make it." I had no idea what she was talking about. I started to attend meetings and I heard people say they got sober simply by doing what they were told. One suggestion was that I should start and end my day with prayer, even if all I could manage was "please let me be sober" in the morning and "thank you" at night. This was hard for me to accept as I'd lost my faith years earlier. But I didn't want to go back to the life I had when I was drinking. These people seemed to have solved their drinking problems, so why not give it a try? I felt no connection to a Higher Power and I said that in my prayers, but gradually they started to mean more to me and I started to see my life change. I now

regard this as an act of faith: faith in the stories I heard, faith in the program and faith that this might work for me, too.



"Knowing that I am connected is no longer a leap of faith; it's simply a matter of remembering what's happened to me"

Looking back, I see other times when I was connected to my Higher Power, but wasn't aware of it. I didn't take care of myself when I was drinking. I was damaging my liver. I drank to black out. I went home with strangers. And yet I was taken care of, I am here today, I am in recovery and I survived my drinking.

What started out as faith has now become experience. Knowing that I am connected is no longer a leap of faith; it's simply a matter of remembering what's happened to me. The craving for alcohol was taken away from me very early in my sobriety. All I wanted when I came in was to

learn to control my drinking; I never planned to stop for good or change anything else. I've been given so much more than I even wanted. Perhaps that's why the Big Book describes sobriety as a life beyond our wildest dreams.

I think the truth is that we are always connected whether we know it or not and that our Higher Power is always with us; we either choose to see Him or we choose to turn away. Perhaps we only know we're connected when we seek that conscious contact. It seems to me that the steps tell us how to connect, but not what we will experience.

Seeking conscious contact is service, service to self, to our Higher Power and to other people, through the changes it brings about in our lives. The Big Book (Page 46) says "we found that God does not make hard terms for those who seek Him." So seek conscious contact through prayer and meditation, let go and trust that you are always connected.

I use the word God without preconceived idea of what God is like because I can't think of a better word to describe what I'm talking about. I have no idea what God is like and I try not to worry about that. I once heard at a meeting that if God were small and simple enough for me to understand, he wouldn't be big enough to look after me.

[I use the pronoun "He" for linguistic simplicity; I have no concept of gender in relation to my higher power, but using a pronoun of some kind is a linguistic necessity.] **TP**



Top 10 Meetings A Newcomer Is Likely to Check Out:

- 10. All About Me—Newcomers Men’s Stag (Orange, CA)
- 9. It’s a Wonderful Life (Queens, NY)
- 8. High On Life (Long Beach, CA)
- 7. D.I.V.A. (Divinely Inspired Vivacious Alcoholics) (Manhattan, NY)
- 6. Number One (Pawtucket, RI)
- 5. Fresh Start (Dorchester, MA)
- 4. Quittin’ Time (Marblehead, MA)
- 3. Short & Sweet (Las Vegas, NV)
- 2. It’s Free (Wareham, MA)
- 1. Straight Pepper Diet (Las Vegas, NV)

Top 10 Meetings A Newcomer Is Likely To Avoid:

- 10. Sober Horse Thieves (Laguna Beach, CA)
- 9. It’s Come to This (Hollywood, CA)
- 8. Convicts Wandering A.A. Meeting (Orange County, CA)
- 7. Odd Couples Wandering (North Orange County, CA)
- 6. Big Ugliers of A.A. (Midvale, UT)
- 5. Drunken Fools (Seattle, WA)
- 4. Bad Brains (Oahu, HI)
- 3. Felines On The Fence (Anaheim, CA)
- 2. Gates of Insanity (Northridge, CA)
- 1. Too Early (San Francisco, CA)

Propped Up

*Main Street in a Spaghetti Western
Façades, store fronts only,
Props and Propped Up, mere ideas
Thoughts of a reality that was not*

*My life was this street
A façade, a living prop, where
Alcohol propped me up
I the reality that was not*

*So as the real world crept in
Bottoms up, the props fell
One domino after another
Main Street laid bare, empty,
alone*

*Where to turn. . . .
Everywhere, yet nowhere
Or so it seemed until
From somewhere came a Voice*

*“Just be willing,” It whispered
“I will be your Prop now,
If you will let Me,” It cajoled.
“TRY ANYTHING” I thought in
reply*

*On Main Street. . .High Noon
Face to face with a killer
Façades no longer, only real life
Today’s duel I can win, armed
with a Higher Prop*

John W.

Letter to the Editor

Dear Point:

I like the new layout. I was a little sad to see the old-timer interview is gone, but I enjoyed the article about the beginning of A.A. in San Francisco. I think it's cool to post history, whether a person's, or A.A.'s ongoing history. I'm glad you still

have the Meet the Meeting article. I like reading how different groups got started. I also like the larger calendar.

Thanks for your service,

Olive G.



the twelve steps Step Three: As Chris Sees It by Chris D.

I came to believe some time after getting sober. While growing up in the good Irish Catholic family from whence I had come, it was obvious that God wanted me to gain my understanding of him by having it crammed down my throat! There were the nuns who taught with an iron fist and a lightning quick ruler. The priests in their godly wardrobe were an intimidating lot. Then there were my parents. All in all, if I didn't make up some conception of God, I was going to get the hell beat out of me. What's a kid who's terrified of the people trying to give him God supposed to do? Me, I drank from a young age!

As I got into my late teens and well into my disease, it was clear that insanity had set in. I had given in to the idea that I was an alcoholic and that it was my birthright. After all, I'm Irish, right? My parents sent me to an all boys school in Ireland as it was the closest thing to rehab they could come up with. I spent my senior year at a Catholic school in San Jose. Some time after graduating I had my first moment of clarity. I felt a need to return to my high school to have a talk with one of the young priests. I talked with him about my problem with alcohol. To this day I don't recall our conversation, but I'm guessing that he made a suggestion of some sort. I managed to lay off all substances for a few weeks and thought, "I don't have a problem." Today I believe God was working on me, but he forgot how stubborn he made me!

It took another ten years of insanity before I would make it to the rooms of Alcoholics Anonymous. After the fog began to clear, my first sponsor, Bill, began his miracle work on me. After


having to call Bill for thirty days straight, we started working the steps. I was *anxious* (today I know this to be an early sign that God was finishing the job which he started long ago) to work the steps and let Bill know this. He reminded me, as he did many times in the early days, that the steps were in order for a reason. With some discussion it was easy to see that I was an alcoholic and my life was pretty messed up.

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

We continued to read the *Twelve and Twelve* and the *Big Book*. I did maintain a *belief* in God through my drinking days. I simply did not understand much about God nor did I care much for God. The early exposure to the Catholic God had left me disillusioned a bit!

My sponsor had me write a list of MY insanities and helped me understand my nutty thinking. As I learned that I needed to turn my will and life over to God, I wasn't sure how. Bill simply got on his knees with me, held hands and had me read the Third Step Prayer out of the *Big Book*. I really started to learn about trust and began to trust in him. That bond became stronger in the early days as we spent much time together. Most of my trust was placed with Bill but I was understanding God in doing so. I spent my first two years of sobriety in Palm Springs where there were a lot of old timers, especially at the 7 AM meeting. I learned to place a lot of trust in them where I

also got God. Over the years I have come to associate mostly with people in the program. I have learned to place my trust there and in doing so I find God.

Admitting that I had a problem and asking for help took the greatest leap of faith I have ever known. My journey has shown me that God not only is within me but also in those I am close with. I have learned to place my trust in those two places and for that I am grateful! 

**NORTHERN CALIFORNIA
COUNCIL OF
ALCOHOLICS ANONYMOUS**

**NCCAA
62ND ANNUAL
SPRING CONFERENCE**

**Foster City, CA
Crown Plaza Hotel
1221 Chess Drive
Foster City, California 94404**

March 13, 14 and 15, 2009

FELLOWSHIP
WORKSHOPS
SPEAKERS
RAFFLE
DANCE

WWW.NCC-AA.ORG

Dear Alky...



Questions and Answers
from one AA
to another

Dear Alky,

I am a new member of A.A. and am concerned about what seems to be a requirement for success: a belief in God. I am an atheist and do not believe in God. I've tried contemplating the term "Higher Power" and I still come up empty. I am embarrassed to admit to anyone how I feel about this. Is there hope for my recovery?

A.A. (Anonymous Atheist)

Dear A.A.:

I'd be more worried about your fear of judgment than about your atheism. It's critical in A.A. to be scrupulously honest about yourself with at least one trusted person, or you will be driven by your fears. For alcoholics, that ride generally takes us right to a drink.

Take comfort—you are not alone in A.A. as a non-believer in God. There are even meetings especially designed for atheists and agnostics. There is, of course, an entire chapter in the Big Book devoted to "agnostics," but I personally don't think it gives much comfort to real atheists who read it. I imagine that the chapter's simplistic

rendering of agnosticism as merely a matter of being stubborn might be more insulting than convincing.

In my opinion, it doesn't matter very much what you *believe*. It matters what you *do*. That is why devout believers in God who do not do the work of the program can still fail to recover—and why atheists and agnostics who do the steps to the best of their ability, do recover. Alcoholics do not want to be told what to do, how to live our lives. Entering A.A. can therefore be a rude awakening for many of us. It sets out a way of life—a list of actual tasks to do. It's quite simple, of course, but not *easy*, so many of us look for a reason to reject the program. One easy way out is to say that you can't get behind the whole "God thing."

Alcoholics have been using this excuse since the program's inception. The early members responded to the concerns about an enforced religious experience by using the phrase "God—as we understood him." That allayed the concerns of people who did not believe in any particular religion's conception of God, but it does little for those who have a problem with the idea of God in general. But

take a look at the Second Appendix; its definition of "spiritual experience" is very roomy and inclusive. The bottom line: "any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial. . . . *Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.*" (*Alcoholics Anonymous*, Fourth Ed., at page 568.)

I generally advise people to stop worrying about what they believe and simply *do* the things that are suggested. Some of the things are going to make you feel weirder than others, such as praying when you don't believe there is anything to pray *to*. Tell your sponsor it seems stupid to you, then do it anyway. It can't make things worse than they already are for an alcoholic hitting bottom, and the experience of millions of people through the years shows that the steps have a way of making things much, much better. Give it a shot—no one can make you believe anything (and no one should be trying).

Love, Alky 

SAN FRANCISCO GENERAL SERVICE AGENDA TOPICS SHARING DAY

Saturday, March 14, 2009
10am to 3pm
St. Mark's Church,
1111 O'Farrell St./Franklin

LEARN ABOUT AND DISCUSS THIS YEAR'S AGENDA TOPICS
AND A.A.'S FUTURE. LUNCH WILL BE SERVED!

PRAASA 2009
MARRIOTT CITY CENTER HOTEL
1001 BROADWAY, OAKLAND 94607

MARCH 6 TO MARCH 8

42nd PACIFIC REGION A.A. SERVICE ASSEMBLY
Hear from our current trustee, Madeline P, from Idaho,
a variety of A.A. themes and 2009 agenda topics

REGISTRATION IS \$15. DETAILS AT: WWW.PRAASA.ORG

From Buzzing Whine into Beethoven by Mike M.

I most often realize I'm connected to my Higher Power when I discover that I'm at peace. As when you realize a persistent irritating background noise has stopped and you suddenly stop to marvel at the quiet that has replaced it. I realize I'm going along with life, accepting and enjoying it, rather than fighting it.

Connected to my HP, I can be the kind of citizen out in public that I want myself and others to be—polite, considerate and helpful. I smile at a homeless person asking for money (with a sign reading "Just Being Honest, Need Beer") and say no politely, rather than snarling at them. If I see someone who needs assistance with directions or luggage or a baby stroller boarding the bus, I offer it.


At home, I know I'm so much more connected to my HP in my sobriety because I can stop and listen to classical music. I always enjoyed loud party music before and scoffed at "tired old" classical music. In sobriety, I can sit quietly and enjoy a meal or just some resting time, and marvel at the

emotional and spiritual journey I take when I follow the flow of a beautifully performed piece of music. There's nothing old or tired at all about the emotional power of so much of our incredible musical heritage. Being serene enough to enjoy it not only gets me out of myself, but permits me to share the spirituality of the composer and the performers—to be part of an unseen audience in communion with a beauty that is heard and not seen, and moves the soul to a profound feeling of love.

At work, I realize I'm connected to my HP when I find I'm "just doing it" instead of deferring work or fretting over it or complaining about it to a co-worker. I can also realize when the present is perhaps not the optimum time to tackle a complicated project, and work on other tasks until the time is more conducive to uninterrupted work on that more challenging one.

And wherever I am, I always realize more quickly when I am *not* connected to my HP these days. Whether I'm angry at a red light runner, or

resentful at a co-worker who I think is not pulling his or her own share, or furious over the person behind me on Muni talking on a cell phone in a loud voice about nothing important (to me anyway), I can move faster to pull myself back into HP connectedness by saying a quick Serenity Prayer or forcing myself to smile or just reminding myself of how often in the past I have engaged in the exact same behavior that is upsetting me today. I pick up the key of willingness and put it back in the door as soon as I realize the door has quietly slipped shut when I wasn't paying attention, leaving me isolated in my own discontent.

And guess what? All this practice is working. The serenity I prayed for almost constantly in the early days of sobriety, often without much faith I would ever get it, is arriving more often and staying longer. I'm witnessing the promises come true in my life and I know it's because I always seek to maintain connection with my HP and to be aware of, and grateful for, the evidence of that connection. 

Post-It Notes by D.A.M.

Recently, at a meeting, the speaker mentioned something that said "Hello!" to me. He said occasionally he receives or finds Post-it notes from his HP. I thought, "What a stupid thing to say," but could not get it out of my mind. In the case of this drunk, I'm finding it's so true. Don't get me wrong, I'm not finding little yellow sheets of paper all over the place, but these "notes" keep popping up in various incarnations.


A few weeks ago, I was having a particularly difficult day at work, when I received an email from a business associate. It was the most relaxing, refreshing and peaceful video from

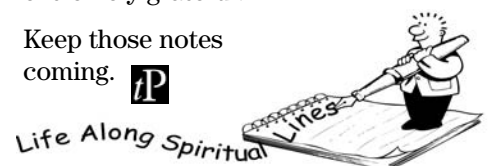
YouTube. I just sat there mesmerized by what I was seeing and hearing; the day brightened (in my mind). I took several deep breaths and got on with it. An example of a little note from my HP.

Some years ago, when I was brand new in the program, I was at a step study meeting. One of the attendees spent the majority of his time doodling and, of course, not paying attention to me and the pearls of wisdom coming out of my mouth, which incensed me. When the meeting was over, he handed me the piece of paper he was doodling on and I stuck it in my briefcase. When I got back to my

office and looked at the doodles, it was the Serenity Prayer, hidden amongst lots of abstract colored lines. Today, it's framed and sits on my desk, in my line of sight.

That was my first Post-it note from my HP. It keeps me focused and calm—well, calmer—when things get nuts. The best thing is I know my ever-evolving, amoeba-like HP has a great sense of humor and for that I am extremely grateful!

Keep those notes coming. 



137 Harlan Place: "Blind Pig" Becomes Beacon of Hope

by Tracy F., Archives Committee Chair

After doing more research about San Francisco's first clubhouse for recovering alcoholics at 137 Harlan Place, I have learned that it had been a "blind pig" during the 1920s.

Wikipedia says:

A blind pig is a type of speakeasy from the United States prohibition era . . . Speakeasies invariably offered food, music or entertainment, or all three, besides drinking. A blind pig was generally a lower class dive, where only beer and liquor were available.

137 Harlan Place was located at the top of a dead end alley; its entrance was marked by a light in an old-fashioned iron frame. The light that had guided many a drunk to the old blind pig became a beacon of hope for many.

The first meeting was held there in February 1944, with 35 present. Before the year was out, the group had outgrown the hall and efforts began to find a larger place. While plans were going forward for an expansion move, the group was bitten by another bug—the incorporation and bylaw bug. On January 3, 1945, Alcoholics Anonymous, San Francisco Fellowship, acquired a state charter. The document was ratified by solemn

"voting members" (original members who attended the first meetings) on March 6, 1945.




At the end of a dead end street was San Francisco's first clubhouse... 137 Harlan Pl. A light burned over the door, a beacon to the frightened newcomer

The clubhouse expansion movement resulted in a cavern-like, second story loft at 143 Bush Street. The first meeting was held there on April 13, 1945, and from then on the fellowship mushroomed. The big hall would hold crowds of up to 350.

Another need emerged. One Sunday night in the winter of 1947, two men just released from the county jail

visited 143 Bush Street. They were uncomfortable and lost. Thus began the South of Market Group or so-called "skid row group." It first met in the Salvation Army Hall, in the heart of skid row. It then moved to its own clubhouse in a shelter run by the St. Vincent De Paul Society at 235 Minna Street. Meetings were held Wednesday and Saturday nights. In 1950, Emmett Daly, then Deputy District Attorney, visited the South of Market Group meetings and co-founded the first outpatient clinic to help alcoholics at 150 Otis Street, with the help of Dr. Poliak from San Francisco General Hospital. Dr Poliak was familiar with and made many referrals to Alcoholics Anonymous. He was a regular visitor to A.A. meetings.

Soon, other facilities developed in San Francisco to meet the needs of alcoholics who wanted to recover. There was the Seven Seas Club at 9 Mission Street, conducted by the Maritime Group. The Mission Day Group opened the Twelfth Step House at 25th and Alabama Streets and a new group opened a Tradition House at 505 Market Street. These were all designed to help the sick alcoholic. 



The Artists & Writers Group presents:

The Annual **"Drunks on Display"** Talent Show. We are in the planning stages and are seeking entries from creative artists of ALL VARIETIES. Music, visual arts, theater, comedy, poetry and prose, dance, you name it! We welcome your entry!

Creative Artists Call for Entries!
Deadline: March 23rd

The Event will take place on Saturday night, either April 25th Or May 2nd. keep watching The Point and www.aasf.org for more details as the event approaches.

Those interested in being "On Display" please contact Pete at 415.601.2000
Donations to "Raffle" contact Peg at 415.386.4985 or lairdp@earthlink.net

Presenters will be selected Live on March 27th by a random drawing.
Each presenter will have 5 minutes in the limelight

A&W Group meets every Friday at 6:30 PM at 1350 Waller St.

Loving Kindness *by Peg L.*

I've always been something of a late bloomer. I didn't get sober until I was 47, and it took me years of sobriety before I could "get" a Higher Power that worked for me. In fact, other people's concept of a Higher Power used to just annoy the heck out of me, and I'd mutter, "This is a spiritual program, not a religious one," as folks spoke of how they had a kind and loving God in their lives—and frequently one that found them a parking place.

This was back in the early 80's, when so many of my clean and sober friends were dying of AIDS, and I wondered where that kind and loving God was for them. Then one day at a meeting I heard a woman who I deeply admired say that she had come to the realization that there was a power in the universe that was beyond her comprehension. That immediately clicked for me. If it's beyond my comprehension, I no longer need to try to attribute human emotions or motivations (like good, bad, personally watching out for me, rewarding or punishing) to whatever "it" is.

Over the years, however, I found myself putting some kind of warm, fuzzy overlay on top of this thing that was beyond my comprehension. Then one of my daughters was diagnosed with breast cancer. She was 44 years old, the wife of a loving husband and the mother of two little boys, and she was a fighter with enormous loving support from friends and family the world over. I doubt there has ever been anyone for whom so many prayers and pleas have been said. After three years fighting the disease she died, and she died in great pain.

Warm and fuzzy was stripped away for me and I was left with this power truly beyond my comprehension. During those years I still went to meetings constantly and I would think, "I can't go one more time and talk and cry again. Those people have to be so sick of hearing me." And I would go and I would talk and I would cry and that's where the embodiment of my Higher Power came from. It was the loving kindness expressed by the people in the rooms

of Alcoholics Anonymous that supported and sustained me through that terrible time. Not once did I think, "I want a drink." I knew a drink wouldn't make it better nor make it go away. And I was grateful: grateful to be sober and able to be present for my daughter, and grateful for the kind and loving people in A.A. who held me in their hearts and hands and let me have my grief.

I have a quote, slightly paraphrased, from St Theresa that is a favorite of mine. It goes something like this: "God has no hands but ours, no feet but ours. Ours are the eyes with which God has to look with love upon the world." So, you see, I believe that it is my responsibility to act as the embodiment of this Power That Is Beyond My Comprehension. Sometimes I do it better than other times; sometimes I'm embarrassed by how badly I do it; but I am always grateful to the people in Alcoholics Anonymous who express this loving kindness and I try to take this lesson out into the rest of the world.



Higher Power As A Sports Metaphor *by James M.*

Peace. I know when my relationship with my Higher Power is good because I feel peace.

Like many an alcoholic (and others), I've had a very rocky relationship with my Higher Power. Like that guy in the unbearably corny story, "Footprints," * I've asked my HP, "Where the hell were you?" during times when I felt alone, but always knew in my heart what the answer

was. I'm one of those weird stories you hear, where somebody went to a meeting or two and then was struck sober. I haven't had a drink since the first week I started going to meetings. But I have had lots of times when I've felt alone, like I was living in a demonic rather than a divine world, where my relationships have sucked. Luckily, there's an image that came to me relatively early in sobriety, and it

still serves. It's from high school. Let me explain.

I was a skinny, non-athletic kid, weighed about 145 pounds. P.E. was not my favorite class. But one day, when we were playing flag football, I decided to go all out. My team was the receiving team, and I tried to block my classmate, Mike, who was coming down as part of the kicking

(HIGHER POWER, continued on page 13)

How Do You Know You're Connected to Your Higher Power?

"When I face a moment of present fear and think of past similar moments; THEN I know He's there, THEN I "hear" Him say: "I am with you, even for this." John W.

"I know I'm in touch with my own conception of God, when I have an overwhelming sense that everything is going to be okay". Bob J.

"I know my higher power is at work when everything seems upside down, everything appears to be opposite of my plans, yet it all works out to my higher good in the end." Virginia M.

"My HP is always with me, tasting through my tongue, seeing through my eyes, hearing through my ears, smelling through my nose, and feeling with my hands." Jon R.

"When I get the green lights . . ." A.O.

"I know I am connected to my HP when, on a Sunday morning, I am being lazy and don't want to meditate, do service, or meet with sponsees, and I get an email from *The Point* asking me how I know I am connected with my higher power! If that ain't godz and goddezzez working in my life I don't know what is. It's always the little things—and not picking up the first drink!" Li L.

"My Yahoo horoscope is a conduit for my HP." A.W.

"I know I am connected when I laugh and delight in my dogs cavorting, even when they are rolling in mud. But most of all, I know it when I am in a meeting and someone for whom I have had little regard in the past says something that absolutely rivets me, touches my heart and makes me see them in a whole new way, reminding me that my mantra is "God, please help me stay teachable," and I get off my ass and thank them." Shael B.


"My first and initial HP was my blood family where I was given life and learned to live, was loved and learned to love, was nurtured and learned to nurture. I'm the youngest of seven kids and was very protected and cared for by my family where I sought acknowledgment, recognition, guidance, and forgiveness when I faltered. It wasn't long before I experienced a procession of HPs: my schools, my church, my teenage friends, and eventually alcohol and drugs. Today I'm happy to report my sobriety through my active involvement with A.A. By practicing the principles of A.A. in all of my affairs, getting back to work, paying taxes and beginning a dialog

with my blood family after many years of ducking those responsibilities—these are the areas of my life where I can practice what I have learned of my HP." L.J.V.

"I stay in touch with my HP through watching my kids grow up, running through Golden Gate Park, going to meetings, doing service, and talking to newcomers." M.W.

"I know I'm connected with my HP when my life intersects with another's, saving my life and theirs." Lindell B.

"Through prayer and especially meditation, I've been able to quiet my mind daily for at least 10 minutes. I began with counting backwards from my age (64) down to 1 and back up again. That really helps to clear my mind of all the thoughts going on inside my head. Hope this helps and that my experience can benefit others." Abby

"One sure way I know my HP is through the people in my A.A. circle. Since I travel often, my circle sometimes reaches across the US and into other countries. But sometimes my A.A. circle is just the person in the chair next to me who says hello when I feel alone." Patty Mc. 


(HIGHER POWER, continued from page 12)
team. Now he was an offensive lineman who played junior varsity, and he ran over me like a Hummer over a beer can. I tumbled six ways from Sunday. And then, there he was with a smile and a hand out, congratulating me on trying. He helped me up, and I was a little bit in wonder, but unhurt.

So what does this have to do with a Higher Power? Well, it occurs to me that my Higher Power is in some

ways like this guy was. He's running down the field, and I can be in front of him and get bowled over, or I can be behind him and he'll run interference for me. It's all done with a perfectly good will; the choice is mine. If I get in behind, obstacles will be cleared out of my path. If not, I may get run over.

The trick, of course, is to know what route he's running. This is where all that humility stuff, the prayer and meditation, comes in. My experience

is that when I ask and humbly do what's in front of me, the results usually work. If I do it my way, gritting my teeth, trying to bull ahead no matter what, I get tumbled over. But if I go back with humility to the prayer and meditation, he's always there with a hand up and a smile, and I know it in the form of inner peace.

*"Footprints in the Sand" can be read online in its multiple versions; just search for the title. 

ifb meeting summary – february 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

Any Lengths	Gold Mine Group	Men's Gentle Touch	Saturday Sunset 9'ers	Terra Linda
Attitude Adjustment	Gratitude Group	Mid-Morning Support	Serenity Seekers	They Stopped In Time
Back to Basics	High Noon	Mill Valley 7am	Sisters Circle	Tiburon Men's Stag
Came to Park	High Noon (Friday)	Miracles On 24th St	Sober 5150's	Too Early
Castro Discussion	High Noon (Saturday)	Mission Terrace	Some Are Sicker Than...	Tuesday Downtown
Cocoanuts	High Noon Monday	One Liners	Steppin Up	Tuesday Newcomers
Code Blue	Join the Tribe	Progress Not Perfection	Sunday Night SD	Valencia Smokefree
Cow Hollow Young People	Let It Be Now	Queers, Crackpots & Fallen Women	Sunset 9'ers Su 8am	Walk of Shame
Doin' the Deal	Living Sober With HIV	Reality Farm	Sunset Early Morning	Waterfront
Each Day a New Beginning	Marina Discussion	Regroup	Sunset Speaker Step	Women's Kitchen Table
Fireside Chat	Marina Discussion	Room to Grow	Ten Years After	Women's Promises
Friendly Circle Beginners				

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

IFB Officer Reports

Chair: Central Office would like to set up an AA timeline and is looking for artists and designers to help out with it. If you are interested in helping talk to Chuck or call Central Office. If you are looking for a service sponsor let Chuck know and he'll try to match you up with someone.

Treasurer: Patrick was absent; his written report gave an overall rating of "Good".

Central Office Report: Maury thanked all of the volunteers who helped to make the Central Office facilities improvement such a smooth process. The new SF schedule will be printed soon; make sure the meetings are listed correctly and to notify Central Office of any changes. There are phone shifts available at Central Office. There is a one year-sobriety requirement. If interested, contact Peter at Central Office Mon-Fri 10a-6p. Central Office will be closed on Monday, February 16th for President's Day.

Central Office Committee: Andy read

the Central Office Committee report. Patrick's commitment is up in June; please let the Central Office Committee know about any qualified candidates.

Discussion regarding group inventory

Reps reviewed the group inventory notes for action items. Action items included: exploring options for a standard IFB report format; working on an electronic IFB participation tracker, to include the number of group reps from Marin and San Francisco in attendance at each IFB meeting; advocating service sponsorship; and encouraging more people to the IFB by having a social/food fellowship opportunity before the IFB meeting.

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: The committee is looking for assistance with the development of a method for taking accommodation requests. Contact the committee at access@aaasf.org with any questions or concerns.

b. Archives Committee: The committee has been writing stories about local AA history, starting at the beginning, for *The*

Point. The committee needs more help and asked members to announce at their meetings that if you are interested in learning about local AA history they encourage you to join.

c. 12th step Committee: The committee will NOT have monthly 12 Step Workshops and Sunshine Club Orientations, as announced in November 2008. The Sunshine Club's next Orientation will be at Fort Mason, date to be decided. The Sunshine Club needs donations of portable CD players.

d. Orientation Committee: The committee is trying to make new reps feel welcomed so they come back. They will focus more on service sponsorship.

e. *The Point* Editorial Committee: The committee continues to welcome articles from its readers and hopes another committee member will join, hopefully someone who is able to cover local AA activities and visit meetings as a reporter.

f. Trusted Servants Workshop Committee: The committee only has two members and needs one or two more members to join. There will be a "two-way" workshop focused on Group Treasurer and Literature person on February 14th, 10a-12p.

g. Web Committee: IFB meeting minutes, agendas, and other documents, such as the inventory notes, are posted on the IFB info section of the website. Google analytics

showed that hits on the website went up the day after Thanksgiving, continued to rise, and had the most hits reported thus far on January 1st, proving we indeed have a "seasonal business". PI/CPC and Teleservice portions of the website are up and running and the committee will work with the 12th Step committee on their section next.

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

Special Committee Reports

a. Teleservice, SF: There are five open Teleservice shifts. There is a one-year sobriety requirement and the committee asks volunteers to commit to a year of service. Volunteers do not have to be home, they just have to be in a place where their cell phone gets reception. Teleservice volunteers are often the first contact with AA callers ever have; the commitment really gets to carry the message to alcoholics.

b. PI/CPC: In January the committee had presentations in four DUI classes and held the PI/CPC Annual Meeting and Speaker workshop.

IFB Liaison Reports

a. General Service, SF: There were 10 new General Service reps at the last meeting.

b. General Service, Marin. Petaluma Teleservice is going out of commission due to a lack of funds.

c. Teleservice, Marin: The committee is planning their Spaghetti Feed for March 21, 2009.

d. Bridging the Gap: The next orientation will be Feb. 10, 2009 at 6:30pm at St. Marks Church.

e. Spirit of San Francisco: The next planning meeting is March 2, 2009 at 7p at 777 Brotherhood Way. The committee needs some new blood. The next event is a Spaghetti Feed and Bingo Game Day.

f. Living Sober: The Living Sober Conference online registration has been launched and discounted registration is available until March 15. The 2009 conference will be held July 3-5 at the Grand Hyatt. They are currently looking for speakers. Submissions for suggestions

should be postmarked by March 31. All speakers need to identify as members of the LGBT community. The committee's next event is Drag Bingo.

Sample Group Rep Report

A member gave an example of what they plan to report back to their group: The IFB inventory was discussed; the financial report and a copy of *The Point* is on the literature table for anyone who is interested; Central Office is closed on 2/16; three phone shifts are open at Central Office; list all of the committees that need support and the day and time of their meeting chronologically in order of when the meeting is coming up.

Group Rep Reports: None. A new rep asked what types of things get brought up during this section. Replies included: how to handle disturbances within reps' groups; should the IFB Treasurer be a paid position; and how to handle group trusted servants not practicing the spirit of rotation.

XIX. Adjourn with the Responsibility Statement:

A motion was made to adjourn the meeting at 8:55PM; seconded and passed.

Rebecca D. S.,
IFB Secretary

The next IFB meeting is on Wednesday, March 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 non-profit corporation.

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

aa group contributions

Fellowship			Marin Group Contributions			Marin Group Contributions		
	Dec. 2008	YTD		Dec. 2008	YTD		Dec. 2008	YTD
Alta Mira Sun. 7pm		268	Intimate Feelings Sa 10am	323		Survivors M 12pm		182
Anonymous		300	Inverness Sunday Serenity Su 10am	245		T. G. I. Tuesday 6pm		102
ARA House		20	Island Group Th 8pm	328		T.G.I.F. F 6pm		234
Artists & Writers F 630pm		1190	Larkspur Beginners F 7pm	219		Terra Linda Group Th 830pm		1683
Brisbane Breakfast Bunch	80	434	Larkspur Beginners W 7pm	338	338	Terra Linda Stag Th 8pm	325	1230
Contribution Box	71	708	Living in the Solution F 6pm	156	847	The Barnyard Group Sa 4pm		94
Customer		9	Marin City Groups 5D 630pm		710	The Fearless Searchers F 8pm		106
Deer Park Discovery Group		45	Men Only Stag Sa 6pm		60	The Novato Group Fri. D F 830pm		90
First Responders	120	120	Mill Valley 7D 7am	600	2400	Three Step Group Sa 530pm		361
Harbor Lights Fellowship		33	Mill Valley Discussion W 830pm		18	Thursday Night Book Club Th 7pm		152
IFB	83	1046	Monday Blues M 630pm		834	Thursday Night Speaker Th 830pm	684	2431
Marin City Groups 5D 630pm		200	Monday Night Meeting M 8pm Bolinas		125	Tiburon Beginners & Closed Tu	134	1403
Marin General Service		85	Monday Night Stag - 12 & 12 M 6pm		300	Tiburon Big Book Group W 730pm		284
Marin Teleservice	1200	2897	Monday Night Stag (Tiburon) 8pm		2244	Tiburon Haven Sun 12pm	300	800
Pax West Fellowship Dinner		120	Monday Night Women's M 8pm	102	233	Tiburon Women's Candlelight W 8pm		233
Santa Rosa Fellowship		10	Monday Nooners M 12pm		275	Tuesday Chip Meeting Tu 8pm		1157
Serenity House	150	900	Monday Nooners M 330pm		344	Tuesday Twelve Step Tu 630pm		61
SF Alano Club		10	More Will Be Revealed F 12pm		100	We, Us and Ours M 650pm		130
Spirit of San Francisco		168	Morning Attitude Adjustment MTuF 7am		342	Wednesday Night Candlelight W 8pm	963	963
Waterfront Sun 8pm		260	Nativity Monday Night Big Book M 8pm		200	Wednesday Night SD W 7pm		152
West Bay Alano		69	Newcomers Step M 730pm		906	What's It All About F 12pm		363
Total Fellowship	1704	8891	Noon Discussion Th 12pm		214	Women For Women W 12pm		50
			Noon Hope F 12pm	219	854	Women's Big Book Tu 1030am		287
			Noon Tu 12pm		138	Women's Lunch Bunch F 12pm	122	231
Marin Group Contributions	Dec. 2008	YTD	North Marin Speaker Sun 12pm		130	Women's Meeting Su 430pm		27
A Vision for You (Fairfax) Su 730pm		125	Novato Monday Stag M 8pm		60	Working Dogs W 1205pm		537
Attitude Adjustment 7D 7am		3200	On Awakening 7D 530am		490	Young People's BYOB Sat 7pm		200
Awakenings Sa 830am		35	Primary Purpose W 830pm		143	Total Marin Group Contributions	5079	45123
Awareness/Acceptance M 1030am		344	Refugee Th 12pm		160			
Blackie's Pasture Sa 830pm		613	Reveille 5D 7am	200	400	SF Group Contributions	Dec. 2008	YTD
Caledonia Sun 8pm		500	Rise N Shine Sun 10am		455	6am Marina Dock		342
Candlelight Sun 830pm		263	San Geronimo Valley Book Study F 8pm		78	6am Marina Dock F		86
Closed Women Step Study Tu 330pm		389	San Geronimo Valley M 8pm	46	114	6am Marina Dock M		32
Creekside New Growth Sun 7pm		70	Saturday Serenity Sa 8pm		52	6am Marina Dock Sa		381
Crossroads Sun 12pm		890	Saturday Women's Speaker Sa 6pm	150	150	6am Marina Dock Tu		25
Day At A Time 7D 630am		611	Sausalito 12 Step Study Group		175	6am Marina Dock W		24
Design For Living (Marin) W 7pm		75	Serendipity Sa 11am		144	7am As Bill Sees It Fri		400
Downtown Mill Valley F 830pm	54	893	Sisters In Sobriety Th 730pm (M)		534	7am Grab Bag M 7am		62
Experience, Strength & Hope Sa 6pm	60	156	Six O'Clock Sunset Th 6pm		227	7am Marina Dock		7
Fairfax Friday Night F 830pm		76	Spiritual Testost. Stag Su 830a	250	565	7am Speaker Discussion Th 7am		135
Freedom Finders F 830pm		948	Steps to Freedom M 730pm		419	7am Step Discussion Tu 7am	62	91
Friday Night Book F 830pm		198	Steps To The Solution W 715pm	75	314	830am Smokeless F 830am	85	390
Girls Night Out W 815pm		109	Stinson Beach Fellowship Th 8pm		200	830am Smokeless Tu 830am		165
Gratitude Tu 8pm		381	Sunday Express Sun 6pm	100	400	A is for Alcohol Tu 6pm		186
Happy Hour (Marin) Th 6pm	60	156	Sunday Friendship Sun 7pm		90	A New Start F 830pm		255
Happy, Joyous & Free 5D 12pm		2250	Sunday Night Corte Madera Sun 8pm		667	A Vision for You (SF) Su 630pm		40
High & Dry W 12pm		335	Sunlight of the Spirit Th 7pm	50	248	AA As You Like It Tu 530pm		98
Hillside Candlelight F 830pm		57						

aa group contributions

SF Group Contributions	Dec. 2008	YTD	SF Group Contributions	Dec. 2008	YTD	SF Group Contributions	Dec. 2008	YTD
AA Step Study Su 6pm		361	Each Day a New Beginning W 7am	66	309	Keep It Simple Sat 830pm		404
Acceptance Group M 530pm		43	Early Start F 6pm		2142	Light Brigade Discussion Su 7pm		40
Afro American Beginners Sat 8pm		239	Easy Does It Tu 6pm		255	Light Steppers Su 7pm		120
Afro American F 8pm		99	Embarcadero Group 5D 1210pm	153	1569	Lighten Up	31	31
Alamo Square Su 7pm		210	Epiphany Group Th 8pm		94	Like A Prayer Su 4pm		27
All Together Now Th 8pm	186	439	Eureka Step Tu 6pm		317	Lincoln Park Sat 830pm		269
Alumni W 830pm		32	Eureka Valley Topic M 6pm		1554	Live and Let Live Su 8pm		62
Amazing Grace M 7pm		120	Excelsior Free for All Sa 8pm	100	450	Living Sober W 8pm	128	325
Any Lengths Sat 930am		1406	Federal Speaker Su 12pm		713	Living Sober with HIV W 6pm		586
Artists & Writers F 630pm		336	Firefighters & Friends Tu 10am		117	Luke's Group W 8pm		248
As Bill CCs It Sun 8am		159	Fireside Chat Group Tu 8pm		412	Lush Lounge Sa 2pm		579
As Bill Sees It Sat 11am		142	Founders' Group Sa 5pm		30	Marina Discussion F 830pm		726
As Bill Sees It Sat 8pm		418	Friday All Groups F 830pm		1473	Meeting Place Noon F 12pm	156	647
As Bill Sees It Th 6pm		926	Friday Knights Th 730am	13	63	Meeting Place Noon W 12pm		277
As Bill Sees It Th 830pm		366	Friday Lunchtime Step F 12pm		280	Mid-Morning Support Su 1030am	232	1376
As Bill Sees It Tu 1210pm		390	Friday Night Special F 830pm		20	Miracles Off 24th St W 730pm		146
As We Understood Him Mon. 7pm		13	Friday Night Women's Meeting F 630pm		48	Mission Creek Meeting		102
Ass in a Bag Th 830pm	172	598	Friday Smokeless F 830pm		248	Mission Terrace W 8pm		401
Be Still AA Su 1215pm		211	Friendly Circle Beginners Su 715pm		176	Monday Beginners M 8pm		71
Beginner Big Book Step Th 630pm		292	Friendly Circle Group Su		220	Monday Monday M 1215pm		305
Beginners' Step Study Sat 630pm		42	Gay Beginners Living Sober F 7pm		123	Moving Toward Serenity W 830pm		314
Beginner's Warmup W 6pm	65	138	Gold Mine Group M 8pm	264	301	New Friday Big Book F 12pm		31
Bernal Big Book Sat 5pm	153	1190	Golden Gate Seniors Tu 130pm		170	New Life W 7pm		496
Bernal New Day 7D	480	2785	Goodlands Su 2pm		226	Newcomers Tu 8pm		328
Big Book Basics F 8pm		459	Haight Street Blues Tu 615pm		175	No Gurus Meditation Su 7pm		16
Big Book Beginners F 1pm		24	Haight Street Explorers Th 630pm		111	No Reservation M 12pm		347
Big Book Study Su 1130am		232	Happy Destiny Sa 630pm		26	No Whiners F 7pm		48
Blue Book Special Su 11am		54	Happy Hour (S.F.) Th 6pm		36	Noon Smokeless F 12pm	83	510
Bookenders Mon 10am		126	Happy Hour Ladies Night F 530pm		168	Noon Smokeless M 12pm		17
Buena Vista Breakfast Su 12pm		123	High Noon 5D 1215pm		122	Noon Smokeless Th 12pm	140	253
Came to Believe M 830am		38	High Noon Friday 1215pm	142	1304	One Liners Th 830pm		1084
Came To Believe Su 830am		36	High Noon Monday 1215pm	187	1088	One, Two, Three, Go! W 1pm		20
Castro Discussion W 8pm		1202	High Noon Saturday 1215pm	327	785	Our Morning Meditations Sa 715am		52
Castro Monday Big Book M 830pm		178	High Noon Thursday 1215pm	291	1742	Park Presidio M 830pm		202
Cocoanuts Su 9am		35	High Noon Tuesday 1215pm	134	1062	Parkside Th 830pm	48	204
Code Blue Big Book Study W 7pm		434	High Noon Wednesday 1215pm		494	Pax West M 12pm		1123
Come N Get It F 630pm		348	High Sobriety M 8pm		1306	Pax West Th 12pm		501
Courtside Tu 1215pm		202	High Steppers W 7pm		157	Pax West Tu 12pm		240
Cow Hollow Men's Group W 8pm		384	Hilldwellers M 8pm		71	Progress Not Perfection Tu 830pm		103
Creative Alcoholics M 6pm	140	293	Home Group Sat 830pm		1081	Queers, Crackpots & Fallen Women		201
Dignitaries Sympathy W 815pm	232	232	Hoodlum Haven F 8pm		928	Reality Farm Th 830pm	42	423
Doin' the Deal Sun 10pm		14	How It Works Sat 2pm		49	Rebound W 830pm		144
Each Day a New Beginning F 7am		2200	How Was Your Week? Sa 10am	20	346	Relapse, Reb., Retreads Tu 630pm		82
Each Day a New Beginning M 7am	104	249	Huntington Square W 630pm	32	1187	Rule 62 W 10pm		160
Each Day A New Beginning Su 8am		1566	Join the Tribe Tu 7pm		982	Saturday Afternoon Meditation Sat 5pm		126
Each Day a New Beginning Th 7am		370	Joys of Recovery Tu 8pm		50	Saturday Easy Does It Sa 12pm	398	1045
Each Day a New Beginning Tu 7am		572	Keep Coming Back Sa 11am		2851	Saturday Night Regroup Sat 730pm		500

aa group contributions

SF Group Contributions	Dec. 2008	YTD	SF Group Contributions	Dec. 2008	YTD
Seacliff Th 830pm		362	Sunset Speaker Step Sun 730pm	174	772
Second Chance Th 215pm		74	Surf Tu 8pm		111
Serenity House		150	Sutter Street Beginners Sat 6pm		742
Serenity House Sat 830pm		750	Ten Years After Su 6pm		2026
Serenity House Stag M 730pm		150	The Drive Thru W 1215pm		830
Serenity Seekers M 730pm		467	The Parent Trap 2 Wed. 430pm		119
Sesame Step Tu 730pm		379	The Parent Trap M 1230pm		409
Shamrocks & Serenity M 730pm	318	318	The Pepper Group F 12pm		60
Sinbar Su 830pm		282	They Don't Know Who We Are Sat 7pm		200
Sisters Circle Su 6pm		326	They Stopped In Time M 8pm	138	358
Sober & Centered F 7pm		140	Thought For The Day F 730am	13	13
Sober Across the Board M-Sa 830am		210	Thursday Morning Men's BB Th 6am		14
Sobriety & Beyond W 7pm		462	Thursday Night Women's Th 630pm		831
Sometimes Slowly Sa 11am		556	Thursday Thumpers Th 7pm		360
Sought to Improve Th 730pm		206	Too Early Sat 8am	323	2533
SFPOA Th 7pm		301	Trudgers Discussion Su 7pm		160
Step Sisters (S.F.) Th 630pm		20	Tuesday Big Book Study Tu 6pm		60
Step Talk Su 830am		668	Tuesday Downtown Beginners Tu 7pm		192
Steppin' Up Tu 630pm		228	Tuesday Downtown Tu 8pm	41	318
Stepping Out Sat 6pm		147	Tuesday Men's Pax Tu 12pm		46
Stonestown M 8pm		334	Tuesday Women's Tu 630pm		122
Straight Jackets Th 9am		93	Tuesday's Daily Reflections Tu 7am		253
Sunday Bookworms Sun 730pm		446	Twelve Steps to Happiness F 730pm		72
Sunday Morning Gay Stag Su 930am		852	Valencia Smokefree F 6pm		836
Sunday Night 3rd Step Group 5pm		452	Walk of Shame W 8pm		421
Sunday Night Castro SD Su 8pm		951	Washington Square M 7pm		86
Sunday Rap Sun 8pm		600	Waterfront Sun 8pm	264	1899
Sundown Steps Th 630pm		191	We Care Tu 12pm		461
Sundown W 7pm	396	768	Wednesday Women's BB W 615pm		120
Sunset 11'ers F		145	West Portal W 830pm		192
Sunset 11'ers M	126	386	Wharfrats Th 815pm		71
Sunset 11'ers Sa		414	Women Living Sober Sa 10am		240
Sunset 11'ers Su	60	60	Women Who Drank Too Much Tu 615pm		55
Sunset 11'ers Th		40	Women's 10 Years Plus Th 615pm		340
Sunset 11'ers Tu	70	253	Women's Kitchen Table Group Tu 630pm		282
Sunset 11'ers W		138	Women's Promises F 7pm		300
Sunset 9'ers M	111	745	Women's Step Discussion Mtgg Th 7pm		100
Sunset 9'ers Sa		160	Work In Progress Sat 7pm		56
Sunset 9'ers Th		120	YAHOO Step Sa 11am		196
Sunset 9'ers W		288	Total SF Group Contributions	6994	95903
Sunset Reflections Th 1pm	17	45	Total Group Contributions	13776	149917



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profit and loss statement

december 2008

	Dec 08	Jan - Dec 08
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	13744	147404
Honors	32	353
Contributions from Groups - Other	0	2186
Total Contributions from Groups	13776	149943
Contributions from Individuals		
Individual - Unrestricted	5670	19047
Faithful Fiver	955	7045
Honorary Contributions	95	5782
Total Contributions from Individuals	6720	31873
Gratitude Month		
Gratitude Month - Groups	8603	12769
Gratitude Month - Individual	300	554
Total Gratitude Month	8903	13323
Sales - Bookstore		
Sales - Retail	12	12
Sales - Bookstore - Other	8150	101831
Total Sales - Bookstore	8162	101843
Special Event Income	0	535
Newsletter Subscript.	77	965
Total Income	37639	298483
Cost of Goods Sold		
Cost of Books Sold - Shipping	12	141
Cost of Books Sold	9218	72197
Credit Card Processing Fees	0	2065
Total COGS	9230	74404
Gross Profit	28410	224079
Expense		
IFB Sponsored Events	0	858
Unreconciled Bank Adj	0	-150
Special Events Expense	0	-62
Employee Expenses		
Wages & Salaries	8488	97276
Employer Tax Expenses	695	8531
Health Benefits	1184	13214
Workers Comp Ins.	0	1045
Total Employee Expenses	10368	120066
Professional Fees		
Accounting	1575	3925
Computer Consulting	0	2199
Total Professional Fees	1575	6124
Bank Charges	0	146
Postage		
Bulk Mail	0	950
Postage - Other	180	545
Total Postage	180	1495
Rent - Office	4320	50107
Rent - Other	150	900

	Dec 08	Jan - Dec 08
Access Expenses	0	3025
IFB Literature		
Sunshine Club	0	43
IFB Literature - Other	0	106
Total IFB Literature	0	149
PI/CPC	10	128
Filing/Fees	0	134
Insurance	1720	3544
Internet Expense	0	606
Office Supplies	0	1975
Paper Purchased	0	1029
Software Purchased	0	380
Shipping	217	481
Printing	32	32
Equipment Lease	0	7418
Repair & Maintenance	244	4325
Security System	101	582
Payroll Expenses	0	2
Telephone	94	3223
Phone Book Listings	0	784
Travel	0	1089
Training	0	25
Bad Checks	0	95
Miscellaneous Expense	0	-1107
Total Expense	19010	204378
Net Ordinary Income	9399	19700
Other Income/Expense		
Other Income		
Other Income	0	26
Interest Income	148	4661
Total Other Income	148	4687
Other Expense		
Depreciation Expense	0	378
Amortization Expense	0	230
Total Other Expense	0	608
Net Other Income	148	4079
Net Income	9548	23780

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