

the Point

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

2009
4
APRIL

A publication of the Intercountry Fellowship of Alcoholics Anonymous

A publication of the
Intercountry Fellowship
of Alcoholics Anonymous
1821 Sacramento Street
San Francisco, CA 94109-3528

San Francisco (415) 674-1821
Main (415) 499-0400
Fax (415) 674-1601
www.aasf.org
thepoint@aasf.org

In this issue...

- IP** Tightrope
- IP** Step Four: Fearless and Searching
- IP** The Peak
- IP** Use As Directed
- IP** Turning 70 with my Big Book
- IP** Mrs. Jones, She's a Nut
- IP** Spreading Sunshine
- IP** How I got my Mojo Back
- IP** Prayer, Tai Chi and Scrambled Eggs

The Point is published monthly to inform AA members about business and meeting areas in the Intercountry Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Material 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 Center Office, or The Point Editors' Committee. Letters and articles to help carry the AA message are welcomed, subject to editors' review by The Point Committee.

April 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at meetings of IFB, COC, IFB committees and service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative format should contact: Central Office (415) 674-1821 no less than five business days prior to the event.</p>			<p>1 <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) Orientation, 6 pm, Meeting, 7 pm,</p>
5	6	7	<p>8 <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</p>
12	<p>13 <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</p>	<p>14 <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</p>	<p>15 <u>THIRD WED</u> Website Committee Central Office; 6:30pm</p>
<p>19 <u>THIRD SUN</u> Archives Committee Central Office, 2 pm Business Meeting followed by Work Day</p>	<p>20 <u>THIRD MON</u> SF Teleservice Central Office, 6:30 pm Marin General Service 9 Ross Valley Rd, San Rafael, 8 pm</p>	<p>21</p>	<p>22</p>
<p>26</p>	<p>27</p>	<p>28 <u>FOURTH TUE</u> The Point Committee Central Office, 5:30 pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30 pm</p>	<p>29</p>

THURSDAY	FRIDAY	SATURDAY
2	3	4
9 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6 pm	10	11
16	17	18
23	24	25 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30 pm
29 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15 pm Committee Meeting: 8 pm	30	



**2009
CALIFORNIA
NORTHERN
COSTAL AREA
06**

**ALCOHOLICS
ANONYMOUS**

**PRE CONFERENCE
ASSEMBLY**

**April 18, 19, 2009
Saturday 8:30am to 5:30pm
Sunday 8:30am-1:00pm
Marin Center, Exhibit Hall
10 Avenue of the Flags,
San Rafael**

**“OUR COMMITMENT
TO CARRY AA’S MESSAGE—
ENTHUSIASM AND GRATITUDE
IN ACTION**



Meeting Changes

Meeting Changes:

7D	8:00pm	Mission	GRUPO ESPERANZA, 3317 Mission St./29th St. (was 3448A Mission St.)
Fri	7:15pm	San Rafael	HAPPY DESTINY, Church, Marin Alano Club, 1360 Lincoln (was 1411 Lincoln Ave at 7pm)
Sat	7:00pm	Corte Madera	YOUNG PEOPLE'S BYOB, 150 Nellen Ave. Ste. 100 (was 1500 Los Gamos, San Rafael, YMCA.)

No Longer Meeting:

Fri	6:30pm	South of Market	EVERY ROSE HAS ITS THORN, 125 Sixth St./Mission
Sat	4:00pm	Hayes Valley	GAY & LESBIAN PEOPLE OF COLOR, SF Alano Club, 1748 Market St./Octavia
Sat	6:00pm	Hayes Valley	BIRTHDAY - SHARING OUR SOBRIETY, 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!**

SPEAKERS WANTED!!

Carry the AA message to schools, drunk driving classes, community organizations, the medical community, and other professionals who work with alcoholics.

(Requirement: two years of continuous sobriety in AA)

PI/CPC WORKSHOP

(Public Information/Cooperation with the Professional Community)

Saturday, April 18, 2009 10:00am

Central Office – 1821 Sacramento Street
(Between Van Ness and Franklin)

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



Reasonable Accommodations Policy: Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office by Monday, April 13th. 415.674-1822






From the Editor

Some things never change. Members of A.A. often joke about the near impossibility of ever altering anything in the Big Book, *Alcoholics Anonymous*, because the procedures to do so are glacial, laborious, byzantine and time-consuming. Not to mention the difficulty of getting virtual unanimity from a large group of alcoholics. As a result, the Big Book shows its age in both content and style. I mean, have you read the chapter “To Wives” lately? We are still safe from gender neutral language.

One outcome of the reverential attitude toward the first 164 pages of the Big Book is that, in order to flesh out the context of the dated material, members explain, reiterate, and study the founders’ stories and how A.A. came to be. A.A.’s history thus stays alive. We tell newcomers who may be surprised or turned off by the literature, to consider when it was written. We explain the circumstances of Dr. Bob and Bill W. and the milieu in which they lived. And

the constant exposition of the text of *Alcoholics Anonymous* in meetings, in writing, and over coffee, makes it a living document in ways that merely editing the hard copy could never achieve. (If that were the case, someone could simply write *Sobriety for Dummies*, and we could all go home.)

Ours is an oral tradition, which sometimes makes me wonder about the job of editor of a print newsletter. But some of us express ourselves most easily in writing, and this is one such outlet. Don’t miss the stories honoring the Big Book’s 70th anniversary: “Tightrope,” “Turning 70 with my Big Book,” “Use as Directed,” “Mrs. Jones, She’s a Nut,” and the Bulletin Board.


We also bring to you two more articles on last month’s popular theme, “How Do I Know I’m Connected to my Higher Power?” And it’s the fourth month, which means the Fourth Step, so check out “Fearless and Searching”. 

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

April 2009: Inside

f.y.i.

Calendar	2
Coming Up	3
Meeting Changes	4

departments

From the Editor	5
Not a Glum Lot : Shipwrecked	7
Bulletin Board: Born to Lie	7
Dear Alky	9

features

Tightrope	6
Use as Directed	10
Turning 70 with my Big Book	11
Mrs. Jones, She’s a Nut	12

member stories

The Peak: Bushwhackers	9
Spreading Sunshine	13
How I Got my Mojo Back	14
Prayer, Tai Chi and Scrambled Eggs	15

business

IFB Meeting Summary	16
Group Contributions	18
Faithful Fivers	18
P&L	19

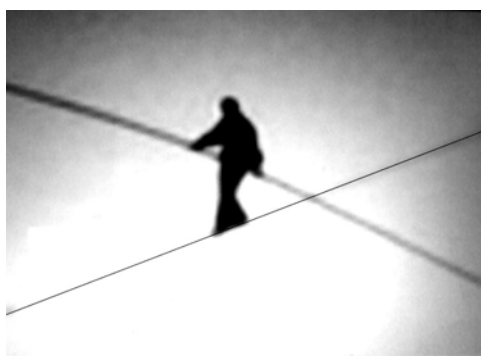
Tightrope

by Mike M.

I first heard this story read at a High Noon meeting during my first couple months of sobriety. I was quite surprised there was a gay story in the book, and I listened very intently as the reading passed from person to person throughout the church where the meeting was held. Each element of the story was, as they say, “my story.” Drinking as part of the family background (my big Irish family had so many major alcoholics in its tree). Drinking in rejection of a conservative religious upbringing. Drinking as not a problem as long you didn’t embarrass your family or friends *too* frequently and held down a job. (I often held three jobs simultaneously during my first fierce years of drinking, so how could I be an alcoholic? That term applied only after you hit the gutter.) The guy in the story made it until law school before drinking daily. (I achieved that status early and totally wasted my undergrad career, which was to have been pre-law, finally choosing “undeclared” as my major in my fourth, unfinished year in college.) Drinking provided cover, as it wasn’t surprising not to make any serious moves toward a woman while drunk. (I actually got drunk every Sunday afternoon for an entire semester with a woman who was determined to seduce me—but I had my principles, dammit!)

And the similarities between us continued. The sharp tongue. The

personality changes. The constant falling and bruising. House a shambles (I had tin foil taped over all my windows during my lowest bottom). The panic of the onset of AIDS. Driving people away, cutting them out of my life, constantly burning my bridges.



“Trying to navigate separate worlds was a lonely charade that ended when this gay alcoholic finally landed in A.A.”

Alcoholics Anonymous, “Tightrope” (page 359)

As to walking the tightrope between two separate lives, one gay and one straight, I was in total denial about that, too, since I was always “out” to my friends in college. It took me years to realize what awful internalized homophobia I had, and finally to remember how many nights after partying with college friends that I

would then be drunk enough to slink away to look for gay companionship in all the lovely venues known to a Midwestern farm boy who was new in town—Union Square, the Tenderloin, etc. What platforms from which to build self-esteem and positive identity! Often I was too late for the bars to be open, and too drunk to do anything but walk the streets with a quart of beer in my hand until I finally remembered how to get home and found oblivion under the covers.

But the thing that amazed me the most at that High Noon meeting where “Tightrope” was read were the shares that followed. I’d never been to a meeting where everyone stayed so focused. Everyone wanted to express their love of the reading and to chime in and say, “See, we’re all the same. This is my story, too.” To that point, I had never felt so strongly that I belonged in a meeting. Like many other gays I’ve met, I had trouble with certain “gay” meetings and found they weren’t for me. At High Noon, I truly felt like I belonged and maybe with the help of people like these, I could recover.

I like to remember an old Leon Russell song also entitled *Tightrope*: “I’m up on a tightrope. One side’s hate and one is hope.” For this alcoholic, one side was fear and one was hope. For nearly forty years I didn’t even dare look at the hope side. **TP**



A recovering alcoholic is shipwrecked miles out to sea. He winds up on an uncharted, deserted island and has to make the best of it. Five years later, he finally spots a ship out on the horizon and stokes up his bonfire to get its attention. The captain of the ship, another recovering alcoholic, sees the fire and immediately changes course towards the island. Meanwhile, he grabs his binoculars and studies the situation. He sees a guy waving and running frantically up and down the beach, beard hanging down to his knees, and he also spots three small structures at the edge of the trees. The castaway is rescued, taken below, and

is given a meal and some time to rest, and is sent up to see the captain.

"So, are you glad to be rescued?"

"Oh, yeah, you bet. I've been praying for years for somebody to come along."

"How long were you on the island?"

"Five loooooong years!!"

"All by yourself?"

"Yes. All alone for five long years."

"Well," observes the captain, "It looks like you didn't do too badly for yourself. I saw three huts on the island. Did you build them?"

"Oh, yes!" the castaway responds proudly. "I built them with my own two hands! See the one on the right? That was my house, my home. That's where I lived! And the one on the left, that's my home group!"

"Your home group? You're by yourself for five years and you built yourself a home group! That's fantastic! What a strong statement of faith and dedication to your program! I'm proud of you! What a testimony of experience, strength and hope! But what about the hut in the middle?" **TP**

Born to Lie?

"Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. They are not at fault: they seem to have been born that way."

Alcoholics Anonymous, pg. 58

They seem to be born that way? They are born dishonest? Born to lie? After having heard that a couple of thousand times, I suddenly heard it. Could it really be true that some of us were liars at birth? That just doesn't sound right to me. I suppose when the doctor slapped us, it didn't really hurt, but we cried because our pride was wounded. There are far too many

societal and twisted familial influences that teach a child to lie for me to believe that some of us are born liars. Maybe someday geneticists will isolate the lying gene. Then they can start producing sheep that never lie (except down with lions.) Finally, when human genetic engineering is a booming industry (1984?) lying will be completely eradicated from human beings. Homo correctus will have arrived! What a revolution that will be in politics and lovemaking! What next? Let's get rid of the left-handed, those sinister sons of Obamas. And finally, maybe the engineers will find and fix the "alky" gene. Then we can all drink like gentlemen and we won't have to lie about it, either. **TP**



The Most Important Part of the Big Book?

The sponsor hands a Big Book to the newcomer and explains that it is our text, containing the program of recovery and personal experiences of A.A. members.

The newcomer says he isn't much of a reader or is too busy to read such a big book and asks what is the most important part to read.

The sponsor directs the newcomer to the top of page 112. Page 112 begins with the words "read this book." **TP**

the twelve steps

Step Four: Fearless and Searching *by Clark M.*

Before making the first searching and fearless moral inventory of my instincts gone astray, I was somewhat blind to my behaviors, and destined to repeat them over and over again in ignorance. I rarely looked at the causes or the effects of my actions. I simply wanted what I wanted and did not care much about the consequences. I came into the program not knowing that I had resentments and fears and no sexual ideal. I lived in a fog of alcohol and drugs for so long, I really didn't know much about what was going on around me, nor what I wanted. I just knew it wasn't working anymore.

A searching and fearless moral inventory can be a daunting task, and many newcomers to the program are fearful of picking up pen and paper. But I was ready when I started to write mine. I had several months of sobriety and the fog had begun to lift. I don't recommend that others wait as long as I did, but it worked for me. Finally I was ready. After a lifetime of making mistakes and creating problems for myself, I was ready to get down to causes and conditions.


The patriarch of my first A.A. group developed a set of seven questions containing the essence of the Fourth Step. But I had read the Big Book and thought it best to do both a four-column inventory from it as well as answer the seven questions. I don't remember the questions, but they were along the lines of "What is your biggest secret?" I answered the questions first, and I answered them

honestly. Next, I turned to the four-column inventory out of the Big Book. The first column was a list of people with whom I had resentments. The next column was a list of causes for each of my resentments. The third column was the "affects my" section, including my self-esteem, finances, or sex relations, public, or hidden, etc. The final column was for my part in the resentment, or where I was selfish, dishonest, self-seeking, fearful, and so forth.

*"Made a searching
and fearless moral
inventory of
ourselves."*

Every living member of my immediate family made the resentment list. Like I said, I wanted to get down to causes and I had reason to be angry with all of them over the years. And to tell the truth, some of them have made repeat performances on subsequent inventories. I looked back into my past with the idea of setting things right with the people I had

wronged earlier on. I didn't know what I was going to do, but I saw that later on I would make amends. Some of the causes of my resentments were from earlier in my youth, and I had held on to them most of my life. Others were newer and less significant, and more easily forgiven. I found my willingness to write my inventory grew as I wrote, as did a willingness to set right wrongs I had done. I was as honest as I could be and finally became willing to share it with my sponsor.

The Fourth Step has been a tool I use to discover where my instincts have gone astray in respect to my resentments, fears, and my own sexual conduct. I can now know why, where I am affected, and what my part is. I have written several inventories over the years and have learned and grown from the experiences. I now know that when I have fear, I tend to behave poorly and often have to make amends. Or, I can plan accordingly for the situation and handle it in an adult, respectful, and sober manner. 

Recent Deaths

Bobby G.

Dear Alky...



Questions and Answers
from one AA
to another

Dear Alky,

When I first came to A.A., I was so turned off by the sexist language of the Big Book, I departed quickly. Chiefly, it was the "He" pronoun used for God. I have occasionally heard people read the steps aloud, leaving out "Him" or "He" and substituting the word "God," thereby avoiding the sexist pronoun. Why can't A.A. at large come up to date? This isn't a fringe issue—it was a serious impediment to my joining A.A. I wonder how many newcomers are turned away due to the language?

Resigned but Still Wondering

Dear Resigned,

A.A. at large has chosen to leave intact the first 164 pages, with only very minor linguistic revisions. That may or not be ideal or to a given


alcoholic's tastes, but it is in keeping with our method of making changes through a painstaking process of sampling group consciences throughout the fellowship and sending that information to the General Service Board to act upon.

Many people are offended by the male pronouns used in our literature, both in reference to the Higher Power and in the main text itself. Others are offended by the very existence of the chapter "To Wives." Yet, somehow, A.A. manages to continue growing and reaching greater numbers of alcoholics throughout the world.

One of the things that has shifted and changed in the literature and has therefore kept up better with changing customs and gender ideas, is the personal stories section in the Big Book. New stories have been added, and some old ones deleted, to allow for a more accurate reflection of the

diversity of our membership. Any newcomer who is put off by the archaic language in the main text could perhaps be guided to read the stories, where they might find something that speaks more directly to their experience.

Finally, it's my firm belief that if an alcoholic is ready to recover, *nothing* can stop the message from getting to them—not sexist language, not people talking about tangential issues in their shares, not mentally ill people mumbling in their seats ... nothing. And if an alcoholic still has reservations, still needs more "research in the field," then no amount of fixing the book to meet a particular person's (or era's) standards will be enough to reach that person. If you think it was the language that kept you out, perhaps you should reconsider how badly you wanted to be in?

Love, Alky 

The Peak (Bushwackers)

by Barbara S.

Conversation abandoned; clothing discarded, piece by piece; water rationed and swallowed; all with an eye on the peak of Bald Mountain. An unplanned excursion? A break over the border with our coyote leading us across the desert? No, it's A.A.'s finest outdoor meeting—the Bushwackers Hike, one Saturday at a time. Could we get any higher?

Over the years, the "Bushies" have had many wonderful, death-defying and spectacular hikes. It is a meeting

bracketed by a breathtaking view and a long walk. In late November, we had a hike that qualifies in the annals of Bushwacker lore: unplanned road closures, a woodpecker and condor sighting, as well as a pertinent reading from *Living Sober*.

My first hike has almost vanished from memory, but I do remember arriving late and missing the main group. Another straggler who had bussed across town and I headed for Pt. Reyes and the main gang. We

enjoyed an excellent beach hike through arched rocks in spite of our tardiness. True friendships and bonding are forged on the trail, and some of our hikers have gone on to travel the world, become members of the High Points Club [club members share goal to climb world's highest peaks], climb Mt. Hood, and even venture to Mexico



(Continued on page 10)

Use As Directed by Kathleen C.

How many times have we heard someone say, either in or out of A.A. meetings, something like the following?

"The surgeon prescribed pain medication for me to take four times a day after my knee surgery, but I'm only taking it twice a day."

"My doctor gave me a muscle relaxant for my bad back. I was supposed to take it only at night, but my back hurts all the time so I take it in the morning too."

"I am really having a hard time after breaking up with my boyfriend. I am so depressed, sometimes I think about killing myself. My program friends say I just need to do an inventory, and I'll get through it."

What do all these statements have in common? They show that somebody didn't read Page 133 in the Big Book, *Alcoholics Anonymous*, where it says:

"God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons."

Most of us have physical and mental consequences, whether from our drinking or just from life. Very few of us are qualified to practice medicine, but being typical arrogant alcoholics we do it anyway. We don't take enough of a medication that is prescribed for us, or we take too much; we don't seek help when we need it, or, worse yet, we advise someone else not to seek help when they need it. Trying to be our own or someone else's Higher Power is not working a good A.A. program.


*"Trying to be our own
or someone else's
Higher Power is not
working a good A.A.
program."*

I once had a sponsee who was mentally ill. She constantly asked my advice about her medications—what she should take and what she shouldn't. I was tempted to try to help her, and I did recommend she work the steps, but time after time, when she asked me about her meds, I told her, "Ask your psychiatrist." Even if I had an opinion, I had no right to give it to her. She would have taken it and run with it: "It's OK, my sponsor told me to."

When I myself had horrible pain from radiation to my throat after cancer surgery, I was taking way more than the prescribed dose of a narcotic (by suppository, since I couldn't swallow). I wasn't worried about getting addicted so much as overdosing. I called Carol, the oncology nurse. "Is the pain waking you up at night?" she asked. Oh yeah, I was waking up in agony, every hour. "Then the pain is burning through the drug, and you should take whatever you need to relieve your pain. I'm glad you called me. Keep me posted."


I called Carol the nurse instead of trying to manage my pain on my own. I practiced Step Three and turned my will and my life and my health over to the care of my Higher Power, in the form of someone who knew what she was talking about, just like it says on Page 133.

A few years ago I was having a bad case of the empty nest blues. My daughters were away at college, getting ready to graduate. I shared about it at meetings, I talked to my sponsor, and she reminded me how much a therapist had helped her when she was going through a depression. I found a therapist and started working with her. I got through my daughters' graduation and move away from San Francisco with some tears, but also much joy, thanks to her help.

Then my mom called; she wanted to move into assisted living. She needed help with my stepfather, who was much older. We found a nice place in Petaluma, and they moved in. Then she had some alarming symptoms, was diagnosed with cancer, and died three months later. My therapist was there for me, through my mother's illness and death. Because I had asked for help with the smaller problem of my empty nest blues, I had help available for a really big sorrow. Whatever came along in my life, I could get through it sober. HP was taking care of me, just like it says on Page 133. 

(BUSHWACKERS, Continued from page 9)

and up 10,000 feet to witness the breeding ground of Monarch butterflies.

Hike with us! Bring along your boots, a lunch, and plenty of H2O. Every Saturday, without fail, we meet at Pierce and Clay (at Alta Plaza Park) at 9 am (sharp) and carpool our way across the Bay for an all day hike with meeting. Community! Fellowship! Escape from the City! Recovery! 

Turning 70 with my Big Book by Little Ole Alky



Oh. My. God. This April I'm turning 70, exactly the same age as *Alcoholics Anonymous*, the Big Book. Oh, that I could say we've had a long and happy life together, melding our hearts as one, walking into the sunset—but I'd be lying.

Out of guilt, I bought my Big Book (everyone had one), rapidly covered it in plain brown paper and stashed it on a high shelf. Horrors, to think that any living soul might whisper, "alcoholic," and point at me. "Steer clear of that book," my brain shouted. "I'm in the know, a hip alcoholic." I went to hip speaker meetings, sat in the back with the cool crowd. Big Book studies were BOOORRRRIINNG; couldn't get away fast enough.

I used the steps off the posters on the wall when my pain got to be too much. Cravings for Southern Comfort on the rocks, particularly the clink of those ice cubes; I did a white-knuckle Second and Third. For my problems at work, I did a Fourth on the boss. (She needed help. I think she was a closet alcoholic.) My sponsor was a great guy who lamented to me how he didn't get along with his wife. (She didn't understand him.) We both got as far as the Fifth Step.

Then I moved to San Francisco and tried to connect with the in-crowd. (San Francisco really is different than L.A.) Huge speaker meetings were okay, but something was missing. On a dreary Saturday afternoon, I moseyed myself down to the Dry Dock and came across a couple of people who had good serenity, even though they quoted the Big Book a lot.

"We come from the Back to Basics group," Sean S. said and told me of other meetings.

"The Big Book is our text for living," Phil S. said. "We stick closely to what it says."

I noticed these guys had Big Books they carried more like Bibles. So, I searched out my Big Book from the packing box and took off the plain paper cover. Fortunately, I also wanted to have a hint of what was in that Big Book. Elizabeth D. and I went to a twelve-week Big Book seminar in Daly City led by Don B. Then I hooked up with a group of friends and went down to a Joe and Charley Big Book seminar in Sacramento. They highlighted crucial parts of the Big Book. I slowly began to write, underline and highlight sentences in my own Big Book. I wanted to

capture what they said in my own mind.

Favorite passages evolved over the years as I changed. The morning and evening prayers on page 86 was one of the first passages I underlined. The part that says, "The first requirement is that we be convinced that any life run on self will can hardly be a success," (p. 60) comes up every so often. Then, Dr. Paul's writings on acceptance are invaluable, especially when I went through an ugly episode of discrimination at my work. (My new supervisor thought I was too old and the wrong sex for a job I'd held for ten years.) Probably my most dog-eared pages are from the bottom of page 66 where it says, "We realized that the people who wronged us were perhaps spiritually sick." That always brings me perspective.

I came to A.A. at age 50 and have almost 20 years in the program, still a happy camper trudging my own road of happy destiny. It's an immense honor to share this belly-button birthday with my Big Book. **TP**

Mrs. Jones, She's A Nut *by Anne A.*

There's a Mrs. Jones on everyone's Fourth Step. Who among us sensitive, childish and quick-to-take-offense alcoholics hasn't been snubbed by a Mrs.—or Mr.—Jones and immediately dubbed them a nut? And what snub worthy offense had we committed? Nothing! Absolutely nothing! At least nothing we remember. Nothing we would admit we couldn't remember because we were in a blackout. No, she's just a nut! Anyway, that's how my alcoholic thinking usually ran. I was surrounded by nuts when I was drinking and, sooner or later, they'd snub me.

My neighbors in New York didn't exactly snub me. But the nut jobs did ask me to stop knocking on their door at 3 AM. Can you imagine? My upstairs neighbor on 5th Street only snubbed me after yelling at me about scratching her car when I came home and parked drunk one night. She wouldn't let me explain that I didn't even know if I had been driving or not. What kind of Brazil nut won't listen to a simple explanation? One of my boyfriends definitely snubbed me after I dumped him in a bar and left with another guy. Not only nuts, but who is highly sensitive now, Mr. Cashew-Jones?

I put them all down on my Fourth Step list. And working with my sponsor, I began to be able to see the fourth column: my part. When drinking, I failed to understand that perfectly sane people get upset when woken up in the middle of the night. I refused to take responsibility (oh that word!) for my actions. I blamed others, played the victim and felt sorry for myself.


Continued work on the remaining

steps has helped me become less hypersensitive. By reading my Fourth Step aloud to my sponsor during my Fifth Step and discussing it with her, I began to see the character defects of pride, selfishness and self-pity that had caused me so much trouble with all the nuts in my life. I try to be ready in the Sixth Step to think more about others and less about me. I say the Seventh Step Prayer (remove my defects of character, etc.), but always have to remind myself that it's the defects that stand in the way of my usefulness to HP and others—not the ones that let my feelings get hurt.

Many of those people who I thought was just nuts ended up where they belonged, on my Eighth Step list. Some I begrudgingly put there because after all, they were the crazy ones who had actually done me harm by snubbing me! I have yet to find a sponsor who will buy that explanation. When ready, I have even been able to offer a Ninth Step amends without having to make a special visit to the insane asylum to do so.

When I feel hurt by someone today, I'm often able to pause before I say or do something for which they might easily want to snub me in return.

When unable to restrain my tongue or pen, I talk Tenth Step with my sponsor or one of the many other wise and sober alcoholics it is my pleasure to know. Sure, there are still plenty of nuts around. I'm happy to say that many of us are together in the bowl of mixed nuts that is A.A. For example, I know a guy who's such a pistachio, his favorite passage from the Big Book is:

"Mrs. Jones. She's a nut—she snubbed me." 

The IFB is Seeking a Treasurer!

Please announce this at meetings and encourage anyone with the skills and time to apply!

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

Or email: aa@aasf.org

Spreading Sunshine by David C.

I had never met Susan, but she had requested a Sunshine Club meeting at 3 PM. I had her name, address, and phone number, and was happy to take the commitment. I knew to expect one or two other Sunshine Club members, but did not know who else had volunteered. I would soon find out that I *really* did not know what was about to happen.

Painters had the lobby door of the apartment building blocked open, so I slipped in and headed up the stairs. I was almost at the top of the third flight when I was greeted by a friendly voice. It was Peg, a friend and a fellow Sunshiner. I was glad to see her but saddened to hear her say, "It looks like no one is home." She had knocked on the door and also tried calling the telephone contact number we had been given, but no answer.

Peg and I were a few minutes early, so we chatted and waited. Every few minutes we heard a voice or footsteps on the stairs, but no one ascended all the way up to our floor.

Finally, a friendly young woman did come all the way up. We asked if she was Susan and she said no, that her name was Jane and that Susan was her next-door neighbor. We introduced ourselves and said that we were there to visit Susan, but that it appeared that she was not at home. "Are you guys in the program?" Jane asked, and we said yes, and that Susan had requested a Sunshine Club meeting while she was homebound due to an injury. Jane had heard announcements at meetings about the Sunshine Club, and she was interested in joining. She gave me her contact information, and I promised to notify her for the next orientation.

Suddenly, a tear rolled down Jane's cheek and Peg asked, "Are you okay?"


"No," she replied honestly. "Can I share something with you two?"

With a few more tears, Jane related a challenging and upsetting incident that she had experienced earlier in the day. Before we even realized it, without Susan, without reading "How it Works" or even saying the Serenity

Prayer, our A.A. meeting had begun, right there on the third floor landing.

And it was a powerful, heartfelt and wonder-filled meeting, as the three of us shared our experience, strength and hope, and how we use the tools of our great program to get through the ups and downs that we all encounter on our paths of recovery.

Peg and I were shaking our heads in awe as we left. God's plan was not for us to bring a meeting to Susan after all; it was to make a new friend, find a new recruit for the Sunshine Club, and to have an entirely different sort of meeting. It was a really profound experience. Thank you, God, for Alcoholics Anonymous!

The Sunshine Club is always pleased to get new members. One year sober and attendance at an orientation, and you are in. The only commitment comes later, when you agree to help bring a meeting to an A.A. member who is temporarily unable to attend regular meetings due to an accident, an illness, a pregnancy, or some other reason. It is rewarding service. 

Join the Sunshine Club!



Take Meetings to Members who are hospitalized or homebound due to illness or injury.
Attend the Sunshine Club Workshop at 10:00am on Sunday, April 19, 2009 at the Dry Dock:
2118 Greenwich St./Fillmore St. Please call
415-674-1821 for more information, or e-mail: sunshine@asf.org



Reasonable Accommodations Policy: Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office no later than Monday, April 13th.



How I Got My Mojo Back *by Jon H.*


How do I know I'm connected to my Higher Power? There are many times when I know I am *not* connected. When my behavior includes cutting someone off in traffic, or being unkind to someone who is trying to show love to me, or by not picking up an A.A. phone call. The list goes on.


More proof of my lack of a connection: when the person in traffic fights back, the person showing love does not reach out to me again for months, or the A.A. phone call was from a newcomer.

In early sobriety, I was sold on the program, in large part because of "God shots." For example, my brother-in-law asking me to provide weekend care for their three kids at 89 days sober; my parents telling me at a year-and-a-half that I had my mojo back; friends from high school or college ending up in the rooms. These were all proof that I was establishing a connection, that there was something bigger and better out there "driving the limo" of life.

Today, my proof of a connection comes from seeing newcomers get to 30 days, hearing that someone in recovery who once lived in their car now has a healthy family, or what I see *after* I exercise the principles of the program in specific situations. I might not trust the process at the time, but by following the path laid out by my HP and the people that have come before me, things happen. Sometimes good, sometimes not the way I want ... but that faith in an HP is "ground zero" of my own path to peace and serenity.

My father got sick in August 2007 and landed in a coma in the ICU for three weeks. He was not making any progress, and each day the doctors would warn us of some new danger. Things did not look good at all for his survival. Each day I prayed, trying to cultivate positive thoughts. I kept telling him at his bedside, "but Dad, you haven't seen me do anything yet with my new freedom." Wonderfully, one day the phone rang, and it was my mom, telling me that he had come out of his coma and he pretty much picked up the conversation with hospital staff from where he had left off a few weeks earlier.

I enjoy a solid relationship with not only my dad, but with my entire family today. My support during this awful time was acknowledged. My family could see the changes in me. I led but didn't take over. And when I walked out of the hospital that day with Dad, it was like I had won the lottery. All because of a little faith, and a little luck, and a large connection with my HP. Rather than get on my knees for months out of gratitude, I try to pay that experience forward as often as I am able, because we alcoholics look for proof, don't we? Well, I had once again found my proof. 



The Spirit of San Francisco Presents Bingo & Pasta

Sunday, April 19, 2009

1:00 - 2:00 pm AA Speaker Meeting - Christopher I. - San Mateo
2:30 - 3:30 pm Pasta Feed
3:30 - 5:30 pm Bingo & Games

Tickets available
\$10.00 In Advance, \$15.00 at the Door
8 games - 3 cards per game
additional cards \$1 each
BINGO PRIZES AWARDED

Purchase tickets online at www.spirit-sf.org
Additional Info email info@spirit-sf.org or call 415-218-7609

The Janet Pomeroy Center
207 Skyline Blvd - San Francisco
Between the SF Zoo and Lake Merced

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

Prayer, Tai Chi and Scrambled Eggs by Mark T.

How do I maintain conscious contact with my higher power? First, I work with an excellent sponsor and a couple sponsees on a weekly basis. I have a home group of A.A. that I attend at least twice a week and up to seven times a week when I'm doing a job hunt. I say the Lord's Prayer each night and try to really concentrate on the words and what they mean (in particular, "thy will be done"). I read books about spirituality and religion. I go on "God walks" through Golden Gate Park, talk to God about what's going on with me, and ask for his/her guidance. I put my will and my life in the hands of my higher power, especially in regard to romance, finance and career.



When I'm having a difficult problem in my life, I work a Fourth Step around it. When I'm feeling N.U.T.S. (not using the steps), I do a Tenth Step to get my spiritual center back. I frequently write letters to God, listing my fears and resentments, and asking God to remove them and fill me with his/her positive spirit. I embrace new approaches to enriching my spiritual practice. For example, on New Year's Eve, I crashed a Dai Shonen Buddhist chanting meeting early in the evening with my girlfriend. Then at 6 AM on New Year's morning, we drove up to


Mount Tam to watch the sun rise and take a picture of the two of us clean and sober. Awesome! I practice tai chi on a daily basis, which takes about ten minutes. I eat scrambled eggs and salsa for breakfast, finding it gives me the protein energy I need to feel balanced physically in the morning.

"The extent that I can show loving kindness to the person right in front of me is a good indication to me as to my spiritual condition."

Lately, I've been attending an A.A. meeting on "Spirit & Self" Mondays at 8:30 PM at the Dry Dock. Through this meeting and working with my sponsor, I've come to believe that my natural state is that of "pure spirit." However, when my fears and resentments start hijacking my brain, I stop enjoying life in the moment, get bound up in self and become restless, irritable and discontent. In order for me to get back to a sense of peace, I need to get out of myself again. I can do this in many ways: taking a service commitment, working the steps with a newcomer, working with sponsors and sponsees, showing love to the person standing in front of me (no matter who they are), and trying to best be of service to God and my fellow man. There is a sect of Buddhism that believes there are only three types of love: love of god, love of self and love of the person standing di-

rectly in front of you. The extent that I can show loving kindness to the person right in front of me is a good indication to me as to my spiritual condition.

When I encounter a situation that I don't understand, that starts to throw me off balance, I remind myself, "It is what it is." I don't have to understand the situation, I don't need to analyze it and I don't need to change it. All I have to do is accept it the way it is. Once I do, I can sometimes think, "Well, that's interesting" and watch the dynamics of what is happening. I find that when I surrender to the situation, quite often the situation resolves itself and a new kindness grows. Sometimes this takes months, but I can wait.

I also have a visualization tool I use whenever I feel an emotion so deeply that it throws me off balance. I imagine myself in an empty room. I then give my emotion a shape and a color and put the emotion object into a Plexiglas box. I then put the box in the center of the room and let it sit there. After a while the energy behind that emotion dissipates. There have been times when I've felt such anger in a conversation that I've had to just stop talking for several minutes and practice this visualization. The strange thing is, sometimes giving the person I'm talking to some space and time allows them to resolve the problem without my help at all. Wow! I am sincerely grateful to A.A. for giving me the space and support to develop these spiritual tools. 

ifb meeting summary – march 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	Lush Lounge	Saturday Easy Does It	Terra Linda
Back to Basics	Gratitude Group	Marina Discussion	Saturday Sunset 9'ers	They Stopped In Time
Blue Book Special	High Noon (Friday)	Men's Gentle Touch	Serenity Seekers	Tiburon Men's Stag
Came to Park	High Noon (Monday)	Mid-Morning Support	SFPOA	Too Early
Castro Discussion	High Noon (Tuesday)	Mill Valley 7am	Sisters Circle	Tuesday Newcomers
Cocoanuts	High Noon Th	Miracles On 24th St	Sober 5150's	Valencia Smokefree
Cow Hollow Young People	Home Group	One Liners	Some Are Sicker Than...	Walk of Shame
Dark Secrets	Join the Tribe	Progress Not Perfection	Steppin Up	Waterfront
Each Day a New Beginning	Keep Coming Back	Queers, Crackpots & Fallen Women	Sunset 9'ers Su 8am	We Care
Early Start	Keep It Simple	Regroup	Sunset Speaker Step	Women Who Drank Too Much
Fireside Chat	Let It Be Now	Room to Grow	Ten Years After	Women's Kitchen Table
Friendly Circle Beginners	Living Sober With HIV	Rule 62		

Following in an unofficial summary of actions, information, upcoming business and service opportunities discussed at the March 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: Written report submitted. Nominating Committee will be activated in April. If you are interested in being a service sponsor or getting a service sponsor please see Chuck.

Treasurer: This is the second year in a row that book store sales were down for the month of January. Patrick asks that literature reps make sure to have enough books for newcomers and that old and new treasurers send in the treasury when they transfer commitments. His written report gave an overall rating of "Good", but "Poor" for the month of January. Patrick's term ends in June. Qualified applicants with basic book-keeping, bank reconciliation, and tax info experience should contact Central Office.

Central Office Report: Central Office can always use additional volunteers with flexible schedules as substitutes. There is a one year-sobriety requirement. If you are interested, contact Peter at Central Office Mon-Fri 10a-6p. Peter needs help with the CD archives project, as CO is moving away from the tape library that is not well used.

Central Office Committee: Danny read the Central Office Committee report, including decisions made at the last COC meeting. Patrick's commitment is up in June; please let the Central Office Committee know about any qualified candidates.

Discussion regarding group inventory

Reps continued reviewing the group inventory notes for action items, starting where we left off at the last IFB meeting. Action items included flagging somehow on the website whether groups have an IFB rep and/or when the last contact was made with CO and visiting inactive groups.

IFB Committee Reports: Anyone wanting more information on service opportunities may contact Cen-

tral 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. 12th Step Committee: The next 12th Step workshop is Wednesday, March 11. There will be a Sunshine Club orientation at the Dry Dock on April 19 at 10am. The committee needs additional members for the 12th Step list. It is very important that there is someone to take the call when callers call in.

b. Access Committee: If you want to make your meeting more accessible never let any dog near a working guide dog without first asking. Working guide dogs wear U-shaped harnesses on their backs. PRAASA put the IFB adopted reasonable accommodations statement in their materials, which has led to several accessibility requests by members.

c. Archives Committee: No oral report; referenced written report.

d. Orientation Committee: Members of the Orientation Committee are working on guidelines for the reports. Please email sample reports to: orientation@aasf.org.

- e. *The Point* Editorial Committee: No oral report; referenced written report.
- f. Trusted Servants Workshop Committee: The committee really needs support.
- g. Web Committee: PI/CPC has all of their events online.
- h. Fellowship Committee: The committee meets the second Monday of the month at 6pm at Central Office and needs more members to join and help plan June's Founders' Day.

Special Committee Reports

- a. Teleservice, SF: There are openings on the overnight shifts and the 6-10:00 shifts, which Teleservice volunteers can be the first person that a new or returning alcoholic has with the fellowship. The commitment has a suggested one-year sobriety requirement.
- b. PI/CPC: 23 people attended the PI/CPC Annual Meeting and Speaker workshop and 24 people renewed their yearly commitment.

XIII. IFB Liaison Reports

- a. General Service, SF: The pre-conference assembly will be April 18-19 and will bring the group consciences to the delegates.
- b. General Service, Marin. Ditto re: the assembly.
- c. Teleservice, Marin: The committee is planning their spaghetti feed which will be 3/21, 5p at the Methodist Church in Mill Valley.
- d. PI/CPC, Marin: No report.
- e. Bridging the Gap: They meet the second Tuesday at 6:30pm at St. Marks Church. They need women volunteers to give presentations and to take members to a home group meeting.
- f. Marin H&I: H&I brings meetings to hospitals and institutions. The committee meets the second Tuesday of every month at 6:15p at St. Anthony.
- g. Spirit of San Francisco: No report.
- h. Living Sober: No report.

Sample Group Rep Report

I'm your link to the Central Office, so if you have any questions about the IFB please see me, the IFB needs a new Treasurer, CO has alternate volunteer shifts open, the Sunshine Club and 12th Step committee need volunteers, I have fliers and volunteer info, so see me after the mtng.

Group Rep Reports: A rep reported his group had a significant downturn in female attendance, and had thought of instead of electing secretaries in the traditional alternating male/female order to put it out to the group and let it decide. A rep suggested electing a female secretary so that they bring more females with them to the meeting.

Adjourn with the Responsibility Statement: A motion was made to adjourn the meeting at 8:55PM; seconded and unanimous.

Rebecca D. S.,
IFB Secretary

The next IFB meeting is on Wednesday, April 1, 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 Contributions	Jan. 2009	San Francisco Group Contributions	Jan. 2009
Contribution Box	104	Bernal New Day 7D	183
Gay & Lesbian Newcomers	22	Big Book Basics F 8pm	133
Harbor Lights Fellowship	25	Came to Park Sat 7pm	113
IFB	99	Cocoanuts Su 9am	72
Serenity House	150	Code Blue Big Book Study W 7pm	79
Fellowship Total	<u>\$400</u>	Design for Living Sat 8am	345
		Each Day a New Beginning F 7am	458
		Epiphany Group Th 8pm	63
Marin Group Contributions		Firefighters & Friends Tu 10am	235
Attitude Adjustment 7D 7am	450	Friday Lunchtime Step F 12pm	100
Blackie's Pasture Sa 830pm	50	Golden Gate Seniors Tu 130pm	68
Candlelight Sun 830pm	100	Happy Hour Ladies Night F 530pm	84
Closed Women Step Study Tu 330pm	152	High Noon Wednesday 1215pm	115
Downtown Mill Valley F 830pm	74	Join the Tribe Tu 7pm	264
Gratitude Tu 8pm	389	Joys of Recovery Tu 8pm	71
Intimate Feelings Sa 10am	56	Luke's Group W 8pm	125
Marin City Groups 5D 630pm	136	Monday Beginners M 8pm	295
Mill Valley 7D 7am	600	No Reservation M 12pm	438
Mill Valley Discussion W 830pm	290	Noon Smokeless Th 12pm	21
Monday Night Stag (Tiburon) 8pm	602	One, Two, Three, Go! W 1pm	30
Monday Night Women's M 8pm	93	Pax West M 12pm	280
Monday Nooners M 12pm	356	Progress Not Perfection Tu 830pm	133
Rise N Shine Sun 10am	122	Relapses, Rebounds, Retreads...	60
Sausalito 12 Step Study Group	107	Room to Grow F 8pm	210
Six O'Clock Sunset Th 6pm	95	Saturday Afternoon Meditation Sat 5pm	135
Steps to Freedom M 730pm	20	Saturday Night Regroup Sat 730pm	244
Survivors M 12pm	111	Sobriety & Beyond W 7pm	45
Terra Linda Group Th 830pm	300	Steppin' Up Tu 630pm	143
Tiburon Beginners & Closed Tu	528	Stepping Stone Step Study M 7pm	201
We, Us and Ours M 650pm	150	Sunday Bookworms Sun 730pm	139
Marin Total	<u>\$4,780</u>	Sunday Night Castro SD Su 8pm	913
		Sunset 9'ers F	36
San Francisco Group Contributions		Sunset 9'ers Sa	302
6am Marina Dock Sa	91	Sutter Street Beginners Sat 6pm	318
7am As Bill Sees It Fri	60	Ten Years After Su 6pm	257
7am Speaker Discussion Th 7am	106	Too Early Sat 8am	205
7am Step Discussion Tu 7am	22	Twelve Steps to Happiness F 730pm	120
A Coffee Pot & A Resentment M 8pm	42	Valencia Smokefree F 6pm	124
A is for Alcohol Tu 6pm	89	We Care Tu 12pm	132
Afro American Beginners Sat 8pm	68	Wharfrats Th 815pm	253
Amazing Grace M 7pm	90	Women's 10 Years Plus Th 615pm	325
Any Lengths Sat 930am	290	Women's Kitchen Table Tu 630pm	321
Artists & Writers F 630pm	96	San Francisco Total	<u>\$9,758</u>
As Bill Sees It Th 830pm	142		
As Bill Sees It Tu 1210pm	203		
Be Still AA Su 12pm	273	Grand Total	<u>\$14,938</u>



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.	Jim H.
Ann & Denise	John G.
Barbara K.	Karen K.
Barbara M.	Kathleen C.
Beverly C.	Lauren H.
Brent H.	Leigh B.
Bruce D.	Lelan & Rich H.
Caroline A.	Leo H.
Casey L.	Lisa M.
Catherine S.	Liz & Aiden D.
Charles D.	Lyle W.
Dan & Sherry T.	Margarite S.
David H.	Martha S.
David J.	Michael W.
David P.	Nancie G.
Debita G.	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.	Steve F.
James A.	Stu S.
James W.	Sylvia D.
Janet B.	Tim M.
Jeanne C.	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!



profit and loss statement

january 2009

	<u>Jan 09</u>
Ordinary Income/Expense	
Income	
Contributions from Groups	
Group Contributions	14938
Total Contributions from Groups	14938
Contributions from Individuals	
Individual - Unrestricted	1849
Faithful Fiver	565
Honorary Contributions	252
Total Contributions from Individuals	2666
Gratitude Month	
Gratitude Month - Groups	1350
Total Gratitude Month	1350
Sales - Bookstore	5705
Newsletter Subscript.	11
Total Income	24670
Cost of Goods Sold	
Cost of Books Sold - Shipping	12
Cost of Books Sold	4031
Credit Card Processing Fees	391
Total COGS	4433
Gross Profit	20237
Expense	
Employee Expenses	
Wages & Salaries	8425
Employer Tax Expenses	1243
Health Benefits	1184
Total Employee Expenses	10852
Postage	6
Rent - Office	4320
Access Expenses	160
PI/CPC	4
Filing/Fees	20
Internet Expense	68
Office Supplies	110
Paper Purchased	248
Shipping	35
Repair & Maintenance	341
Telephone	361
Miscellaneous Expense	0
Total Expense	16527
Net Ordinary Income	3709
Other Income/Expense	
Other Income	
Interest Income	2
Total Other Income	2
Net Other Income	2
Net Income	<u>3711</u>

Individual Contributions

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

ONGOING MEMORIALS

Fred B., Brian D., Linda Rose D.,
Ken M., Pat O'B., Dick O'L.,
Pat T., John T.

ANNIVERSARIES

Lyle W.,
Ocala, Florida,
34 years
High Noon: Matt V. 1 year,
John F. 2 years,
Jeff G. 3 years,
Brent H. 4 years,
Carmen M. 4 years,
Josh B. 20 years,
Ted R. 24 years

Would you like to subscribe?

Receive *The Point* at home!

\$12.00 for one year — 12 issues!!!

(Please circle one)

NEW RENEW GIFT

**PLEASE MAKE CHECK PAYABLE TO :
INTERCOUNTY FELLOWSHIP OF
ALCOHOLICS ANONYMOUS**

NAME _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

April 2009