

the Point

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

2009
M A Y
5

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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This issue: Worker Among Workers

- IP** I Am A Rock, I Am An Island
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or Drink a Fifth
- IP** Worker Among Workers...
Without Being a Wimp
- IP** MY PATH
- IP** Just Stand Still and Hurt
- IP** Mommy Dearest
- IP** I Think Hamlet was an Alcoholic
- IP** Another Bozo on the Bus
- IP** Living In Fear
- IP** Welcome Aboard





The Point is published monthly
to inform AA members about
business and meeting affairs in the
Intercounty Fellowship of Alcoholics
Anonymous (San Francisco and Marin
Counties). The Point's pages are open to
participation by all AA members. Material
published herein should be construed as
a statement of AA, not does publication
constitute endorsement of AA as a whole.
The Intercounty Fellowship Board, the Central
Office, or the Point Editorial Committee. Letters
and articles to help carry the AA message are
welcome. Subject to editorial review by
The Point Committee.

may 2009


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>   </div> <p>Persons requiring reasonable accommodations at meetings of the IFB, COC, IFB committees or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office (415) 674-1821 no less than five business days prior to the event.</p> <div>   </div>				
3	4	5 <u>FIRST TUE</u> Access Committee Central Office, 6pm	6 <u>FIRST WED</u> Intercounty Fellowship Board 101 Donahue, Marin City (St. Andrew Presbyterian Church) IFB Orientation, 6pm, IFB Meeting, 7pm	7
10	11 <u>SECOND MON</u> Fellowship Committee Central Office, 6pm SF Public Information/ Cooperation with the Profes- sional Community (PI/CPC) Committee Central Office, 7pm	12 <u>SECOND TUE</u> The Point Committee Central Office, 5:30pm Bridging the Gap 1111 O'Farrell St. 6:30pm Marin H&I 1360 Lincoln, San Rafael, 7:15pm SF General Service 1111 O'Farrell St., 8pm	13 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm	14 <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6pm
17 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day	18 <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	19 <u>THIRD TUE</u> The Point Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	20 <u>THIRD WED</u> Website Committee Central Office, 6:30pm	21 <u>THIRD THU</u> Website Committee Central Office, 6:30pm
24 <div>31</div>	25 MEMORIAL DAY Central Office will be closed.	26 <u>FOURTH TUE</u> The Point Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	27 <u>FOURTH WED</u> Website Committee Central Office, 6:30pm	28 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm

FRIDAY	SATURDAY
1	2 CNCA Archives Open House/Workday 193 Mayhew Way, Walnut Creek 12pm to 4pm
8	9 CNCA Post-Conference Assembly Vacaville, CA 8:30am to 5pm www.cnca06.org for more info.
15	16
22	23 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm
29	30





Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties



Rowland H.
Billy D.
Lois W.
Anne S.
Barry L.
Tall Man
Marty M.
Sybil C.
Jim S.
Joe McQ
Maynard B.
Bertha C.
June G.
Ebby T.
Rowland H.
Billy D.
Lois W.
Anne S.
Barry L.
Tall Man
Marty M.
Sybil C.
Jim S.
Joe McQ
Maynard B.
Bertha C.

**cordially invites you to attend
the festivities on**

Saturday, June 6th

to celebrate

Ever Yours Dr. Bob

**FOUNDER'S DAY
2009**


A daytime softball game in Marin!
(Time and venue TBA)

Evening events at the Janet Pomeroy Center:


- ♦ 5pm: Dinner
- ♦ 6pm: Speaker Meeting – Theme: "Carrying the Message"
- ♦ 7pm: Second Annual Pie Potluck – represent your home group!
- ♦ 8pm: Performance of "In Our Own Words"
– An original dramatic compilation of stories from the birth and growth of AA
- ♦ 9pm-12am: Dance!

(Maps and directions TBA)

Joe McQ
Maynard B.
Bertha C.
June G.
Ebby T.
Rowland H.
Billy D.
Lois W.
Anne S.
Barry L.
Tall Man
Marty M.
Sybil C.
Jim S.
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Maynard B.
Bertha C.



Persons requiring reasonable accommodations at meetings of IFA, COC, IFB Committees and service events sponsored by the preceding entities, including sign language interpreters, assistive listening devices or print materials in alternate format should contact Central Office at (415) 874-1821 no later than Monday, June 1st.



Founder's Day

Celebrating 74 Years
At
Stafford Lake

Saturday June 13th, 2009 10AM – 5 PM

Lunch at Noon Speaker at 2PM

Arline R. from San Ramon

Bar-B-Que at Noon

50/50 Raffle Live Music Volleyball Softball (bring your own stuff)

Horseshoes Fishing and Fun

No Dogs allowed in County Park Thank you

\$8 per car entry fee to lake (carpool if you can)

\$12 suggested donation

For commitment info call Chris @ (415) 250-4203

Kids under 12 Eat Free



Meeting Changes

New Meetings:

Wed	7:00pm	Marina	VETS & YETS, Academy, 1030 Girard Rd./Gorgas Ave. (BK)
Sat	12:00pm	San Rafael	CLIMBING OUT THE GUTTER, 424 Mission Ave./Mary St. (SD)

No Longer Meeting:

Thu	6:00pm	San Rafael	KEEPIN' IT REAL, 914 Irwin St./3rd St.
Fri	7:00pm	San Rafael	WOMEN'S 12 X 12, 29 Mary St./4th St.

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

Alcoholic Idol

Saturday, May 16, 2009

**Everett Middle School
450 Church Street
btw 16th and 17th**

6:00 pm - AA & Al-Anon Meeting
7:30 pm - Show

\$15 suggested donation

Email fundraising@livingsober.org
to be a contestant

Proceeds benefit the
2009 Western Roundup
Living Sober conference

To arrange ASL or special
needs, please contact us
directly at least 72hrs. in advance



Ramona D. (415) 235-2901

www.LivingSober.org
415.978.2478
fundraising@livingsober.org

Who Runs A.A. in SF and Marin? You do!

2009 ANNUAL BUSINESS MEETING

of the
Intercounty Fellowship of Alcoholics Anonymous
June 3, 2009 at 7:00 pm
1187 Franklin St., San Francisco, CA

Annual Report to the Fellowship Seating of new Intergroup Reps

Your group's representative may be your elected Intergroup Rep, or your group may elect a Group Delegate to vote only at the Annual Meeting. Each group is requested to elect a delegate to represent the group at this important meeting. The delegate will need to know the name of the meeting as it appears in the schedule.

New Intergroup Reps –
Newly elected and re-elected Reps will be seated at the June Intercounty Fellowship Board meeting immediately following the Annual Meeting.

PLEASE HELP US ENSURE THAT EVERY A.A. GROUP IS REPRESENTED IN DETERMINING THE POLICIES ESTABLISHED TO OPERATE THE CENTRAL OFFICE. HAVE YOUR GROUP SEND A DELEGATE TO THIS MEETING.

Call Central Office if you have any questions.

From the Editor



the
Point

Inside this Issue

"It is from our twisted relations with family, friends, and society at large that many of us have suffered the most." (Page 53, *Twelve Steps and Twelve Traditions*.) The paragraph goes on to note how difficult it is for an alcoholic to be, among other things, a "worker among workers." We either want to run everything or run away; we are grandiose or worthless. Earthily, yet succinctly: An alcoholic is "that piece of s**t that the world revolves around." A.A. has dozens of ways to say the same thing, which indicates how widely this particular perspective is shared among us.

Thus, this month's theme: worker among workers. How do we learn to behave like just "Another Bozo on the Bus" when we are used to crooning "I Am a Rock; I am an Island"? We can all relate to "Living in Fear" while at the same time demanding "Who do you think you are?" (Dear Alky). Other articles on the theme are "Worker Among Workers...Without Being a Wimp"

and "My Path" (giving up a job due to workaholism). And don't miss the most tormented of them all: "Hamlet"!

"Mommy Dearest" is in honor of Mother's Day this month (I dare you to keep a dry eye). And conversations with longtimers returns with a new correspondent, Michele F., who interviewed Lynne P. of San Rafael, with 42 years of sobriety. The perennial favorite, "Meet the Meeting" features Welcome Aboard at the Dry Dock (it's returned to its original name after years as the Marina Dock). Step Five explores a scheduling problem; or is it a character defect?

Hey, we need to hear from you—do you notice the monthly themes? Is there something you want to read (or write) about in a future issue? Please drop a quick email to us at thepoint@aasf.org with your suggestions for future topics. Or just a "Hello! We are out here and—we read you." Let's hope so, mate. Over and out. **TP**

editorial policy

The Point is published monthly to inform A.A. members about business and meeting affairs of the Inter-county 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.) **TP**

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I Am A Rock, I Am An Island by MEM



Those Simon and Garfunkel lyrics were my mantra as a child. They gave me the splendid illusion that I could somehow, somewhere, escape my life and be entirely alone and self-sufficient. I loved my large family, but the din of constant activity was often more than I could bear. Fortunately, we lived on a farm with much pastureland on rolling hills, whose valleys led to a small river. Whenever I could, I took solitary walks and communed with wonderful, peaceful Mother Nature. She never asked anything of me and gave me so much solace in return. This was infinitely easier than learning to be one in a family.

As to growing up to be a friend among friends, my fear of my peers made that very difficult. Fear, springing from a deep-seated inferiority complex, furthered the desire to isolate in my emotional immaturity. Maturity seemed to come with the first drink, and I could truly escape my loathsome self, the thing I was really seeking to grow out of. At college I learned how to drink like a "real" alcoholic and be a false friend among false friends. I knew in my heart after a good drunk that we had all cheated ourselves of any genuine experience and were only following the next rung in the ladder down to the point of alcoholic no return. That knowledge didn't change anything; it only added to the self-loathing.

After I dropped out of college a year short of graduating, fear of becoming a useful member of society became my next stumbling block. I could always keep a job (sometimes two or three simultaneously), pay rent and keep a roof over my head, but it took every bit of my inner strength to tread water in this deep pool with no apparent (did I mean easy?) way out. How hard I worked to simultaneously nurture a

"We have not once sought to be one in a family, to be a friend among friends, to be a worker among workers, to be a useful member of society ... Of true brotherhood we had small comprehension."

sort of life while killing myself with alcohol! But I didn't die and, when I was at my closest to death by alcohol, I was led to A.A. I stayed long enough to achieve some sober time and then decided I was ready to live free at last.

Fast-forward through fifteen years of long dry periods, followed by increasingly awful and self-destructive drinking binges, and I finally came back to A.A. This time I was quietly determined to do it "right," whatever

that meant. One day in a Steps & Traditions meeting, I heard the words: "We have not once sought to be one in a family, to be a friend among friends, to be a worker among workers, to be a useful member of society ... Of true brotherhood we had small comprehension." (Page 53, *The Twelve Steps and Twelve Traditions*)

Thanks to the step work I had done that far, I had faith I could somehow rebuild myself into this kind of person. I took to heart the suggestion to be of service, and became a cookie provider, a treasurer, a secretary, an IFB representative, and a member of a committee. I learned to sit still and listen, to offer what I can and neither pout when my suggestions are rejected nor think I'm the world's greatest genius when they are accepted and, most importantly, to do the work asked of me. I am learning what it means to be a worker among workers and to be able to share growth and strength with my fellows. I am learning how to be an island among many islands in the stream of life.

Thank you, A.A. **TP**



Come show your support!

The Artists & Writers Group presents

The Annual Talent Show

"Drunks on Display"

SATURDAY MAY 2ND

1350 Waller St./All Saints Episcopal Church San Francisco

And A Raffle!

Featuring creative artists of ALL VARIETIES.
Music, visual arts, theater, comedy, poetry
and prose, dance, you name it!

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

DOORS OPEN 7PM

\$5.00 Suggested donation
No one turned away for lack of funds

**All Proceeds to support
Central Office**

Individual Contributions

to Central Office were made through April 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

Beverly C.—29 years
Veronica McC.—28 years
Ann W.—24 years
Karen C.—22 years
Doug P. Irvine, CA—18 years
High Noon
Lucy—25 years, Blue—22 years,
Johnny—11 years, Jamie 11—years,
Joe 6—years, Margot 6—years,
Michelle—6 years,
Doug W.—2 years



Top 10 Rejected A.A. Meeting Names

- | | |
|---|---|
| <p>10.
<i>Sobriety Forever</i></p> <p>9.
<i>Advice For Newcomers</i></p> <p>8.
<i>Clothing Optional</i></p> <p>7.
<i>BYOB</i>
(Bring Your Own Big Book)</p> <p>6.
<i>Guilt Trip</i></p> | <p>5.
<i>Perfection, not Progress</i></p> <p>4.
<i>Bring Your Sponsor</i></p> <p>3.
<i>Chronic Relapsers</i></p> <p>2.
<i>Everyone Must Share</i></p> <p>1.
<i>Sought Through Prayer & Medication</i></p> |
|---|---|



BULLETIN BOARD

Greeter, Step Aside!


by Mike M.

During my first year, I attended roughly 360 meetings in 365 days, and tried for a great variety, especially in the first ninety. I heard talk about getting service commitments, and it was especially recommended that a newcomer serve as a greeter as a way to get to know people. Many of the meetings I attended didn't have greeters, but many did. And many of those greeters did a fine job in making me feel welcome and, in some cases, directing me to a different room for the meeting or otherwise being of additional service. However, a few of the greeters seemed to not be

newcomers trying to meet people—they seemed to use the position as a way to meet their friends in a passionate circle of conversation before the meeting, and actually blocked the entryway—week after week. When smoking was part of the little party, it really wore my last nerve. And of course, in those days, that was indeed a sad last little nerve.

So I started to storm through the cliquish cluster, declaiming, "Greeter, Step Aside and Let Me Pass!" That didn't get nearly as dramatic a reaction as I thought it deserved, but I was then able to penetrate the crowd and get inside to the meeting. (I was

also pretty sure when I entered a nearly empty room with a business card on every chair, that I knew where those absent A.A.s were huddled!)

So greeters, thank you for your service. And greeters, please don't block the entry. It's OK if you don't have time to greet me. And if you're smoking, please move it down the block and I'll find the meeting just fine. Maybe one of these days I'll volunteer to be a greeter and see what it's like in your shoes. Of course, now that I'm no longer a newcomer, I might find out I know more people than I think. 

the twelve steps

Step Five: Either Take the Fifth or Drink a Fifth

by Greg A.

When my sponsor called to cancel our appointment, I sighed with relief because I would not need to read my Fifth Step aloud. John had called me to say that something had come up, and that he could not make that day's engagement. For the moment, I was off the hook (although still in the net). The part about "cancellation" was fine with me; the part about "later date" could be dealt with—well—later.

So, the next morning came, and passed; the afternoon and evening came and passed too. Then, the next day came, and also passed, but I still had not called my sponsor. In fact, a whole week or so passed before I finally worked up the nerve to again call John, by which time I was harboring the guilt of an AWOL sailor—largely for not calling my sponsor every day like I had promised I would.

When I did finally pick up that two-ton telephone and called John, he patiently listened to me talk about the meetings I had attended and complain about something or other in sobriety that I did not find to my liking. Surprisingly, he neither brought up the fact that I hadn't called him all week, nor did he mention my outstanding Fifth Step obligation. At first, I was relieved that John was not being as hard on me as I had been on myself.

However, evening came, and as I lay in bed thinking, I started coming to

*"Admitted to God,
to ourselves, and to
another human being
the exact nature of
our wrongs"*

the conclusion that my sponsor was actually not doing a very good job. This guy who I had picked to be my mentor—whose job it was to help me—had not even mentioned the fact that I still needed to admit to God, to myself, and to this slothful and entitled individual the exact nature of my wrongs. So, I added John's name to my resentment list and didn't call him for another week.

When I did call John (planning to just tell him I was "fine"), I had a few things that were troubling me: that I needed to do my Fifth Step; that I had not been calling regularly; that I thought my sponsor was not doing a good enough job for The Great Me; and that I wanted a new sponsor, but did not know how to let this one down without hurting his feelings. But I cast fate to the wind, and stated bluntly, "I am mad."

John replied, "Uh huh," but said nothing else.

I certainly did not feel less mad after that rejoinder.

I responded by blurting out the whole

thing, "Well, why didn't you ask me about my Fifth Step?" John calmly answered, "Whose Fifth Step?"

Now I was furious; this jerk had forgotten all about me. Intensely, I replied, "MINE!"

The following silence was the loudest I had ever heard. Slowly, John said, "I am not worried about it; you will either do your Fifth Step, or you will drink again—no big deal. In A.A.—like anywhere else—you have every right to remain silent."

The loving hand of A.A. had read me my Miranda rights. It then became clear to me: It was not John's job to sponsor me—it was my job to be sponsored. I then humbly asked him if we could reschedule. He replied, "Sure. When do you want to meet?"

In moments my entire month's worth of compounded resentments evaporated, overshadowed by renewed hope. **TP**



Dear Alky...



Questions and Answers
from one AA
to another

Dear Alky,

There is a person in our meeting who routinely leaves before the meeting ends. She usually shares and soon after heads for the door, without explanation. She seems to be much too busy to stay and hear what the rest of us might have to say. It seems silly that she might have a long standing appointment that conflicts with our meeting.

I want to tell her just how disruptive her early departures are—coupled with, "Who do you think you are, anyway, skipping out early?"

Aside from praying for her at least a couple of weeks, do you have any other suggestions?

Thanks,

FIL0 (First In Last Out) Francine

Dear FIL0,

Looks like a resentment to me! That's the bad news and the good news. Bad news because it is more fun to imagine that the things that bother us are "other people's fault." Good news because since it is your issue, you have the power to do something about it.

Write a nice little inventory on this woman's behavior. "I'm resentful at Wanda Walkout because she shares and bolts. This affects my . . .". (C'mon, you didn't think Alky was going to do the whole thing for you, did you?!) Finish that up. Find your part, admit it to another person, and

then get ready to be relieved of whatever defect of character *in you* causes this woman's behavior to grate so badly on your nerves. Alky could hazard guesses but it's so much more satisfying (and effective) when we dig up this information ourselves. And saying a prayer for her is fine. I simply recommend that what you ask for her to receive be what *you need*, i.e., peace of mind or perhaps, the ability not to let other people's habits cause too much distress.

Happy inventorying,
Alky **AP**

Worker Among Workers...Without Being a Wimp by Patty McM.

Scenario: Someone at work, maybe your boss, maybe a co-worker, unfairly: a) judges you, b) dumps work on you that no one wants, or c) gets you blamed for something you didn't do. What do you do, without compromising your spiritual well-being or inviting everyone in the place to come on over and wipe their shoes on your back?

OK, you can get walked on at work. And I've checked—there's just nothing in the Big Book that makes it a condition of sobriety. So I've had to ask myself, how do I take care of my own well-being in a work world that can be unfair and mindless? That is, without racking up an armload of resentments? Here are a couple of

things that have occurred to me over the years.

First, think "restraint of pen and tongue," one of those sayings in A.A. that gets passed around, origin unknown, at least to me. Here's what I do know: sometimes you should just keep your mouth shut—and don't put anything in writing. At least until you've consulted your sponsor and at least two other people in A.A. It can wait a day or two, until you can sort out what you're bringing to the drama, and how to raise the issue without finger-pointing or victimhood. People hate that stuff and won't listen to you, anyway.

Another idea: when something gets to me at work, I almost always write a

fears list. The more I'm hooked, it seems, the more fears I have. I am usually amazed at how many I come up with. Then, I figure out if there's anything on the list that actually needs some direct action on my part. Usually it's not the "I'm going down" fears that need me to do anything. It's mostly something like "my boss doesn't know how much I'm doing" or "I can't make this deadline." It is amazing how reasonable people can be if I don't come at them like a raging bull.

So, it's not about rolling over for anything and calling it surrender, but trying some of the A.A. tools before deciding the situation is hopeless. **AP**

MY PATH: Meditation Yields Patience, Acceptance, Truth and Humility *by Eleanor C.*

In August 1991, I left work with my colleagues for a liquid lunch. We drank Bombay Sapphire martinis. I never made it back to the office. As I was driving home, I plowed into the rear of the car ahead of me. Luckily no one was injured and I was not arrested. I knew I needed help.

I met with a psychologist who told me I was an alcoholic and needed to go to A.A. After my initial resistance, I started attending A.A. meetings, got a sponsor and worked the steps. After eight years, I stopped attending meetings. I remained sober but was not living sober. My life was out of control.

I became unable to use my dominant hand from a repetitive strain injury due to my workaholicism. I have been living with chronic pain for the past three years. I had to give up my position as vice president of a major corporation.

I saw many practitioners (both Eastern and Western) who gave conflicting opinions. Nothing seemed to relieve the constant pain and my life was unbearable! I became addicted to opiates and medical marijuana and wanted to end my life. I was admitted to the psychiatric ward for nine days and checked myself into a 30-day rehabilitation program.


MY PATH and my life were changed forever! MY PATH consists of "Meditation Yielding Patience, Acceptance, Truth and Humility." I learned how to meditate and pray to accept the pain and quiet my compulsive thoughts. Upon awakening,

I sit quietly for 30 minutes. This is the only time I feel empowered. Meditation yields the "patience" and perseverance to endure all that is going on.

"Patience" had to be acquired. I am not able to rush the healing process. Healing does not occur in my time, but in HP's time. I could not will my pain to disappear. I had to surrender and learn to be tolerant. I had to accept that my body would heal when it was ready, not when I was ready.

"Acceptance" is acknowledging I do not have use of my dominant hand. Acceptance is asking for help to get dressed, to eat, to do chores and to get bathed. I had to accept the truth that my life was forever changed! "Truth" is that my life was unmanageable and I needed help for my alcohol and drug addiction. Accepting the truth was very humbling for me.

"Humility" was going to A.A. meetings and saying I was a newcomer after double-digit sobriety. Humility was getting 5150'd (placed on a 72-hour hold) in the psychiatric unit with a security officer standing outside the bedroom door. Humility is accepting that I am an alcoholic and addict.

This has been a very difficult transition. MY PATH is full of hope, and my newly acquired patience will assist me in traveling the road ahead—one moment, one step, one day at a time. I now have over a year clean and sober. 



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.
Bree L.	Leigh B.
Brent H.	Lelan & Rich H.
Bruce D.	Leo H.
Caroline A.	Lisa M.
Casey L.	Liz & Aiden D.
Catherine S.	Lyle W.
Charles D.	Margarite S.
Dan & Sherry T.	Martha S.
David H.	Michael W.
David J.	Nancie G.
David P.	Patrick M.
Debita G.	Paul M.
Dennis & Lucy O.	Peg L.
Dick F.	Peggy T.
Donald Ray N.	Pene P.
Doug C.	Penelope & Robert
Frances L.	Ralph P.
George S.	Robert W.
Giles H.	Sam V.
Greg W.	Scott C.
Herman B.	Sheila H.
James A.	Steve F.
James W.	Stu S.
Jane K.	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!



Conversations with Longtimers: Just Stand Still and Hurt

as told to Michele F.

"I can't stop." Lynne P. of San Rafael said this on January 20th of 1967, and she hasn't had a drink since. She was twenty-seven years old.

Q: *How did you get to A.A.?*

A: I took a cab to the Central Office in Union Square. I thought I was going to be taught how to drink; I had no idea this would mean abstinence. I was horrified! But my bottom was so low that I was willing to do what they said. They told me it was a day at a time, but that meant nothing to me—any fool could figure out that adds up to forever.

Q: *Why do you think you've stuck around for so long?*

A: I was desperate. I think it's important to let people hit their own bottom, because then that First Step is really solid. I also could tell that the woman I talked to at Central Office knew what I was talking about. She didn't shame me or pontificate; we were equals, and she assured me that I would be able to stop.

Q: *What do you mean by desperate? What was your bottom like?*

A: I started controlling my drinking at around 18, 19, 20. As I got older, I recognized that I was not succeeding at life. I had a lot of anxiety, and the alcohol became a tool to help with that, but my drinking escalated and it began to get ugly. And even when I was hiding bottles under the bathroom sink, I never thought it was okay. But I couldn't stop. I had three children and I recognized that the time would

come when my husband would leave and take custody of them. I was also agoraphobic and had the idea that if I ever hoped to recover from my anxieties, I'd have to get rid of alcohol.

Q: *What was your first meeting?*

A: Monday Beginners, at Clay and Van Ness. But I was only in the city for my first month, and then we moved to Marin. I started attending the Ross-San Anselmo group. I remember attending the Ross Hospital group and flirting with the men—that was a big plus.

Q: *What was A.A. like when you got sober, as compared to now?*

A: Today crosstalk is frowned upon, but when I started it was a part of the meetings. Someone would share about a problem they were having, and then another person would say, "Oh, I went through that, here's what I did and you can talk to me after the meeting." Back then "new" meant the first three meetings, not thirty days. At twenty-seven, I was one of the youngest members; there weren't as many young people as there are today. Also, there weren't as many meetings, and they were all at eight o'clock! I was a mother with three young children, and so we [my sponsor and I] decided that two meetings a week, plus making phone calls to other members on the days I didn't get to meetings, was realistic. Because I got sober to meet my responsibilities, not run away from them. My first sponsor was from Chicago, her husband had come into the program five years after it started, and they used to say, "What is this California mania

for going to meetings!" They were used to one or two meetings a week, and then also meeting for coffee at members' houses. I remember there was a slogan I don't hear anymore: "Just stand still and hurt." You don't always have to run to a meeting.

I had to have been at least ten years sober before newcomers' meetings really took off. I equate it to the drugs, not that they weren't around when I came in, but it seemed that people were falling apart quicker. And birthdays weren't announced until the end of the meeting, very casual. They didn't celebrate six months, or 60 days, but at the end of a meeting a friend might say "So-and-so has one year today."

Q: *What do you feel are the benefits of having put together so many days?*

A: Life doesn't get better, but my reactions to life get better. Things become much less of a big deal. My willingness to be human is huge—I no longer think that being human is a disease. Today I know that things always work out, and that I don't have to know what that looks like. I'm so grateful that I didn't have to go back out, and I think it's because I had that solid foundation. I have many non-program friends and they are floundering—they don't know how to turn things over.

Compared to other spiritual activities in my life, in an A.A. meeting there is a genuineness, however well or poorly someone is working the program doesn't matter. We've all been knocked to our knees; we've all surrendered. **JP**

Mommy Dearest

by Frank Q.

What oldest son, and a gay one at that, doesn't have an intense relationship with his mother? My bonding with her was even more intense because (a) my father had been a star athlete and was a hard-working farmer, and I hated sports and farming; and (b) my mother had been a school teacher for a brief period between college and marriage and I was an able and willing pupil for her, complete with a desk and chalkboard in my nursery! Father wanted silent obedience. With Mother, I was able to "talk back" and have healthy discussions that for me meant chipping away at the Catholic faith so deep in our Irish roots. Our religious debates in the kitchen as she prepared dinner were epic, and when she finally started giving up as I reached my tempestuous teens, it marked the end of my involvement with the church at all, and I started playing hooky when I was supposed to be at church events.

When I left home in South Dakota at 18 and came to San Francisco, I really learned to party and living on the edge of the Haight on the cusp of the '70s was a fine place for it. The joke that was my college career is a sad one. Suffice it to say that communication with the folks at home, especially Mother, was now even more untruthful and guarded, lest the truth of what I was becoming be known. My parents had very high hopes and standards for their children and I was to have been the first fine example of how the next generation could succeed.

The lies continued through my 20s and 30s, and when I was just about to turn 40, my 16-year old baby brother

killed himself on my birthday. I immediately blamed my mother and her impossibly high religious standards for my brother's unhappiness. I had only met my brother four times in his brief life. I hadn't a clue what life was like for them, since I returned home infrequently over the years, and never for more than a few days at a time. His death—and the deaths of my long-time lover after years of horrible

*"Today, it's finally easy
to be honest with her
about what I'm doing
in A.A. "*

cancer, my dearest grandmother, and my favorite uncle—all occurred near the time of my birthday in July. After my brother's death, I was off and drinking like I never had before. By the time October rolled around, I had quit my job and wandered across half of North America with a newfound drinking partner (and so-called love interest). My mother's birthday was in October and I had developed the perfect sick plan for revenge—I would kill myself on her birthday! My companion had a prescription of anxiety medication and I ate 100 of his pills in a hotel room in Boston. He found me about ten minutes away from death. Happy birthday, Mommy dearest, indeed!

A few months later, I ended up a homeowner in Florida (winter had arrived and the last of my life insurance inheritance was almost gone), drinking myself into a hellhole—

complete with tin foil on the windows, multiple DUIs and incarcerations. As I was coming out of darkness and before my first foray into A.A., I had already made a total dump on my mother. I needed to get things off my chest and had no awareness whatsoever of Step Nine or the concept of amends without injuring another. I thought in my sickness that she needed to know the unvarnished truth about the suicide attempt and everything dark and ugly I thought she ever did to me. She was stoic, supportive, and never recriminatory.

I stayed in A.A. for about a year and then practiced periods of abstinence, alternating with some more "field testing" in controlled drinking over the next 15 years. I finally had enough and returned to A.A. in May of 2007. Disclosing to Mother my on-and-off drinking throughout the years was easy for me, but a cruel shock to her, as I never made messy phone calls and always lied so well about how wonderful life was. Today, it's finally easy to be honest with her about what I'm doing in A.A. because it's something I'm proud of. I don't have to lie anymore about anything in my life. It is a source of incredible gratitude for me to know that I couldn't destroy my mother's love for me, anymore than I could destroy God's love for me simply by turning away. It's not that easy. Turning back to the light and a life of honest spirituality, even though it's not the variety practiced by my mother, has made our mother-and-child reunion an event of incredible joy and deep love. I talk to her every weekend and share my life with her. It is a valentine I thought I could never give her. **FP**

I Think Hamlet was an Alcoholic... by N.S.

Allow me to explain...

*To be or not to be:
that is the question;*

*Whether 'tis nobler
in the mind to suffer*

*The slings and arrows
of outrageous fortune,*

*Or to take arms against
a sea of troubles,*

*And by opposing, end them.
To die, to sleep;*

*No more; and by a sleep
to say we end*

*The heartache and
the thousand natural shocks*

*That flesh is heir to—
'tis a consummation*

*Devoutly to be wish'd.
To die, to sleep; . . .*

The guy's contemplating suicide. Who does this? Alcoholics. Okay, maybe not everyone who contemplates suicide is an alcoholic. Here we have a guy who is disgusted with himself and the world, overwhelmed with grief, betrayed by his mother and has driven his girlfriend insane—literally—and finds time to sit in morbid reflection about the meaning of it all.

To be, or not to be: that is the question.

Yes, it is. Do I want to live or die? I don't really want to BE here. No one asked me what sex I wanted to be, what family I wanted to be born into, where I was to be born, or when. I didn't have a say in any of this. Hell, no one asked me if I thought yellow was a good color for road signs. We won't even get into my height, skin

color, sex or cultural background. What can I do about anything? Nothing. And neither can anyone else.

Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune.

"Nobler in the mind." What do I care for nobility? In the words of Peggy M., "alcoholics are moralists." And we do care. We care so much, it creates a sense of shame and guilt and remorse. More reason to drink. Let's get to the slings and arrows: slings and arrows are weapons of war, designed to kill. Now we have slings and arrows of "outrageous fortune." I can barely handle the "usual" path of life let alone what exceeds the limits of usual.

Or to take arms against a sea of troubles, and by opposing, end them.

I can be a victim to the hurts of life or I can war against them. I don't like these choices. Apparently, neither did Hamlet because his next line is, "To die; to sleep. No more." He's not even hoping for a rewarding afterlife; he just wants it to be over.

And by a sleep to say, we end the heartache and the thousand natural shocks that flesh is heir to.

This is the line that says, "I'm an alcoholic." It's not that I have an allergy; it's that I have heartache. I have something in me that drives the obsession. I suffer from a thousand "natural shocks that flesh is heir to." The shock that there is no Santa Claus. The shock that kids say mean things based on your body size, type or color. The shock that there is no referee. And how much longer does this thing go on?

'Tis a consummation devoutly to be wish'd. To die; to sleep.

This is the line that I sincerely believe we all face, whether we make it to the rooms or not. I pray with deepest devotion for the final end, "To die; to sleep." I can drink myself to death, casting off all social pretenses. Or I can put to sleep all that I am and go through the motions, drinking purely to create narcolepsy.

Hamlet died. So did everyone around him. It was a poetic death, but dead is dead. Do I want to die? To be, or not to be? I come into the rooms because I cannot answer this question. I sit in a room that is rank on a cold hard metal chair. Some guy I have absolutely nothing in common with gets up and tells his story. I look at him and identify with nothing. *Nothing*. Yet somehow he starts talking about how it all *felt*. He knows my world. How is that possible? We are not the same age or class or background. He doesn't know how to spell "Shakespeare." I want to have coffee with him. In truth, I want to move in with him and ask, how? How are you doing it? How are you suffering the slings and arrows? Smiling? Laughing ... so loudly?

"God."

Not the answer I want, can't wrap my mind around God. I don't really like people. I'll ask him for coffee; he'll probably say no. Then I can say, I tried. Pretense, I'm good at that. I ask him for coffee and, much to my dismay, he says, "Yes." Now I'm more terrified than ever because I feel hope. I don't know what it means but I hold on. It's all I have. **NP**

Another Bozo on the Bus by Rich H.



About 15 years ago one of the gray-haired "lions of sobriety," with about 27 years, was nominated to be secretary of one of my regular meetings. To my chagrin and amazement, he turned it down, suggesting instead that somebody newer be nominated, somebody who needed a service commitment. A few days later he asked my wife, also sober in the program, if he did the right thing. I think he knew he didn't. Think about it. Change the singular pronoun "you," as in, "If you want what we have," to "they." Ask yourself if "they" want what you have, and ask yourself, based on whatever time you may have, whom you were attracted to on your path to recovery. What traits did those you admired and tried to emulate have in common?

For me, those admirable souls evidenced "prodigies of service"! Who couldn't admire the expert meeting secretary, who actually started and stopped the meeting on time, never asked for "burning desires" (which always turned out to be burning disasters), and kept her/his personality out

of the format? God bless them! And the proud set-up crew, all the chairs set up perfectly 45 minutes before meeting time. Or how about that tireless GSR (General Service Representative) who always gave 12 reports per year, even though nothing much ever happened. Or those wonderful phone volunteers, happy to take calls from "potential" alcoholics in the wee hours of morning.

The best thing about all of these hard-working trusted servants is that their lives seem to be working very well, thanks to their progress in recovery. Not a lot of drama from these folks either, probably because they were working too hard in support of the fellowship to "work the fellowship," whether selling used cars or hitting on newcomers.

Oh yes, I learned my personal lessons like the rest of you, but as my defects of character went away, I found myself working harder and harder to express how much gratitude I have for my recovery in A.A. As of today, I hold

these commitments: Central Office volunteer, Intercounty Fellowship Board representative, and *Point* committee member. In the past five years I have also been secretary three times, treasurer once, and donut guy. I've also baked about 20 dozen oatmeal cookies—the very best in the whole world—for my friends at the Huntington Square group. Am I proud of myself? Damn-betcha! And I am very, very sober.

But more important—MUCH more important—is my example; simple proof that I do, indeed, "walk my talk." I can hold my head high, and also suggest to my sponsees that service on behalf of the fellowship is necessary for a worthwhile quality of sobriety. **HP**

Living in Fear by Ed D.

Only with sobriety and the guidance of the Twelve Steps have I been able to realize how much of my life had been spent in fear. Like many alcoholics, I discovered self-medication in response to any life challenge.

When did it start? I remember being scared when my mother was hospitalized with cancer and was in the hospital for what seemed like an eternity. I remember when I was in early grade school, walking home alone, when a man standing in front of his garage door eerily looked at

"Living with fear had finally brought me to my knees, ready to admit my powerlessness over alcohol and drugs and my willingness to surrender my will to a higher power."

me, provoking a sense of danger I had never felt before. I remember being self-conscious about being small, skinny, and dark-skinned. I remember being ridiculed for holding my books like a "girl." I was a late bed-wetter and was so ashamed and humiliated when my father and stepmother discovered this during my first summer with dad. (My parents had divorced when I was an infant.) I became ashamed of my interest in boys and not girls, of having to kiss

(Continued on page 15)

Welcome Aboard

by Bree L.

Welcome Aboard speaker/discussion meeting is distinctive in that few of those attending call it their home group. This brings about a transient ambiance, but the message is not transient on any level; if anything, it's stronger with a resounding emphasis on the First Step.

James M. was attending a recent meeting and said he lives on the Peninsula and got sober ten years ago in San Francisco. He was in town, house sitting, and wanted to return to the place where he first got sober. Jim happened in to say how thankful he was to be an alcoholic in A.A. This may sound simple, but he continued with the revelation that there aren't many places welcoming of alcoholics. Jim talked about the freedom that comes with working the steps. Paul L., with 34 years of recovery, said he has been coming to this location since it opened in 1986 and Welcome Aboard was a good meeting to attend. Ziva R. said she tries to hit the 8:30 meeting when she gets off work because it is convenient, safe and reliable. Nikki,

the speaker, told of her daily ritual to pray for sobriety in the morning and then to thank her Higher Power in the evening for keeping her sober. Nikki also said her home group was the Wednesday night Walk of Shame women's meeting, while the Dry Dock was her support for in-between times.

Welcome Aboard has a great history, according to Danny B. who attributes his double-digit sobriety to this group. When Danny first came in the early 90's, it was known as the Aerlingus meeting after an Irish airline. The way that name came about was Irish Tony, who used to work at the Dock, saw a group of folk waiting for a meeting to begin. He told them they looked like a bunch of passengers waiting for take-off and christened it the "Aer Lingus meeting." Many of the original members have since returned to Ireland, but a few still remain. Danny tells of hitting the meeting and then joining the regulars as they went to Mel's Diner for fellowship afterwards. He points out that the group wasn't limited just to the Irish, but included

those who could understand Irish accents plus a few newcomers.

A few weeks ago the speaker was Scott J. who shared his experience strength and hope. He said that everything he needed for his recovery was already in place waiting for him. Another tidbit Scott said was that our future doesn't have to be our past and we can bring about change by utilizing the Twelve Steps.

So the surprising thing about this meeting is how it truly exemplifies the words, "we normally would not mix." The crowded room was full of individuals who attributed their sobriety to some other place, but also knew that the 8:30 PM Welcome Aboard on Friday was a good place to come and stay sober.

Location: The Dry Dock, in the Marina at 2118 Greenwich St., near Fillmore. **TP**



(Living in Fear, continued from page 14)

my date at the prom to go through the motions of being "normal." I was afraid to try things for fear I would fail. I was afraid of being a part of the greater group for fear that I might be found out as lacking in some way. I learned to be secretive, vigilant and paranoid.

Later in life, I drank to relieve my anxiety, depression, sense of low-self esteem and poor body image. I drank and drugged to relieve the horrors of

living through the AIDS epidemic in the 80's. With the death of my best friends, I began to drink alone, drowning my sorrow and loneliness and fear of my own mortality. Why was I still alive? When would the angel of death come for me?

I gave up on my family and friends and career. I lost my dreams and hope and as a consequence, I lost my soul and spiritual direction. Living with fear had finally brought me to my knees, ready to admit my powerlessness over alcohol and drugs and

my willingness to surrender my will to a higher power. Two years into recovery, I still have many things to learn. In some ways I feel like a teenager learning about life all over again. I stumble and retreat and take one step forward and two steps back on occasion. But as long as I show up each day sober, willing to do what my higher power allows me to do, I always have hope that one day I will truly live life on life's terms and not out of fear. **TP**

ifb meeting summary – april 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.

A is for Alcohol	Gold Mine Group	Living Sober With HIV	Serenity Seekers	Too Early
Any Lengths	Happy Hour	Lush Lounge	Sisters Circle	Tuesday Downtown
Attitude Adjustment	High Noon (Friday)	Marina Discussion	Sober 5150's	Tuesday Newcomers
Blue Book Special	High Noon (Monday)	Men's Gentle Touch	Some Are Sicker Than...	Valencia Smokefree
Came to Park	High Noon (Saturday)	Mid-Morning Support	Steppin Up	We Care
Castro Discussion	High Noon (Tuesday)	Mill Valley 7am	Sunday Night Speaker Discussion	Women Who Drank. . .
Cocoonuts	Home Group	Miracles On 24th St	Sunset 9'ers Su 8am	Women's Kitchen Table
Code Blue	Join the Tribe	Queers, Crackpots & Fallen Women	Sunset Early Morning	Women's Promises
Each Day a New Beginning (Sun)	Keep Coming Back	Reality Farm	Sunset Speaker Step	
Fireside Chat	Keep It Simple	Room to Grow	Tibunon Haven Group	
Friendly Circle Beginners	Let It Be Now	Saturday Easy Does It	Tiburon Men's Stag	

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the April 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: Chuck activated the Nominating Committee, to interview Central Office Committee candidates. Committee members were elected by acclamation.

Treasurer: Patrick's written report gave a "Good" rating for the month and a year-to-date rating of "OK". Every category of contributions and bookstore sales are under budget. Patrick's term expires in June. Qualified applicants with basic book-keeping, bank reconciliations, and tax info experience should contact Central Office.

Central Office Report: The IFB's Marin meeting location is confirmed as St. Andrew Presbyterian Church in Marin City. Central Office volunteers are planning vacations so substitutes are needed. There is a one year-sobriety requirement. If you are interested, contact Peter at Central Office Mon-Fri 10a-6p. The updated San Francisco schedule is in. Sales tax went up to 9.5% on April 1st. The AA World Services book price increase is scheduled to go into effect July 1st. The Big Book price will increase 34%, from \$6 to \$8. The Grapevine magazine is also going to increase in July,

from \$2 to \$2.50 per issue. Maury noted this as a good time for groups to discuss the meaning of self-support.

Central Office Committee: Brad read the Central Office Committee report, including decisions made at the last COC meeting. The COC discussed the number of copies created for each IFB meeting. The COC feels that it is more effective to put the committee reports on the website and asks the committees to put on their agendas whether they want to put their reports on the web or have it printed. Anyone with comments can discuss them with any member of the COC. Patrick's commitment is up in June; please let the Central Office Committee know about any qualified candidates.

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: Three of the committee's members went to PRAASA to assist with access issues and loaned out an assisted hearing device. The committee went to the NCCAA about opening committees up to people with disabilities. They got feedback about the reasonable accommodations statement, regarding how to make it easier to comprehend and maybe including the Marin Central Office phone number.

b. Archives Committee: Tracy encouraged reps to join the committee, flagging that they are meeting on the 4th Sunday of the month this month. One thing the committee does is research history of how long groups have been in existence.

c. 12th step Committee: Stu reported the committee needs more volunteers to be on the 12th Step list, and hopes reps will let their groups know.

d. Orientation Committee: Ted reported the committee had put together the IFB reporting guidelines and asked reps to let him know if they have any feedback. He explained the purpose of the guideline is to review what reps should report to their groups, noting the reps' real commitment is to report back to the group, not just go to the IFB meeting.

e. *The Point* Editorial Committee: Rich reported the roving *Point* reporter the committee had secured did not pan out, so if anyone is interested in going to events to report back to the fellowship please let him know. If you'd like to report on your experience with the steps send them into *The Point*. The committee needs a layout person. Rich explained *The Point* has a circulation of less than 1000, and as a non-profit, does not need someone that has high level experience, just basic skills.

f. Trusted Servants Workshop Committee: Tracy F. reported the committee has only two members and needs more members to join. He noted it would be GREAT

if another IFB rep would take the Chair position so he doesn't have to Chair two committees.

g. Web Committee: Michael P. reported the committee's ad hoc group had analyzed the current state of the relationship between the SF/Marin meetings and the IFB, with the goal of finding ways to improve outreach to meetings. They found that currently there are only about ~35 "inactive" meetings that are not listed as being held at the Dry Dock or the Alano Club, locations for which it will be easy to determine meeting status. The committee suggests the following priorities: a) confirm annually that a meeting is still active, b) register at least one trusted servant per meeting, and c) attract one IFB member from each meeting.

h. Fellowship Committee: Rebecca D. S. reported that the committee needs more members to join and help plan June's Founders' Day and MANY people to help on the day of the event. See the flier inserts for details of help that is needed for participation in the Founders' Day play/performance and the baseball game. The committee meets the second Monday of the month at 6pm at Central Office.

i. Survey Report: Carol E. reported the COC would like to find out how Central Office can improve services provided. An ad hoc committee was formed to create a survey to get feedback from the fellowship. If any members have particular survey expertise or experience, please join the committee. Members are needed to help create the survey, work out a timeline and establish a plan, and tabulate and evaluate the results. The address to email if you are interested is survey@aasf.org. Please be of service.

Special Committee Reports

a. Teleservice, SF: Derek reported the committee has two openings, 6a-10a the 5th Thursday of the month and overnight on the 4th Friday of the month. There is a one-year sobriety requirement.

b. PI/CPC: Bruce K. highlighted the next speaker's workshop on the 18th of the month. There is a two-year sobriety requirement.

IFB Liaison Reports

a. General Service, SF: David reported they are preparing for the pre-conference assembly.

b. General Service, Marin. Naim announced the pre-conference assemblies are coming up. He will get fliers to reps, since we didn't have any. Members need to RSVP for the dinner.

c. Teleservice, Marin: Daniel reported the spaghetti feed was a success and they are working on their outreach program

d. Bridging the Gap: Fred reported the committee really needs volunteers, especially women.

e. Living Sober: Living Sober is planning for their upcoming conference, which is Alanon and AA co-sponsored. See the flier for Spring Fling, one of their fundraiser drag shows.

Sample Group Rep Report

Virginia M. gave the sample report: We had an IFB meeting, there's a lot of a good fun happening, talk to me after the meeting. CO can always use volunteers, Teleservice needs volunteers, see me for some info about the Founders' Day softball game, the play, and the dance. A new rep asked when to make announcements, at business meetings or during the regular meeting. Jackie explained she approaches individual people to ask them one on one if they would like to participate in play.

Group Rep Reports

Elizabeth encouraged all IFB reps to make sure your GSR gets your group's conscience on the assembly and to ensure everyone is well informed on the topics. If your GSR position is vacant, get it filled.

Adjourn with the Responsibility

Statement: Adjourn with the Responsibility Statement: A motion was made to adjourn the meeting at 8:57PM; seconded and unanimously passed.

Rebecca D. S.,
IFB Secretary

The next IFB meeting is on Wednesday, May 6, 2009 at St. Andrew Presbyterian Church at 101 Donahue Street in Marin City at 7:00 p.m. Orientation starts at 6:00 p.m. and is required for all new members.

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

I 2th STEP COMMITTEE

Stu S. I2thstep@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: february – YTD 2009

Fellowship Contributions	Feb. 09	YTD	San Francisco Group Contributions	Feb. 09	YTD	San Francisco Group Contributions	Feb. 09	YTD
Brisbane Breakfast Bunch	40	40	7am Speaker Discussion Th 7am	106		Keep It Simple Sat 830pm	399	399
Contribution Box	51	155	7am Step Discussion Tu 7am	22		Light Steppers Su 7pm	60	60
Gay & Lesbian Newcomers		22	A Coffee Pot & A Resentment M 8pm	42		Living Sober with HIV W 6pm	364	364
Harbor Lights Fellowship		25	A is for Alcohol Tu 6pm	89		Luke's Group W 8pm		125
IFB	89	188	A New Start F 830pm	262	262	Mission Creek Meeting	95	95
Serenity House	150	300	AA Step Study Su 6pm	121	121	Mission Terrace W 8pm	251	251
Total Fellowship Contributions	331	731	Afro American Beginners Sat 8pm	68		Monday Beginners M 8pm		295
Marin Group Contributions			Alumni W 830pm	43	43	Monday Monday M 1215pm	97	97
Attitude Adjustment 7D 7am	450	900	Amazing Grace M 7pm	72	162	No Reservation M 12pm		438
Awakenings Sa 830am	36	36	Any Lengths Sat 930am	290		Noon Smokeless Th 12pm	122	143
Awareness/Acceptance M 1030am	47	47	Artists & Writers F 630pm	96		Noon Smokeless W 12pm	60	60
Blackie's Pasture Sa 830pm		50	As Bill Sees It Th 830pm	142		One, Two, Three, Go! W 1pm		30
Bounce Back M 6pm	400	400	As Bill Sees It Tu 1210pm	203		Pax West M 12pm	504	784
Candlelight Sun 830pm		100	Be Still AA Su 12pm	182	455	Progress Not Perfection Tu 830pm	247	380
Closed Women Step Study Tu 330pm		152	Bernal New Day 7D	163	346	Rebound W 830pm	60	60
Design For Living (Marin) W 7pm	61	61	Big Book Basics F 8pm	133		Relapses, Rebounds, Retreads...		60
Downtown Mill Valley F 830pm		74	Big Book Study Su 1130am	155	155	Room to Grow F 8pm		210
Early Birds Sa 6am	36	36	Blue Book Special Su 11am	81	81	Saturday Afternoon Meditation Sat 5pm		135
Friday Night Book F 830pm	95	95	Came to Park Sat 7pm	113		Saturday Night Regroup Sat 730pm		244
Gratitude Tu 8pm		389	Castro Monday Big Book M 830pm	167	167	Sisters Circle Su 6pm	141	141
High & Dry W 12pm	308	308	Cocoonuts Su 9am	72		Sobriety & Beyond W 7pm		45
Intimate Feelings Sa 10am		56	Code Blue Big Book Study W 7pm	79		St. Francis Men's F 830pm	296	296
Island Group Th 8pm	63	63	Crossroads Sun 12pm	318	318	Steppin' Up Tu 630pm		143
Marin City Groups 5D 630pm		136	Design for Living Sat 8am	345		Stepping Out Sat 6pm	50	50
Mill Valley 7D 7am		600	Doin' the Deal Sun 10pm	81	81	Stepping Stone Step Study M 7pm		201
Mill Valley Discussion W 830pm		290	Each Day a New Beginning F 7am	458		Sunday Bookworms Sun 730pm		139
Monday Night Stag (Tiburon) 8pm		602	Each Day a New Beginning Su 8am	323	323	Sunday Morning Gay Men's Stag	826	826
Monday Night Women's M 8pm		93	Each Day a New Beginning Tu 7am	599	599	Sunday Night Castro SD Su 8pm		913
Monday Nooners M 12pm		356	Easy Does It Tu 6pm	120	120	Sunset 11'ers Su	35	35
Newcomers Step M 730pm	424	424	Embarcadero Group 5D 1210pm	83	83	Sunset 9'ers F		36
Quitting Time MWF 530pm	198	198	Epiphany Group Th 8pm	63		Sunset 9'ers M	21	21
Rise N Shine Sun 10am		122	Firefighters & Friends Tu 10am	235		Sunset 9'ers Sa		302
Sausalito 12 Step Study Group		107	Fireside Chat Group Th 8pm	232	232	Sunset 9'ers W	34	34
Serendipity Sa 11am	126	126	Franciscan Noon Discussion M 12pm	60	60	Sutter Street Beginners Sat 6pm		318
Sisters In Sobriety Th 730pm (M)	100	100	Friday at Five F 5pm	80	80	Ten Years After Su 6pm		257
Six O'Clock Sunset Th 6pm		95	Friday Lunchtime Step F 12pm	100		The Drive Thru W 1215pm	323	323
Sober & Serene F 7pm	621	621	Friday Smokeless F 830pm	166	166	Too Early Sat 8am	328	533
Steps to Freedom M 730pm	121	141	Girls Night Out W 815pm	97	97	Tuesday Big Book Study Tu 6pm	60	60
Survivors M 12pm		111	Golden Gate Seniors Tu 130pm	68		Tuesday Downtown Tu 8pm	163	163
T.G.I.F. F 6pm	80	80	Happy Hour Ladies Night F 530pm	84		Twelve Steps to Happiness F 730pm		120
Terra Linda Group Th 830pm		300	High Noon Friday 1215pm	75	75	Valencia Smokefree F 6pm		124
The Barnyard Group Sa 4pm	335	335	High Noon Monday 1215pm	165	165	We Care Tu 12pm		132
Tiburon Beginners & Closed Tu		528	High Noon Saturday 1215pm	58	58	West Portal W 830pm	140	140
We, Us and Ours M 650pm		150	High Noon Thursday 1215pm	150	150	Wharfrats Th 815pm		253
Women on Wednesday W 7pm	50	50	High Noon Tuesday 1215pm	185	185	Women Living Sober Sa 10am	120	120
Marin Total	3551	8331	High Noon Wednesday 1215pm	115		Women's 10 Years Plus Th 615pm		325
San Francisco Group Contributions			Home Group Sat 830pm	191	191	Women's Kitchen Table Tu 630pm		321
6am Marina Dock Sa		91	How Was Your Week? Sa 10am	51	51	San Francisco Total	9447	19204
7am As Bill Sees It Fri		60	Huntington Square W 630pm	234	234			
7am Living Sober W 7am	50	50	Join the Tribe Tu 7pm	264		Total Group Contributions	13328	28266
7am Smokeless Su 7am	85	85	Joys of Recovery Tu 8pm	71				

profit and loss statement: february – YTD 2009

	Feb 09	Jan - Feb 09
Ordinary Income/Expense		
Income		
Contributions from Groups		
Group Contributions	13253	28191
Honors	75	75
Total Contributions from Groups	13328	28266
Contributions from Individuals		
Individual - Unrestricted	150	1999
Faithful Fiver	740	1305
Honorary Contributions	549	801
Total Contributions from Individuals	1439	4105
Gratitude Month		
Gratitude Month - Groups	1670	3020
Total Gratitude Month	1670	3020
Sales - Bookstore	9648	15354
Newsletter Subscript.	44	55
Total Income	26130	50800
Cost of Goods Sold		
Cost of Books Sold - Shipping	13	24
Cost of Books Sold	6812	10843
Credit Card Processing Fees	274	665
Total COGS	7099	11532
Gross Profit	19031	39268
Expense		
Construction Expense	734	734
Employee Expenses		
Wages & Salaries	8496	16921
Employer Tax Expenses	1001	2244
Health Benefits	548	1732
Total Employee Expenses	10044	20897
Professional Fees		
Computer Consulting	113	113
Total Professional Fees	113	113
Postage		
Non-Bulk Postage	84	84
Bulk Mail	200	200
Postage - Other	0	6
Total Postage	284	290
Rent - Office	4320	8641
Access Expenses	0	160
PI/CPC	0	4
Filing/Fees	0	20
Internet Expense	68	137

	Feb 09	Jan - Feb 09
Office Supplies	223	333
Paper Purchased	794	1042
Shipping	-263	-228
Printing	864	864
Repair & Maintenance	354	695
Payroll Expenses	0	0
Telephone	266	628
Phone Book Listings	84	84
Miscellaneous Expense	0	0
Total Expense	17887	34414
Net Ordinary Income	1145	4854
Other Income/Expense		
Other Income		
Interest Income	2	130
Total Other Income	2	130
Net Other Income	2	130
Net Income	1146	4984

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