

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2009  
**6**  
J U N E

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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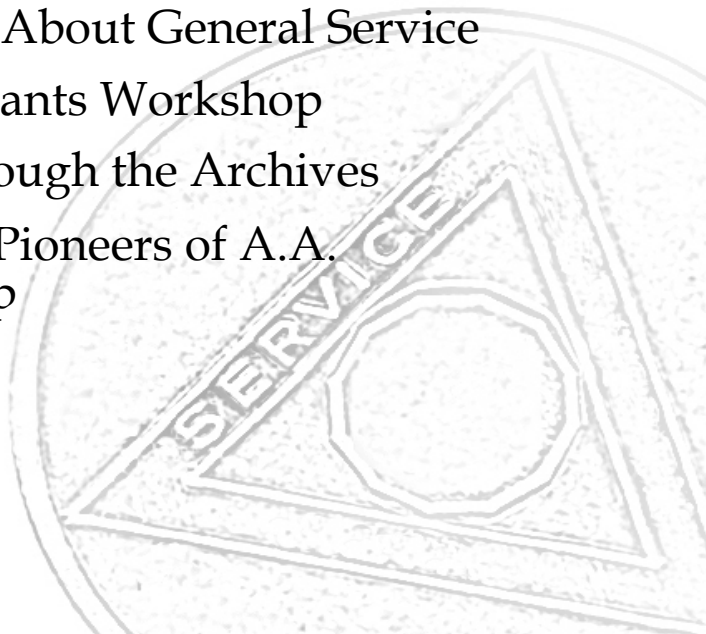
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*In this issue:*

## *Salute to Service*

- 6** Superstar Volunteer Tells All!
- 8** There is More to Access than a Ramp !
- 9** Bill W. Would Have Loved the Web
- 10** 12th Step Calls Demystified
- 11** The Debate That Shook Marin
- 11** How H & I Kept me Sober
- 12** Finding Out About General Service
- 13** Trusted Servants Workshop
- 14** Digging Through the Archives
- 15** Founders & Pioneers of A.A. in Fellowship

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



# JUNE 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><i>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.</i></p> <div>     </div>			<b>3</b> <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St. SF (First Unitarian Church) IFB Orientation, 6pm, IFB Meeting, 7pm	<b>4</b>
<b>7</b>	<b>8</b> <u>SECOND MON</u> Fellowship Committee Central Office, 6pm SF Public Information/ Cooperation with the Profes- sional Community (PI/CPC) Committee Central Office, 7pm	<b>9</b> <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	<b>10</b> <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm	<b>11</b> <u>SECOND THU</u> Trusted Servants Workshop Committee Central Office, 6pm
<b>14</b>	<b>15</b> <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b> <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day	<b>22</b>	<b>23</b> <u>FOURTH TUE</u> The Point Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	<b>24</b>	<b>25</b> <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm
<b>28</b>	<b>29</b>	<b>30</b>		

FRIDAY	SATURDAY
5	6
12	13  Founders Day at CNCA Archives. 193 Mayhew Way Walnut Creek, CA 12noon - 4pm
19	20
26	27 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm



Intercounty Fellowship of Alcoholics Anonymous  
serving San Francisco and Marin Counties

Please join us on

## SATURDAY, JUNE 6th

For a daylong celebration of

## FOUNDER'S DAY '09

### Schedule of Events

12:00 PM: 1<sup>st</sup> Annual SF vs. Marin Softball Game in Marin  
Piper Park, 250 Doherty Drive, Larkspur

All Evening Events will be held at:

**The Janet Pomeroy Center, 207 Skyline Blvd, SF CA 94132**

5:00 PM: Dinner and Fellowship

6:00 PM: Speaker Meeting "Carrying the Message"

7:00 PM: 2<sup>nd</sup> Annual Pie Potluck

8:00 PM: Performance "In Our Own Words: Pioneers of A.A."

9:00 – Midnight: Whoopee (Dance) Party!

**Reasonable Accommodations Policy:** Persons requiring reasonable accommodations at meetings of IFB, 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 the SF/Marin Central Office (415) 674-1821 no later than five business days prior to the event.



ASL Interpreter will be present during the evening activities

### VOLUNTEERS NEEDED

SET-UP, BREAKDOWN, DECORATIONS, FOOD PREPARATION AND SERVICE, BEVERAGE SERVICE, RAFFLE PROMOTION, ETC...

**E-MAIL FELLOWSHIP@AASF.ORG**

# Founder's Day

Celebrating 74 Years

At

Stafford Lake

Saturday June 13<sup>th</sup>, 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, Veterans' Academy, 1030 Girard Rd./Gorgas Ave. (BK)
Fri	4:30pm	Hayes Valley	REBELS & REJECTS, Alano Club, 1748 Market St./Octavia (SR, SS, YP)
Sat	12 noon	San Rafael	CLIMBING OUT THE GUTTER 424 Mission Ave./ Mary St. (SD)

### Meeting Changes:

5D	7:00am	Corte Madera	7AM URGENT CARE GROUP, Church, 2 Tamalpais Dr. (was 7D at 101 Casa Buena Ave.)
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**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!**

## 1ST ANNUAL CHILI COOK-OFF



Saturday, June 13, 2009

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

5:00 pm - AA & Al-Anon Meeting  
6:00 pm - Chili Dinner

**VOTE** for your favorite!  
Chili, and Entertainment

**Interested in entering the Cook-Off contest?**  
Email [fundraising@livingsober.org](mailto:fundraising@livingsober.org)

**\$15 suggested donation**

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](http://www.LivingSober.org)  
415.978.2478

[fundraising@livingsober.org](mailto: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

## Service Keeps us Sober

To help our readership spread its service wings, we asked a number of service committee members to write about what they actually do, and how it has affected their quality of sobriety. The articles show that service achieves more than staving off that first drink, although it does a good job of that.

It also makes life richer through relationships based on a common purpose—bringing the message of A.A. to the drunk who still suffers. Along the way, we usually share some laughs and have fun.


On re-reading the articles in this issue, I remembered how confusing A.A. organization was to me as a newcomer. So for any newcomers who may be reading this, here is my quick guide to A.A. service outside the group. There are two basic categories: General Service and Intergroup. General Service is the network connecting each A.A. group to every other A.A. group via your General Service Representative (GSR), the Area and the General Service Conference held each year in New York. General Service takes on issues like changes to A.A. literature and policy.

Intergroup, known here in Marin and

San Francisco as the Intercounty Fellowship Board (IFB), is our local A.A. organization and is entirely separate from General Service. Locally, each A.A. group is connected through their IFB representatives. The IFB takes care of local governance and makes sure our office, website, and schedules all function.

Thus, each A.A. group requires two types of representatives outside the group: a GSR and an IFB rep. Some groups have both; a few groups have one or the other. However, most groups have neither. About ten percent of groups in our fellowship have an IFB rep; about the same proportion have a GSR.

With Founders Day upon us, consider expanding your service to include some element of General Service or IFB participation, especially if you've been in A.A. for a while; you might be surprised that you still have some things to learn, about yourself and A.A. IFB committee participation is open to all, not just IFB reps.

Remember: *"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."* 

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



## JUNE 2009 TABLE OF CONTENTS

### F.Y.I.

Calendar	2
Coming Up	3
Meeting Changes	4

### DEPARTMENTS

From the Editor	5
Bulletin Board: Born to Lie	7
Dear Alky	7
Step Six: Defects of Character	8

### BUSINESS

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

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*...Therefore, A.A. is more than a set of principles: it is a society of alcoholics in action.*

*We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.*

-From the A.A. Service Manual

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# Service Kept Me Sober—And a Whole Lot More!

## Central Office “Super” Volunteer Tells All

by Rick K.

When I got sober in the winter of 2004, I was unemployed and living at a halfway house in the outer Sunset. As part of my living agreement, I needed to do something with my time other than hang around the house all day. The house manager told me that if I wasn't working or looking for a job, Central Office always needed volunteers. Since I wasn't ready to re-enter the work force yet, I figured I would go down and check it out.

I really didn't have any great expectations and to tell the truth, I wasn't sure I could even manage folding schedules and taking out the trash. Sure, I was sober but I had spent the previous ten years drinking myself into oblivion. The only thing I was really good at, besides throwing up on myself, was bouncing from one place to another and getting fired from minimum wage jobs.

At any rate, when I finally made the decision to get sober, I was ripe for change and was willing to go to any length. I started to help out with folding and printing *The Point*, our beloved local newsletter. Every month I'd get a call that it was time to help, and I'd get down to the office and a whole crew of us volunteers would work all day—usually two days straight—printing, collating, folding and labeling the newsletter. Afterwards, we'd bundle it all up and drive over to the bulk mail office in Hunters Point. It takes a lot of effort to get out *The Point* every month. We were printing up to 700 copies, and mailing out over 500!



*"Working with others  
and getting involved  
with others was incredibly  
empowering"*

I'll admit, at first, I wasn't thrilled about spending a couple days at a time down at Central Office every month. But it was nice to get out of the house and help out. I have to say, I took this commitment seriously and always had fun when I was at Central Office. Along the way, I met some great people, many of whom I'm still friends with today.

After spending a good year as the Print/Production Guy (the oh-so-official title we coined for the person who's in charge of all the print work), I joined *The Point* committee to see if I could do something else to help out with the newsletter. Around that time, I also became an Intergroup Fellowship Board representative (IFB rep) for my home group and spent two years in that service role.

When *The Point* needed a new layout person, I decided I'd give it a try. I had never done anything like it before, but with the help of a lot of patient people, I eventually learned how to use the graphics software and all the ins and outs of pre-press newsletter production. I proudly did this commitment until I decided to move out of San Francisco about a year ago.

Looking back on my early sobriety, I have come to realize that working down at Central Office was the greatest thing I could have done for myself. Working with others and getting involved with supporting the fellowship at a local level was incredibly empowering. I met other dedicated members of A.A. who had a strong desire to help out and do the work that keeps our fellowship moving along in a positive direction, like I did.

Along the way I picked up valuable skills. I became a better writer, learned how to be an active and useful member of a committee and, most importantly, how to follow through on my commitments. All these skills serve me well, now that I've decided to go back to school and pursue a career as a counselor. I've almost completed my first year of studies and I'm in the top of my class and, believe it or not, running for student body president. Talk about promises coming true! I really don't think I would have been able to come this far so quickly if I hadn't gotten into service. An old-timer might tell you service keeps you sober, but it's been my experience that service can do a whole lot more. **RP**

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**Book prices will be going up July 1<sup>st</sup>. For more information please speak to your Intergroup Rep., or visit our website.**

# BULLETIN BOARD

I have a bone to pick, and it's a good thing I can do it anonymously. It's about something I will call "repetitive share injury." That's when the same person (or people!) share at every single meeting.

Maybe you know what I mean. You're at your home group, the speaker finishes, then the hands go up, and (no, NO, please don't call on . . .) the eager beaver ALWAYS gets chosen. Typically, this sort of share falls into three categories: 1) the most recent episode in an ongoing soap opera called "my life" 2) a repeat of the same share the member has given for years or 3) how the member's experience is EXACTLY like the speaker's, with every point of similarity outlined *ad nauseum*.

It's a bromide in Alcoholics Anonymous: Sharing at a meeting constitutes service. Well, I wonder about that. Sometimes, it may simply be a glaring example of a character defect called "all about me." I would like to pose a friendly amendment: "Sharing at a meeting constitutes service unless there are other people at the meeting who need to share and won't get a chance if you do." Okay, that's hard to assess, but at least consider it. Especially if you've shared at three of the last four meetings you have attended.

Sometimes service takes a different form and constitutes humility: being in your chair, but holding your tongue. You can talk to the newcomer after the meeting, one on one. I happen to think that's real service. 

## Individual Contributions

*to Central Office were made through May 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

Daly City:  
John C. 39 years  
Cocoanuts:  
David P. 8 years  
Dry Dock Tue 8:30am:  
Donald R. N. 28 years

## Dear Alky...

Questions and Answers  
from one AA  
to another

Dear Alky,

*I am a man with three years of clean and sober recovery, and I have several service commitments, including group secretary, General Service rep, and a monthly H&I commitment. So far, only one person has thanked me for running the meeting, and some people actually groan and wince when I stand up once a month to let them know what's going on in A.A. at the General Service level. I feel so unappreciated! Why aren't the "trusted servants" recognized for their sacrifices of time and energy?*  
Curious George

Dear George,

Is it curiosity, or is it a resentment? Alky applauds your choice to do service (and notes that it must be working, since you are apparently staying sober). However, I must

admit wondering: what is your motivation for serving your group? Because if you are doing service with some sort of expectation of how others will treat you, you are setting yourself up for disappointment. Alcoholics are self-centered! We have other things on our minds (ourselves!). We want our coffee brewed, our chairs set up and our meeting chaired by attractive, well-spoken alcoholics who have stories we can relate to. Try going into your service commitments with those thoughts in mind, and with a prayer that your presence may actually help one of us sick alkyies to have a spiritual experience that keeps us from drinking ourselves to death. Try that, and I bet you will feel better.

And George, if no one else today thanks you for your hard work on our behalf, I will: *Thank you!*

Love, Alky 

## Character Defects and the Sixth Step

# I Thought My Problem was Alcohol

by Harry M.

*"Were entirely ready to have God remove all these defects of character."*

When I first saw this step (before I had done any of the steps leading up to it), my first reaction was that I've never been entirely ready to do anything. My second reaction was what's this about character defects? I thought my problem was alcohol. Obviously, I understood but a little.

When I went to the Big Book to look at the step, I found a total of two short paragraphs (on page 76) that covered both Steps Six and Seven and also contained the Seventh Step prayer. No help there. I next went to the *Twelve and Twelve* and read the Sixth Step there. A little more information, but still not any kind of road map to solid emotional sobriety.

It wasn't until I had completed the first five steps and began Step Six that I was able to understand what was required. In Step Five, I identified the "exact nature of my wrongs." That turned out to be self-centered fear in

the extreme, causing me to lie, cheat and steal to protect myself and make sure I had enough material goods to sustain myself. Because I thought I only had myself to rely on, I had believed that anything was acceptable as long as it benefited me. My perceptions of the universe (one without a Higher Power) caused me to view everything and everyone as a threat. Once my perception changed (as the result of taking Steps Two and Three), I was able to see that there was a loving God who had been taking care of me all along. The proof of this was that I was alive and sober.

Now came the hard part in Step Six. How was I to change a lifetime of self-centered behavior, grooved into my personality and almost second nature? I found the clues in two things. First, the last sentence on Step Six in the *Twelve and Twelve* states, "This is the exact point at which we abandon limited objectives and move towards God's will for us." Second, Step Seven begins with the word "humbly." When I had identified my character defects (or the nature of my wrongs) in Step Five, I immediately tried to alter my behavior when fearful situations arose. Much to my dismay, I found that I was not able to change my be-

havior when hard-pressed. This was extremely disappointing. The harder I tried to be "good," the more I screwed up. Finally, I was forced to humbly admit that I could not change on my own (the same as I was powerless to stop drinking on my own) and became ready to have God remove the fears that caused my negative actions.

Over time and with the humility that comes from knowing that I need the aid of a Higher Power to correct my behavior, most of the glaring defects have indeed been removed. However, it is an ongoing process and I must continue to grow in order to have these fears removed. I heard a guy explain the process of Steps Six and Seven as:

"Whenever I'm in this situation I always do . . ."

"I was in that situation again and I almost . . ."

"That situation came up again and I didn't even . . ."

With the continuous application of all Twelve Steps, our "wrongs" and "defects of character" and "shortcomings" turn into traits and tendencies that can be used to help others on the road to recovery. **TP**

## There Is More to Access than a Ramp

*The Work of SF A.A.'s Access Committee*

by Virginia M.

We members never paid much attention to the ADA (Americans with Disabilities Act of 1990). We thought a cup of coffee and a corner to put your wheelchair in was enough.

My name is Virginia M. and I am your chairperson for the Access Committee. Getting involved was easy. Dissatisfied by the way we treated our members with disabilities in A.A., I joined what was then named the Special Needs Ac-

cess Committee. The chair, Pene P., moved out of the area and the committee elected me and we have been working tirelessly to overcome barriers and reach out to the prospective A.A. member with disabilities by helping them access A.A. materials and the activities of our local A.A.

In the spring of 2007, the Intercounty Fellowship Board (IFB) adopted a reasonable accommodations policy. The



# Bill W. Would Have Loved the Web

by Michael P.

Bill W. would have loved the web. Bill used every technology at his disposal to get the word out to the suffering alcoholic, which, at that time, was manual typewriters and mimeograph machines, pamphlets and the occasional radio program. I believe we are able to carry on that tradition through the Web Committee. And using my technical skills to extend a helping hand has been a great way to bridge my Twelfth Step work and my day-to-day life in the business world.

Here at aasf.org, we are using the web to communicate publicly with the fellowship and behind the scenes to support the office staff and IFB committee members. For instance, our meeting information is stored in a database, so the web and the printed schedule are always up-to-date. Tele-service and the PI/CPC (and soon the 12th Step Committee and Sunshine Club) use the web to share schedules and service opportunities with the volunteers.

On the public site, you can print your own customized meeting schedule. Specify times, areas of interest and locations and the web will provide you



with all of the meetings that match. Once you have your schedule, you can even push a button to print all of your selections on a map!

If your cell phone is web-enabled, you can visit a mobile version of the site at <http://www.aasf.org/m>. You can get a listing of the next 20 meetings, or all meetings by day. The events calendar is available, and a full copy of the suggested meeting format (aka, the secretary's script) in case you need a meeting on the go.

There is a collection of approved A.A. literature available for download. We

publish events, committee meetings, and all minutes and reports from the monthly IFB meetings. And the Archives Committee has recently posted a couple of scanned items from our A.A. history. (We hope to add more of this sort of material, including interviews with local longtimers.)

Our newest project is to gear up an outreach effort to verify that all of the meeting information is accurate. If it's been a while since we have heard from a group (based upon an analysis of its registered trusted servants, literature purchases and donations), a committee member will embark on a field trip to visit the meeting to make sure it still exists. Then we'll update the info on the web.

If you're interested in working on the web, either with design or providing content, or you have suggestions about layout or new functions, we'd be glad to hear from you. We also need people to make meeting field trips as part of the upcoming outreach effort. You can email us at [web@aasf.org](mailto:web@aasf.org) or visit our committee meeting which is the third Wednesday of the month at 6:30 PM. **TP**

Pacific Regional Alcoholics Anonymous Service Assembly picked up this policy in 2009. You can read the reasonable accommodation policy on the inside front cover of *The Point*. Members who are blind can now get audio, digital or Braille materials. A member who is deaf can get ASL (American Sign Language) interpretation or other alternate interpretation. A member with mobility limitations can expect to find accessible

event and meeting space. The Access Committee has responded to accommodation requests since the board enacted this policy.

Sometimes members with disabilities have been discouraged from full participation in service. Going forward, we need to look at each A.A. member and ask only, "Do you have a desire to stop drinking?" We cannot assume anything about another member's abilities to par-

ticipate in recovery activities, including any service position. Only the individual member can decide what service commitment is right for him or her.

We welcome all A.A. members to join us at the Access Committee. We meet the first Tuesday of the month, 6:00 to 7:30 PM at Central Office. We promise a truly engaging committee meeting. We can be reached at [access@aasf.org](mailto:access@aasf.org). **TP**

## Just One Alcoholic Talking to Another

by Olive G.

I reluctantly joined the 12<sup>th</sup> Step Committee in May 2008. I attended an IFB meeting featuring committee recruitment. I was a bit sheepish about joining any committee because I didn't want to take on any new responsibilities, but I went around and spoke to various committee members just to check things out. The 12th Step Committee sounded interesting to me. It didn't really have any members at that time except for a new chair, Stu S. I asked Stu a few questions about the committee and he invited me to join as co-chair. Though I was horrified at his invitation, I was also interested, so I agreed.

I cannot convey how much I have enjoyed being on this committee. I have had to learn how to be more organized at home, so that I can meet deadlines. I have begun to carry a little notebook so when an agenda issue comes up, I can write it in my book and bring it up at the next committee meeting. I adore the folks who are now on the committee. We've accomplished a lot since we started working together last May.

I now require my sponsees to take on a commitment outside the group level. I think it's valuable to see the workings of A.A. outside the rooms. It's the work of committees that keeps the wheels of A.A. turning.

Though I'm not a 12<sup>th</sup> Step volunteer, the chair of the committee, Stu S., is. His most memorable 12<sup>th</sup> Step call was a request on a Sunday afternoon from Teleservice to visit an alcoholic at St. Luke's Hospital who desperately wanted to talk. Stu said yes,

*"It's the work of committees that keeps the wheels of A.A. turning."*

and found an alcoholic who had been sober for twelve years when he started drifting away from meetings, his sponsor, sponsees, and the program. He started drinking moderately, but within several weeks was worse than he'd ever been. He went in and out of blackouts and came to in the hospital, gravely ill and ready to come back to A.A. Stu visited him several times as his health returned and they read from A.A. literature. Stu agreed to sponsor him when he was discharged from the hospital. They started working the steps, but about one year later, when his health had been restored and he was back in the saddle, he suddenly decided he wasn't an alcoholic again and drank. But Stu stayed sober.

The 12<sup>th</sup> Step Committee and the 12<sup>th</sup> Step volunteers are two different

forms of service. The 12<sup>th</sup> Step Committee is responsible for recruiting new volunteers, holding quarterly workshops to train new volunteers, meeting once a month, and updating the volunteer list twice a year, among other things. 12th step volunteers are A.A. members who receive calls from Central Office or teleservice when a suffering alcoholic reaches out for the hand of A.A. The volunteer calls the suffering alcoholic and might even take the caller to an A.A. meeting if so inclined. Twelfth Step work is wonderful and rewarding service.

We could use more 12<sup>th</sup> Step volunteers, especially women and bilingual speakers. There is no sobriety requirement to become a 12<sup>th</sup> Step volunteer, just attendance at a workshop. Workshops are held quarterly and are advertised in *The Point*. No committee meetings are required.

Any A.A. member is welcome to join the 12<sup>th</sup> Step Committee—just show up to one of our meetings on the second Wednesday of the month at 6:30pm at Central Office.

**TP**

### Recent Deaths

Lois F. — 30+ years

Steve G. — 30+ years

Bill M., Santa Rosa — 33 years

Dan C., Castro Country Club — 24 years

## The Debate That Shook Marin

### “Does A.A. Need General Service?”

As told to the  
Drunk Whisperer

*George D. joined A.A. in 1955 in Los Angeles at age 28. His sobriety date is 1961, and he moved to San Francisco a couple years later. George may have held every service position possible. Today, he lives in Manhattan after retiring as General Manager of GSO.*

*DW: Share a memory of A.A. in San Francisco our readers might enjoy.*

GD: The Intercounty banquet in the 60's was a big deal. Very fancy; held at the Palace Hotel and seated over 400 people. We would invite the mayor and the archbishop and the sheriff. We always enjoyed the sheriff, I forget his name, he wasn't an A.A. member and he'd always show up drunk and he'd have a hell of time getting to his place on the podium, knocking a couple people off their chairs to get there. Guess we didn't carry the message to him!

*DW: You ultimately became an area delegate in General Service . . .*

GD: From Northern California Coast. (There are 6 areas in the state of California.) I had been sober about ten years before getting involved with General Service. I had been very active, started groups, Twelfth Step work, active at Central Office, made great friends in A.A. But I thought that General Service work was for the type of A.A. member who used to like to go to Lions Club luncheons and Kiwanis Clubs, Rotary Clubs, but they didn't go there any more because they'd drunk too much, so we organized this thing called General Service so they could keep having their luncheons but without the booze. They weren't hurting anything, but they really didn't have anything to do with carrying the *message*.

*DW: What changed your mind about that?*

GD: My best friend and my partner's sponsor was a guy named Norm. Norm was a delightful man, literate, funny and bright. He could talk to anyone, and did; everyone loved Norm. But he had this one eccentricity, that he was involved with General Service. So he kind of dragged us into it; Jack G. first and then me from Marin.

*DW: Then what got you more involved?*

GD: I don't know because I didn't like it very much. [laughter] The first time I went to an area committee meeting, the first order of business, approving the minutes of the previous meeting—well, there were proposed changes and amendments, and this goes on for about 35 or 40 minutes! I leaned over to Norm and said, “What the hell did you drag me into? We're going to finally approve the minutes in time to adjourn the meeting.”

*DW: I'm surprised you ever went back.*

GD: I've never figured it out. Well, part of it was ego. Getting to be a delegate and going to New York.

*DW: So you set your sights on that goal right away?*


GD: Oh, yeah. At that time Marin had no General Service. It wasn't apathy, it was hostility because previously, they had these guys who thought they were the A.A. police. So we decided we needed to stimulate some new interest in General Service. Nobody believes this story, but so help me God, it's true. Norm said we should have a General Service meeting with a panel on this and on that, and we said, “No, Norm, that's boring. We've got to do something exciting.” We decided that what we needed was a debate. So the title of the debate was, “Does Alcoholics Anonymous need General Ser-

vice?” We had a huge turnout because we had plastered all the meetings with flyers. On the con side was Brandy from Marin who was a labor guy and loved to argue and Al S. who was a very strong, tough character, too. On the positive side, we had Norm, my friend, and Ed B. who was the past delegate. And I was going to be like David Susskind on TV, the moderator. I got a little nervous because Brandy and Al had that “ready for the big game” look in their eye, and I said, now don't overdo it, but by then it was too late. And they just tore poor Ed and Norm to pieces and probably won the debate. Poor Norm, and Ed didn't speak to me for six months. He thought he'd been set up.

*DW: Is there a particular kind of person who does well in General Service?*

GD: You just don't know. I have a sponsor who is an artist, gentlest guy you'd ever want to meet. His group wanted him to be GSR and he called and asked me, and I really wanted to tell him no, not you. But he did it and he loved it. I thought he wouldn't be able to stand it, the fractiousness.

*DW: Why did you like it?*

GD: I stuck around General Service because I was learning a lot about myself. When you're standing for office, you're putting your ego on the line. When somebody beats you out for an office, you get hurt, and you grow. Secondly, I learned a lot about other people. They kept surprising me, showing me these abilities that I wouldn't have thought them capable of. Not well-educated, blue collar, showing organizational talents and wisdom. So that was humbling. Then, of course, you learn about A.A. as a whole. Way beyond your group, beyond northern California, beyond the state, ultimately, about A.A. worldwide. 

# The Mystery of the Pink Can

## *How H&I Service Kept Me Sober*

by Allan Y.

When I was nine months sober, I went to a Hospitals and Institutions business meeting. I had heard someone say that people who do H&I don't drink. I was doing all I could at the time: calling and meeting with my sponsor, reading the Big Book, going to a meeting every day, taking commitments at meetings, and working the steps to the best of my ability. I figured I needed a little more insurance, so I showed up ten minutes early and helped set up chairs for the meeting. I found that by being of service and doing simple tasks I was able to fit in. At later meetings, I was asked to do other things that the group needed. What they talked about at the business meeting was a bit difficult to understand at first. I got a "service sponsor" to help me interpret the proceedings. I went to more service meetings and gradually got a basic understanding of the business of H&I.

In Marin County, the H&I committee members go into ten facilities. The money from the pink cans goes to literature for 21 prisons and hundreds of jails, detox, and other facilities across northern California. There

were literally a few thousand people doing this kind of service on a regular basis. And they were keeping sober while doing it. I wondered why.

Eventually I was asked to share at a detox center. I agreed, and suddenly I felt scared. What did I have to share there? I was not yet finished with my steps, and I was less than a year sober. I wasn't, at least in my mind's eye, a shining example of A.A. All my worst fears came up: "You're not good enough," or "You're a phony." I shared this apprehension with other members of H&I, and they asked me how long I'd been sober. I told them and they responded that I should share how I stayed sober in that early period. What did I do; what did I learn; what was my thinking like; what changes have occurred; how has my thinking changed? More importantly, what can I say that can help the newcomer, and what was my experience? Suddenly I realized it wasn't about me, it was about helping the newcomer. My service is to help the still suffering alcoholic through my honesty, open-mindedness and willingness.

After the meeting, I remembered looking into the eyes of those newly sober alcoholics and realizing that I was no different. I could have easily been sitting on the other side of the table but for having a bit of a solution.

H&I has been one of the pillars of my sobriety. I am continually reminded of where I could be, what my thinking is like and yes, that I'm eligible, too. It has been my pleasure and privilege to serve as Area Chair of Marin County, Area 61, Region 60 for the past three years. Presently, I get to bring a meeting and literature into the county jail and a local psych ward. Our committee is only as strong as its members' participation. There are many people who have commitments and do the essential tasks behind the scenes, not just speakers. I invite everyone to experience the rewards of service by getting involved in any way you can.

*Marin H&I meets the second Tuesday at 1360 Lincoln Ave. in San Rafael, at 7:15 PM. San Francisco H&I meets at 7:15 PM on the last Thursday 1751 Sacramento St.*



## Want To Find Out About General Service? *Get In The Car!*

by Anonymous

"Service keeps you sober" was something I heard loud and clear when I entered the rooms of A.A. Although service was something of an alien concept to me, a quick look at the record proved that what I liked doing made me sick and so I made a decision to try something different.

Like everything else in A.A., service proved to be a paradox. The spiritual rewards of making myself available for service were magnified tenfold when I took on the tasks that my brain told me wouldn't be fun or worthwhile or were below me. So, when the position of General Service representative at my home group had remained unfilled for a while, I found my hand going up in spite of what was going on in my head.

I decided that if I were going to do this, then as with my recovery, I had better take suggestions. I dutifully turned up at the GSR orientation and was bombarded with reading material and information,

none of which made any sense to me. The only thing I clearly remember was "get a service sponsor"—someone who knew more than I did about General Service. And I did.

Still, nothing made any sense, but at least I had someone to pester with questions. Choosing my service sponsor was like choosing a step sponsor.

I chose someone who was having fun and had what I wanted. He seemed enthusiastic about his general service work and exuded gratitude. Intrigued, I observed what he did and copied him.

I found myself in the back of his car

## A Two-Hour “Three Way” at Central Office by Patty M.


There are two different types of traditions in Alcoholics Anonymous: the big “T” Traditions and the small ‘t’ traditions. The big “T” Traditions are the ones we hear read at most meetings, numbered one through twelve and treasured by A.A. all around the world. The small ‘t’ traditions are the ones that have developed over time and can differ radically from one meeting to another. “No cross talk” is an example of a small ‘t’ tradition. Having coffee and cake or cookies at meetings is another. If you search long and hard, you can find documented support of some of these traditions, but they aren’t really codified. (For example, on p. 110 of *Twelve Steps and Twelve Traditions*, it states: “We can be the ones that take on the unspectacular but important tasks that make good Twelfth Step work possible, perhaps arranging for the coffee and cakes after the meetings...”.) They get passed along from one A.A. member to another. A group may include them in their secretary’s meeting script. They are what gets shared and discussed at Trusted Servant Workshops.

How do you know what to do when you are the secretary of a meeting? You can learn by watching secretaries. There’s literature on the subject: the

conference approved “The A.A. Group” pamphlet discusses the duties of group-level trusted servants. It is a good practice for each outgoing trusted servant to talk to the next one and tell briefly what his or her experience has been, “passing it on” as it were. But the role can differ significantly between one group and another.

According to the by-laws of the Inter-county Fellowship Board, “the Trusted Servants Workshop Committee [TSWC] develops, organizes and presents workshops to educate members about the roles and responsibilities of group-level trusted servants.” Workshops are scheduled about four times a year. They usually run from 10 AM until 11:30 or noon on a Saturday. The length depends on the subject. We might cover the role of a secretary with two speakers in an hour and a half, but a “three-way” (three speakers discussing the roles of secretary, treasurer and literature person) runs for two hours. Our usual venue is Central Office. We buy doughnuts, make coffee and boil water for tea. Each participant receives locally produced pamphlets on each trusted servant role.

We can accommodate 18 people at Central Office for our workshops. We usually don’t get 18 people. A typical turnout is between five and ten. Attendees at workshops can be fewer than that. For example, there have been workshops where there were more committee members and speakers present than attendees. There have even been workshops where there were more doughnuts present than people! We TSWC members have learned to lower our expectations and buy fewer doughnuts. But even if one person attends and gets an answer they need, we’ve been of service. And that’s what it’s all about.

The Trusted Servants Workshop Committee meets the second Thursday of the month at Central Office at 6 PM. At a typical meeting, we discuss plans for an upcoming workshop. The committee chair may share ideas from recent workshop evaluations. Feedback is so important. It’s how we know we are providing a service needed and wanted by the A.A. fellowship. Please join us. Like everything else in A.A. (in life!), we can’t do this alone. We need your help. And you would find a great way to be of service and have fun. 

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on my way to Arcata for the General Service Summer Assembly at which GSRs from around the state were gathering. When I arrived, I heard someone say, “I got sober in A.A., but I grew up in General Service.” I liked the sound of that. I needed to grow up. I stuck around long enough to hear the same person say, “Listen like you don’t have an opinion.” Wow, what a concept!

Hungry for more, I read all Twelve Concepts, written by Bill W., with my service sponsor and began applying those principles to my relationships

with others. I noticed something. Open-mindedness took on a new meaning. My co-workers seemed happier and I met hundreds of new friends who were all in love with A.A. and cared about its future.

Being a GSR may not be as dramatic as a 2 AM Twelfth Step call, but it is still Twelfth Step work, in the purest sense of the word. General Service produces all of A.A.’s literature, among other things. I found recovery in A.A. because the General Service Office provided the vital behind-the-scenes work that I used to take for

granted. No amount of service I can render to A.A. will ever repay my debt of gratitude for that.

Just as in my step-recovery, I learned that it is the little things that matter. As I neared the end of my term as GSR, I discovered that it isn’t what I get to discuss in General Service that matters, it’s how. I can now sit in a business meeting, listen with an open mind, express my opinion and trust the group to make the right decision—all without having to make an amends. And for this drunk, that’s a priceless gift. 

# Back to the Future

## Central Office Archives Committee

by Tracy F., Archives Committee Chair

The Archives Committee is responsible for preserving our local A.A. history. For the two years I have been on the committee, we have been sorting through boxes of group flyers, copies of *Secretary's Newsletter* (the title of *The Point's* predecessor): anything that was sent out through the Central Office. The earliest items we have date back only to 1969 (continue reading to find out why). We have been placing these documents in protective sleeves and then in binders in dated order. It is a very slow process, but we do come across a lot of very interesting and informative items. Here are two examples.

Our committee found an important notice from Central Office sent on May 28, 1981. This led to further research and a grisly discovery.

"Due to a fire at the San Francisco Alano Club at 414 Grant Ave, the Group Delegates Meeting due to be held Wednesday, June 3, 1981 has to be cancelled until July 1, 1981. The July 1, 1981 Annual Delegates Meeting will be held at the West Bay Alano Club, 7330 Mission Street, Daly City."

We obtained a Fire Department report and talked with the manager of the Alano Club at the time. Here's what we found out:

The fire was reported at 10:48AM on May 28, 1981. The fire was arson and a woman died in the fire.

A person was arrested and stated that he wasn't getting out of A.A. what he thought he should have.

Central Office stored its archives, 1969 and earlier, in the Alano Club and they were destroyed in the fire.

*Our committee found an important document which led to further research and a grisly discovery.*

Here's another example of a document we ran across: minutes of the predecessor of the IFB.

Intercounty Fellowship of Alcoholics Anonymous

*Minutes – Central Service Committee Meeting, Wed, Feb 4, 1970*

*Alano Club, 414 Grant Ave, San Francisco*

*Meeting was called to order at 8:20PM by Bobbie S. with the Serenity Prayer. The 12 Traditions were read by Walter*

*B. Roll call: 9 delegates present out of 15.*

*Monday Beginners: John M, chairman, reported that average attendance is 40 per meeting, with an average of 3 newcomers per meeting. Net contributions for Jan, \$60. The group elected a new chairman, John G.*

*Central Office Committee: Silas P, chairman, reported that Teleservice received 328 calls in Jan., of which 186 were help for self. 12<sup>th</sup> step workers sent on 62 calls. Central Office received a total of 831 phone calls; 174 help for self; 42 were for 12<sup>th</sup> step calls. Personal calls to office totaled 195; 22 were help for self.*

*Blood Bank: Si reported. The old balance was 57 units; 9 donations; none used; 1 expired; new balance is 65 units. Each donor is sent a "thank*

*you" letter from Central Office.*

*Treasurer: Si reported that Jan income totaled \$4328, expenses \$3607, a gain of \$721 for the month, a gain of \$854 over last year. Group contributions for Jan, \$2772, a gain over last year of \$686. our book inventory totals \$1010. [San Francisco total group contributions for Jan. 2009 was \$9758.]*

*Central All Groups: Kelly R reported that collections totaled \$259.52; less rent of \$100; net to Central Office \$159.52. Book sales were \$61.65. Attendance for all 5 meetings was 639, collection averaged \$ .47 per person.*


*Thursday Beginners: Central Office reported that contributions received totaled \$58.*

*Rebound Group: Central Office reported contributions received totaled \$45.*

*Coming Events: Bobbie S announced that the date for our Annual A.A. Picnic is set for Sunday Aug 9 at Blackberry Farm, Cupertino.*

*The Hat: Contributions \$11; coffee expense \$2.*

*Meeting adjourned at 9:20PM, closing with the Lord's Prayer.*

The Archives Committee meets once a month on the third Sunday at Central Office from 2 till 4PM. We encourage anyone who would like to learn about our local history to come by and check us out. (If we had more volunteers, for example, it would be great to research the A.A. blood bank. We know it existed, but not much more about it.) You don't have to commit to anything. As with all the IFB committees, you do not need to be a member of the IFB to get involved. 

# 12th Stepping the Audience

## *The Fellowship Committee*

by Jackie B.

Dr. Bob once said that there is a special kind of service that helped him to stay sober, the kind of service that involves the giving of one's own personal time and effort. When I was less than 60 days sober, I unwittingly joined my first Intercounty Fellowship Board (IFB) committee, the Events Committee, working on the Sober Prom in 2006. Though I had no idea what I was getting myself into, it was fun, I met a lot of people, and I stayed sober. As a newcomer, I was able to feel useful to the fellowship as a whole. So two years later, I knew exactly what I was getting into when I joined the Fellowship Committee, a seasonal and project-oriented committee that plans three important annual events in San Francisco and Marin: Unity Day in November, Central Office's Volunteer Appreciation Party in November and Founders Day in June.

Last year at Founders Day, I directed a stage reading of the off-Broadway play, "Dr. Bob and Bill W." We were blessed with a talented group of actors and musicians, some experienced and some absolute novices, who volunteered a lot of their time and energy in rehearsing the show. The feedback from the audience was joyous and touching, and as performers we got back tenfold what we gave to put on the show.

This year, I was hesitant to propose another play. But the committee's sense was, "if it ain't broke, don't fix it!" But of course the "terminally unique" alcoholic—I mean, artist!—in me has got to do something a little different. Instead of producing a performance of an existing play, we are presenting an original work: "In Our

Own Words." It is written almost entirely using the words of the founders and pioneers of A.A., taken from the Big Book, Grapevine articles, speaker tapes, personal letters and other A.A. literature. So while nothing in the play is wholly original, these stories will be given a fresh voice when they are recreated on stage. Along with the stories of the "usual suspects," Bill W., Dr. Bob, and Ebby, we will be telling the stories of other pioneers in A.A.: the first gay people, African-American men and women, Native North Americans, alcoholics with special needs, the first prison groups and the first young people's meetings.

Researching, writing and performing "In Our Own Words" has given me an even greater appreciation for the traditions and principles of Alcoholics Anonymous. I especially feel a deeper connection to the women alcoholics who have gone before me, and by extension, all alcoholics, of all creeds, colors, ages, sexual orientations and identities. A.A. history feeds my recovery as much as going to meetings and meditation.

Now, I don't want to give the impression that all we do on the Fellowship Committee is put on plays. There's a lot of hard work that goes into preparing the food and decorations, securing a venue, gath-

ering the volunteers, spreading the word, setting up and cleaning up. It often takes four to six months of advance work to put on a single event. But that day is always worth it, especially when you get to see 300-plus of your fellows gather together, laughing and eating and sharing their stories. I hope you will be able to join us Saturday, June 6th, for this year's Founders Day celebration. [See related announcement in this issue for logistics.] And we could always use another hand and heart during our committee meetings. We meet the second Monday of every month, at Central Office, at 6:00 PM. 

## PINK SATURDAY DANCE

Saturday, June 27, 2009

Harvey Milk Civil Rights Academy  
4235 19th Street at Collingwood

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

'80s Dance Party  
with DJ Terry Martin and DJ Blaze

Have questions or want to volunteer?  
Email [fundraising@livingsober.org](mailto:fundraising@livingsober.org)

\$15 suggested donation

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](http://www.LivingSober.org)  
415.978.2478  
[fundraising@livingsober.org](mailto:fundraising@livingsober.org)

# ifb meeting summary – may 2009

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

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

Attitude Adjustment	Gold Mine Group	Marina Discussion	Sunday Night Speaker Discussion	Walk of Shame
Back to Basics	Gratitude Group	Mill Valley 7am	Sunset 9'ers Su 8am	Waterfront
Blackies Pasture	Happy Hour	Miracles On 24th St	Sunset Speaker Step	We Care
Blue Book Special	High Noon	Noon Smokeless	Ten Years After	West Portal Group
Cocoanuts	High Noon (Friday)	Queers, Crackpots & Fallen Women	Terra Linda	Women Who Drank. . .
Code Blue	High Noon (Saturday)	Regroup	Tiburon Haven Group	Women's Kitchen Table
Downtown Mill Valley Group	Huntington Square	Room to Grow	Tiburon Men's Stag	Women's Promises
Each Day a New Beginning (M-F)	Keep Coming Back	SFPOA	Too Early	
Each Day a New Beginning (Sun)	Let It Be Now	Sober 5150's	Tuesday Chip	
Embarcadero Group	Living Sober With HIV	Some Are Sicker Than...	Tuesday Downtown	
Freedom Fighters	Lush Lounge	Steppin Up	Valencia Smokefree	

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the May 2009 IFB meeting. It is provided for your convenience and it is not intended to be the completed approved minutes. For a complete copy of the minutes, visit our website or contact the Central Office.

## IFB Officer Reports

**Chair:** Chuck K. noted that the IFB is governed by the Traditions and as a group there is a level of respect and conduct that we need to maintain. If anyone thinks there is any mistreatment they should feel comfortable bringing their concerns up.

**Treasurer:** Patrick M. gave the financial report for March. For the month and year-to-date he is "concerned", but our overall rating is "good". An analysis of bookstore sales, examining whether certain groups have stopped purchasing literature or whether a certain type of literature was down in sales indicates that sales are down across the board. A motion to leave our prudent reserve as is for now passed. **Central Office Manager:** Maury's reported that there are many shifts available due to summer vacations and one regular shift is open.

**Central Office Committee:** The COC interviewed four treasurer candidates and is recommending one candidate, a CPA from Marin. The committee is continuing to plan and conduct a survey for how the Central Office is fulfilling the needs of the fellowship.

## Upcoming Board Vacancies / Annual Meeting.

Elections will be held for IFB Chair, Vice Chair, and Secretary, one 1-year at-large COC member, and three 2-year at-large COC members at the July IFB Meeting. Next month, Wednesday, June 3<sup>rd</sup>, is the annual IFB meeting. The regular monthly meeting immediately follows. The annual meeting is an opportunity for the new reps to hear the committee reports for the past year. All groups can have a delegate attend the meeting without becoming a rep.

## Discuss and/or vote on the issue of printing reports v. posting on the website

A motion passed to try distributing only the meeting agenda, prior meeting's minutes, Treasurer's report, and fliers at the monthly meetings. All other reports will be posted online.

**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: Virginia asked for the board's support in making the funding of Founders Day access expenses on an annual basis a priority and to donate the VHS version of the Big Book to the Founders Day raffle.

b. Archives Committee: The purpose of the committee is to preserve archival materi-

als. The committee will begin posting them online so they will be available to the fellowship. The next committee meeting is Sunday, May 17<sup>th</sup> 2pm at CO. Full report is online.

c. 12<sup>th</sup> step Committee: The Sunshine Club signed up 18 people at their last workshop. A double-header meeting is planned for June 27<sup>th</sup> at Central Office.

d. Orientation Committee: Ted welcomed the new members, including five who attended orientation, and asked the four who did not to attend next month.

e. *The Point* Editorial Committee: Every rep was asked to write a line or two about what self support means to them, what they love or hate about it, etc. and send it to the committee for their July issue.

f. Trusted Servants Workshop Committee: Tracy F. explained the committee's purpose and asked that another rep step up as Chair so he doesn't have to Chair two committees. He also asked for ideas for trusted servants workshops. The committee's next meeting is Thursday, May 14<sup>th</sup> at Central Office.

g. Web Committee: Michael P. noted that his report will be on the web. Current website guidelines state that we do not link to other websites, but we can add their contact information, so for many service groups we have everything listed except their website. A motion to add links to the groups we are already working with passed. Julio reported on the outreach subcommittee's work on locating inactive



meetings and asked reps to look at the lists to help determine if the meetings are still in existence and if so, if they have a secretary. Most inactive meetings in San Francisco are at one of the following locations: First Place, Old St. Mary's and the Dry Dock. If you go to meetings at those places please look at the list. A member asked if the Dry Dock makes any contributions to the Central Office and it was explained that the club does not but some individual meetings held there do.

Fellowship Committee: Rebecca D. S. reported that the committee needs reps to help fill volunteer slots at the June 6<sup>th</sup> Founders' Day event. Patty M. pulled names from the hats of the SF and Marin baseball teams for the Founders' Day game. The committee meets the second Monday of the month at 6pm at Central Office.

### Special Committee Reports

a. Teleservice, SF: Ted announced the committee's openings, 6a-10a the 5<sup>th</sup> Thursday of the month and overnight on the 4<sup>th</sup> Friday of the month. There is a one-year sobriety requirement.

b. PI/CPC: No report. The committee meets on the second Monday of the month at Central Office.

### IFB Liaison Reports

a. General Service, SF: In the interest of time David passed on his report.

b. General Service, Marin. Naim announced the pre-conference assemblies were a hit.

c. Teleservice, Marin: Daniel reported they are still working on their outreach program, so he'll happily take the Marin list of inactive meetings and look it over.

d. Living Sober: Living Sober is planning Alcoholic Idol on May 16<sup>th</sup>, very fun, show up!

### Adjourn with the Responsibility Statement

A motion was made to adjourn the meeting at 9:01PM; seconded and passed unanimously.

Rebecca D. S.,  
IFB Secretary

# aa group contributions

Fellowship Contributions	Mar. 09	YTD
Brisbane Breakfast Bunch	36	76
Contribution Box		155
Gay & Lesbian Newcomers		22
Harbor Lights Fellowship		25
IFB	112	300
Serenity House	150	450
<b>Total Fellowship</b>	<b>298</b>	<b>1,029</b>

Marin Group Contributions	Mar 09	YTD
Attitude Adjustment 7D 7am		900
Awakenings Sa 830am		36
Awareness/Acceptance M 1030am		47
Blackie's Pasture Sa 830pm		50
Bounce Back M 6pm		400
Candlelight Sun 830pm	70	170
Closed Women Step Study Tu 330pm		152
Cover to Cover W 800pm	113	113
Design For Living (Marin) W 7pm		61
Downtown Mill Valley F 830pm		74
Early Birds Sa 6am		36
Friday Night Book F 830pm	80	175
Gratitude Tu 8pm		389
High & Dry W 12pm		308
Intimate Feelings Sa 10am		56
Island Group Th 8pm		63
Marin City Groups 5D 630pm		136
Mill Valley 7D 7am		600
Mill Valley Discussion W 830pm		290
Monday Night Stag (Tiburon) 8pm	345	947
Monday Night Women's M 8pm		93
Monday Nooners M 12pm		356
Newcomers Step M 730pm		424
Noon Tu 12pm	110	110
North Bay Discussion Group Su 8pm	100	100
Novato Monday Stag M 8pm	62	62
Primary Purpose W 830pm	65	65
Quitting Time MWF 530pm		198
Rise N Shine Sun 10am		122
San Geronimo Valley M 8pm	58	58
Sausalito 12 Step Study Group		107
Serendipity Sa 11am		126
Sisters In Sobriety Th 730pm (M)		100
Six O'Clock Sunset Th 6pm		95
Sober & Serene F 7pm		621
Steps to Freedom M 730pm		141
Steps To The Solution W 715pm	71	71
Sunday Express Sun 6pm	100	100
Sunlight of the Spirit Th 7pm	50	50
Survivors M 12pm		111

Marin Group Contributions	Mar 09	YTD
T.G.I.F. F 6pm		80
Terra Linda Group Th 830pm	350	650
The Barnyard Group Sa 4pm		335
The Novato Group Fri. Night D	83	83
Tiburon Beginners & Closed Tu		528
We, Us and Ours M 650pm		150
Women on Wednesday W 7pm		50
Women's Big Book Tu 1030am	100	100
Working Dogs W 1205pm	343	343
<b>Total Marin Group Contributions</b>	<b>2,099</b>	<b>10,430</b>

SF Group Contributions	Mar 09	YTD
6am Marina Dock Sa		91
7am As Bill Sees It Fri	57	117
7am Grab Bag M 7am	30	30
7am Living Sober W 7am		50
7am Smokeless Su 7am		85
7am Speaker Discussion Th 7am		106
7am Step Discussion Tu 7am		22
A Coffee Pot & A Resentment M 8pm		42
A is for Alcohol Tu 6pm	43	132
A New Start F 830pm		262
AA Step Study Su 6pm		121
Afro American Beginners Sat 8pm		68
Alumni W 830pm		43
Amazing Grace M 7pm		162
Any Lengths Sat 930am	200	490
Artists & Writers F 630pm		96
As Bill Sees It - Keep It Simple Tu 7am	210	210
As Bill Sees It Th 830pm		142
As Bill Sees It Tu 1210pm		203
Be Still AA Su 12pm		455
Bernal Big Book Sat 5pm	269	269
Bernal New Day 7D	180	526
Big Book Basics F 8pm		133
Big Book Study Su 1130am		155
Blue Book Special Su 11am		81
Came to Park Sat 7pm		113
Castro Discussion W 8pm	752	752
Castro Monday Big Book M 830pm		167
Cocoanuts Su 9am		72
Code Blue Big Book Study W 7pm		79
Crossroads Sun 12pm		318
Design for Living Sat 8am		345
Diamond Heights Tu 830pm	93	93
Doin' the Deal Sun 10pm		81
Each Day a New Beginning F 7am		458
Each Day A New Beginning Su 8am		323
Each Day a New Beginning Tu 7am		599

# aa group contributions

SF Group Contributions	Mar 09	YTD	SF Group Contributions	Mar 09	YTD
Each Day a New Beginning W 7am	174	174	Parkside Th 830pm	94	94
Early Start F 6pm	757	757	Pax West M 12pm		784
Easy Does It Tu 6pm		120	Progress Not Perfection Tu 830pm		380
Embarcadero Group 5D 1210pm		83	Queers, Crackpots & Fallen Women	89	89
Epiphany Group Th 8pm		63	Rebound W 830pm		60
Eureka Valley Topic M 6pm	806	806	Relapses, Rebounds, Retreads & Winners		60
Firefighters & Friends Tu 10am		235	Rigorous Honesty Th 1205pm	120	120
Fireside Chat Group Th 8pm		232	Room to Grow F 8pm	165	375
Franciscan Noon Discussion M		60	Saturday Afternoon Meditation Sat 5pm		135
Friday All Groups F 830pm	1,926	1,926	Saturday Night Regroup Sat 730pm		244
Friday at Five F 5pm		80	Sisters Circle Su 6pm	106	247
Friday Lunchtime Step F 12pm		100	Sobriety & Beyond W 7pm		45
Friday Smokeless F 830pm		166	Sometimes Slowly Sa 11am	234	234
Girls Night Out W 815pm		97	St. Francis Men's F 830pm		296
Golden Gate Seniors Tu 130pm		68	Step Talk Su 830am	490	490
Haight Street Blues Tu 615pm	228	228	Steppin' Up Tu 630pm		143
Happy Hour Ladies Night F 530pm		84	Stepping Out Sat 6pm		50
High Noon Friday 1215pm		75	Stepping Stone Step Study M 7pm		201
High Noon Monday 1215pm		165	Stonestown M 8pm	246	246
High Noon Saturday 1215pm		58	Sunday Bookworms Sun 730pm		139
High Noon Thursday 1215pm	42	192	Sunday Morning Gay Men's Stag Su 930am		826
High Noon Tuesday 1215pm		185	Sunday Night Castro SD Su 8pm		913
High Noon Wednesday 1215pm		115	Sunset 11'ers Su		35
Hilldwellers M 8pm	221	221	Sunset 9'ers F		36
Home Group Sat 830pm		191	Sunset 9'ers M		21
How Was Your Week? Sa 10am		51	Sunset 9'ers Sa		302
Huntington Square W 630pm	106	340	Sunset 9'ers W		34
Join the Tribe Tu 7pm		264	Surf Tu 8pm	72	72
Joys of Recovery Tu 8pm		71	Sutter Street Beginners Sat 6pm		318
Keep It Simple Sat 830pm		399	Ten Years After Su 6pm		257
Light Steppers Su 7pm	60	120	The Drive Thru W 1215pm	135	458
Living Sober with HIV W 6pm		364	Thursday Night Women's Th 630pm	208	208
Luke's Group W 8pm		125	Too Early Sat 8am	240	773
Marina Discussion F 830pm	745	745	Tuesday Big Book Study Tu 6pm		60
Midnight Meditation Sat 12am	20	20	Tuesday Downtown Tu 8pm		163
Mission Creek Meeting		95	Twelve Steps to Happiness F 730pm		120
Mission Creek Meeting Tu 6pm	5	5	Valencia Smokefree F 6pm		124
Mission Terrace W 8pm		251	Walk of Shame W 8pm	84	84
Monday Beginners M 8pm		295	We Care Tu 12pm	106	238
Monday Monday M 1215pm		97	West Portal W 830pm		140
New Hope Big Book M 630pm	78	78	Wharfrats Th 815pm	45	298
New Life W 7pm	121	121	Women Living Sober Sa 10am		120
No Reservation M 12pm		438	Women's 10 Years Plus Th 615pm		325
Noon Smokeless F 12pm	160	160	Women's Kitchen Table Group Tu 630pm		321
Noon Smokeless M 12pm	23	23	Work In Progress Sat 7pm	477	477
Noon Smokeless Th 12pm	25	168	<b>Total SF Group Contributions</b>	<b>10,243</b>	<b>29,447</b>
Noon Smokeless W 12pm		60			
One, Two, Three, Go! W 1pm		30	<b>Total Contributions</b>	<b>12,640</b>	<b>40,906</b>



Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. As a Faithful Fiver, your personal contribution can and will make our vital services possible. We'd like to thank the following members for joining:

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# profit and loss statement: march 2009

	Mar 09	Budget	Jan - Mar 09	Budget
Ordinary Income/Expense				
Income				
Contributions from Groups				
Group Contributions	12547	13645	40738	42544
Honors	0	0	75	0
Contributions from Groups - Other	93		93	
Total Contributions from Groups	12640	13645	40906	42544
Contributions from Individuals				
Individual - Unrestricted	431	140	2430	1293
Faithful Fiver	940	431	2245	1067
Honorary Contributions	175	112	976	2631
Total Contributions from Individuals	1546	683	5651	4991
Gratitude Month				
Gratitude Month - Groups	386	774	3407	3212
Gratitude Month - Individual	0	0	0	699
Total Gratitude Month	386	774	3407	3911
Sales - Bookstore	9095	10208	24449	29728
Newsletter Subscript.	22	62	77	222
Total Income	23689	25372	74489	81396
Cost of Goods Sold				
Cost of Books Sold - Shipping	13		37	
Cost of Books Sold	6372	6847	17215	18596
Credit Card Processing Fees	239	213	903	519
Total COGS	6623	7060	18155	19115
Gross Profit	17066	18312	56334	62281
Expense				
Construction Expense	0	0	734	0
Budget Contingency	0	262	0	786
Employee Expenses				
Wages & Salaries	10398	8864	27319	26592
Employer Tax Expenses	843	778	3086	2334
Health Benefits	1820	718	3552	2768
Total Employee Expenses	13061	10360	33957	31694
Professional Fees				
Computer Consulting	0	0	113	169
Total Professional Fees	0	0	113	169
Bank Charges	13	7	13	18
Postage				
Non-Bulk Postage	0	0	84	0
Bulk Mail	0	315	200	577
Postage - Other	0		6	
Total Postage	0	315	290	577
Rent - Office	4320	4283	12961	12849
Rent - Other	225	75	225	300
Access Expenses	0	0	160	517
PI/CPC	161	0	165	0
Filing/Fees	0	0	20	0

	Mar 09	Budget	Jan - Mar 09	Budget
Insurance	0	0	0	939
Internet Expense	82	149	219	224
Office Supplies	433	522	766	1109
Paper Purchased	268	0	1310	0
Shipping	83	51	-145	43
Printing	0	0	864	0
Equipment Lease	0	0	0	1880
Repair & Maintenance	254	227	950	1384
Security System	136	35	136	105
Payroll Expenses	3		3	
Telephone	244	713	872	1096
Phone Book Listings	84	203	168	305
Training	20	0	20	0
Bad Checks	12	0	12	14
Total Expense	19398	17202	53812	54009
Net Ordinary Income	-2332	1110	2522	8272
Other Income/Expense				
Other Income				
Interest Income	81	34	307	120
Total Other Income	81	34	307	120
Other Expense				
Depreciation Expense	0	91	0	273
Amortization Expense	0	189	0	567
Total Other Expense	0	280	0	840
Net Other Income	81	-246	307	-720
Net Income	-2251	864	2829	7552

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June 2009

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