

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2009
9
SEPTEMBER

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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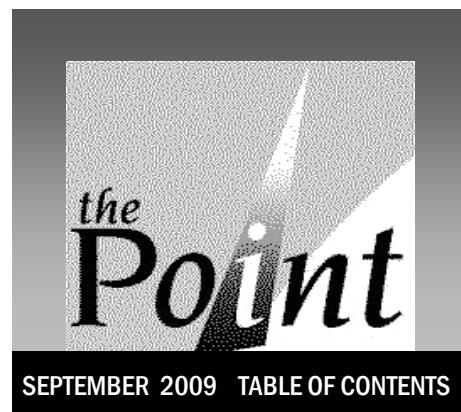
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

SEPTEMBER 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|---|
| | | 1 <u>FIRST TUE</u> Access Committee Central Office, 6pm | 2 <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) Orientation 6pm Meeting 7pm |
| 6 | 7 Labor Day Central Office Closed | 8 <u>SECOND TUE</u> <i>The Point</i> 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 | 9 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm |
| 13 | 14 <u>SECOND MON</u> Fellowship Committee Central Office, 6pm SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm | 15 | 16 |
| 20 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day | 21 <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm | 22 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm | 23 |
| 27 | 28 | 29 | 30 |

| THURSDAY | FRIDAY | SATURDAY |
|---|--------|--|
| 3 | 4 | 5 |
| 10 | 11 | 12 |
| 17 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office, 6pm | 18 | 19 Marin Unity Day Details on p. 15 |
| 24 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm | 25 | 26 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm |

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.



F.Y.I.

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“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body.”

From the Foreword to the First Edition of the “Big Book” of *Alcoholics Anonymous*, 1939, Reprinted with permission from A.A. World Services



Meeting Changes

Meeting Changes:

| | | | |
|-----|--------|------------------|--|
| Sun | 8:00pm | Cathedral Hill | LIVE & LET LIVE, Church, 1187 Franklin St., Chapel (was Church, 1668 Bush St./Gough St.) |
| Mon | 8:00pm | Cathedral Hill | HIGH SOBRIETY, Church, 1187 Franklin St., Room TBA (was Church, 1668 Bush St./Gough St.) |
| Tue | 8:00pm | Cathedral Hill | NEWCOMERS, Church, 1187 Franklin St., Room TBA (was Church, 1668 Bush St./Gough St.) |
| Tue | 6:00pm | Mission Bay | SAY HEY GROUP, 225 Berry St. (was Mission Creek Group, combined with Fri. Say Hey Group) |
| Thu | 7:00pm | San Rafael | FOUR HORSEMEN, Church, 1 Wellbrock Hts/Trellis (was 620 Del Ganado Rd., Terra Linda) |
| Thu | 8:00pm | Western Addition | FIRESIDE CHAT, 1442 Fulton St./Broderick (was 8:30 at 1748 Market St.) |
| Sat | 8:00pm | Excelsior | EXCELSIOR "SCENT" FREE FOR ALL, 32 Ocean Ave (was Excelsior Free For All) |

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!**

S P I R I T O F S A N F R A N C I S C O

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From the Editor

Grab Bag of Recovery Stories

We are re-printing our lead story, "Lost & Found," from the May 2009 *Grapevine*. Its author, Kathleen C., is a former editor of *The Point* and we are proud to present it here in her honor. Several mothers I have talked to about the article all had similar reactions—self-recognition, horror, and gratefulness to Kathleen for her honesty.

You see, many of us parents have this abiding shame about the abuse we inflicted on our children while drinking. Often, as in Kathleen's story, our kids don't remember, at least consciously, and so the only amends we can make is a living amends: staying sober and working the program. But the shame can remain and the only remedy for that is the cleansing effect of exposure to the light of day - that is, sharing it with other human beings. It is a real service to open up this wound, and it permits alcoholics like me to admit to similar failures and, in

empathizing with the author, begin to forgive myself.

This is a grab bag issue, theme-wise. We are fortunate to have had more

"...and so the only amends we can make is a living amends: staying sober and working the program."

material than we could use in previous issues and publish them here for your enjoyment (relationships in February, higher power in March, and so forth). As *The Point* committee goes on retreat this month—okay, it's just a pizza party at someone's house—we are using up all the articles we held in reserve for just such an occasion. That means we need new material soon. So roll up your sleeves, or dip your pen, or warm up your keyboard and write a couple pages about your recovery and send it to us. For example, tell a newcomer how to get through the holidays without drinking. Share your favorite recovery joke. Sound off about your pet peeve within A.A. This is your newsletter, so take advantage.

Write us at thepoint@aaaf.org.



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.aaaf.org.)



Thank You Faithful FIVERS! Thank You

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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LOST & FOUND

A Mother Faces the Truth about Missing Her Children While Drinking

by Kathleen C.

Kathleen is a former editor of The Point and a long-time A.A. member in San Francisco and Marin. Her article appeared in The Grapevine in May 2009. We reprint it here in full.

I thought of myself as a good mother. Didn't I stop drinking while I was pregnant with my twin daughters? I didn't even take any drugs when I gave birth. I didn't have a program, I was dry as a bone, and my feelings bubbled up into rage and tears, but I wasn't drinking, was I? Of course, I started drinking again as soon as I decently could. Wasn't beer supposed to be good for your milk supply?

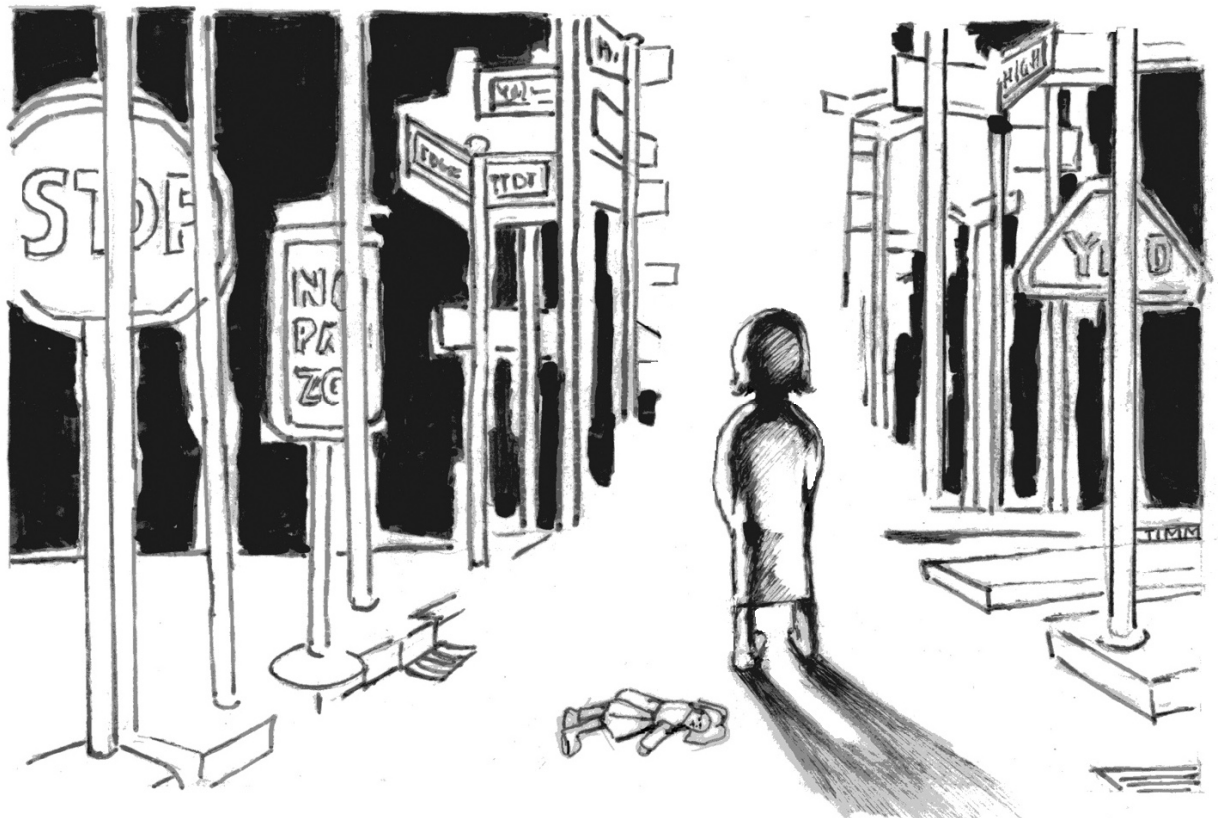
Sure, I drove drunk once in a while with them in the car, but nothing happened. I got across the tracks well ahead of that train—literally. I once drove right in front of a train in an industrial area of San Francisco. But the train was going very slowly. The whistle's blast was my first inkling that my babies and I were in danger. Then there was the time I was lying in bed hung-over and two energetic two-year-olds burst into my room and started jumping on my bed, as if it were a trampoline. Sarah lost

her balance and landed on my stomach—hard. I grabbed her, raised her high in the air and then threw her on the floor. I will always remember the look on her face when she realized what I was about to do. Fortunately she landed on carpet and wasn't badly hurt, but she got the message: Whatever you do, don't make Mommy mad. I swear I feel that fear in her to this day. She says she doesn't remember, but I remember.

Then I lost Lynn by the side of the freeway. She was about two. I was home, hung-over and tired. She was awake but still in her fuzzy, pink, footed pajamas. "Parque, Mommy. Parque!" She pleaded, using the Spanish word for park that our Salvadoran

babysitter had taught her. The park was next to the freeway, around the corner from our house. I couldn't leave her sister home alone and I was tired and irritable, as I so often was when I was hung-over. "We can go outside, but just in front of the house," I offered.

She grabbed her security blanket and trundled down the steps next to me. We stood together in the morning sunshine, on the sidewalk next to the low picket fence that separated our front patio from the sidewalk. The phone rang. I thought I would just run up the stairs, grab the phone and be right back. Whoever it was must have been fascinating, because in my hangover haze I forgot all about my daughter.



When I looked down the stairs, there was her security blanket, neatly draped over the fence, but no Lynn.

I screamed her name as I ran up and down the street. She was nowhere to be seen. One of my neighbors emerged from her house two doors down. I told her some version of what happened. She took charge. "You go that way," she pointed, "and I'll go this way." She started around the corner. And that is where she found my baby—in her fuzzy pink pajamas with the feet, standing at the southbound on-ramp to the 101 Freeway, staring across six lanes of traffic at the park. My neighbor brought her home.

None of these episodes, where I injured or endangered my children, got me sober. It took something much more ego-driven. To hit bottom, I had to fail an exam that I needed to practice my profession. I drank all the way through school, even though my husband had mortgaged the house to pay the tuition. The day I flunked the exam, I called my newly sober sister to whine and wail. She had dragged me to meetings and showed me the way, by her own example. I got sober, too, and my Higher Power let me keep my kids. But the journey was just beginning. My sobriety date is September 11, 1986—Sarah and Lynn were 3 years old. I passed my exam and got a job a few months later. My life with my children began to both challenge and enhance my sobriety.

For instance, when she was 12 years old, Sarah came to me one morning, with a worried frown. "Mom, my face feels funny, and I can't taste anything." By mid-day the whole left side of her face was paralyzed, the corner of her mouth drooping, her eyelid sagging. We took her to the pediatrician, who looked her over and then said, "It's Bell's Palsy." Palsy? Wasn't that some weird disease out of the Bible, like leprosy? How did my daughter get it, and what did this mean? The cause wasn't known and there wasn't really any treatment. "The safest thing is to

watch and wait," said the doctor.

"But she is supposed to go to summer camp tomorrow," I cried. "This is her first time there, she hardly knows anybody except her sister." My mind raced. My child's life was about to be ruined. Her face would be paralyzed forever. How could she adapt to the new camp when her face looked weird? The pediatrician said if her eye wouldn't close at night while she slept, she might have to wear a patch. Would the other girls

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make fun of her? How could this be happening?

Right away I took on all fault. What had I done to bring this on my child? What retribution had I called down upon this innocent young girl by my past and current bad behavior, this same young innocent whom I had thrown on the floor when she was a baby? Guilt and rage engulfed me.

I called my sponsor, Bonnie. For many years her mother had been seriously ill and she had taken care of her, from home to ICU and back. She knew how to cope with a crisis and stay sober. "Why don't you try writing a letter to God?" she suggested. I tried it. My letter began: "Dear God, I hate you for what you are doing to my child!" I went to a meeting and shared my rage and despair at what was happening. At the close of the meeting, as we stood in a circle, the speaker said, "Lord, help the member whose child is having trials."

I went home a lot calmer and helped Sarah pack.

The next day Sarah went to camp, and the day after, the camp nurse called: "I am watching over Sarah, and she doesn't know. Her eye closes at night while she sleeps, so there is no danger of infection, and she won't have to wear a patch." I cried, realizing my child had guardian angels watching over her. I only had to let her go, and she would be safe. The other kids and her sister all tried to help her have a good time, and she loved the camp and went back every summer for several years. She recovered completely. I didn't have to drink, out of either anger or guilt. All I had to do was stay in conscious contact with my Higher Power, praying only for knowledge of his will and the power to carry it out, and let him act through other people to take care of my daughter and keep me sober.

We never know what is going to make us crave that first drink. In sobriety I have lost my parents to cancer, had cancer myself twice and seen my children have frightening medical problems. My husband even had a serious accident on his motorcycle and I didn't need a drink. Instead, the craving came on one of the happiest days of all our lives—the day we celebrated our daughters' graduation from college.

My husband and I had booked several tables for lunch at a posh restaurant. We invited our family members and the friends who had helped us raise these two little girls to become accomplished young women. The time came for us to toast the wonderful people who had loved us and them for all these years. The waiters swiftly passed out champagne flutes and poured champagne. My sister and I were the only ones who had sparkling water instead.

In my drinking days, I loved champagne. It symbolized success, the good life and happy milestones. That day as everyone raised their glasses I felt sad

(Continued on page 19)

By Bree L.

Emotionally absent, that's what I was during the major thrust of my disease. Then the time came when I wanted to make those Ninth Step amends. The last part was to ask if I'd overlooked any incidents and if there was anything I could do to help heal our relationship. All went well until I came to my last daughter, 35 year-old Karen.

"Yes, there is something you can do, Mother," she said. "Come spend a day with me at Glen Eden." Karen was a practicing nudist. Glen Eden was the local nudist colony.

"I'm not going with you. This is your deal," my fiancé said. There was no negotiating. It was my responsibility, not his. We set a date.

The entrance was through a small store selling an extensive array of suntan lotions next to the check-in desk. Karen and I registered and were soon met by Sue and Larry: muscular, tanned, wonderfully friendly, 50-ish (my vintage), wearing large beach towels. We went through a back door to their golf cart.

"From here on, it's clothing optional," Sue announced as they dropped their towels and put them on the leather seats of their golf cart. That wasn't my choice and I quickly became the only one towel-wrapped as we began the grand tour. Sue and Larry greeted just about everyone along the path. No one wore clothes, the tennis players, the bathers or the diners. There were hats and sneakers but no clothes.

"What brought you to Glen Eden?" Sue asked.

"It's a mother, daughter togetherness day," I said.

"Then you've done this before?" Hard to see where she got that idea. I was

STEP IX

My Nude 9th

*Some People will do
Anything to Stay Sober!*

eggshell white and wrapped in my trusty towel.

"This is a special treat," Karen said. We bounced along in the cart. The leather seats were hot and sticky, but I kept my towel protection. "What does your husband think of your being here?" Larry asked.

"My mother's not married," Karen said. "She's engaged." Later I found there was a rule against single women. It supposedly contaminated the desired family atmosphere.


"This is lovely," I said as we jostled along, just like a Garden of Eden with many, many Adams and Eves. "This is where the tour ends," Larry said, pulling the cart up to the pool. I looked out to a medium-sized pool, overflowing with swimmers and bathers. A badminton game was in play next to the pool's fence.

"There's a couple chairs," Karen said as we made our way across the lawn. I stumbled along carrying my overflowing beach bag, hat and book while holding up my towel. Karen, who was tanned and slim, sprinted ahead to reserve the chairs. My towel became burdensome and slowly slipped down. There were no catcalls or pointed fingers.

"Make sure you put on plenty of lotion," Karen warned. "Your body isn't used to this much exposure." Absolutely. There was more of me in too many places and no towel to hide in. I *did* note that I wasn't the fattest seal on the beach. So I slathered down and

sank into a book, while balancing between being overly inquisitive and comatose.

We went to lunch at a small restaurant. No one had clothes except the fry cook in his apron. Throughout the day, I laughed and repeated, "If you've seen one, you've seen them all," my mantra, which wasn't completely accurate but kept my vision at eye level.

My relationship with my daughter is now at an all-time high. That trip to Glen Eden was the beginning of our friendship. I am thankful for my opportunity to figuratively walk in Karen's shoes. That is, *only* her shoes. 

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

Big Book Basics: Lynn H. 39 years
Fernley, NV: Linda J.
17 years (Formerly S.F.),
Ron G. 25 years, Naomi L. 1 year
High Noon: Andrew 20 years,
Jimmy D. 15 years, Dave H & Sean
D. 6 years, Amy P., Hellen, Noelle
F., & Stacey 5 years, Tony C.,
Polly B. & Ed D. 3 years
Jeff, Brett & Kate S. 2 years
Marisa 1 year



Hot Air Balloon

A man in a hot air balloon realized he was lost. So he descended a bit and shouted to a man on the ground.

"Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man on the ground replied, *"You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."*

"You must be a sponsor," said the balloonist.

"I am," replied the man. *"How did you know?"*

"Well," answered the balloonist. *"Everything you told me is, I believe, technically correct, but I've no idea what to make of your information and fact is, I'm still lost. Frankly, you've not been much help at all. If anything, you've probably delayed my trip."*

The man below responded, *"You must be a sponsee."*

"I am," replied the balloonist. *"But how did you know?"*

"Well," said the man. *"You don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise that you've no idea how to keep, and you expect other people to solve your problems. The fact is, you are in exactly the same position you were before we met, but now, somehow, it's my fault."*



Learning How to ask for Help...Again The New Guy in Town

By Chris D.

I recently moved back to the Bay Area, which is home. I started the journey down the Road of Happy Destiny more than twenty years ago in San Jose. Although my first few meetings were here, my first home group was in Palm Springs where I was living at the time. I moved to Atlanta where I quickly met sober alcoholics and became part of the local A.A. stronghold. Family needs recently brought me back home, and to A.A. here.

The odd thing is that for some reason it has taken me a lot longer to acclimate to the A.A. life here. I'm sure it's not A.A. or the groups but some other phenomenon. I talked to one of my old A.A. buddies here and we felt that it may be because I am now an older member. We see the newcomer often jumped after a meeting—given phone numbers, literature and suggestions for other meetings. He's well-focused on, as it should be.

My experience is that I have gotten a few handshakes after introducing myself as the new guy in town. I have met a few guys and people have been kind. Then why has it taken me so

long to connect? My friend and I figured that if I'm disturbed, then there must be something wrong with me: the spiritual paradox, right? I certainly am not a shy person and have no problem meeting people. I guess that my thinking says things

like "these people are different" or "I'm better than" or "less than" or, my favorite, "don't these people know who I am?!"

The answer is "no, they don't know who you are."

I did have to make a bit of an effort to stick my hand out. I asked to be the 15-minute speaker at a meeting I have attended regularly. This opened the door and I got to meet a lot of folks.

I made a decision to ask someone to sponsor me. I grabbed an older guy whom I've never met and said

I need help. Funny thing, he said, "Sure." He has dragged me around to several meetings and introduced me to many people. It's been very good.

All I had to do is get over myself and ask for help. Once again, A.A. has provided well for me. This has been my experience time and time again: God doing for me what I could not do for myself. The lessons here are: get over self-centered fear, have patience, and practice ego deflation.



*"All I had to do
is get over myself
and ask for help."*

What is a Higher Power?

It's No Longer Alcohol!

by Victor V.

I never understood what a higher power was. I could never comprehend a higher power. People in the rooms of Alcoholics Anonymous talked about a higher power. These alcoholics say that the reason they are sober, happy, joyous, and free is because they turn their will over to a higher power. How is one supposed to find this higher power and why would I want to turn my life and will over to anyone or anything?

When I came into the rooms of A.A., I was in charge of my own life. I did not need any power other than myself. I wanted no one to tell me what to do or how to do it. I had done just fine on my own all these years. I worked hard, I had a roof over my head. I deserved to drink whenever I wanted to. People tried to tell me but I would still do things my way. I was tired of feeling sick every day after I drank. I screwed up a marriage, I was a poor example of a father to my children, I was becoming irresponsible to all of my clients, but I was in charge of my life and no one was to tell me what to do.

I wanted to stop drinking and I started going to meetings. I sat and listened and as always, I was going to go about the program my way because I was in charge of my life and no one was going



*"I followed these
suggestions and one day
I was connected to a
higher power"*

to tell me what to do. So for over four years I went to meetings as a newcomer because I knew better and I did not have to do what everyone else in the room did. Alcohol was my higher power.

I started to follow some of the suggestions. I got a service commitment and started greeting people as they came into the meeting. All of a sudden I started to learn people's names and they greeted me by name. It felt good to be recognized. I began to be more interested in the people at meetings and what they had to say. I got a sponsor and we started working the steps. Things started to change. I realized

that turning my will and my life over to a higher power did not mean that I had no backbone. It meant that I was willing to give up my old ways and be willing to listen and adopt some new ways of thinking and acting which would help me become a better human being. I began to understand that a higher power was not I, but it was the program of Alcoholics Anonymous, made up of loving drunks who have learned to live their lives so that they continue to grow spiritually into

beautiful people who have a purpose in life. These people extended their hands to me, loved me, offered to help me, told me to keep coming back, and have showed me a way to have a life beyond my wildest dreams. All I had to do was follow some simple suggestions. I followed these suggestions and one day I was connected to a higher power. Sometimes when I take my will back and stop following the suggestions, I lose the connection with my higher power. All I have to do to regain that connection is to follow the simple suggestions of Alcoholics Anonymous.

"We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built." (*Twelve Steps and Twelve Traditions*, p.21)



Coming Close to Losing a Friendship

The Sometimes Slowly Club

by Anne Alcoholic

I find if I schedule things too tightly, I tend to either hurry through them without allowing myself to fully enjoy them or I'm late for something. I got a good lesson in that on Christmas Day—along with a refresher course in being considerate of others and the Tenth Step.

I had an open “drop in anytime” invitation for early in the day and plans for an early dinner and H&I at a psych ward at 7 PM. (I didn't see my family on this Christmas, so the psych ward was a nice reminder of them.) I planned on getting to the first stop at 10 AM. I arrived around noon. My afternoon dinner host had called me at some point in the morning and asked when I would be there for dinner. I guessed at 2. I had a great time at the open house. So much so, that when 2 o'clock rolled around I was still there playing games. Around 2:20 I decided I had to go. As I was getting ready my friend who was expecting me at 2 o'clock called and she was very angry.

I apologized and went to her place as

“Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly.”

quickly as I could. I apologized again and she was still angry. We spent a strained and uncomfortable time together.

We had talked about her coming with me to H&I, but I lied and told her my partner had e-mailed me that he would be there, so she didn't have to. She didn't. As we parted I told her that I hoped I hadn't ruined our friendship by being so inconsiderate and selfish. We talked about it and hugged each other goodnight.

But I still feel guilt and shame about my behavior towards my friend: the lateness, more than the lying. I was afraid my friend and I would not be good examples of sobriety together that night. I also lis-

tened to the unpleasant little voice inside me that said that if my friend came to the psych ward with me she'd start a fight with one of the inmates. I even broke the rules and went up to the ward by myself! Because my partner never e-mailed me. I made that up so I could say goodnight sooner to my friend.

Earlier I almost succumbed to my negative feelings and was thinking about blaming her for being angry rather than admitting where I was wrong. Then we could have a fight and either she'd tell me to leave or I'd go off in a huff as soon as I got there. I'm very glad I am no longer always the victim of my first selfish thoughts. When I think about how close

I came to ruining that friendship and how exercising my character defects did damage it, I shake my head in wonder.

I picked up a chip recently at Friday All Groups with an X and a few other letters on it. I think I definitely qualify for the “Sometimes Slowly Club.”



Come Celebrate the Friday Night Discussion Group's 55th Anniversary

WHERE:

St. Francis of Assisi Episcopal Church
967 5th St, Novato, CA

WHEN:

September 25, 2009
6:30pm - 9:30pm

WHAT:

Potluck: 6:30-7:30
Speaker Meeting: 8:00-9:15
Birthday Chips: 9:15-9:30



For more information or to sign up early for the potluck email: friday.novato@gmail.com

From Toxic to Healthy in 12 Steps

Changed Relationships in Recovery

by D.W.

In six years of recovery, I have traded many toxic relationships in my life for healthier ones. I see this only upon reflection, in the rear view mirror, so to speak. I didn't set out to accomplish it as a goal. I merely wanted to stay clean and sober.

The toxic relationships in my life were not what you might expect of a drug addict and alcoholic. I did not have a relationship with a dealer nor did I hang out with my drinking buddies, tossing back drinks and whooping it up. No, by the end of my using career, I was by myself when I sneaked my drugs, obtained by lying and internet surfing. My drinking was starting to show in public when I had the cocktails, then the wine, then the wine, then the wine. But I solved that problem by sneaking drinks, too, alone or only at home (my poor family).

But there were toxic relationships, nonetheless. Almost all my relationships were warped by the workaholicism that abounded where I worked. Boundaries, what's that? The goals were too important and overrode all else, including family time and personal time. Everyone tacitly agreed to these values and there was subtle—well, actually, not so subtle—competition over who could work the longest hours and travel the most miles. I don't know how other people managed, but I did it fueled by chemicals and got to sleep by passing out from booze.

When I got out of rehab, I went back to work and relapsed after two months. The definition of insanity? So I had to quit work to get clean and sober. Oh, yeah, and work hard at

recovery, like a full-time job. I went to meetings, lots of meetings, and I got a temporary sponsor and I read the Big Book and worked the steps. I white-knuckled it for a couple years with cravings every day. I decided to end my marriage and promptly fell off the wagon for a day of research,

long divorce proceeding. I found my lawyer through The Other Bar (recovery group for attorneys) and my therapist through my rehab counselor. I even started going to church after a 30-year absence; new friendships there even include normies!

Since I left my toxic job, I have been recruited to return to work many times; I used to be so quick to under-value my life and time that other workaholics still want to hire me. I can't believe how hard it is to say no sometimes; my self-worth for years was bound up with work obsessions and it's a powerful

habit to break. I have been able to withstand it by putting sobriety first, just saying no, and praying.

My proudest accomplishments today are my good relationships with my daughters. Those relationships aren't perfect ("no kidding," my teenagers would agree) and I struggle with being a good parent versus being a controlling, authoritarian martinet or, on the other extreme, a doormat.

I had to develop new relationships in my life in order to stay sober and I had to learn to be honest to develop those relationships. (Who wanted to be around a smug, self-righteous prig who worked all the time and judged you if you didn't see how important it was?) Now those relationships are my treasures, a gift of the program of Alcoholics Anonymous.



*"My self worth for years
was bound up with work
obsessions and it's a
powerful habit to break"*

involving drugs and alcohol. What I learned was that it didn't work any more. I got no relief, I just got sick, and, in fact, it made things worse.

Humbled and penitent, I got off my high horse with my husband, quit taking his inventory, and moved on. I still had to get divorced to stay sober, but due to my own shortcomings, not anyone else's. I looked to women in the program who had what I wanted—the wisdom to know the difference. They taught me how to parent my daughters again and helped me get through the three-year

Meet THE MEETING

Saturday Afternoon Meditation

by Bree L.

Here is an oasis of relief from a stressful weekend, an opportunity to chill-out via a restful, healing meditation. The delightful surprise is that you just might be sitting next to a rock guitarist from the 60's or the man who went to meetings with Bill W.

"We all wondered how Bill W. got sober on just one trip to Towne's Hospital," says Jim, who had to take more than a few trips to that hospital before thoroughly taking that first step. Jim tells how Bill W. talked forever about his "spiritual experience." Dr. Tiebout told him to knock off the mystical stuff and just tell his fellow alcoholics how he got sober.

This meditation meeting at Laguna Honda offers a unique mixture of members and member/patients. The idea for the meeting came to a Laguna Honda gardener/member about thirteen years ago. The greenhouse on the grounds presented itself as a distinctive place to hold such a meeting. It not only housed many plants and flowers but also was home to the hospital's pet therapy animals.

There were six people who started the meeting according to Carol P. Most were in early sobriety but saw that sitting amongst the plants, rabbits, cats and doves would be an ideal location to meditate. It was enchanting to hear the birds cooing, and not unusual to have a cat leap onto a lap as one sat quietly and meditated.

There was an early quandary of how to pay rent to the city-owned hospital, as meetings must be self-supporting. Carol P. says that after running down a couple blind alleys, it was decided that the gar-

dener would take the money and use it as needed. His first purchase was a goat that joined the menagerie of therapy animals. The goat was named Bill W. and the next purchase, a second goat, was named Lois. The goat couple still resides on the Laguna Honda grounds.

The greenhouse meeting worked nicely until the bond issue of 2000 when it had to be demolished for hospital expansion. The group now meets in the volunteer lounge on the fourth floor.

A core few claim this meeting as their home group. Carol P. says, "I used to think I was meditating but I was really high on Valium. Meditation became a way of introducing A.A. into my life." Ellen S. characterizes the meeting as "a calm family during a time of great grief. Here was a place with no dysfunction

that offered only support." Ellen and Carol have attended since the meeting began.

The format is to read from *Just For Today*. Then there is a twenty-minute meditation. This is followed by twenty minutes of sharing and ten minutes of closing meditation. The philosophy of the meeting pretty much follows Dr. Tiebout's message to Bill. There's not a lot of emphasis on the mystical but ample opportunity to enjoy the benefits of this program.

Saturday Afternoon Meditation meets at 5 PM on Saturday at 375 Laguna Honda Blvd. (at Woodside Ave.) in Laguna Honda Hospital, 4th floor volunteer lounge opposite the gift shop. There is some short-term parking and Muni buses 43 and 44 and the underground streetcar stop nearby. **TP**

Now Available! Central Office CD Lending Library



*Choose from a Wide Variety of
Speaker Shares & Service Presentations
\$3 Deposit per CD Borrowed*

IFB meeting summary – August 2009

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

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

| | | | | |
|--------------------------------|-----------------------|---------------------|---------------------------------|----------------------|
| Any Lengths | High Noon (Monday) | Marina Discussion | Regroup | Sunset Speaker Step |
| Artist and Writers | High Noon (Saturday) | Men's Gentle Touch | Room to Grow | Terra Linda |
| Back to Basics | High Noon (Sunday) | Mill Valley 7am | Sisters Circle | They Stopped In Time |
| Code Blue | Homegroup | Miracles On 24th St | Sober 5150's | Tiburon Haven Group |
| Downtown Mill Valley Group | Huntington Square | Mission Terrace | Some are Sicker than Others | Tiburon Men's Stag |
| Each Day a New Beginning (M-F) | Keep Coming Back | Monday Beginners | Steppin Up | Too Early |
| Each Day a New Beginning (Sun) | Let It Be Now | Noon Smokeless | Sunday Night Speaker Discussion | Tuesday Newcomers |
| Goldmine | Living Sober With HIV | On Awakening | Sunset 9'ers (Sat.) | Women's Promises |
| Gratitude Group | Lush Lounge | One Liners | Sunset 9'ers (Sun.) | |

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

IFB Officer Reports

Chair: Michael S. thanked the group for his election to Chair, disclosed his eagerness to work for the IFB and stressed the importance of committee participation.

Treasurer: Group contributions are down, but the 'Faithful Fiver' program has been successful and expenses were less than budgeted. We have less unrestricted cash due to a large literature purchase prior to the AAWS price increase in July. Dashiell stated an overall rating of "Good" for June and for the YTD.

Central Office Manager: Maury asked members to inform Central Office of meeting changes/cancellations to keep the schedule up to date.

Central Office Committee: A request from the Access Committee to host a web cam meeting at the office was denied. Another request will be taken up during the August meeting. The COC is also conducting their annual retreat to discuss goals and plans.

Assignment of Food Commitment: Erica and Tania made a motion to form a food committee, assuming responsibility for

handling catering at the IFB meeting.

Trusted Servant's Workshop Discussion: Ted volunteered to be the new chair of the Trusted Servant's Workshop, and five volunteers were recruited to be part of that committee.

IFB Committee Reports: Anyone wanting more information on service opportunities may contact Central Office. You don't need to be a member of the IFB to be on a committee—please let all groups know that the committees can use support.

a. **Access Committee:** Elizabeth stressed ADA (American Disability's Act) adherence and noted Micahel P.'s participation in their last committee meeting. They are trying to find ways to make AA accessible to the deaf community.

b. **Archives Committee:** Report is online.

c. **12th Step Committee:** Anyone who needs the services of the Sunshine Club should contact Central Office during business hours.

d. **Orientation Committee:** Ted requested those who haven't attended the orientation to do so next month.

e. **The Point Editorial Committee:** Absent.

f. **Trusted Servants Workshop Committee:** Absent.

g. **Web Committee:** Michael P. announced they were working with a graphic designer.

h. **Fellowship Committee:** Absent.

Special Committee Reports

Teleservice, SF: Absent.

PI/CPC: Report is online.

IFB Liaison Reports

a. **General Service, SF:** Absent.

b. **General Service, Marin:** Unity Day is on September 19th.

c. **Teleservice, Marin:** Daniel said they will be participating at Marin Unity Day.

d. **Living Sober:** There were 1,500 total registrants at the event. Volunteers are needed to assist in areas such as fundraising. Interested volunteers should go to <http://www.livingsober.org>

e. **Spirit of San Francisco:** Comedy night is coming up on August 21st; meeting at 8:00 PM, comedy at 9:30 PM.

IFB Quick Review:

Michael S. asked group for what was running well in the IFB, and what could be improved upon.

Adjourn with the Responsibility Statement

A motion was made to adjourn the meeting at 8:27PM; seconded and passed unanimously.

Jared G.,
IFB Secretary

COMMITTEE CONTACTS

The following is a list of names and email addresses for IFB Officers and for most of the IFB committees. If you are interested in doing service on a committee, or if you wish to receive more information about a committee, please email that committee at the address.

INTERGROUP OFFICERS:

CHAIR

Michael S. chair@aasf.org

VICE CHAIR

Michael P. vicechair@aasf.org

TREASURER

Dashiell T. treasurer@aasf.org

RECORDING SECRETARY

Jared G. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

Chuck K. coc@aasf.org

12th STEP COMMITTEE

Olive G. 12thstep@aasf.org

ARCHIVES COMMITTEE

Tracy F. archives@aasf.org

ORIENTATION COMMITTEE

Ted R. orientation@aasf.org

FELLOWSHIP COMMITTEE

Virginia M. fellowship@aasf.org

THE POINT

Rich H. thepoint@aasf.org

ACCESS COMMITTEE

Virginia M. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Ted R. tsw@aasf.org

WEBSITE COMMITTEE

Michael P. website@aasf.org

PI/CPC COMMITTEE

Paul P. picpc@aasf.org

SF TELESERVICE COMMITTEE

Steve R. sfteservice@aasf.org

Marin County UNITY DAY

“Our Commitment to
Carry A.A’s Message—
Enthusiasm and Gratitude
in Action”



Saturday, September 19, 2009
Corte Madera Recreation Center
498 Tamalpais Drive, Corte Madera

Registration: 12:45 pm
Panels: 1:00 pm
2009 Gen. Serv. Con. Report: 4:00 pm
BBQ & Potluck Dinner: 5:00 pm
Raffle: 6:15 pm
Sobriety Count Down: 6:30 pm
Speaker Meeting: 7:00 pm
Dance: 8:15 pm

Spanish/English language translation available.
Well behaved children are welcome. No pets are allowed.
\$9 suggested contribution, no one will be turned away.
This event is open to all who would like to attend.

More Information at: aasf.org

aa group contributions

| Fellowship Contributions | Jun 09 | YTD |
|---------------------------------------|---------------|----------------|
| Artists & Writers F 630pm | \$ 952 | |
| Brisbane Breakfast Bunch | \$ 32 | \$ 186 |
| Contribution Box | \$ 59 | \$ 398 |
| Deer Park Discovery Group | \$ 23 | \$ 23 |
| Gay & Lesbian Newcomers | \$ 22 | |
| Gay Newcomers Group | \$ 13 | |
| Harbor Lights Fellowship | \$ 25 | |
| IFB | \$ 128 | \$ 653 |
| Serenity House | \$ 150 | \$ 900 |
| SF General Service | \$ 300 | \$ 300 |
| Total Fellowship Contributions | \$ 691 | \$3,472 |

| Marin Group Contributions | Jun 09 | YTD |
|--------------------------------------|---------|---------|
| Attitude Adjustment 7D 7am | \$ 360 | \$1,620 |
| Awakenings Sa 830am | \$ 36 | |
| Awareness/Acceptance M 1030am | \$ 47 | |
| Blackie's Pasture Sa 830pm | \$ 135 | |
| Bounce Back M 6pm | \$ 400 | |
| Candlelight Sun 830pm | \$ 188 | |
| Closed Women Step Study Tu 330pm | \$ 318 | |
| Cover to Cover W 800pm | \$ 113 | |
| Day At A Time 7D 630am | \$ 370 | |
| Design For Living (Marin) W 7pm | \$ 61 | |
| Downtown Mill Valley F 830pm | \$ 444 | |
| Early Birds Sa 6am | \$ 36 | |
| Freedom Finders F 830pm | \$ 590 | |
| Friday Night Book F 830pm | \$ 175 | |
| Friday Night Gay Men's Stag F 830pm | \$ 65 | |
| Gratitude Tu 8pm | \$ 179 | \$ 569 |
| Happy, Joyous & Free 5D 12pm | \$1,250 | |
| High & Dry W 12pm | \$ 308 | |
| Intimate Feelings Sa 10am | \$ 181 | |
| Inverness Sunday Serenity Su 10am | \$ 112 | |
| Island Group Th 8pm | \$ 63 | |
| Marin City Groups 5D 630pm | \$ 92 | \$ 303 |
| Marin Newcomers M 830pm | \$ 677 | |
| Men Only Stag Sa 6pm | \$ 26 | |
| Mill Valley 7D 7am | \$1,100 | |
| Mill Valley Discussion W 830pm | \$ 290 | |
| Monday Blues M 630pm | \$ 437 | |
| Monday Night Stag (Tiburon) 8pm | \$1,347 | |
| Monday Night Women's M 8pm | \$ 238 | |
| Monday Nooners M 12pm | \$ 586 | |
| Morning After Sa 10am | \$ 750 | |
| Morning Attitude Adjustment MTuF 7am | \$ 50 | |

| Marin Group Contributions | Jun 09 | YTD |
|-----------------------------------|----------------|-----------------|
| Nativity Monday Night BB M 8pm | \$ 100 | |
| Newcomers Step M 730pm | \$ 424 | |
| Noon Tu 12pm | \$ 110 | |
| North Bay Discussion Su 8pm | \$ 100 | |
| Novato Monday Stag M 8pm | \$ 62 | |
| Primary Purpose W 830pm | \$ 65 | |
| Quitting Time MWF 530pm | \$ 198 | |
| Refugee Th 12pm | \$ 30 | |
| Reveille 5D 7am | \$ 200 | |
| Rise N Shine Sun 10am | \$ 144 | \$ 266 |
| San Geronimo Valley BS F 8pm | \$ 103 | \$ 103 |
| San Geronimo Valley M 8pm | \$ 67 | \$ 124 |
| Sausalito 12 Step Study Group | \$ 107 | |
| Serendipity Sa 11am | \$ 126 | |
| Sisters In Sobriety Th 730pm (M) | \$ 146 | |
| Six O'Clock Step Th 6pm | \$ 59 | |
| Six O'Clock Sunset Th 6pm | \$ 95 | |
| Sober & Serene F 7pm | \$ 621 | |
| Steps to Freedom M 730pm | \$ 201 | |
| Steps To The Solution W 715pm | \$ 151 | |
| Sunday Express Sun 6pm | \$ 100 | |
| Sunlight of the Spirit Th 7pm | \$ 50 | |
| Survivors M 12pm | \$ 111 | |
| T.G.I.F. F 6pm | \$ 247 | |
| Terra Linda Group Th 830pm | \$ 250 | \$ 900 |
| The Barnyard Group Sa 4pm | \$ 335 | |
| The Novato Group Fri. Night 830pm | \$ 83 | |
| Three Step Group Sa 530pm | \$ 150 | \$ 150 |
| Thursday Night Book Club Th 7pm | \$ 17 | |
| Tiburon Beginners & Closed Tu | \$ 1,080 | |
| Tiburon Haven Sun 12pm | \$ 100 | |
| Tuesday Chip Meeting Tu 8pm | \$ 1,186 | |
| Twice Blessed W 730pm | \$ 187 | |
| We, Us and Ours M 650pm | \$ 250 | |
| Wednesday Night SD W 7pm | \$ 17 | |
| What's It All About F 12pm | \$ 200 | |
| Women on Wednesday W 7pm | \$ 50 | |
| Women's Big Book Tu 1030am | \$ 100 | |
| Working Dogs W 1205pm | \$ 343 | |
| Young People's BYOB Sat 7pm | \$ 239 | \$ 239 |
| Total Marin Contributions | \$1,583 | \$21,915 |

| SF Group Contributions | Jun 09 | YTD |
|------------------------|--------|-----|
| 6am Dry Dock Tu | \$ 131 | |
| 6am Marina Dock Sa | \$ 91 | |

| SF Group Contributions | Jun 09 | YTD |
|---------------------------------------|--------|---------|
| 7am As Bill Sees It Fri | \$ 193 | |
| 7am Grab Bag M 7am | \$ 30 | |
| 7am Living Sober W 7am | \$ 50 | |
| 7am Smokeless Su 7am | \$ 85 | |
| 7am Speaker Discussion Th 7am | \$ 106 | |
| 7am Step Discussion Tu 7am | \$ 22 | |
| 830am Smokeless F 830am | \$ 105 | \$ 105 |
| 830am Smokeless Tu 830am | \$ 235 | |
| A Coffee Pot & A Resentment M 8pm | \$ 42 | |
| A is for Alcohol Tu 6pm | \$ 132 | |
| A New Start F 830pm | \$ 262 | |
| A Vision for You (SF) Su 630pm | \$ 65 | |
| AA Step Study Su 6pm | \$ 121 | |
| Afro American Beginners Sat 8pm | \$ 147 | |
| After Work M 6PM | \$ 95 | |
| Agnostics & Freethinkers Su 630pm | \$ 100 | |
| All Together Now Th 8pm | \$ 51 | \$ 51 |
| Alumni W 830pm | \$ 42 | \$ 85 |
| Amazing Grace M 7pm | \$ 162 | |
| Any Lengths Sat 930am | \$ 490 | |
| Artists & Writers F 630pm | \$ 96 | |
| As Bill Sees It-Keep It Simple Tu 7am | \$ 210 | |
| As Bill Sees It Th 830pm | \$ 142 | |
| As Bill Sees It Tu 1210pm | \$ 203 | |
| Be Still AA Su 12pm | \$ 108 | \$ 694 |
| Beginners Meeting Sat 6pm | \$ 329 | |
| Bernal Big Book Sat 5pm | \$ 213 | \$ 482 |
| Bernal New Day 7D | \$ 242 | \$1,229 |
| Big Book Basics F 8pm | \$ 236 | |
| Big Book Study Su 1130am | \$ 155 | |
| Blue Book Special Su 11am | \$ 113 | |
| Buena Vista Breakfast Su 12pm | \$ 254 | |
| Came to Park Sat 7pm | \$ 451 | \$ 564 |
| Castro Discussion W 8pm | \$ 752 | |
| Castro Monday Big Book M 830pm | \$ 167 | |
| Cocoanuts Su 9am | \$ 132 | |
| Code Blue Big Book Study W 7pm | \$ 139 | |
| Cow Hollow Men's Group W 8pm | \$ 214 | |
| Crossroads Sun 12pm | \$ 318 | |
| Design for Living Sat 8am | \$ 345 | |
| Diamond Heights Tu 830pm | \$ 93 | |
| Doin' the Deal Sun 10pm | \$ 81 | |
| Each Day a New Beginning F 7am | \$ 827 | |
| Each Day A New Beginning Su 8am | \$ 673 | |
| Each Day a New Beginning Th 7am | \$ 233 | \$ 446 |

| SF Group Contributions | Jun 09 | YTD | SF Group Contributions | Jun 09 | YTD | SF Group Contributions | Jun 09 | YTD |
|--------------------------------|---------|---------|--------------------------------------|--------|---------|--------------------------------------|----------------|-----------------|
| Each Day a New Beg. Tu 7am | \$ 599 | | Midnight Meditation Sat 12am | \$ 20 | \$ 40 | Sundown W 7pm | | \$ 204 |
| Each Day a New Beg. W 7am | \$ 174 | | Mission Creek Meeting | \$ 95 | | Sunset 11'ers Sa | | \$ 200 |
| Early Birds Sa 6am | \$ 36 | \$ 36 | Mission Creek Meeting Tu 6pm | \$ 80 | | Sunset 11'ers Su | | \$ 35 |
| Early Start F 6pm | \$ 630 | \$1,387 | Mission Terrace W 8pm | \$ 150 | \$ 401 | Sunset 9'ers F | | \$ 36 |
| Easy Does It Tu 6pm | \$ 120 | | Monday Beginners M 8pm | \$ 295 | | Sunset 9'ers M | | \$ 198 |
| Embarcadero Group 5D 1210pm | \$ 220 | | Monday Monday M 1215pm | \$ 185 | | Sunset 9'ers Sa | | \$ 302 |
| Epiphany Group Th 8pm | \$ 144 | | New Hope Big Book M 630pm | \$ 78 | | Sunset 9'ers Su | \$ 312 | \$ 312 |
| Eureka Valley Topic M 6pm | \$ 806 | | New Life W 7pm | \$ 200 | \$ 321 | Sunset 9'ers Th | \$ 75 | \$ 75 |
| Excelsior Free for All Sa 8pm | \$ 88 | | No Reservation M 12pm | \$ 438 | | Sunset 9'ers W | | \$ 115 |
| Federal Speaker Su 12pm | \$ 412 | | Noon Smokeless F 12pm | \$ 175 | \$ 365 | Sunset Speaker Sun 730pm | | \$ 147 |
| Firefighters & Friends Tu 10am | \$ 235 | | Noon Smokeless M 12pm | \$ 23 | | Surf Tu 8pm | | \$ 72 |
| Fireside Chat Group Th 8pm | \$ 232 | | Noon Smokeless Th 12pm | \$ 168 | | Sutter Street Beg. Sat 6pm | | \$ 318 |
| Franciscan Noon Disc. M 12pm | \$ 60 | | Noon Smokeless W 12pm | \$ 60 | | Ten Years After Su 6pm | | \$ 257 |
| Friday All Groups F 830pm | \$1,926 | | One, Two, Three, Go! W 1pm | \$ 30 | | The Drive Thru W 1215pm | \$ 443 | \$ 901 |
| Friday at Five F 5pm | \$ 80 | | Park Presidio M 830pm | \$ 54 | | The Parent Trap 2 Wed. 430pm | \$ 44 | \$ 44 |
| Friday Lunchtime Step F 12pm | \$ 100 | | Parkside Th 830pm | \$ 137 | \$ 329 | The Parent Trap M 1230pm | | \$ 223 |
| Friday Smokeless F 830pm | \$ 166 | | Pax West M 12pm | \$ 406 | \$1,190 | They Don't Know Who We Are Sat 7pm | | \$ 30 |
| Friendly Circle Beg. Su 715pm | \$ 123 | \$ 123 | Pax West Th 12pm | \$ 163 | | They Stopped In Time M 8pm | | \$ 193 |
| Girls Night Out W 815pm | \$ 97 | | Progress Not Perfection Tu 830pm | \$ 380 | | Thursday Morn. Men's BB Study Th 6am | | \$ 51 |
| Gold Mine Group M 8pm | \$ 56 | \$ 322 | Queers, Crackpots & Fallen Women | \$ 89 | | Thursday Night Women's Th 630pm | \$ 77 | \$ 285 |
| Golden Gate Seniors Tu 130pm | \$ 68 | | Rebound W 830pm | \$ 60 | | Too Early Sat 8am | | \$ 1,123 |
| Goodlands Su 2pm | \$ 150 | | Relapse, Reb. Retrds & Wnrs Tu 630pm | \$ 60 | | Trudgers Discussion Su 7pm | | \$ 180 |
| Haight Street Blues Tu 615pm | \$ 146 | \$ 374 | Rigorous Honesty Th 1205pm | \$ 67 | \$ 187 | Tuesday Big Book Study Tu 6pm | | \$ 60 |
| Happy Hour F 630pm | \$ 62 | | Room to Grow F 8pm | \$ 375 | | Tuesday Downtown Tu 8pm | | \$ 283 |
| Happy Hour Ladies F 530pm | \$ 81 | \$ 164 | Saturday Afternoon Med Sat 5pm | \$ 135 | | Tuesday Men's Pax Tu 12pm | \$ 271 | \$ 271 |
| High Noon Friday 1215pm | \$ 783 | \$ 949 | Saturday Night Regroup Sat 730pm | \$ 244 | | Twelve Steps to Happiness F 730pm | | \$ 120 |
| High Noon Monday 1215pm | \$ 165 | | Shamrocks & Serenity M 730pm | \$ 400 | | Valencia Smokefree F 6pm | | \$ 254 |
| High Noon Saturday 1215pm | \$ 148 | \$ 357 | Sinbar Su 830pm | \$ 194 | | Walk of Shame W 8pm | | \$ 84 |
| High Noon Thursday 1215pm | \$ 372 | | Sisters Circle Su 6pm | \$ 247 | | Waterfront Sun 8pm | \$ 85 | \$ 105 |
| High Noon Tuesday 1215pm | \$ 67 | \$ 252 | Sobriety & Beyond W 7pm | \$ 45 | | We Care Tu 12pm | | \$ 238 |
| High Noon Wed. 1215pm | \$ 277 | \$ 392 | Sometimes Slowly Sa 11am | \$ 234 | | West Portal W 830pm | | \$ 140 |
| Hilldwellers M 8pm | \$ 326 | | Sought to Improve Th 730pm | \$ 66 | \$ 66 | Wharfrats Th 815pm | | \$ 298 |
| Home Group Sat 830pm | \$ 191 | | Sp. Founded Prog. Of Action Th 7pm | \$ 440 | | Wits End Step Study Tu 8pm | | \$ 25 |
| How Was Your Week? Sa 10am | \$ 36 | \$ 159 | Speaker Discussion F 1pm | \$ 249 | \$ 249 | Women Living Sober Sa 10am | | \$ 120 |
| Huntington Square W 630pm | \$ 340 | | St. Francis Men's F 830pm | \$ 296 | | Women Who Drank Too Much Tu 615pm | | \$ 13 |
| Join the Tribe Tu 7pm | \$ 264 | | Step Talk Su 830am | \$ 490 | | Women's 10 Years Plus Th 615pm | | \$ 325 |
| Joys of Recovery Tu 8pm | \$ 71 | | Steppin' Up Tu 630pm | \$ 267 | | Women's Kitchen Table Group Tu 630pm | | \$ 321 |
| Keep Coming Back Sa 11am | \$1,244 | | Stepping Out Sat 6pm | \$ 50 | | Women's Meeting W 6pm | | \$ 146 |
| Keep It Simple Sat 830pm | \$ 399 | | Stepping Stone Step Study M 7pm | \$ 201 | | Work In Progress Sat 7pm | | \$ 672 |
| Light Steppers Su 7pm | \$ 60 | \$ 180 | Stonestown M 8pm | \$ 246 | | Total SF Contributions | \$6,909 | \$48,025 |
| Living Sober with HIV W 6pm | \$ 364 | | Sunday Bookworms Sun 730pm | \$ 266 | | | | |
| Luke's Group W 8pm | \$ 175 | | Sunday Morn. Gay Men's Su 930am | \$ 826 | | Total Group Contributions | \$9,183 | \$73,412 |
| Lush Lounge Sa 2pm | \$ 168 | | Sunday Night 3rd Step Group 5pm | \$ 446 | | | | |
| Marina Discussion F 830pm | \$ 745 | | Sunday Night Castro Spkr Su 8pm | \$ 913 | | | | |
| Mid-Morning Support Su 1030am | \$ 331 | | Sunday Rap Sun 8pm | \$ 240 | \$ 240 | | | |

profit and loss statement: june 2009

| | Jun 09 | Budget | Jan - Jun 09 | Budget | | Jun 09 | Budget | Jan - Jun 09 | Budget |
|--------------------------------------|----------|----------|--------------|-----------|------------------------|----------|----------|--------------|-----------|
| Ordinary Income/Expense | | | | | Postage | | | | |
| Income | | | | | Non-Bulk Postage | 0 | 0 | 84 | 0 |
| Contributions from Groups | | | | | Bulk Mail | 0 | 0 | 400 | 577 |
| Group Contributions | 9021 | 11103 | 73084 | 77283 | Postage - Other | 0 | | 6 | |
| Honors | 41 | 0 | 207 | 0 | Total Postage | \$0 | \$0 | \$490 | \$577 |
| Contributions from Groups - Other | 121 | | 121 | | ASL Expense | 0 | | 0 | |
| Total Contributions from Groups | \$9,183 | \$11,103 | \$73,412 | \$77,283 | Rent - Office | 4320 | 4283 | 25922 | 25698 |
| Contributions from Individuals | | | | | Rent - Other | 150 | 0 | 450 | 375 |
| Individual - Unrestricted | 636 | 573 | 3539 | 3170 | Access Expenses | 490 | 1997 | 650 | 2514 |
| Faithful Fiver | 1007 | 483 | 4981 | 2694 | IFB Literature | | | | |
| Honorary Contributions | 245 | 76 | 1707 | 2968 | Sunshine Club | 0 | 0 | 25 | 0 |
| Total Contributions from Individuals | \$1,888 | \$1,132 | \$10,227 | \$8,832 | IFB Literature - Other | 0 | 0 | 0 | 0 |
| Gratitude Month | | | | | Total IFB Literature | \$0 | \$0 | \$25 | \$0 |
| Gratitude Month - Groups | 0 | 0 | 3949 | 3682 | PI/CPC | 8 | 0 | 218 | 0 |
| Gratitude Month - Individual | 0 | 0 | 0 | 699 | Filing/Fees | 0 | 0 | 94 | 0 |
| Total Gratitude Month | 0 | 0 | 3949 | 4381 | Insurance | 0 | 0 | 16 | 939 |
| Sales - Bookstore | 9085 | 8063 | 52909 | 54156 | Internet Expense | 55 | 75 | 411 | 449 |
| Newsletter Subscript. | 60 | 49 | 270 | 526 | Office Supplies | 162 | 555 | 1269 | 2163 |
| Total Income | \$20,216 | \$20,347 | \$140,766 | \$145,178 | Paper Purchased | 240 | 0 | 1817 | 0 |
| Cost of Goods Sold | | | | | Software Purchased | 0 | 0 | 0 | 0 |
| Cost of Books Sold - Shipping | 62 | | 143 | | Shipping | -62 | 144 | -88 | 313 |
| Cost of Books Sold | 6451 | 5725 | 37610 | 38448 | Printing | 0 | 0 | 864 | 0 |
| Credit Card Processing Fees | 230 | 198 | 1372 | 1153 | Equipment Lease | 0 | 0 | 515 | 3795 |
| Total COGS | \$6,742 | \$5,923 | \$39,125 | \$39,601 | Repair & Maintenance | 254 | 190 | 1799 | 2015 |
| Gross Profit | \$13,474 | \$14,424 | \$101,642 | \$105,577 | Security System | 118 | 35 | 254 | 328 |
| Expense | | | | | Special Events | 0 | 0 | 0 | 0 |
| Construction Expense | 0 | 0 | 734 | 0 | Payroll Expenses | 4 | | 15 | |
| IFB Sponsored Events | 568 | 0 | 1947 | 979 | Telephone | 282 | 405 | 1675 | 2334 |
| Unreconciled Bank Adj | 0 | 0 | 0 | 0 | Phone Book Listings | 84 | 102 | 420 | 611 |
| Budget Contingency | 0 | 262 | 0 | 1572 | Utilities | 0 | 0 | 0 | 0 |
| Special Events Expense | 0 | 0 | 0 | 0 | Travel | 0 | 0 | 0 | 0 |
| Reconciliation Discrepancies | 0 | 0 | 0 | 0 | Training | 0 | 0 | 20 | 0 |
| Employee Expenses | | | | | Bad Checks | 0 | 0 | 12 | 199 |
| Wages & Salaries | 9065 | 8864 | 55085 | 53184 | Miscellaneous Expense | 0 | 0 | 76 | 0 |
| Employer Tax Expenses | 752 | 778 | 5353 | 4668 | Total Expense | \$17,675 | \$19,514 | \$107,261 | \$112,547 |
| Health Benefits | 1184 | 1402 | 7104 | 6968 | Net Ordinary Income | -\$4,201 | -\$5,090 | -\$5,619 | -\$6,970 |
| Retirement/Annuity Expense | 0 | 0 | 0 | 0 | Other Income/Expense | | | | |
| Workers Comp Ins. | 0 | 0 | 0 | 0 | Other Income | | | | |
| Total Employee Expenses | \$11,001 | \$11,044 | \$67,542 | \$64,820 | Other Income | 0 | 0 | 0 | 0 |
| Professional Fees | | | | | Interest Income | 55 | 20 | 503 | 179 |
| Accounting | 0 | 0 | 0 | 1493 | Total Other Income | \$55 | \$20 | \$503 | \$179 |
| Computer Consulting | 0 | 415 | 113 | 1334 | Other Expense | | | | |
| Legal Fees | 0 | 0 | 0 | 0 | Depreciation Expense | 0 | 0 | 0 | 455 |
| Outside Services | 0 | 0 | 0 | 0 | Amortization Expense | 0 | 0 | 0 | 945 |
| Total Professional Fees | \$0 | \$415 | \$113 | \$2,827 | Total Other Expense | \$0 | \$0 | \$0 | \$1,400 |
| Bank Charges | 0 | 7 | 0 | 39 | Net Other Income | \$55 | \$20 | \$503 | -\$1,221 |
| | | | | | Net Income | -\$4,145 | -\$5,070 | -\$5,117 | -\$8,191 |

Lost & Found

(Continued from page 7)

that I couldn't have champagne like everybody else. My sister caught my eye. She winked and raised her sparkling water. I remembered all those meetings she dragged me to when she was first sober and I was still on Step Zero, and I winked back. We toasted the new graduates and the whole village of people who had helped my husband and me raise them.

Today, the girls are young women, out on their own. One morning recently at a Big Book meeting, I shared how my daughters have been living in Buenos Aires for two years now. They have nice boyfriends, good jobs and a congenial group of friends, both Americans and Argentines. Their boyfriends' families love them and treat them like daughters. But what about me? "They're 8,000 miles away!" I cry. The other A.A.s chuckle as I rant. "What if they settle down? Get married? Have kids? It's a long trip to go see them!" Even as I am sharing, I realize how lucky I am. My husband and I are both close to retirement. The seasons are reversed in the Southern Hemisphere. We might wind up spending spring and summer in San Francisco, then another spring and summer in Buenos Aires—a tough life, but someone's got to do it, right?

Thanks to A.A., I can be grateful that my children are happy, even if this is not how I imagined life would be. The program of Alcoholics Anonymous has given me tools—the steps, especially Steps Eleven and Three. I pray for knowledge of God's will and then turn my children over to his care. Then we can all be happy, joyous, free and grateful!

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