

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2009 **10**
OCTOBER

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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INSIDE:




Driven by a hundred forms of

FEAR

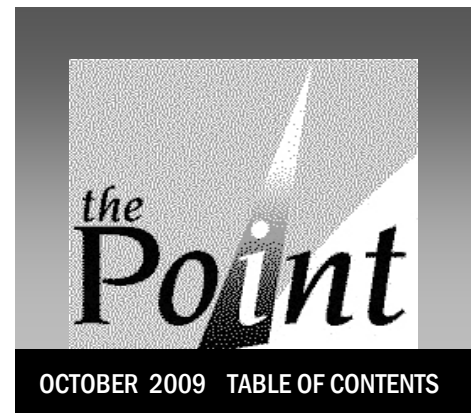
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing 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.

OCTOBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<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>			
4 Spirit of San Francisco See flyer Pg. 4	5 	6 <u>FIRST TUE</u> Access Committee Central Office, 6pm	7 <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) Orientation 6pm Meeting 7pm
11 	12 <u>SECOND MON</u> Fellowship Committee Central Office, 6pm SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm	13 <u>SECOND TUE</u> The Point Committee Central Office, 5:30pm Bridging the Gap 1111 O'Farrell St. 6:30pm Marin H&I 1360 Lincoln, San Rafael, 7:15pm SF General Service 1111 O'Farrell St., 8pm	14 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm
18 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day	19 <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	20 	21
25 	26 	27 <u>FOURTH TUE</u> The Point Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	28

THURSDAY	FRIDAY	SATURDAY
1	2 Spirit of San Francisco See flyer Pg. 4	3 Spirit of San Francisco See flyer Pg. 4
8	9	10
15 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office, 6pm	16	17
22	23	24 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm
29 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm	30	31



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*According to one Big Book
Concordance, “**fear**”
(or some version of the word,
like “fearless”) appears
113 times in the Big Book
(through the first 164 pages plus
the first three personal stories).*



Meeting Changes

New Meetings:

Mon	6:00pm	Mission Bay	SAY HEY GROUP, Center, 225 Berry St./4th St. (BK)
Mon	8:00pm	Laguna Honda	MONDAY NIGHT BIG BOOK STUDY, Church, 501 Laguna Honda Blvd./Woodside (BB)
Thu	10:00am	Alamo Square	JAYWALKERS, 1124 Fulton St./Pierce St. (CL, SD)

Meeting Changes:

Sun	9:00am	Larkspur	GLUM NOT!, 395 Doherty Dr./Riviera, Behind Redwood H.S. Gym (was 375 Doherty)
Fri	7:00pm	Nob Hill	GAY BEGINNERS LIVING SOBER, Hospital, 900 Hyde St., 2nd Floor (was 1668 Bush St.)

No Longer Meeting:

Mon	10:00am	Hayes Valley	BOOKENDERS, S.F. Alano Club, 1748 Market St./Octavia Blvd.
Sat	6:00pm	Pt. Reyes Station	MEN ONLY STAG, 101 4th St./B St.

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

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From the Editor



Overcoming FEAR

What could be scarier than our own worst nightmares? That's what brought many of us into the rooms of Alcoholics Anonymous and the specter of nightmares past, present, and future are what keep us here, at least at first, before the promises begin to unfold.

Our somewhat predictable theme for October is fear and many A.A. acronyms for it grace the pages herein. The sheer number attests to the widespread and pervasive nature of fear as a driver in alcoholism. When I did my Fourth Step, most likely as in yours, fear turned up repeatedly as a driving force in my life. Self-imposed, self-inflicted fear is based on our misconceptions about living and our misguided "faith" in the bottle. In fact, the Big Book says we are "driven by a hundred forms of [it]..." (p.62)

So, as advised on page 68, the writers in this issue "reviewed our fears thoroughly. We put them on paper . . ."

"When I did my Fourth Step, fear turned up repeatedly as a driving force in my life."

Ultimately, we "commence to outgrow fear." Our founders valued the activity of writing and the cleansing effect of placing our tortured thoughts outside

our brains and onto the page, where we can see them for what they are: judgments, false rationales, "stinking thinking." The practice of writing does not come easily to many

of us and for even fewer does writing result in clarity and honesty. But when we persevere, we get better at it. "Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives." (Page 86 of *Alcoholics Anonymous*.) The personal stories of fear encountered and overcome, or at least confronted, with the help of the program of Alcoholics Anonymous make up over half of the Big Book and continue throughout every issue of *The Point* and all other A.A. literature. By exposing our fears and sharing them, they lose their power, like vampires in the light of day.



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.)



Faithful FIVERS!

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 thank the following members:

Alejandro D.	Kevin S.
Ann & Denise	Lauren H.
Barbara K.	Lelan & Rich H.
Barbara L.	Leo H.
Barbara M.	Lisa M.
Beverly C.	Liz & Aiden D.
Brent H.	Lyle W.
Bruce D.	Mabel T.
Caroline A.	Margarite S.
Casey L.	Marit L.
Charles D.	Martha S.
Dan & Sherry T.	Mary C.
David H.	Michael W.
David J.	Michael Z.
David P.	Mitsi H.
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Fay K.	Pene P.
Flossie N.	Penelope & Robert
Frances L.	Phyllis S.
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John G.	Steve F.
John M.	Stu S.
John V.	Sylvia D.
Judy W.	Tim M.
Karen K.	Tom M.
Kathleen C.	Tracy F.

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to The Point. And remember, individual contributions are 100% tax deductible!

Terrified by the Steps

This Alcoholic Learns to be Guided, not Constrained

by David M.

Life has always been good to me, in fact, handed to me on a silver platter right from childhood through my adult years. Having found a comfortable niche in my profession, I cruised through life. Little did I know it was on the *Titanic*.

Several years ago, while preparing to travel to a major conference, I called my significant other to talk about my trip and our travel plans after my return and was hit with a body blow out of the blue. I was told we were officially done. Needless to say, I sleepwalked through the entire conference. I am a past master of the façade and did my level best to be the life of the party, because that's what everyone expected and I didn't want to let anyone down. Dinners, cocktail parties, glad-handing, being the good guy, then returning to my hotel room devastated and alone.

When I returned home, everything was wrong—wrong and totally changed. I needed to start life over again. I'm a terrible self-starter. My first day in the office was awful, but a strange thing happened as I was digging through the junk on my desk—I came across a brochure from A.A. "Well, this certainly has nothing to do with me," I

thought, but I looked at it anyway.

"Hell, maybe if I go to some of those meetings and learn how to drink, I'll get my relationship back."

Two days later I went to my first meeting. Of course, *those* people had nothing to do with me, because I was different and special and *so* not like them. I hated that meeting. Didn't they know who I was? What a bunch of jerks! Something told me to try again. Maybe I could find one with *my* people. A few meetings later, everything happened!

This was going to be *absolutely* my last meeting. I was just about to sit down in a corner (back row) when, from out of nowhere, someone I have known for years met my eyes, came charging across the room, threw his arms around me, gave me a hug and said, "Well, it's about time. I was wondering how long it was going to take you to get here."

That was the beginning of an entirely new life for me—just that simple act of kindness and generosity from someone who cared enough to express it. No, I have not become and never will be a book-thumping, wild-eyed promoter of A.A., because that's not the

way it works for me. It's simple: attraction, not promotion. Of course, in the very beginning I could not understand how a roomful of drunks could get anything done at all. There are no rules, *except* the desire to stop drinking—that's it!

Over the years in A.A., I have become a different person, even though I didn't realize it at first; others had to point it out. Yes, at times my hard edges show and my biting tongue lets loose, but not as often as before. One of the guiding principles I try to practice is the restraint of pen and tongue. Believe me, it's not as easy as it sounds. I'm learning to listen to the wisdom of others in A.A. I am teachable.

I was terrified of having to live within the constraints of the steps. Conversely, I am not boxed in by them; they are a guide to everyday life. I knew I needed to work them, but not alone. This is where my sponsor came in. Finding someone with more experience in A.A. who can be there as a guide was vitally important to my sobriety. I remain eternally grateful to that sponsor, even though we no longer work together.

(Continued on page 19)

F-E-A-R Revealed

Fear is the most perplexing and difficult emotion to process for me, as an alcoholic. First, I have to understand and be aware I am in fear. Second, I have to do the work to get a reprieve from the fear, all found in the Twelve Steps of A.A. Whether it's resentment, envy, sadness, fatigue, loneliness, or even elation, these emotions are

all channeled into some type of fear. As the Big Book says, not getting what I demand when I want it or losing something I already have—in most cases, fear is false evidence appearing real. This means my will and self-centered thinking getting in the way of God's will.

By Michael W.

F E A R False Evidence Appears Real



Faith Without Works is Dead

A Frightened Alcoholic Quits Her Job and Asks for Help

by Molly D.

I recently told a friend I wasn't eating. I'd quit my job and had no savings. I wondered obsessively if I'd have to get a roommate, move out, leave town. *What* was going to happen to me? I'd posted the phrase "This is a world of grace and abundance, and I am letting go" all over my apartment. And I was. I was in faith. Utter and total faith that things would work out—somehow, I would be okay. I had the boat and the oars, but I'd forgotten to row. I'd forgotten to ask for help.

Here's what happened: in February of this year, I quit my job. I wanted to do something that fed me, and that I could feed back. Something that would excite that aliveness in me; I knew I could do more than push paper. But, I had no plan and no savings. My friend asked me on a (semi-regular) "professional existential crisis" phone call, "Why are you staying?" I replied, "Financial security." He told me to get off the phone and then to let

go of everything I thought I should *be*, of everything I should be *doing*, the way I thought I should *look*, the way I thought my life should look—to let go of it *all*. And to compose a loving thought about myself and call back in an hour.

So I did. I sat in my car outside my work and cried. Snot bubble, hyperventilating sobs. When spent, I composed a loving thought about myself and called back. "Why would you leave?" he asked. The first words that sprang out were, "Love. Self love." This surprising new answer cinched it. I gave two weeks' notice.

Less than a month later, with affirmations posted in my apartment, a dozen resumes out a day, my fridge was barren. Faith I had, but what was I going to do? Whisper-like and teary eyed, I *finally* shared the state of things to a friend at an A.A. meeting. She told me I had to reach out to everyone and anyone—and let them know! To email my entire distribution list. And I did. Humbly, awkwardly, reluctantly asking for help. The good wishes and leads poured in. I followed every single one.

On one of these uncertain unemployed days, I awoke asking myself, "What else am I passionate about?" I was an-

swered immediately with an unusual, but true, answer. I typed "Jewish San Francisco" into a search engine, and applied for every job opening listed—and I got hired. I have been gratefully and gainfully employed for over three months in a position that ignites and excites me, and reminds me of what I can offer to the world through my work.

Now, I could say, this was *me*. All that help people offered, well, that didn't lead to a job—I did it. I found what I was passionate about, I did the research, and I did it.

Or. Or I could say that had I not reached out to you all, had I not opened my mouth and shared with you my pain, my fear, my experience, I would never have been open to new ideas. That if I hadn't let go of trying to do it alone—"me and G-d, we got it!"—I would never have been available to what was in store for me. If I hadn't allowed you in, I would never have been prodded and reminded and humbled to *use* the oars, the tools of this program, that my Higher Power offered me to begin with.

This issue of *The Point* is about fear. My experience has shown me that I could have faith and fear at the same time. That I could know deep in my marrow that I would be taken care of, and right beside that have the gnawing fear of how I would eat that day. However, I've also found an antidote for my fear—the least palatable but most effective—humble and consistent *action*. Fear of people, fear of economic insecurity, the antidote is action by picking up the tools of Alcoholics Anonymous.

TP

FEAR Forget Everything And Run

Freedom from Your Disease...In Step 10!

How would you like to be free of your alcoholism? Would you care to have the problem solved completely? These are not rhetorical questions to me. My answer is an emphatic *yes!* The question is: How does one get here from there, recovered, from being in the grip of disease, suffering "pitiful and incomprehensible demoralization?"

The answer is in the Big Book. The complete title to our wonderful text is:

ALCOHOLICS ANONYMOUS The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. The title doesn't say anything about "being in recovery"; it is about men and women who have *recovered* from alcoholism.

I wanted this more than anything, to get rid of the problem once and for all. Reality, however, presented itself to me 33 years ago, informing me that I needed to actually take the Twelve Steps of Alcoholics Anonymous. Fortunately for me, I learned at the same time that this wasn't going to occur as the result of several hours of coffee shop conversation and/or book reading with my sponsor. Rather, I needed to go to any length in taking, not "working," the steps.

Initial payoff came as I completed my amends. I had previously taken the first eight steps under the close guidance of my sponsor, over a period of eleven months. I was completely amazed. I gained freedom and happiness. My past no longer ruled my be-

Continued to take personal inventory and when we were wrong promptly admitted it.

By Rich H.

havior, even as I continued to recall it. Serenity and peace came immediately, as well as a newfound desire to cite my experience in being useful and helping others recover. No more self-pity! I lost interest in merely getting my way, and became sincerely interested in my fellow A.A.'s and my family. I wasn't just in it for myself anymore. I lost my cynicism and began to adopt a positive attitude about the many new and unknown possibilities in my life. I had never feared people before, and still don't, but I stopped worrying about having enough money, realizing instead that my experience already proved that I would be taken care of, no matter what happened economically. I adopted intuition as a new and wonderful tool, primarily as a bulls**t filter to protect me from the tons of it pouring into A.A. meetings. And I acknowledged that I owed it all to God. God, as experienced by Bill and Bob in the beginning of A.A.

These insights came to me as I drove home from my last amend. They have *never* left me. The Big Book doesn't say they come, then go. No, the Big Book promises that they will come if

one is painstaking (thorough) about this stage of recovery. But it isn't necessary to believe me or suggest that "Rich is merely expressing his opinion." No, the proof is in the Tenth Step as described on pages 84 and 85. Beginning with the last paragraph of page 84 and continuing, the Big Book makes some more promises:

"... [W]e have ceased fighting anything or anyone—even alcohol.

... [S]anity will have returned.

We will seldom be interested in alcohol ... we recoil from it as from a hot flame.

We react sanely and normally ... automatically.

We have not even sworn off ... the problem has been removed.

The Big Book then states that "It [the problem] does not exist for us." Not doing push ups or plotting my demise—the problem doesn't exist. How wonderful is that?

However, I cannot maintain this state of mind and serenity without continuing Step Ten, and taking Steps Eleven and Twelve. "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." Daily is key; I can only do this deal *one day at a time.*



FEAR Feelings Every Alcoholic Rejects

Individual Contributions

to Central Office
were made through
September 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

Island Group:

Frances L.

47 years

First Place:

Esther R.

34 years

Recent Deaths

Frank B.

Each Day a New Beginning

Her Eyes Tell the Tale

Haunted, Frightened, Hopeless

By Pam B.

Fear. There is just nothing like it to make me run screaming for a quick solution. For a very long time my quick solution was alcohol—and nothing gave me more fear than

"coming to" after having soothed my fears with alcohol. What a paradox, what a conundrum, what an impossible, irrational, illogical prison of contradictions! What an alcoholic woman!

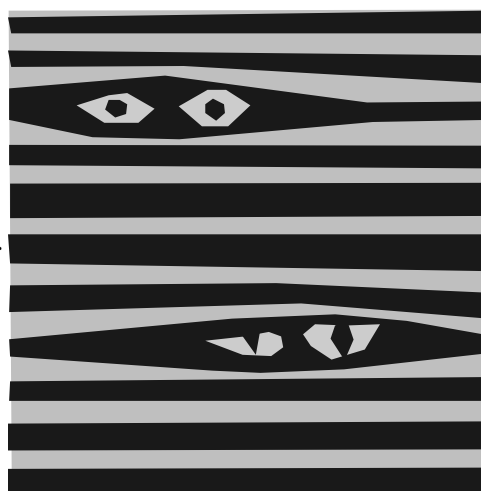
The catalog of my fears was long and varied, running the gamut from floating unease to full blown panic attacks which lead straight to hospital emergency rooms. I showed up at one hospital with my synapses snapping, certain I was having a heart attack. The nurse asked me (through the fumes of gin which surrounded me), "What do you think we can do for you here? Why do you think you're dying?" And I remember reading the doctor's report which described me: "She has the haunted, frightened eyes of the hopeless alcoholic." And still I drank. For

many years to come—still I drank. After the trip, the spree, the party, after medicating the fears that seemed to paralyze me—I always found myself lost again on the rough highway

of alcoholic hopelessness, rotted through and through once again with fear.

For a few years now I have lived in the solution: the joys of a slow, plodding recovery in Alcoholics Anonymous have been mine. Each day that I choose it, there is freedom from fear and a peace that comes with discovering the healing beyond that which hospitals can offer. I have a diagnosis and a

treatment plan that has been tested and used successfully worldwide and for 70 years. In many ways I am still a fearful human being flirting with chaos, confusion and deception. But increasingly I am a woman with joy and purpose, a child of the program's promise. And right now—today—I have the hopeful eyes of a recovering alcoholic.



*"She has the haunted
frightened eyes of the
hopeless alcoholic"*

IP

FEAR Face Everything And Recover

The Suicide Club (Horrors!)

Scared to Death, and Lonely Too

by Mike M.

Abhor: “to fill with horror or disgust.” (*Webster’s Dictionary*)

“For nature and God alike abhor suicide.”

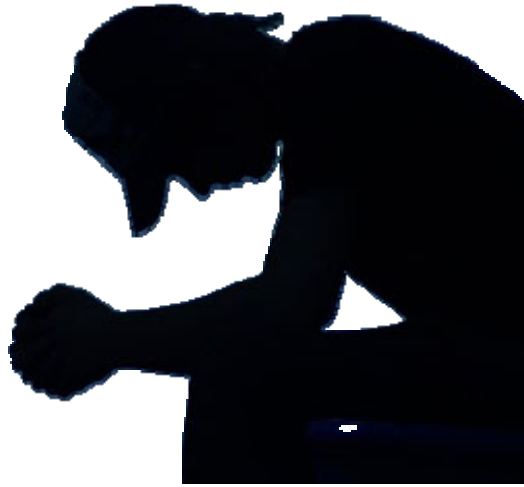
(Step 6, *Twelve Steps and Twelve Traditions*, p. 64)

Boy, did I squirm in my skin the first time I read that Sixth Step chapter. Bad, bad Mike, I thought to myself, for all the times I had chosen suicide as a release from my pain and fear. Even Mother Nature was horrified by your behavior! I learned, however, that real horror was to be found in the depression awaiting me after a failed suicide attempt. All of us in the suicide club awoke to find we had have even failed at that, hadn’t we? Now *that* is depressing.

The first part of my catalog of failed suicides could be fodder for a comedy monologue. I started early (in school at age eight swallowing a tiny drinking fountain-size Dixie cup full of broken pencil points—I had just learned lead was a poison); it was several days later before I thought about it again and realized rather indifferently that it had not worked. Then age 17 with 120 Anacin, this one after my first summer of being drunk every night, “celebrating” freedom from high school and discovering the first male camaraderie in my life via the bottle. Anacin! I thought a pill was a pill and enough would kill. Suffice it to say, the several attempts of later years

were more serious, including one followed by ten days in a complete fog in a Boston hospital and then a clinic somewhere in the nearby woods (I never can remember where I was).

For me in A.A., whenever I hear an-



*“For me in A.A.,
whenever I hear another share
about suicide attempts,
I feel an extra bonding.”*

other share about suicide attempts, I feel an extra bonding. A special understanding of where fear has taken us. A feeling that I am not so alone, after all. We have all survived many horrors, but we’re still here—living, striving and thriving.

My alcoholism was always firmly grounded in a belief in tragedy. There was comedy and there was tragedy,

and my life was meant to be a tragedy. Sure, to be an alcoholic was a curse, but it was my fate and I was defiantly determined to act it out, for 40 long years. That’s a long time to be so helpless and stupid. Stupid was among the feelings I felt when I earnestly and honestly worked my first Fourth Step with my sponsor. All those little light bulbs going off as the past came bubbling up, and as each bubble popped it spoke the word: fear. Fear of asking for help. Fear of being honest about what my life had become. Fear of letting anyone unfasten the straitjacket into which my self-will had placed me.

I have always loved making an ass of myself. It’s a way for me to laugh at my foibles (character defects is such a ponderous, clinical term) and to let the world know I’m in on the joke, too. In sobriety, especially in the workplace, I use humor to defuse tense situations, to show people how much I love them, to communicate perhaps unpleasant information in the least hurtful way I can, and sometimes just to share the existential absurdity of life in the cubicle maze. Laugh and the world laughs with you; weep and you weep (and drink) alone.

So thank you, A.A., for helping turn my tragedy into a comedy. Okay, it’s not all giggles. But I have learned to admit defeat, ask for help, overcome petty fears, listen to suggestions, reach out to others, be of service to them, and to finally learn how to grow along spiritual lines.

TP

FEAR Failure Expected And Received

Fear of People and of Economic Insecurity will Leave Us

Double Threat

by Liz G.

reprinted from *The Point*
(October 2003)

I had fear of people when I walked into my first meeting of Alcoholics Anonymous over eleven years ago. I also had tremendous fear of economic insecurity. I had good reason to be fearful. I was living in isolation and filth. My life consisted of sleeping, hiding all day, waitressing at night, drinking all my tip money and doing it all again the next day. Worst of all, I had no power greater than myself. As it says in the Big Book, “self reliance failed us miserably.” I had been doing positive affirmations and spending money on seminars and health foods, all in an attempt to heal myself. Some day. Some day I was going to do it all in the right combinations and then people and money would be drawn to me like a magnet. I was going to be powerful.

Not only did I not have God in my life, I didn’t know how to humbly be of real service to anyone. I was a darn good waitress for many years. I felt I transmitted genuine caring to my customers. Yet if they didn’t tip me the way I thought I should be tipped, then I became an angry, judgmental victim. My fear of people and of economic insecurity would make me do strange things, even though my motives were good. If I could just make them like me, they would tip better and then I’d feel okay (“arranging the players”). I tried hovering over patrons to show my dedication. I tried being particularly entertaining. One time I put cellophane over the top of a glass of water and was going to *pretend* to trip and spill it on this grumpy businessman. Much to my

*“I have fear of people
when I make them
my Higher Power.”*

horror, the cellophane came undone and I dumped a huge glass of ice water all over the crotch area of this guy’s Dockers.

I didn’t even know I had those “I’m a good person, now where’s mine?” thoughts. Not until I started acting humble by washing A.A. coffee cups and emptying ashtrays did I understand the spiritual principle of humility. These two promises (and many more) were the result of taking the steps. God is my employer. The steps deflated my ego (self-reliance) so I could trust God. I don’t have to fear people because I have nothing to hide and may have something to give. I don’t have to tear out into the world and start grasping whatever (or whoever) I may think will give me security at the time. If I can set out each day and take any positive action toward where I think God is telling me to go, I’ll be supplied with all of the information I need. I need willingness and surrender. No original thoughts here.

Currently, I am as underemployed as I have been in my entire sobriety. Some say I should be scared, that the world is in bad shape economically. The difference for me now is that I have experiences that prove a loving God has a beautiful plan for all of us, should we seek it. I am not paralyzed with fear because I have watched many home

group members get carried through rough spots only to watch them be set in places more fulfilling than anything they could have conceived of. If I start looking for jobs based on my untempered instincts—for example, looking for fame and prestige—then I have good reason to be frightened. I’m relying upon self. Sometimes my ego thinks “if I don’t go for the gold then maybe God will turn me into a sales rep for burlap sacks.” God knows my gifts; he gave them to me and knows where they can be best used.

I have fear of people when I make them my Higher Power. Now that I am dating for the first time sober, I need to remember my relationship with God as being the most important. My self worth should not be hanging on whether or not *he* calls. I read this book that says the first thing one should do when attracted to someone is pray that God show you his ideas about that attraction. Fear pokes its ugly mug into this deal too because I am afraid God is going to give me some “project” that I don’t want. There is this one guy I see everywhere. I do mean everywhere. He’s become the *Where’s Waldo?* of my life. I panic every time. I know he’s not stalking me. He’s nice enough; he’s just not my type. But I still panic. I’m afraid he’s Mr. God’s Will for me. My fearful prayer has been “Oh God, please? No!” And then calm whispers, “Liz, first of all don’t flatter yourself. You’re not every man’s type. Secondly, God has a kick tail plan for all of us. He won’t leave you companionless. It’s just not going to happen because you click your heels. Now go to a meeting and be of service to a newcomer.”

TP

F E A R Fear Expressed Allows Relief

The Magic of Halloween Costumes

Who I Am vs. Who I Want to Be

by Mark S.

Oh, so scary is the night when we all dress up and conceal who we are trying to be everyday, and give some insight into who we would like to be. I think back to the days when it was so important and wonder why?

Perhaps it was the "high spirits" I sought; perhaps the idea of it being alright to hide out in the open on these particular nights. After all, I was already in hiding day-to-day; dressing up like someone else was actually a vacation from the regular me.

I have had many wonderful Halloweens, some when I was a kid, some when I was wilding, and some since having kids of my own. I've been a couple of superheroes, a pirate (several times), a member of Kiss, a girl (actually a "lady"), a Rastafarian, a literary figure, Max from *Where the Wild Things Are*, a cowboy, a character called Super Spaz, Austin Powers, a squeeze bottle of mustard, and an ugly doll. And in each, I see a little of myself, and with good humor I dress up every year to celebrate a night of ambivalence and mirth.

But what about the rest of the year, when I "dress up" everyday to greet the world? Do my clothes seem temporary and worn, like that of a pirate, or am I preparing to be a superhero (complete with mask and cape), or am I somewhere in the middle, wishing I was both and being neither?

I believe there is a little of the dress-up in each of us, like there is a little better than and a little less than.



"Sometimes I feel like I can save the world: I wake up with super powers and I'm going to rush right out and fix what's wrong today!"

Sometimes I feel like I can save the world: I wake up with super powers and I'm going to rush right out and fix what's wrong today! And other days, I feel like everything I've tried has added up to naught—after all, I tried to do good, and all I wound up being was an alcoholic with lots of problems that I can't begin to solve on my own. This less than/better than stuff is hard!

What I have found (through the fellowship of A.A. and a belief in a higher power) is that reality is somewhere in the middle. Sure, I've seen hard times (who hasn't?), and sure, I'm powerful and capable. But, what really matters is that no matter how I wake up, or what I may perceive as today's mission, I remember that no life is without challenge and I am not alone in this. I am also not alone in how I handle these challenges. Whether it's what problem to deal with first, what planet to save, or just what am I going to wear this Halloween, I know I have a power greater than myself who will stay with me as long as I stay with it.

So, time to put on a mask that fits just for today, and let the merriment begin. Happy trick or treating!

TP

FEAR Frantic Efforts to Avoid Reality

Meet THE MEETING

Wharfrats

by Bree L.

"This meeting saved my life" is the repeated refrain when members talk about the Wharfrats group. Jim B. tells of being newly sober in 1986 at the Oakland Auditorium attending a Grateful Dead concert and realizing he was surrounded by a cloud of marijuana and other drugs. At the first break, he found himself in imminent danger. His only thought was that he'd just have to give up his love of Grateful Dead music or use. In desperation, not knowing what else to do, he went to the onsite medical location (staffed by Haight Ashbury Free Clinic) and asked for help. Someone from the clinic took Jim's hand and walked him to a far stairwell and a Twelve Step meeting. Jim's life was turned around. He felt safe, able to return for the rest of the concert. His appreciation for the Grateful Dead lifestyle continues. Today he attributes much of his sobriety to Grateful Dead songs, such as "They Love Each Other."

The Wharfrats are the only recovery type group the Grateful Dead officially recognizes. That is why meeting space is delineated at their concerts. Many sober Deadheads regularly attended Grateful Dead concerts with the knowledge that during the break a meeting is available.

Jerry Garcia died in 1995 and the Grateful Dead concerts temporarily ceased. A memorial concert at Golden Gate Park Polo Grounds was held and names were collected at the gathering. That's when Charley E., Andrew K.



The Wharfrats are the only recovery group the Grateful Dead officially recognizes.

and Jim B. saw a need for a dedicated San Francisco Deadhead meeting. They adopted the Wharfrats name after the "Wharf Rat" song by Robert Hunter and Jerry Garcia. (A wharf rat is one who is frequently found on or near wharves, especially vagrants or petty criminals who haunt the wharf.) It was also the established name for those who gathered during their concerts.

Luke M. talks of "sharing a common bond and new fellowship with the culture and lifestyle that springs from the Grateful Dead music." He tells of going to a concert at the Shoreline Amphitheater where as many as seventy people showed up for the meeting be-

tween sets. A yellow balloon is passed around as people share, reminiscent of the Native American "talking stick."

When the Wharfrats meetings first started in 1995, according to Charley E., there was a discrepancy as to whether it would be an N.A. or an A.A. meeting as both seemed to be equally represented. A vote was held and A.A. won. Now there are Wharfrats meetings in other cities that have evolved from the San Francisco origins. Today there are Twelve Step meetings held during similar type concerts of bands such as Phish, Wide Spread Panic, String Cheese Incident and Moe. They can always be spotted by their yellow balloons.

The San Francisco meeting has an active fellowship. Lewis B. plays Grateful Dead music before and after each meeting. There are unique Wharfrat chips for years of sobriety. The speaker discussion meetings favor speakers who have a history of association with the Grateful Dead or similar bands. Charley E. stresses that everyone is welcome even if they haven't been a roadie or a Deadhead or a Wharf Rat. Charley says, "It doesn't matter, we're all here to help one another stay sober."

Wharfrats meets at 455 Fair Oaks St. (at 26th St.), Holy Innocents Episcopal Church, at 8:15 PM on Thursdays.

TP

FEAR Frantic Efforts to Appear Recovered

IFB meeting summary – September 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	Each Day a New Beginning (M-F)	Keep It Simple	Sober 5150's	Tuesday Newcomers
Back to Basics	Each Day a New Beginning (Sun)	Living Sober With HIV	Steppin Up	Valencia Smokefree
Came to Park	Early Start	Lush Lounge	Sunset 9'ers (Sat.)	Waterfront
Castro Discussion	Friendly Circle Beginners	Marina Discussion	Sunset 9'ers (Sun.)	We Care
Code Blue	Goldmine Group	Men's Gentle Touch	Sunset Speaker Step	West Portal Group
Common Welfare	Gratitude Group	Mid-Morning Support	Ten Years After	Women Who Drank Too Much
Cow Hollow Men's	High Noon (Monday)	Miracles Way Off 24th St.	Terra Linda	Women's Promises
Cow Hollow Young People	High Noon (Thursday)	On Awakening	The Parent Trap 2	
Dark Secrets	High Noon (Wednesday)	One Liners	They Stopped In Time	
Doin' the Deal	Join the Tribe	Queers, Crackpots & Fallen Women	Tiburon Men's Stag	
Downtown Mill Valley Group	Keep Coming Back	Serenity Seekers	Too Early	

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the September 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

a. Chair: Michael S. emphasizes that the real work of the IFB is done in the Committees and wanted opinions from members on how the committees could be stronger.

b. Treasurer: For the month of June Central Office had a net surplus and better-than-expected results compared to budget. Some factors slanting the month favorably were timing issues. Dashiell reminded everyone that contributions have trended downward for this year.

c. Central Office Report: Maury's report is online. She reported that Frank B., a previous Intergroup representative passed away yesterday. Maury reported an increase in shipping rates as Central Office could not continue to absorb the cost of UPS price increases. Registration for the International Conference Convention has begun. This year housing is on first-come-first-serve basis, rather than a lottery. Registration forms are available online and at the office. Maury will be in Rochester, NY at the end of the month for the 24th Annual Central Office/Intergroup/AAWS/

Grapevine Seminar. Many of our volunteers have gone back to school; we need substitutes. Central Office will be closed on Monday the 7th, Labor Day. Anyone able to donate CDs to the CD lending library is encouraged to drop them off at the office. AAWS is seeking applicants for a nontrustee appointed committee member for the Trustees Committee on Public Information. It is a two year commitment, 5 year minimum sobriety requirement, and expertise in media communications is required. Marin Unity Day is on the 19th at the Corte Madera Recreation Center. San Francisco Unity Day is November 14th at the Urban Life Center. The IFB co-hosts this event and we will need volunteers to help with the event.

d. Central Office Committee: John H. reported for the Central Office Committee, the report is online. The annual COC retreat had taken place, and the COC came up with goals, which were discussed at the regular COC meeting. The four goals are: strengthen the effectiveness of IFB committees, finish Central Office re-model, educate groups through contributions, and to increase visibility and participation in Marin County.

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. 12th Step Committee: A workshop is being conducted on Saturday September 26th from 10:00 AM – 12:00 PM. At 10:00 AM is the 12th Step Workshop, and at 11:00 AM is the Sunshine Club's orientation. Refreshments will be served.

b. Archives Committee: Tracy said the Archives Committee works to preserve AA history. They do research for meetings, such as when a meeting is having an anniversary party. Members can go to AASF.org and click on the 'Archives' tab. He asked members to make announcements at their groups, and reminded that one does not have to be an IFB member to join the committee. The group needs volunteers for labeling and filing work. Their next meeting is Sunday, September 20th at 2:00 PM in Central Office.

c. Orientation Committee: Ted welcomed the new members to the IFB meeting and mentioned the pamphlet that discusses what the IFB is. Brad will give an introduction to the Service Manual during future orientations.

d. *The Point* Editorial Committee: *The Point* is looking for Holiday stories and someone to report on the Spirit of SF conference. A roving reporter, to regularly cover events, is being sought after; anyone who could fill the position is requested to e-mail thepoint@aasf.org.

e. Trusted Servant's Workshop Committee: Ted R. reported as the temporary Chair for the Trusted Servant's Workshop. He

claimed that he is getting everyone organized, and asked for volunteers to participate in the Committee. The purpose of the committee is to present workshops: examples include the duties and responsibilities of Trusted Servant's positions in AA groups (such as Secretary and Treasurer).

f. Web Committee: Michael reported that they are restructuring the committee. They are considering a redesign of the AASF website, which hasn't been changed in over 5 years.

Special Committee Reports

a. SF Teleservice: Absent.

b. SF PI/CPC: Absent, report online

IFB Liaison Reports

a. General Service, SF: David reported there is an organization meeting on Friday, September 11th at 6:30 PM to delegate responsibility for Unity Day on November 14th.

b. General Service, Marin: Absent.

c. Teleservice, Marin: Daniel reported that Marin Teleservice will have a presence at the September 19th Marin Unity Day.

d. PI/CPC, Marin: Absent.

e. Bridging the Gap: Absent.

f. Marin H&I: Absent.

g. Spirit of San Francisco: No report.

h. Living Sober: No report.

i. San Mateo County Liaison: Tracy reported there is a meeting/dance Sunday, September 6th at Machinists' Hall in Burlingame.

New Business: There was a discussion on whether an IFB member should only be allowed to chair one committee at a time. Michael S. takes a vote on the group conscience that an IFB member could only be a Chair on one Committee. The motion is rejected with 1 for, 3 abstentions and all against. A second group conscience is tabled: whether the IFB should purchase a projector for presentations, with a budget of \$600 or less.

Access Committee Presentation on Reducing Language Barriers for Deaf and Hard of Hearing ASL Users. Muriel P. gave a presentation focused on how technology can help us carry the A.A. message.

Adjourn with the Responsibility Statement: The meeting was adjourned at 9:06 PM.

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

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Speaker Shares & Service Presentations
\$3 Deposit per CD Borrowed*

aa group contributions

Fellowship Contributions	July 09	YTD
Artists & Writers F 630pm		\$ 952
Brisbane Breakfast Bunch	\$ 26	\$ 212
Contribution Box	\$ 50	\$ 448
Deer Park Discovery Group		\$ 23
Gay & Lesbian Newcomers		\$ 22
Gay Newcomers Group		\$ 13
Harbor Lights Fellowship		\$ 25
IFB	\$ 87	\$ 740
Novato Fellowship Events Committee	\$ 64	\$ 64
Serenity House	\$ 150	\$1,050
SF General Service		\$ 300
Total Fellowship Contributions	\$ 378	\$3,849

Marin Group Contributions	July 09	YTD
Attitude Adjustment 7D 7am		\$1,620
Awakenings Sa 830am	\$ 21	\$ 56
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	\$ 105	\$ 423
Cover to Cover W 800pm	\$	113
Creekside New Growth Sun 7pm	\$ 222	\$ 222
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
East San Rafael Big Book	\$ 108	\$ 108
Experience, Strength & Hope Sa 6pm	\$ 45	\$ 45
Freedom Finders F 830pm	\$	590
Friday Night Book F 830pm	\$	175
Friday Night Gay Men's Stag F 830pm	\$	65
Gratitude Tu 8pm	\$	569
Greenfield Newcomers Sun 7pm	\$ 282	\$ 282
Happy Hour (Marin) Th 6pm	\$ 45	\$ 45
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	\$ 258	\$ 321
Living in the Solution F 6pm	\$ 260	\$ 260
Marin City Groups 5D 630pm	\$	303
Marin Newcomers M 830pm	\$	677
Men Only Stag Sa 6pm	\$	26

Marin Group Contributions	July 09	YTD
Mill Valley 7D 7am	\$ 450	\$1,550
Mill Valley Discussion W 830pm	\$ 290	
Monday Blues M 630pm	\$ 437	
Monday Night Stag (Tiburon) 8pm	\$1,347	
Monday Night Women's M 8pm	\$ 92	\$ 330
Monday Nooners M 12pm	\$ 586	
Morning After Sa 10am	\$ 750	
Morning Attitude Adjustment 7am	\$ 50	
Nativity Monday Night Big Book	\$ 100	
Newcomers Step M 730pm	\$ 424	
Noon Discussion Th 12pm	\$ 500	\$ 500
Noon Tu 12pm	\$ 110	
North Bay Discussion Group	\$ 100	
Novato Monday Stag M 8pm	\$ 62	
Primary Purpose W 830pm	\$ 65	
Quilting Time MWF 530pm	\$ 173	\$ 371
Refugee Th 12pm	\$ 30	
Reveille 5D 7am	\$ 200	\$ 400
Rise N Shine Sun 10am	\$ 266	
San Geronimo Valley Book Study	\$ 103	
San Geronimo Valley M 8pm	\$ 124	
Sausalito 12 Step Study Group	\$ 162	\$ 269
Serendipity Sa 11am	\$ 126	
Sisters In Sobriety Th 730pm	\$ 146	
Six O'Clock Step Th 6pm	\$ 59	
Six O'Clock Sunset Th 6pm	\$ 102	\$ 197
Sober & Serene F 7pm	\$ 621	
Steps to Freedom M 730pm	\$ 201	
Steps To The Solution W 715pm	\$ 151	
Sunday Express Sun 6pm	\$ 100	\$ 200
Sunlight of the Spirit Th 7pm	\$ 50	
Survivors M 12pm	\$ 265	\$ 376
T. G. I'm Sober M 6pm	\$ 85	\$ 85
T.G.I.F. F 6pm	\$ 247	
Terra Linda Group Th 830pm	\$ 145	\$1,045
The Barnyard Group Sa 4pm	\$ 335	
The Fearless Searchers F 8pm	\$ 176	\$ 176
The Novato Group Fri. Night Disc	\$ 83	
Three Step Group Sa 530pm	\$ 150	
Thursday Night Book Club Th 7pm	\$ 17	
Tiburon Beginners & Closed	\$1,080	
Tiburon Haven Sun 12pm	\$ 50	\$ 150
Tuesday Chip Meeting Tu 8pm	\$1,186	
Twice Blessed W 730pm	\$ 187	

Marin Group Contributions	July 09	YTD
We, Us and Ours M 650pm		\$ 250
Wednesday Night Speaker Discussion		\$ 17
What's It All About F 12pm		\$ 200
Women on Wednesday W 7pm		\$ 50
Women's Big Book Tu 1030am	\$ 200	\$ 300
Women's Meeting Su 430pm	\$ 35	\$ 35
Working Dogs W 1205pm		\$ 343
Young People's BYOB Sat 7pm		\$ 239
Total Marin Contributions	\$4,079	\$25,994

SF Group Contributions	July 09	YTD
6am Dry Dock Tu		\$ 131
6am Marina Dock Sa		\$ 91
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	\$ 10	\$ 116
7am Step Discussion Tu 7am		\$ 22
830am Smokeless F 830am		\$ 105
830am Smokeless Tu 830am		\$ 235
A Coffee Pot & A Resentment M 8pm		\$ 42
A is for Alcohol Tu 6pm	\$ 60	\$ 192
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	\$ 54	\$ 201
After Work M 6PM		\$ 95
Agnostics & Freethinkers Su 630pm		\$ 100
All Together Now Th 8pm		\$ 51
Alumni W 830pm		\$ 85
Amazing Grace M 7pm		\$ 162
Any Lengths Sat 930am		\$ 490
Artists & Writers F 630pm	\$ 679	\$ 775
As Bill Sees It - Keep It Simple		\$ 210
As Bill Sees It Th 830pm		\$ 142
As Bill Sees It Tu 1210pm	\$ 277	\$ 480
Be Still AA Su 12pm		\$ 694
Beginners Meeting (Old Sutter St)	\$ 289	\$ 618
Bernal Big Book Sat 5pm	\$ 44	\$ 525
Bernal New Day 7D	\$ 240	\$ 1,469
Big Book Basics F 8pm		\$ 236
Big Book Study Su 1130am		\$ 155
Blue Book Special Su 11am		\$ 113

SF Group Contributions	July 09	YTD	SF Group Contributions	July 09	YTD	SF Group Contributions	July 09	YTD
Buena Vista Breakfast Su 12pm	\$ 254		High Noon Tuesday 1215pm	\$ 220	\$ 472	Rigorous Honesty Th 1205pm	\$ 187	
Came to Park Sat 7pm	\$ 564		High Noon Wednesday 1215pm	\$ 255	\$ 647	Room to Grow F 8pm	\$ 375	
Castro Discussion (Show Of Shows)	\$ 752		Hilldwellers M 8pm	\$ 326		Rose Garden Big Book Th 1205pm	\$ 74	\$ 74
Castro Monday Big Book M 830pm	\$ 110	\$ 277	Home Group Sat 830pm	\$ 104	\$ 295	Saturday Afternoon Meditation Sat 5pm	\$ 150	\$ 285
Cocoanuts Su 9am	\$ 132		How Was Your Week? Sa 10am	\$ 159		Saturday Easy Does It Sa 12pm	\$ 126	\$ 126
Code Blue Big Book Study W 7pm	\$ 67	\$ 206	Huntington Square W 630pm	\$ 339	\$ 679	Saturday Night Regroup Sat 730pm	\$ 244	\$ 487
Cow Hollow Men's Group W 8pm	\$ 214		Join the Tribe Tu 7pm	\$ 415	\$ 679	Serenity Seekers M 730pm	\$1,053	\$1,053
Crossroads Sun 12pm	\$ 318		Joys of Recovery Tu 8pm	\$ 2	\$ 73	Shamrocks & Serenity M 730pm	\$ 400	
Design for Living Sat 8am	\$ 205	\$ 549	Keep Coming Back Sa 11am	\$1,244		Sinbar Su 830pm	\$ 194	
Diamond Heights Tu 830pm	\$ 93		Keep It Simple Sat 830pm	\$ 399		Sisters Circle Su 6pm	\$ 247	
Doin' the Deal Sun 10pm	\$ 81		Light Steppers Su 7pm	\$ 180		Sobriety & Beyond W 7pm	\$ 45	
Each Day a New Beginning F 7am	\$ 827		Like A Prayer Su 4pm	\$ 51	\$ 51	Sometimes Slowly Sa 11am	\$ 234	
Each Day a New Beginning M 7am	\$ 269	\$ 269	Living Sober W 8pm	\$ 189	\$ 189	Sought to Improve Th 730pm	\$ 66	
Each Day A New Beginning Su 8am	\$ 290	\$ 963	Living Sober with HIV W 6pm	\$ 364		SFPOA Th 7pm	\$ 440	
Each Day a New Beginning Th 7am	\$ 446		Luke's Group W 8pm	\$ 77	\$ 252	Speaker Discussion F 1pm	\$ 249	
Each Day a New Beginning Tu 7am	\$ 599		Lush Lounge Sa 2pm	\$ 168		St. Francis Men's F 830pm	\$ 296	
Each Day a New Beginning W 7am	\$ 219	\$ 393	Marina Discussion F 830pm	\$ 745		Step Talk Su 830am	\$ 440	\$ 931
Early Birds Sa 6am	\$ 36		Meeting Place Noon F 12pm	\$ 243	\$ 243	Steppin' Up Tu 630pm	\$ 92	\$ 359
Early Start F 6pm	\$1,387		Meeting Place Noon W 12pm	\$ 238	\$ 238	Stepping Out Sat 6pm	\$ 124	\$ 174
Easy Does It Tu 6pm	\$ 120		Men's Gentle Touch M 7pm	\$ 36	\$ 36	Stepping Stone Step Study M 7pm	\$ 201	
Embarcadero Group 5D 1210pm	\$ 220		Mid-Morning Support Su 1030am	\$ 327	\$ 659	Stonestown M 8pm	\$ 246	
Epiphany Group Th 8pm	\$ 144		Midnight Meditation Sat 12am	\$ 40		Straight Jackets Th 9am	\$ 23	\$ 23
Eureka Valley Topic M 6pm	\$ 806		Mission Creek Meeting	\$ 95		Sunday Bookworms Sun 730pm	\$ 266	
Excelsior Free for All Sa 8pm	\$ 88		Mission Creek Meeting Tu 6pm	\$ 80		Sunday Morning Gay Men's Stag Su 930am	\$ 826	
Federal Speaker Su 12pm	\$ 412		Mission Terrace W 8pm	\$ 401		Sunday Night 3rd Step Group 5pm	\$ 257	\$ 703
Firefighters & Friends Tu 10am	\$ 235		Monday Beginners M 8pm	\$ 758	\$1,053	Sunday Night Castro Speaker Disc	\$ 913	
Fireside Chat Group Th 8pm	\$ 232		Monday Monday M 1215pm	\$ 98	\$ 283	Sunday Rap Sun 8pm	\$ 240	
Franciscan Noon Discussion M 12pm	\$ 60		Moving Toward Serenity W 830pm	\$ 312	\$ 312	Sundown W 7pm	\$ 204	
Friday All Groups F 830pm	\$ 965	\$2,891	New Hope Big Book M 630pm	\$ 78		Sunset 11'ers Sa	\$ 200	
Friday at Five F 5pm	\$ 80		New Life W 7pm	\$ 321		Sunset 11'ers Su	\$ 35	
Friday Lunchtime Step F 12pm	\$ 100		No Reservation M 12pm	\$ 355	\$ 793	Sunset 9'ers F	\$ 150	\$ 186
Friday Smokeless F 830pm	\$ 166		Noon Smokeless F 12pm	\$ 365		Sunset 9'ers M	\$ 198	
Friendly Circle Beginners Su 715pm	\$ 123		Noon Smokeless M 12pm	\$ 23		Sunset 9'ers Sa	\$ 302	
Girls Night Out W 815pm	\$ 97		Noon Smokeless Th 12pm	\$ 168		Sunset 9'ers Su	\$ 312	
Gold Mine Group M 8pm	\$ 322		Noon Smokeless W 12pm	\$ 60		Sunset 9'ers Th	\$ 75	
Golden Gate Seniors Tu 130pm	\$ 68		One, Two, Three, Go! W 1pm	\$ 30		Sunset 9'ers W	\$ 115	
Goodlands Su 2pm	\$ 150		Park Presidio M 830pm	\$ 44	\$ 98	Sunset Speaker Step Sun 730pm	\$ 233	\$ 380
Haight Street Blues Tu 615pm	\$ 374		Parkside Th 830pm	\$ 329		Surf Tu 8pm	\$ 72	
Happy Hour F 630pm	\$ 62		Pax West M 12pm	\$1,190		Sutter Street Beginners Sat 6pm	\$ 318	
Happy Hour Ladies Night F 530pm	\$ 164		Pax West Th 12pm	\$ 196	\$ 359	Ten Years After Su 6pm	\$ 257	
High Noon Friday 1215pm	\$ 120	\$1,069	Progress Not Perfection Tu 830pm	\$ 380		The Drive Thru W 1215pm	\$ 901	
High Noon Monday 1215pm	\$ 139	\$ 304	Queers, Crackpots & Fallen Women	\$ 89		The Parent Trap 2 Wed. 430pm	\$ 44	
High Noon Saturday 1215pm	\$ 357		Rebound W 830pm	\$ 60		The Parent Trap M 1230pm	\$ 223	
High Noon Thursday 1215pm	\$ 372		Relapse, Rebound, Retreads & Winners	\$ 60				

continued on p. 19

profit and loss statement: july 2009

	Jul 09	Budget	Jan - Jul 09	Budget		Jul 09	Budget	Jan - Jul 09	Budget
Ordinary Income/Expense					Bank Charges	7	11	7	50
Income					Postage				
Contributions from Groups					Non-Bulk Postage	0	0	84	0
Group Contributions	17344	19552	90428	96835	Bulk Mail	0	0	400	577
Honors	0	0	207	0	Postage - Other	0		6	
Contributions from Groups - Other	645		766		Total Postage	\$0	\$0	\$490	\$577
Total Contributions from Groups	\$17,989	\$19,552	\$91,401	\$96,835	ASL Expense	0		0	
Contributions from Individuals					Rent - Office	4320	4283	30243	29981
Individual - Unrestricted	401	225	3940	3395	Rent - Other	0	0	450	375
Faithful Fiver	760	742	5741	3436	Access Expenses	0	0	650	2514
Honorary Contributions	136	100	1843	3068	IFB Literature				
Total Contributions from Individuals	\$1,297	\$1,067	\$11,524	\$9,899	Sunshine Club	0	0	25	0
Gratitude Month					IFB Literature - Other	0	0	0	0
Gratitude Month - Groups	0	59	3949	3741	Total IFB Literature	\$0	\$0	\$25	\$0
Gratitude Month - Individual	0	0	0	699	PI/CPC	0	0	218	0
Total Gratitude Month	\$0	\$59	\$3,949	\$4,440	Filing/Fees	0	0	94	0
Sales - Bookstore	9245	10104	62154	64260	Insurance	0	0	16	939
Newsletter Subscript.	66	74	335	600	Internet Expense	27	75	438	524
Total Income	\$28,597	\$30,856	\$169,363	\$176,034	Office Supplies	86	0	1355	2163
Cost of Goods Sold					Paper Purchased	0	320	1817	320
Cost of Books Sold - Shipping	15		158		Software Purchased	0	0	0	0
Cost of Books Sold	5680	7174	43290	45622	Shipping	225	-66	137	247
Credit Card Processing Fees	224	242	1596	1395	Printing	0	0	864	0
Total COGS	\$5,919	\$7,416	\$45,044	\$47,017	Equipment Lease	0	0	515	3795
Gross Profit	\$22,678	\$23,440	\$124,319	\$129,017	Repair & Maintenance	254	255	2053	2270
Expense					Security System	0	35	254	363
Construction Expense	0	0	734	0	Special Events	0	0	0	0
IFB Sponsored Events	-922	0	1025	979	Payroll Expenses	5		20	
Unreconciled Bank Adj	0	0	0	0	Telephone	0	411	1675	2745
Budget Contingency	0	262	0	1834	Phone Book Listings	0	102	420	713
Special Events Expense	0	0	0	0	Utilities	0	0	0	0
Reconciliation Discrepancies	0	0	0	0	Travel	25	0	25	0
Employee Expenses					Training	0	0	20	0
Wages & Salaries	8826	8864	63912	62048	Bad Checks	0	0	12	199
Employer Tax Expenses	719	778	6072	5446	Miscellaneous Expense	0	0	76	0
Health Benefits	1184	1050	8288	8018	Total Expense	\$14,757	\$17,226	\$122,018	\$129,773
Retirement/Annuity Expense	0	0	0	0	Net Ordinary Income	\$7,921	\$6,214	\$2,301	-\$756
Workers Comp Ins.	0	0	0	0	Other Income/Expense				
Total Employee Expenses	\$10,730	\$10,692	\$78,272	\$75,512	Other Income				
Professional Fees					Other Income	0	0	0	0
Accounting	0	846	0	2339	Interest Income	14	20	516	199
Computer Consulting	0	0	113	1334	Total Other Income	\$14	\$20	\$516	\$199
Legal Fees	0	0	0	0	Other Expense				
Outside Services	0	0	0	0	Depreciation Expense	0	0	0	455
Total Professional Fees	\$0	\$846	\$113	\$3,673	Amortization Expense	0	0	0	945
					Total Other Expense	\$0	\$0	\$0	\$1,400
					Net Other Income	\$14	\$20	\$516	-\$1,201
					Net Income	\$7,934	\$6,234	\$2,818	-\$1,957

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SF Group Contributions	July 09	YTD
The Pepper Group F 12pm	\$ 60	\$ 60
They Don't Know Who We Are	\$	30
They Stopped In Time M 8pm	\$ 271	\$ 463
Thursday Morning Men's BB Study Th 6am	\$ 130	\$ 181
Thursday Night Women's Th 630pm	\$	285
Too Early Sat 8am	\$ 363	\$ 1,486
Trudgers Discussion Su 7pm	\$	180
Tuesday Big Book Study Tu 6pm	\$	60
Tuesday Downtown Tu 8pm	\$	283
Tuesday Men's Pax Tu 12pm	\$	271
Tuesday's Daily Reflections Tu 7am	\$ 26	\$ 26
Twelve Steps to Happiness F 730pm	\$	120
Valencia Smokefree F 6pm	\$ 101	\$ 355
Walk of Shame W 8pm	\$	84
Waterfront Sun 8pm	\$	105
We Care Tu 12pm	\$ 115	\$ 353
West Portal W 830pm	\$	140
West Portal W 8pm	\$ 222	\$ 222
Wharfrats Th 815pm	\$ 81	\$ 380
Wits End Step Study Tu 8pm	\$ 60	\$ 85
Women Living Sober Sa 10am	\$	120
Women Who Drank Too Much	\$	13
Women's 10 Years Plus Th 615pm	\$ 140	\$ 465
Women's Kitchen Table Group	\$ 363	\$ 684
Women's Meeting There is a...	\$	146
Women's Promises F 7pm	\$ 342	\$ 342
Work In Progress Sat 7pm	\$	672
Total SF Contributions	\$13,533	\$61,558

Total Group Contributions	\$17,989	\$91,401
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(Continued from page 6)

Simply put, A.A. saved my life. It's made me the person I try to be today. I love my new life and I still love having tons of fun in my profession. My job is so much easier now because I remember what I promised the night before and can deliver on those promises. Fun has come back into my life. Keeping my life as simple as possible and living just for today is a good thing for me. My goals are so much more reasonable and attainable. Even on days when I'm feeling awful I'll call my best friend in A.A. and talk about it. We talk about gratitude and he usually asks me what I have to be grateful for today and I make a list and my eyes open to the realities of my life.

Fear was the driving force in my life. Fear of failure, fear of being found out, fear of others, procrastination, fear of life and on and on. I'd be a liar to say I have no fears, but today, I am learning to deal with them and face

them, rather than hiding behind a bottle.

I've discovered that being there for others is an integral part of my remaining sober. I work with others in A.A., those who see something in me. It's such a thrill to help another drunk get and stay sober by working the steps together.

At most of the meetings I attend locally and around the country, we usually begin and end the meetings with the Serenity Prayer. It took me months to learn it and it's only 25 words long!! There was one word I kept getting stuck on and that was "accept." I fought and fought, but once I gave in and really accepted, my life changed so much for the better ... one day at a time.

By the way, I never did rekindle the relationship, but I did get sober and for that I am grateful.



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