

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

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NOVEMBER

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

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of Alcoholics Anonymous

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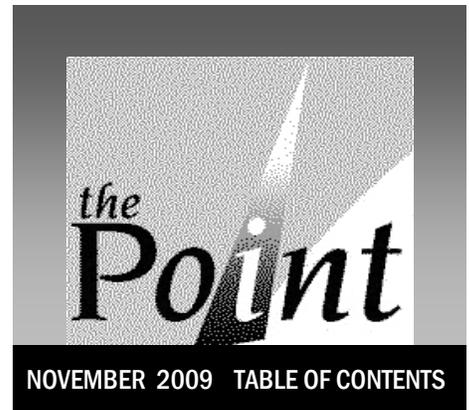
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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



NOVEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office, 6pm	4 <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) Orientation 6pm Meeting 7pm
8	9 <u>SECOND MON</u> Fellowship Committee Central Office, 6pm SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm	10 <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, 6:15pm SF General Service 1111 O'Farrell St., 8pm	11 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm
15 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day	16 <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	17	18
22	23	24 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	25
29	30		

THURSDAY	FRIDAY	SATURDAY
5	6	7 CNCA Fall Assembly See flyer Pg. 15
12	13	14 San Francisco Unity Day See flyer Pg. 4
19 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office, 6:30pm Special Day this month, due to Holidays - SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm	20	21
26 Thanksgiving Holiday Central Office Closed	27	28 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm



F. Y. I.

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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.



“Everyone must agree that we A.A.’s are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand, and love each other so supremely well. . .”

Bill W., *The Language of the Heart*, pg.292



Meeting Changes

New Meetings:

Wed 6:00pm Mission KOO KOO HUMP DAY, 1449 Stevenson St./14th St. (Meditation, SD)

Meeting Changes:

Mon 6:00pm Mission AFTER WORK BIG BOOK, 1449 Stevenson St./14th St. (was S.F. Alano Club, 1748 Market St.)
 Thu 7:00pm Mission Bay SPIRITUALLY FOUNDED PROGRAM OF ACTION (SFPOA), Warehouse, 2460 3rd St./22nd St. (was 510 7th St./Bryant, MAY BE TEMPORARY, Check aasf.org for updates)
 Thu 7:30pm Novato SISTERS IN SOBRIETY, 680 Wilson Ave./Vineyard Rd. (was Church, 1915 Novato Blvd.)
 Fri 8:00pm Parkside HOODLUM HAVEN, Center, 2601 40th Ave./Vicente (was Rec. Center, 2201 Lawton St.)

No Longer Meeting:

Tue 12:15pm South of Market COURTSIDE, 510 7th St./Bryant.
 Thu 10:00am South of Market BIG BOOK STUDY, 1175 Howard St./8th 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!**

San Francisco General Service
and Intercounty Fellowship Board

P R E S E N T

UNITY DAY



November 14, 2009
10am-4pm
St. Mark's Urban Life Center
1101 O'Farrell (at Franklin Street), San Francisco

**“Your job now is to be at the place
where you may be of maximum
helpfulness to other...”**

**November
is Gratitude
Month**



**Gratitude is
an Action!**

*“Our groups, our areas, and A.A. as a whole
will not function unless our services
are sufficient and our bills are paid.”
(Bill W., 1957)*

Many groups pass a second basket to support our Central Office at each of their November meetings. Some also make Gratitude Month a time to focus attention on AA's Twelve Traditions.

Treasurers: Please note “Gratitude Month” on your contributions so that they may be properly recorded.

From the Editor



It's That Time Again

If you have been in A.A. for a while you know that November is Gratitude Month. And while alcoholics in recovery talk about gratitude all the time, anyway, this month we get to show it by passing the basket a second time for Central Office. Thanks-giving also launches the Big Three holiday season (Thanksgiving, Christmas, New Year's) that trips up many sober members of A.A. Is it the merriment? Or the memories? In truth, it's because we're alcoholics! So we've gathered some tips for staying sober during the holidays—our gift to our readers.

This month, on November 21, we commemorate the 70th anniversary of the very first A.A. meeting on the West Coast that happened right here in San Francisco. In 1939, Ray W. from New York met at the Clift Hotel on Geary with three local alcoholics who were

trying to stay sober and had written to A.A. in New York after hearing about it on the radio. There's no historical plaque on that room at the Clift, but maybe there ought to be. That meeting spawned a program with over 600 meetings a week in San Francisco and Marin today.

Please welcome to *The Point* committee, Kristen E. (who

authored "An Attitude of Gratitude" herein); her energy and great ideas are a big plus (not to mention her chocolate cream pies). I predict a long, productive tenure. And finally, a grand, over-the-top thank you to our outgoing committee chairman, Rich H., who ably led our merry band for over a year. Happy trails, Rich, as you move on to other service commitments; we all wish you the very best.



"... alcoholics in recovery talk about gratitude all the time, this month we get to show it."

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.	Katherine G.
Ann & Denise	Kathryn M.
Barbara K.	Kevin S.
Barbara L.	Lauren H.
Barbara M.	Lelan & Rich H.
Beverly C.	Leo H.
Brent H.	Lisa M.
Bruce D.	Liz & Aiden D.
Caroline A.	Lyle W.
Casey L.	Mabel T.
Charles D.	Margarite S.
Dan & Sherry T.	Marit L.
David H.	Martha S.
David J.	Mary C.
David P.	Michael W.
Dennis & Lucy O.	Michael Z.
Dick F.	Mitsi H.
Donald Ray N.	Patrick M.
Doug C.	Paul M.
Esther R.	Peg L.
Fay K.	Pene P.
Flossie N.	Penelope & Robert
Frances L.	Phyllis S.
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James W.	Ron H.
Jane K.	Sara D.
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Joanne K.	Sheila H.
Jodie S.	Stephen O.
John G.	Steve A.
John M.	Steve F.
John V.	Stu S.
Judy W.	Sylvia D.
Karen K.	Tim M.
Kathleen C.	Tom M.
	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!

Spirit of San Francisco

In and On the Wings of Love

by Steve R.

October 2-4, 2009

A funny thing happened on the way to a review of the The Spirit of San Francisco conference—this alcoholic found Al-Anon waiting in the wings.

As a cub reporter in Iowa on the Mississippi long ago, I was assigned by my editor to cover a storefront seminar on Transcendental Meditation. I could not have known that by sampling the goods that weekend I would find a hangover cure and insomnia aid that nearly forty years later remains the basis of my daily reality, devoid of hangovers and insomnia.

My editor here asked simply for a short feel-good overview; I could not have known that by sampling the whole conference over the weekend I would instead find a “feel-deep” experience of unknown but definite outcome. I can’t say that I’m left feeling “good” but I definitely feel “deep.” That’s what happened as I embraced the social whirl and both the A.A. and Al-Anon programs. My piecemeal approach in years past, of a service booth or marathon meeting or big meeting while ignoring what was at arms’ length, always left me feeling underwhelmed. Today I can fully grasp the magnitude of connection among all the entities at the conference and fully appreciate the amount of service rendered to produce this slice of San Franciscana. The outcome of my weekend lies in the weeks and years ahead.

For instance, a singing career has to wait, since my Friday night renditions of Leo Sayer, Kenny Rogers and Barbara Streisand fell terribly flat. Several of us newcomers were ready to smash

the quirky karaoke machine. Others happily employed it masterfully. (One, who inspired us with his experience, a sober Freemason conventioneer at the hotel, preferred our company in the wee hours to that of his cohorts, and crashed our party.) In fact, this reporter can announce the next great celebrity phenomenon—Louis Armstrong lives! We heard him on Friday night, not once, but twice. He didn’t look quite right, but he sounds great and his skat remains superb! Finally, we can let Elvis go.

This year, with the responsibility theme, workshops for the service entities took the place of standing booths. I participated in the sponsorship and emotional sobriety seminars, and like everything else, the time went so quickly that we needed to run long. The marathon A.A. meetings and the daytime Al-Anon meetings were amply attended.

The power of Francine W.’s story at the Saturday night A.A. speaker meeting seemed intended to fit directly into what had by now become my personal theme for the conference: intensity of memory and recovery, both in and out of A.A. As a college traveler, I once stood on the same Manhattan street corner she had as a hooker, and eight years later, returning a few miles north, I did the same thing merely for

a bottle, with no thought of money.

The Saturday dance provided a comfortable relief after a long day. After a little while, looking for a friend, I peeked into the late Al-Anon meeting and saw and felt something I’ll always hold dear—an irregular circle with everyone drawn very close, with a nonchalant peacefulness. I didn’t want to disturb them, but on a deeper level I wanted a little hit from that room, and got it, in a few seconds.

Essentially, “Spirit” is a working conference and I was never detached. At the end, during the Sunday morning Al-Anon workshop, I was immersed in the group and topic and memories that called to me in the moment. I remembered the two-day euphoria as a child at play following my alcoholic stepfather’s departure, and the return of my dark world in a single breath when I saw his hulking figure stumbling home. Having had a passionate and tender experience as the direct result of this year’s “Spirit,” I’ll be the first in my family to formally forgive him and the first to visit his grave after thirty-seven years’ interment.

I fly to him even now, on newfound wings of love.

TP

The Spirit of San Francisco Committee



Meets the 1st Monday of each month at 7pm at 777 Brotherhood Way (Bridgmont School) in San Francisco. Everyone is welcome to help plan events including the New Year’s Eve Dance on December 31, 2009! Go to www.spirit-sf.org for more information!

An Attitude of Gratitude

What You Is Who You Are

by Kristen E.

When I was ten and growing up in Virginia, I took horseback riding lessons. My instructor, a gruff-looking woman named Muffin who didn't particularly care for children, yelled repeatedly: "Look where you want to go, Kristen! The horse follows your eyes!" I tested this more than once. I signaled *left* with my reins and looked over my right shoulder. Invariably, the horse went right.

Until recently, I looked always at what was wrong in my life. If I had money, something was wrong because I didn't like the way I'd made it; if I had girlfriends, something was wrong because I didn't have boyfriends. I thought I was doomed because of the depressive, angry, alcoholic genes that ran in my family and that I had inherited. Everything that happened in my life was like a pebble in my shoe that grew with every step. I walked mile after mile, thinking of nothing else until all my life was a gigantic, jagged boulder against which I rubbed myself raw.

I honestly believed that thinking about the things that were wrong was the way to fix them. My idea of solving my problems was lying flat on my back in bed, staring at the ceiling while my mind whirled in faster and faster circles. The idea of enjoying what I had—forgetting about what wasn't perfect in my estimation—was terrifying to me. It was like leaving treasure unguarded—it was lazy and it was dangerous. What kind of sucker would I be if I were out enjoying my life when catastrophe struck?

Such an immense burden required equally immense relief: bottle after bottle of booze to take away the fear



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and the pain, to silence that hyper-vigilant, overactive part of my mind I clung to in the belief that it would save me.

When I finally found my way to A.A. in 2006, it was almost November. I soon sat in meetings listening to one person after another talk about how grateful they were. They were grateful to be sober. They were grateful that they had a roof over their head, even though that roof was often temporary and shoddy. I secretly thought they were pathetic. Instead of fixing what was wrong in their lives, I thought, these people were giving up and settling for nothing. Although I had an

understanding of the dictionary meaning of the word *gratitude*, I had no memory, action, or sensation to associate with it.

My sponsor soon gave me an assignment. "Write a list of things you're grateful for every morning," she said. I left her house with a sense of despair; against my strong suicidal urges, my powerful cravings for alcohol, and the profound sense of disintegration that invaded my life, a *gratitude list* was supposed to help? But the truth was everything else had failed me, including the years of therapy that I had spent grinding on, incessantly and repetitively, about what was wrong with me. So I did it. And the most amazing thing happened. For a little while after writing it, I felt a sense of peace. At first, it didn't last that long. But soon I began to notice a quiet feeling that crept into my day—a contentment that remained under the turmoil.

I tested this, too. I stopped doing the gratitude list. Two months later, on the verge of drinking, I remembered that I had stopped, and began to connect the dots. After a number of trials and a couple of years of holding on to my old way of doing things, I finally understood that I had a *choice* about the way I saw my life, and that more importantly, my life *was* the way I saw it. I didn't have to wait until there were things to be grateful *for*, as if gratitude were something I would earn the right to feel by attaining various goals in the outside world. It was already there, and at any moment I could choose to practice it. Today, the darkness in my life is still there, but I choose not to spend my days looking at it quite so intently. As a result, it almost doesn't exist.



STEP XI

Yogi-None-Duh

Over my 30-plus years of continuous sobriety I've heard many versions of how to practice the Eleventh Step: "Sought

through prayer and meditation to improve our conscious contact with God *as we understood Him*, asking only for knowledge of His will for us and the power to carry that out."

Prayer is not a complicated concept. "Please help me!" spoken when nobody else is near is a perfectly fine prayer. Asking God or a Higher Power for knowledge of God's will, and the power to act on it is obviously encouraged by Step Eleven.

Where I got hung up was on meditation. When I was still agnostic I bought and read over thirty great books, by Moustakas, Buber, Kazantzakis, Kierkegaard, Yogananda, Horney, Camus, Sartre, Emerson, Ferguson, Newman, Sharman, Howes, Moon, Mills and many others. I read for insight and inspiration, for guidance in the absence of a helping God. I learned a great deal about Human Relations (got a B.A. in it), and I actively contemplated the meaning these great minds were putting forth. But I learned to my chagrin that contemplation is only a small part of meditating, and no part of praying.

Finally, twenty-five years ago I found a sponsor to guide me through the steps. After several months of difficult but do-able work on my part, I

How I Practice Prayer and Meditation

By Rich H.

Find the quietest place in your home. Turn off the lights, TV, phone, computer or whatever. Sit in a comfortable chair. Think about God.

Consider how a loving and beneficial Higher Power would have you behave, with yourself and with others.

That's all! An amazing freedom from cult behavior, gurus and guru-esses, paid meditation trainers, and any other meditation activity that includes strict protocols and rules. I still practice this simple activity every day, usually in the evening. I always end up with the same outlook; God wants me to act with virtue and humility towards others and with honesty toward myself. I make an honest attempt to do this deliberately in all my relationships. I am guileless, shameless, and honest about my reality.

I recently renewed the basic Christian faith of my childhood and I take great comfort in my beliefs. Notwithstanding those principles, I remain satisfied that God endorses my daily renewal by means of our Step Eleven.

asked him about meditation. This is what he suggested: Plan on spending fifteen minutes or so.



The Holidays and A.A.

I have come to find that A.A. in San Francisco really is quite special. Not only because I am involved in it (thank God this is an anonymous program), but because there really is a lot of program in a very small area. Talk about diversity, there's more nut cases in our A.A. community than in Trader Joe's warehouse at Christmas time. (I can safely say this because as we all know, it takes a real nut job to know one.) For this I am grateful because I do fit in. The holidays seem to bring out the best in folks. It's during these times that some of us A.A.'s may find ourselves with family far away (you don't know how lucky you are ... yet) or just feeling alone. Not to worry, there are meetings morning, noon (12:15 for some noon meetings) and night. There will usually be one of our brothers or sisters (your guess is as good as mine) with hand reached out, ready to give you a warm welcome. The peace, love and understanding found in any of the rooms (San Francisco or Marin) will always be there in some form or another ... and for that I am responsible!

Dear Editor:

A recent "Bulletin Board" brought up the practice of group members announcing themselves, one after the other, at the beginning of a meeting. I remember my first experience hearing that ritual. I was really new, really reluctant to attend meetings, and really suspicious of the whole business. A big speaker meeting was a great place to hide. I came late, left early, and talked to no one. After a few weeks, the "around the room" identification began to get my attention. Every week, nearly 200 men and women identified themselves by name as alcoholics, one after another. Drunks. Like me. Sober. Mary: alcoholic. George: alcoholic. Ruby: alcoholic. My heart cracked open a little, and I began to believe I could stay sober and not be alone with it. I had made the barest beginning and will never forget the sound of those voices, one after the other, after another.

Respectfully submitted, Sara D.



Visit to San Francisco

A Visiting Alcoholic Finds a Home in San Francisco A.A.

By Jenine

Here I am, sitting in the Atlanta airport awaiting my last flight to return home and reflecting on my eight-day trip to the Bay Area. The purpose of the trip was for work, but I book-ended the visit with the weekends to play tourist and get a feel for the area. I am considering relocating with my company to San Francisco.

I have traveled all over the world alone, but always for work. I have not done much of that in my one and a half years of sobriety. I felt quite comfortable about the workweek, filled by a professional conference I was attending as a speaker and where I would know many people. I was fearful of the weekends.

Loneliness was a large demon that helped to land me in the rooms of A.A. and plagued me in early sobriety. Not until I picked up my 90-day chip was I able to hear the word "lonely" in a meeting without tearing up. Lonely is not a word I've used to describe myself for some time. A.A. brought me such wonderful friends and so many purposeful activities that for the first time in my life, I had become comfortable with and even enjoyed time alone. So why was I fearful of being in San Francisco, a wonderfully exciting city, by myself?

I had heard much about California A.A. The word here is that California has strong meetings and is the home of many of the great circuit speakers. There are even several meetings in Charlotte started by members who originally got sober in California, trying to recreate the same zeal. There was no question in my mind I would feel at home in the meetings I at-



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not a chance! Not as an active
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tended on this trip.

I took a drive along Highway 1, stopping at a serene cove watching windsurfers enjoy the beautiful weather and good wind. I had one of those clarifying spiritual moments. I would be fine, absolutely fine, alone in California and anywhere else I might visit from now on. It was such a wonderfully peaceful moment with my Higher Power.

I attended many meetings in San Francisco. At each I raised my hand when they asked if there were any visitors. "I am Jenine, an alcoholic visiting from Charlotte, North Carolina." At each meeting I was welcomed. Even though I had used the internet to locate meetings around the city, it meant a great deal more to me when a kind woman in the Haight area gave me a meeting schedule and recommended other meetings she thought I would enjoy attending.

At each meeting I was always warmly welcomed. At many I was asked to share without having to raise my hand and be called upon. I got to hear the fabulous Carol M. from Orange County at the Marina Discussion in Pacific Heights. I attended a handful of meetings at the Dry Dock. I was even asked to be the speaker at Sometimes Slowly in the Western Addition. The San Franciscans were really making me feel at home.

I made new friends, got phone numbers from some fabulous women, and even found a fantastic tour guide of the city. My new friend provided me the thrill of many incredible views of the Bay Area, interesting tidbits of local trivia and even a visit to the Great American Music Hall.

Alone in San Francisco, not a chance! Not as an active member of A.A., enjoying the warmth and friendliness I always find in any meeting I wander into. Most importantly, I learned I would be just fine by myself and my Higher Power would always provide for me, if I do the legwork first.



Now There is Room for Gratitude

Without Hangovers and Headaches, Life Opened Up

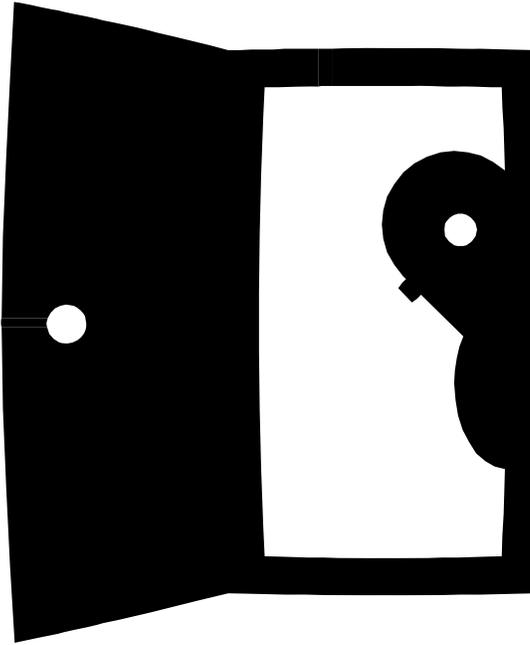
by Kate S.

Gratitude: It's a word I didn't come in much contact with when I was drinking. I was too caught up in my own pain, both literal and figurative, to see beyond that pain. I had no room for gratitude.

When I was drinking I thought mainly about myself. I thought about my job—my last year of drinking I taught writing at Stanford University. I felt incompetent, and I believed I was always on the verge of being revealed as an imposter. I've always been a writer, but when I was drinking my hangovers ate up my days. My head would hurt too much, or I'd be too weak, or too sick to my stomach, or I'd be so worried about what I'd done the night before I couldn't concentrate long enough to write. And then, because I wasn't writing, I felt like I couldn't call myself a writer. In my mind I was a colossal failure.

When I was drinking I was obsessed with what other people thought about me. I was sure I was the person among all my friends who was going to end up dying alone in an apartment filled with cats (although that part, at least, seems unlikely, since I'm more of a dog person). I believed there wasn't enough happiness to go around, which meant that every group had one person that had to be denied, so clearly I was destined, in my group, to be that pathetic, unhappy person, the girl that people whisper about at weddings and parties. *It's such a shame she never found someone. What happened?*

Look, I'm not going to say that now



"These days, I'm more interested in lightness than I am in darkness."

that I'm sober everything is coming up roses. That would be a blatant lie. I don't, for example, like being single. I still haven't published a book. I wish I made more money, had a child, and lived in a bigger apartment. But not having these things doesn't feel the way it used to, by which I mean it no longer feels like a death sentence. I no longer feel so deprived I can barely catch my breath. And I suspect that gratitude has everything to do with it.

Gratitude allows me to think, much more often and with much more depth, about what I *do* have, and how much joy it gives me. These days, I

actually have moments where what I *do* have isn't living in the shadow of what I don't. One thing I have is tons of friends: I'm in touch with people from high school, college, and graduate school, not to mention all the new friends I've made in sobriety. I have a job that pays me enough to work part-time, which means that if I manage my time (I still haven't quite mastered this part), I can write. Because of this job and this time to write I finished a draft of a book in February of this year. Last but not least, there's the pleasure of waking up clear-headed and focused and secure in the knowledge that if I'm going to make an ass of myself, I'm going to remember it, and most likely I'm going to do it in front of people who laugh with me rather than at me.

Don't get me wrong: I'm more than ready for Prince Charming to enter the picture. That would be great. But in the meantime, gratitude is what helps me to stay busy and to enjoy that busyness for real. In the past I would have pretended to enjoy it while knowing that, deep in my little black heart, I was just waiting for some dude to come along. When he does come along—and I'm choosing to believe that he will, he just hasn't shown up yet—he'll think I'm awesome because of everything I have going on, because of my friends and my job and my writing, but most of all, he'll think I'm awesome because these days, I'm more interested in lightness than I am in darkness, because I'm not afraid to have emotions, to experience them, and to show them. Who would have thought such a thing was possible?



Thanks for the Memories!

by *Patty M.*

By the time you read this, I may be gone. After seven wonderful years of sober life here in the City by the Bay, I am moving back home to New York City.

Thank you for all the wonderful meetings. And thanks, too, for the less than wonderful ones. My first sponsor used to say that if you've never been to a bad meeting, you

haven't been to enough. Thanks for helping me grow spiritually so that even the bad meetings provided moments of humor and gratitude.

Thank you for H&I. I was arrested once for a DWI, but my alcoholism has not yet taken me to prison or jail. I felt immense gratitude every time I walked out of Pod A (sounds so much nicer than "Cell block A"!) and the door closed *after* me. For the pink cans, the literature, the dedicated coordinators and committee members, I thank you.

Thank you for the wonderful women you've provided as my sponsors and sponsees. With the help of GOMU (God Of My Understanding), I've enjoyed a 100 percent success rate with my sponsees here in Frisco. Of all the women I've sponsored, I've not yet found it necessary to take a drink myself. (An aside to anyone who objects to my use of the name "Frisco": if you don't like the

name, maybe *you* should move someplace else!)

Thank you for introducing me to a deeper understanding of A.A. Traditions and a glimpse of the Concepts through the IFB. It was bewildering, annoying and mind-numbingly boring at times, but it gave me a million opportunities to be of service. I was able to see other A.A.s practicing courtesy, kindness, justice and love, and sometimes

I was able to follow their example. I had tons of fun.

Thank you for Central Office and its very special workers and wonderful volunteers. I will always remember with fondness and gratitude: the meeting schedules, the award-winning website, *The Point*, the phone calls, the laughter and fellowship I enjoyed there.

Finally, thank you for helping me stay sober. With every pot of coffee you made, every cookie you bought or baked, every Marin schedule you folded, every IFB committee report you produced, every phone call—made and answered, every time you shared at a meeting, every time you simply showed up at a meeting, every day you've done something that helped me stay sober that day. Thank you. I'll demonstrate my gratitude in the only way I really can. I'll pass it on.

*An open love letter to
the San Francisco and Marin
A.A. Fellowship from
a grateful alcoholic*

Individual Contributions

to Central Office
were made through
October 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

Kathryn M. 29 years
Jodie S. 27 years, Marit L. 22 years
Tiburon: Terry H. 30 years
Oregon: Jack W. 27 years
Firefighters: Denise H. 24 years
Sausalito: Cynthia C. 12 years
Women's Kitchen Table:
Peg L. 28 years
Gold Mine Group:
Abigail L. 22 years, Brad T. 15 years
October - High Noon:
Jeff 23 years, Toby D. 18 years,
Justin S. 13 years, Linda 9 years,
Nikki H. & Onnalee 8 years,
Stephen S. 6 years, Alana, Keith,
Tom H. & Diana 5 years,
Chris 3 years, Dano K., Kaley,
Leah P. & Seamus 2 years,
Evon, Atticus, Mac
& Kristina C. 1 year,
Chris 6 months
November - High Noon:
Sean S. 17 years, Erik C. 16 years,
Ignacio 14 years, Lisa M.
& Pat McT. 13 years,
Karen K. 8 years,
Anastasia 7 years, Dan 4 years,
Charles 3 years, Jennifer D.
& Joel L. 2 years, Jeff H. 1 year



Happy Holidays!

What to do When the Magic Disappears

by Icarus

When I was nine years old my family moved to Corvallis, Oregon. I was a shy, anxiety-ridden kid. The cold dark weather of Oregon's Willamette Valley did nothing to improve that condition. Fall brought with it painful and confusing feelings of loss. Winter filled me with a dark depression. By the time I entered high school I was experiencing depression year-round, and by the time I had been out of college a year I had experienced three major depressive episodes. When I think about what the holidays mean for me today, I am struck by the contrast between the happy holiday seasons I experienced during my early childhood years and the depressive, anxiety-ridden holiday seasons that followed.

The fall and winter seasons of my childhood were filled with magic. I remember the arrival of the crisp cool weather of fall and jumping into piles of dry leaves. Following Halloween and Thanksgiving, the Christmas season brought hopeful expectation. My mother and older sisters would bake cookies, I was taken shopping for Christmas gifts, and the whole



"Today, my number one wish for the holidays is that I experience them sober"

season seemed magical. That all changed as I became a teenager. I became depressed and withdrawn and my family did not participate in as many holiday traditions. Each Christmas, I felt like we were trying to recreate something that had been tragically lost. This loss of my cherished rituals, combined with my deepening depression, turned me into a Christmas hater. During my drinking days, I attempted to blot out my disappointment with the Christ-

mas season. I see now that I was unwilling to give up those feelings of disappointment.

Today I am learning to give up chasing after the blissful feeling of experiencing Christmas as a young child. I no longer seek to avoid uncomfortable moments when my family does not measure up to the semi-mythical family of my youth. Since I cannot recreate feelings from my past, I make the most of the rituals and traditions that I do still practice. I allow the holidays to develop as they will. This Christmas season will mark a year since I started getting sober. Today, my number one wish for the holidays is that I experience them sober. With that intention, I move through each day following my conscience and not building up expectations. Although I do not know what the Christmas season will bring, I do know sobriety will make it better. I am inspired by the Serenity Prayer: I can only change myself; the results are out of my hands. Today, I pray that I do not get caught up in big wishes and hopes, and that I do not get caught up in fear or nostalgia. In this way I can enjoy the good in the holidays, as they are. Happy holidays!



Tips for Sober Holidays

Especially for newly sober members and good advice for anyone feeling "slippery".

Compiled from local A.A. member suggestions

If you travel every Thanksgiving or Christmas to be with your parents or other family members, consider staying put.

Call in sick the day of the office party.

If you must go to a party, take someone sober with you. It's OK to leave early.

Before attending virtually *any* social event, re-read pages 101-103 of the Big Book. Never fails to remind and center you.

If going out of town, rent a car or get the number of the local cab company, wrap it in a \$20 bill. If things get out of hand, leave. You won't be missed anyway.

Meet **THE MEETING**

Say Hey Group

by Bree L.

Willie Mays, the “Say Hey Kid,” casts his shadow from the Giants’ ballpark toward this meeting that is located a block and a half away from his statue. Two senior residents at Mission Creek Housing called Central Office and asked about having a local meeting. Many people had moved to the area and there were no neighborhood meetings. Melanie L. stepped up to the plate and started the Tuesday Mission Creek Group on Berry Street. In the beginning Melanie said it was sparse. The speakers she lined up usually brought their own support group and they became the bulk of those attending. She also renamed it the Say Hey Group, early on, recognizing one of San Francisco’s favorite ballplayers.

That lone Tuesday meeting soon expanded to include a 6 PM Friday Big Book study. (They use only the large print books.) Recently, the group added a third meeting, on Monday at 6 PM, a *Twelve and Twelve* book study. Kurt C. proudly told Melanie, “Your babies were having another baby.” Monday, Tuesday and Friday are now known collectively as the Say Hey Group.

Kurt, who uses an electric chair, tells of taking public transportation to meetings across town and finding them inaccessible to the handicapped. “It was long, arduous and nerve-wracking,” he says, “taking the N Judah or the T and arriving to look at a bunch of stairs.” Many times he was forced to skip meetings. Today he travels down the street and easily takes the elevator to the second floor. Finding a wheelchair accessible meeting was so much of a problem that Kurt joined the IFB Access Committee. His goal now is to ferret out meetings with wheelchair access and see that they are properly listed in our meeting schedules.

Just in back of the building are the houseboat people, and Lee B. comes across the moat to attend. She talks of having to drive at least fifteen minutes to attend meetings in Bernal Heights before Say Hey but now enjoys a short walk. Lee says that not only has she found a local meeting but also a chance to meet some of her neighbors.

Many of those attending live locally, like George B. He tells of stopping his drinking when he discovered LSD, pharmaceuticals and sex. He says he was well into his disease when he finally came

into our rooms. George likes the fact that this is an open meeting and no one says he can’t attend because he doesn’t readily identify as an alcoholic. Everyone is welcome.

It’s important to note that this meeting is not just handy for locals but also for those who work in Mission Bay. Another plus is the easy evening hour of six PM when some might be heading home from work. It’s not impossible to consider taking in a Say Hey meeting while transportation juggling. Melanie, a Giants’ fan, suggested taking in a meeting before an evening game as the ballpark can be a shaky place, especially when your team is not up to expectations.

Say Hey Group meetings are at 6 PM, Monday, Tuesday and Friday at 225 Berry Street (Mission Creek Senior Community Center) on the 2nd floor. Street parking is available but tight. It is one block from the Caltrain Station and Muni, with easy access to the N Judah, the 3rd Street T and Muni bus routes #108, 47, 30, 12 and 10 lines. The 9X is a couple blocks away.



Stay as far away from your family of origin as possible. In lieu of that, staple your lips together so you can’t possibly drink!

Celebrate the holidays by attending "extra" A.A. meetings.

Stop off at your favorite coffee shop and arrive with your own coffee in hand, like going to a business meeting.

Avoid doing things that piss you off and create resentments: spending money you don't have, going to

parties you hate, etc. And when you do them anyway, write a resentments list and call your sponsor.

Look around for extra service to do— find someone with less sober time than you and strike up a conversation.

Bring food to an alcothon and stick around to clean up.



IFB meeting summary – October 2009

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

No Roll Call was available at the time of printing

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

The purpose of the Intercounty Fellowship of Alcoholics Anonymous is to carry on the movement of Alcoholics Anonymous (A.A.) in keeping with the intent and spirit of the Fellowship as exemplified in the books *Alcoholics Anonymous*, *Twelve Steps* and *Twelve Traditions*, and *Alcoholics Anonymous Comes of Age*.

The Intercounty Fellowship has been organized by, and is responsible to, the member groups of A.A. in San Francisco and Marin for the purpose of coordinating the services which individual groups cannot provide.

The monthly IFB meeting was held Wednesday October 7, 2009 at the First Unitarian Universalist Church in San Francisco. Next month's meeting will be Wednesday, November 4, 2009 at St. Andrew Presbyterian Church, 101 Donahue St., in Marin City.

IFB Reports:

Treasurers Report –
treasurer@aasf.org

Group contributions are \$13,661 under budget for the year to date. Please urge your groups to contribute what they can so that the budget does not become critical.

Central Office report:

COC is focusing on their 4 goals for

the year: strengthen the effectiveness of IFB committees, finish Central Office re-model, educate groups about self support, and to increase visibility and participation in Marin County. NOTE: Self support also means volunteering to help – please stress the value of volunteering. Anyone can participate on an IFB Committee. Call Central Office to volunteer. 415-674-1821 or see the calendar to find out when the committees meet.

Chairperson is needed for the Outreach committee. This committee will visit meetings, make sure the meetings are still active, that contact information is current and will stress service opportunities with the IFB.

Chairperson is also needed for the Fellowship committee – here's your chance to plan parties!

The IFB is hosting a gratitude party on November 7 from 5-8 PM for Central Office and IFB Committee volunteers

Please consider donating AA CD's to the Central Office CD lending library

Volunteers are needed for phone service. Call Peter during office hours. One year of sobriety required.

Committee Reports

12th Step Committee/Sunshine Club – the last workshop was a success! Signed up 12 new Sunshine club members. Thanks to all who announced the event and encouraged participation.

Access Committee – Has been assisting a deaf member in accessing an online AA-ASL Meetings. Workshops will be held every Friday 6-7 PM each Friday at Central Office from October

16, 2009 through April 9, 2010 to discuss AA in cyberspace and other technologies. All are welcome.

Archives Committee – meets the 3rd Sunday of each month at Central Office 2 PM.

The Point is always seeking reader input. Anything about AA – interesting meetings in SF or on the road, events, experiences and anything else. Let your groups know aspiring writers are always welcome to contribute. Contact thepoint@aasf.org.

Website Committee – continuing Website redesign project.

Other

The Marin Unity Day was a success – they had about 400 attendees. Thanks to all who helped and participated.

SF Unity Day will be November 14, 2009, 9:30 AM to 4:00 PM at the Urban Life Center. Celebrate AA Unity, “for on AA Unity depend our lives and the lives of those to come.” The day will have a panel discussion, a variety of service workshops, a lunch with a “Pie Pot Luck”, (bring your best pie to share!) and a speaker meeting. Flyers are available at www.aasf.org.

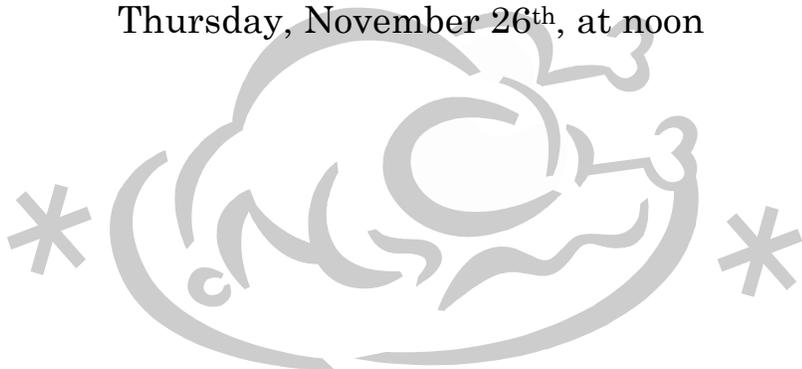
We need volunteers. Please get your groups to help us with this event. Call Maury at the Central Office to Volunteer.

STANDING REQUEST: Let your groups know about IFB membership opportunities- great service - 1 year sobriety recommended. There are many committees that need members. The IFB orientation precedes the monthly IFB meeting - 6 PM the first Wednesday of each month.



The Tiburon Haven Group is hosting its annual
Thanksgiving Feast & Meeting

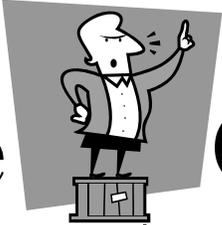
Thursday, November 26th, at noon



There will be a 2-speaker meeting followed by dinner.
The event features great food, great speakers, and fellowship.

**The event will be at the Strawberry Recreation Center,
(main auditorium) 118 East Strawberry Drive, Mill Valley**

Volunteers, or those who wish to bring food (much appreciated):
please respond to strawberrythanksgiving@gmail.com .
Donations from individuals or meetings may also contact Alex B.,
our coordinator at the above email address.



**Take Our
Inventory!**

**CNCA 2009 Fall Assembly
Saturday November 7, 2009 9-5pm**

**Santa Cruz Fairgrounds, Harvest Room
2601 E. Lake Ave. Watsonville CA.**

**An opportunity to discuss issues
related to Northern California A.A.
*For more Information: www.cnca06.org***

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

Brad P. 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

Robert S. fellowship@aasf.org

THE POINT

Mike M. 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. sfteleservice@aasf.org

aa group contributions

Fellowship	Aug 09	YTD
Artists & Writers F 630pm	\$ 952	
Brisbane Breakfast Bunch	\$ 212	
Contribution Box	\$ 160	\$ 609
Deer Park Discovery Group	\$ 23	
Gay & Lesbian Newcomers	\$ 22	
Gay Newcomers Group	\$ 13	
Harbor Lights Fellowship	\$ 25	
IFB	\$ 90	\$ 830
Men's Forum Tu	\$ 180	\$ 180
Novato Fellowship Events Committee	\$ 64	
Serenity House	\$ 150	\$1,200
SF General Service	\$ 300	
Total Fellowship	\$ 580	\$4,429

Marin	Aug 09	YTD
12 & 12 Study Sa 815am	\$ 272	\$ 272
Attitude Adjustment 7D 7am	\$ 90	\$1,710
Awakenings Sa 830am	\$ 56	
Awareness/Acceptance M 1030am	\$ 47	
Blackie's Pasture Sa 830pm	\$ 135	
Bounce Back M 6pm	\$ 400	
Candlelight Sun 830pm	\$ 35	\$ 223
Closed Women Step Study Tu 330pm	\$ 423	
Cover to Cover W 800pm	\$ 112	\$ 225
Creekside New Growth Sun 7pm	\$ 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	
Experience, Strength & Hope Sa 6pm	\$ 45	
Freedom Finders F 830pm	\$ 590	
Friday Night Book F 830pm	\$ 175	
Friday Night Gay Men's Stag 830pm	\$ 65	
Gratitude Tu 8pm	\$ 569	
Greenfield Newcomers Sun 7pm	\$ 282	
Happy Hour (Marin) Th 6pm	\$ 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	\$ 321	
Living in the Solution F 6pm	\$ 260	
Marin City Groups 5D 630pm	\$ 303	

Marin	Aug 09	YTD
Marin Newcomers M 830pm	\$ 677	
Men Only Stag Sa 6pm	\$ 26	
Mill Valley 7D 7am	\$1,550	
Mill Valley Discussion W 830pm	\$ 290	
Mill Valley Original Smokeless Th 8pm	\$ 50	\$ 50
Monday Blues M 630pm	\$ 437	
Monday Night Stag (Tiburon) 8pm	\$ 121	\$1,468
Monday Night Women's M 8pm	\$ 330	
Monday Nooners M 12pm	\$ 586	
Morning After Sa 10am	\$ 750	
Morning Attitude Adjustment MTuF 7am	\$ 50	
Nativity Monday Night Big Book M 8pm	\$ 100	\$ 200
Newcomers Step M 730pm	\$ 424	
Noon Discussion Th 12pm	\$ 500	
Noon Hope F 12pm	\$ 209	\$ 209
Noon Tu 12pm	\$ 110	
North Bay Discussion Group Su 8pm	\$ 100	
Novato Monday Stag M 8pm	\$ 62	
Primary Purpose W 830pm	\$ 65	
Quitting Time MWF 530pm	\$ 371	
Refugee Th 12pm	\$ 30	
Reveille 5D 7am	\$ 400	
Rise N Shine Sun 10am	\$ 266	
San Geronimo Valley BS F 8pm	\$ 103	
San Geronimo Valley M 8pm	\$ 124	
Sausalito 12 Step Study Group	\$ 269	
Serendipity Sa 11am	\$ 200	\$ 326
Sisters In Sobriety Th 730pm (M)	\$ 146	
Six O'Clock Step Th 6pm	\$ 59	
Six O'Clock Sunset Th 6pm	\$ 197	
Sober & Serene F 7pm	\$ 621	
Steps to Freedom M 730pm	\$ 201	
Steps To The Solution W 715pm	\$ 75	\$ 226
Sunday Express Sun 6pm	\$ 200	
Sunlight of the Spirit Th 7pm	\$ 50	
Survivors M 12pm	\$ 376	
T. G. I'm Sober M 6pm	\$ 85	
T.G.I.F. F 6pm	\$ 247	
Terra Linda Group Th 830pm	\$1,045	
The Barnyard Group Sa 4pm	\$ 335	
The Fearless Searchers F 8pm	\$ 176	
The Novato Group Disc. F 830pm	\$ 83	
Three Step Group Sa 530pm	\$ 150	
Thursday Night Book Club Th 7pm	\$ 17	

Marin	Aug 09	YTD
Tiburon Beginners & Closed Tu		\$ 1,080
Tiburon Haven Sun 12pm		\$ 150
Tiburon Women's Candlelight W 8pm	\$ 75	\$ 75
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		\$ 300
Women's Meeting Su 430pm		\$ 35
Working Dogs W 1205pm		\$ 343
Young People's BYOB Sat 7pm		\$ 239
Total Marin	\$1,338	\$27,333

San Francisco	Aug 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		\$ 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	\$ 121	\$ 313
A New Start F 830pm	\$ 488	\$ 749
A Vision for You (SF) Su 630pm		\$ 65
AA Step Study Su 6pm		\$ 121
Afro American Beginners Sat 8pm		\$ 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	\$ 21	\$ 511
Artists & Writers F 630pm		\$ 775
As Bill Sees It - Keep It Simple Tu		\$ 210
As Bill Sees It Th 830pm	\$ 84	\$ 226
As Bill Sees It Tu 1210pm		\$ 480
Be Still AA Su 12pm	\$ 56	\$ 750
Beginners Meeting (Old Sutter St) Sa		\$ 618

San Francisco	Aug 09	YTD	San Francisco	Aug 09	YTD	San Francisco	Aug 09	YTD
Beginner's Warmup W 6pm	\$ 60	\$ 60	Goodlands Su 2pm	\$ 150		Noon Smokeless M 12pm	\$ 23	
Bernal Big Book Sat 5pm	\$ 525		Haight Street Blues Tu 615pm	\$ 374		Noon Smokeless Th 12pm	\$ 168	
Bernal New Day 7D	\$ 264	\$1,733	Happy Hour F 630pm	\$ 62		Noon Smokeless W 12pm	\$ 60	
Big Book Basics F 8pm	\$ 236		Happy Hour Ladies Night F 530pm	\$ 164		One, Two, Three, Go! W 1pm	\$ 30	
Big Book Study Su 1130am	\$ 178	\$ 333	High Noon Friday 1215pm	\$ 313	\$1,382	Park Presidio M 830pm	\$ 98	
Blue Book Special Su 11am	\$ 113		High Noon Monday 1215pm	\$ 67	\$ 371	Parkside Th 830pm	\$ 85	\$ 414
Buena Vista Breakfast Su 12pm	\$ 254		High Noon Saturday 1215pm	\$ 357		Pax West M 12pm	\$1,190	
Came to Park Sat 7pm	\$ 564		High Noon Thursday 1215pm	\$ 446	\$ 818	Pax West Th 12pm	\$ 359	
Castro Discussion (Show Of Shows)	\$ 752		High Noon Tuesday 1215pm	\$ 472		Progress Not Perfection Tu 830pm	\$ 100	\$ 480
Castro Monday Big Book M 830pm	\$ 277		High Noon Wednesday 1215pm	\$ 647		Queers, Crackpots & Fallen Women	\$ 89	
Chips Ahoy Tu 12pm	\$ 6	\$ 6	High Sobriety M 8pm	\$ 238	\$ 238	Reality Farm Th 830pm	\$ 80	\$ 80
Cocoanuts Su 9am	\$ 132		Hilldwellers M 8pm	\$ 326		Rebound W 830pm	\$ 60	
Code Blue Big Book Study W 7pm	\$ 206		Home Group Sat 830pm	\$ 295		Relapse, Rebounds, Retreads...	\$ 60	
Cow Hollow Men's Group W 8pm	\$ 214		How Was Your Week? Sa 10am	\$ 159		Rigorous Honesty Th 1205pm	\$ 187	
Crossroads Sun 12pm	\$ 318		Huntington Square W 630pm	\$ 679		Room to Grow F 8pm	\$ 375	
Design for Living Sat 8am	\$ 549		Join the Tribe Tu 7pm	\$ 679		Rose Garden Big Book Th 1205pm	\$ 74	
Diamond Heights Tu 830pm	\$ 93		Joys of Recovery Tu 8pm	\$ 73		Saturday Afternoon Meditation Sat 5pm	\$ 285	
Doin' the Deal Sun 10pm	\$ 81		Keep Coming Back Sa 11am	\$1,244		Saturday Easy Does It Sa 12pm	\$ 126	
Each Day a New Beginning F 7am	\$ 827		Keep It Simple Sat 830pm	\$ 399		Saturday Night Regroup Sat 730pm	\$ 487	
Each Day a New Beginning M 7am	\$ 269		Light Steppers Su 7pm	\$ 180		Serenity Seekers M 730pm	\$1,053	
Each Day A New Beginning Su 8am	\$ 963		Like A Prayer Su 4pm	\$ 51		Shamrocks & Serenity M 730pm	\$ 400	
Each Day a New Beginning Th 7am	\$ 446		Lincoln Park Sat 830pm	\$ 163	\$ 163	Sinbar Su 830pm	\$ 194	
Each Day a New Beginning Tu 7am	\$ 599		Live and Let Live Su 8pm	\$ 217	\$ 217	Sisters Circle Su 6pm	\$ 188	\$ 435
Each Day a New Beginning W 7am	\$ 393		Living Sober W 8pm	\$ 189		Sobriety & Beyond W 7pm	\$ 45	
Early Birds Sa 6am	\$ 36		Living Sober with HIV W 6pm	\$ 364		Sometimes Slowly Sa 11am	\$ 234	
Early Start F 6pm	\$1,387		Luke's Group W 8pm	\$ 252		Sought to Improve Th 730pm	\$ 66	
Easy Does It Tu 6pm	\$ 120		Lush Lounge Sa 2pm	\$ 168		SFPOA Th 7pm	\$ 492	\$ 932
Embarcadero Group 5D 1210pm	\$ 220		Marina Discussion F 830pm	\$ 745		Speaker Discussion F 1pm	\$ 249	
Epiphany Group Th 8pm	\$ 144		Meeting Place Noon F 12pm	\$ 243		St. Francis Men's F 830pm	\$ 296	
Eureka Valley Topic M 6pm	\$ 806		Meeting Place Noon W 12pm	\$ 238		Step Talk Su 830am	\$ 931	
Excelsior Free for All Sa 8pm	\$ 88		Men's Gentle Touch M 7pm	\$ 36		Steppin' Up Tu 630pm	\$ 359	
Federal Speaker Su 12pm	\$ 412		Mid-Morning Support Su 1030am	\$ 659		Stepping Out Sat 6pm	\$ 174	
Firefighters & Friends Tu 10am	\$ 235		Midnight Meditation Sat 12am	\$ 40		Stepping Stone Step Study M 7pm	\$ 201	
Fireside Chat Group Th 8pm	\$ 232		Miracles (Way) Off 24th St W	\$ 48	\$ 48	Stonestown M 8pm	\$ 246	
First Step Speaker/ Disc.Th 730pm	\$ 57	\$ 57	Mission Creek Meeting	\$ 95		Straight Jackets Th 9am	\$ 23	
Franciscan Noon Discussion M 12pm	\$ 60		Mission Creek Meeting Tu 6pm	\$ 80		Sunday Bookworms Sun 730pm	\$ 266	
Friday All Groups F 830pm	\$2,891		Mission Terrace W 8pm	\$ 401		Sunday Morning Gay Men's Stag	\$ 826	
Friday at Five F 5pm	\$ 80		Monday Beginners M 8pm	\$1,053		Sunday Night 3rd Step Group 5pm	\$ 703	
Friday Lunchtime Step F 12pm	\$ 110	\$ 210	Monday Monday M 1215pm	\$ 283		Sunday Night Castro SD Su 8pm	\$ 913	
Friday Smokeless F 830pm	\$ 287	\$ 453	Moving Toward Serenity W 830pm	\$ 312		Sunday Rap Sun 8pm	\$ 240	
Friendly Circle Beginners Su 715pm	\$ 123		New Hope Big Book M 630pm	\$ 78		Sunday Silence Su 730pm	\$ 60	\$ 60
Girls Night Out W 815pm	\$ 97		New Life W 7pm	\$ 321		Sundown W 7pm	\$ 204	
Gold Mine Group M 8pm	\$ 322		No Reservation M 12pm	\$ 793		Sunset 11'ers Sa	\$ 200	
Golden Gate Seniors Tu 130pm	\$ 68		Noon Smokeless F 12pm	\$ 365				

continued on p. 19

profit and loss statement: august 2009

	Aug 09	Budget	YTD	Budget		Aug 09	Budget	YTD	Budget
Ordinary Income/Expense					Postage				
Income					Non-Bulk Postage	0	0	84	0
Contributions from Groups					Bulk Mail	200	210	600	787
Group Contributions	7482	15917	97910	112752	Postage - Other	44		50	
Honors	0	0	207	0	Total Postage	\$244	\$210	\$734	\$787
Contributions from Groups - Other	0		766		ASL Expense	0		0	
Total Contributions from Groups	\$7,482	\$15,917	\$98,883	\$112,752	Rent - Office	4320	4283	34563	34264
Contributions from Individuals					Rent - Other	75	0	525	375
Individual - Unrestricted	25	36	3965	3431	Access Expenses	0	413	650	2927
Faithful Fiver	1050	703	6791	4139	IFB Literature				
Honorary Contributions	73	100	1916	3168	Sunshine Club	0	200	25	200
Total Individual Contributions	\$1,148	\$839	\$12,672	\$10,738	IFB Literature - Other	0	0	0	0
Gratitude Month					Total IFB Literature	\$0	\$200	\$25	\$200
Gratitude Month - Groups	0	0	3949	3741	PI/CPC	0	0	218	0
Gratitude Month - Individual	0	0	0	699	Filing/Fees	0	0	94	0
Total Gratitude Month	\$0	\$0	\$3,949	\$4,440	Insurance	0	0	16	939
Sales - Bookstore	8878	9146	71032	73406	Internet Expense	55	109	493	633
Newsletter Subscript.	11	172	346	772	Office Supplies	168	143	1523	2306
Total Income	\$17,519	\$26,074	\$186,882	\$202,108	Paper Purchased	243	0	2060	320
Cost of Goods Sold					Software Purchased	349	2800	349	2800
Cost of Books Sold - Shipping	42		199		Shipping	58	140	195	387
Cost of Books Sold	5527	6493	48817	52115	Printing	0	0	864	0
Credit Card Processing Fees	0	201	1596	1596	Equipment Lease	1546	2021	2061	5816
Total COGS	\$5,569	\$6,694	\$50,612	\$53,711	Repair & Maintenance	254	190	2307	2460
Gross Profit	\$11,950	\$19,380	\$136,270	\$148,397	Security System	0	35	254	398
Expense					Special Events	0	0	0	0
Construction Expense	0	0	734	0	Payroll Expenses	5		25	
IFB Sponsored Events	186	75	1211	1054	Telephone	236	425	1911	3170
Unreconciled Bank Adj	0	0	0	0	Phone Book Listings	84	101	504	814
Budget Contingency	0	262	0	2096	Utilities	0	0	0	0
Special Events Expense	0	0	0	0	Travel	450	550	475	550
Reconciliation Discrepancies	0	0	0	0	Training	0	0	20	0
Employee Expenses					Bad Checks	0	0	12	199
Wages & Salaries	8834	8863	72745	70911	Miscellaneous Expense	0	0	76	0
Employer Tax Expenses	720	778	6793	6224	Total Expense	\$19,266	\$22,906	\$141,284	\$152,679
Health Benefits	1184	1308	9472	9326	Net Ordinary Income	-\$7,316	-\$3,526	-\$5,015	-\$4,282
Retirement/Annuity Expense	0	0	0	0	Other Income/Expense				
Workers Comp Ins.	0	0	0	0	Other Income	0	0	0	0
Total Employee Expenses	\$10,738	\$10,949	\$89,010	\$86,461	Interest Income	3983	3843	4500	4042
Professional Fees					Total Other Income	\$3,983	\$3,843	\$4,500	\$4,042
Accounting	0	0	0	2339	Other Expense				
Computer Consulting	0	0	113	1334	Depreciation Expense	0	0	0	455
Legal Fees	0	0	0	0	Amortization Expense	0	0	0	945
Outside Services	0	0	0	0	Total Other Expense	\$0	\$0	\$0	\$1,400
Total Professional Fees	\$0	\$0	\$113	\$3,673	Net Other Income	\$3,983	\$3,843	\$4,500	\$2,642
Bank Charges					Net Income	-\$3,333	\$317	-\$515	-\$1,640
Credit Card Processing Fees	255		255						
Bank Charges - Other	0	0	7	50					
Total Bank Charges	\$255	\$0	\$262	\$50					

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contributions, con't

San Francisco	Aug 09	YTD
Sunset 11'ers Su	\$ 35	
Sunset 9'ers F	\$ 186	
Sunset 9'ers M	\$ 60	\$ 258
Sunset 9'ers Sa	\$ 302	
Sunset 9'ers Su	\$ 312	
Sunset 9'ers Th	\$ 54	\$ 129
Sunset 9'ers W	\$ 115	
Sunset Reflections Th 1pm	\$ 60	\$ 60
Sunset Speaker Step Sun 730pm	\$ 380	
Surf Tu 8pm	\$ 72	
Sutter Street Beginners Sat 6pm	\$ 318	
Ten Years After Su 6pm	\$ 257	
The Drive Thru W 1215pm	\$ 901	
The Parent Trap 2 Wed. 430pm	\$ 44	
The Parent Trap M 1230pm	\$ 223	
The Pepper Group F 12pm	\$ 60	
They Don't Know Who We Are Sat 7pm	\$ 30	
They Stopped In Time M 8pm	\$ 463	
Thursday Morning Men's BB Study Th 6am	\$ 181	
Thursday Night Women's Th 630pm	\$ 285	
Too Early Sat 8am	\$ 225	\$ 1,711
Trudgers Discussion Su 7pm	\$ 180	
Tuesday Big Book Study Tu 6pm	\$ 60	
Tuesday Downtown Tu 8pm	\$ 285	\$ 568
Tuesday Men's Pax Tu 12pm	\$ 271	
Tuesday's Daily Reflections Tu 7am	\$ 26	
Twelve Steps to Happiness F 730pm	\$ 120	
Valencia Smokefree F 6pm	\$ 355	
Walk of Shame W 8pm	\$ 91	\$ 175
Waterfront Sun 8pm	\$ 154	\$ 259
We Care Tu 12pm	\$ 353	
Wednesday Noon Steps W 12pm	\$ 45	\$ 45
West Portal W 830pm	\$ 140	
West Portal W 8pm	\$ 222	
Wharfrats Th 815pm	\$ 380	
Wits End Step Study Tu 8pm	\$ 85	
Women Living Sober Sa 10am	\$ 120	
Women Who Drank Too Much Tu 615pm	\$ 13	
Women's 10 Years Plus Th 615pm	\$ 465	
Women's Kitchen Table Group Tu 630pm	\$ 684	
Women's Meeting There is a Solution W 6pm	\$ 146	
Women's Promises F 7pm	\$ 342	
Work In Progress Sat 7pm	\$ 363	\$ 1,035
Total San Francisco	\$5,563	\$67,121
Total Contributions	\$7,482	\$98,883

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