

the Point

2009 **12**
DECEMBER

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

from Chapter Five of the book, Alcoholics Anonymous

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous
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Tis the Season...



Practicing the Program during the Holidays

- 6** Home for the Holidays
- 7** Christmas + Family =
GOD HELP ME!!!
- 9** The Gifts of Sobriety
- 10** Beware the Relapse Grinch
- 11** Sunrise Over San Juan Bautista
- 12** Do the Next Right Thing
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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.

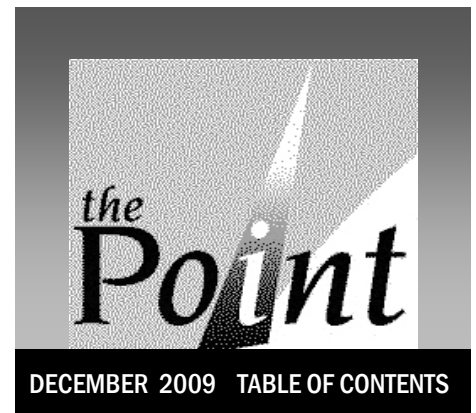
DECEMBER 2009

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

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.



THURSDAY	FRIDAY	SATURDAY
3	4 A.A. in Cyberspace Workshop, Central Office, 6pm	5
10	11 A.A. in Cyberspace Workshop, Central Office, 6pm	12
17 <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	18 A.A. in Cyberspace Workshop, Central Office, 6pm	19 Special Day this month, due to Holidays General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm
24	25 Happy Holidays! Central Office Closed	26
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“Our Twelfth Step - carrying the message - is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence.”

Bill W., *The A.A. Service Manual*, pg. S1



Meeting Changes

New Meetings:

Mon	7:00pm	Civic Center	O.A.D.W., 261 Fell St./Gough St. , 4058 (SD, WO, Men are welcome on the 4th Monday)
Wed	6:30pm	Castro	LADIES NIGHT CASTRO, Castro Country Club, 4058 18th St./Hartford. (SD, WO)
Wed	9:00pm	Western Addition	RAISING THE BOTTOM, 2159 Golden Gate Ave./Masonic (SD, YP)
Fri	8:30am	Castro	WILLING & ABLE, Castro Country Club, 4058 18th St./Hartford. (BK, CH, DI)

Meeting Changes:

Tue	8:00pm	Castro	FIRESIDE CHAT GROUP, 100 Diamond St. (add ASL)
Wed	6:00pm	Novato	WEDNESDAY SUNDOWNERS, Church, 6965 Redwood Blvd./Landing Ct. (was 710 Wilson)

No Longer Meeting:

Tue	12:10pm	Financial	EMBARCADERO REFLECTIONS, Outside, Howard St./Spear St.
Wed	6:15pm	Outer Sunset	WEDNESDAY WOMEN'S BIG BOOK, 1750 29th Ave./Noriega St.
Thu	12:10pm	Financial	EMBARCADERO BIG BOOK, Outside, Howard St./Spear St.

*Western Roundup Living Sober
presents*

NEW YEAR'S EVE & RECOVERY CELEBRATION

MEETING: 6pm-7pm
DANCE: 7:30pm-12:30am

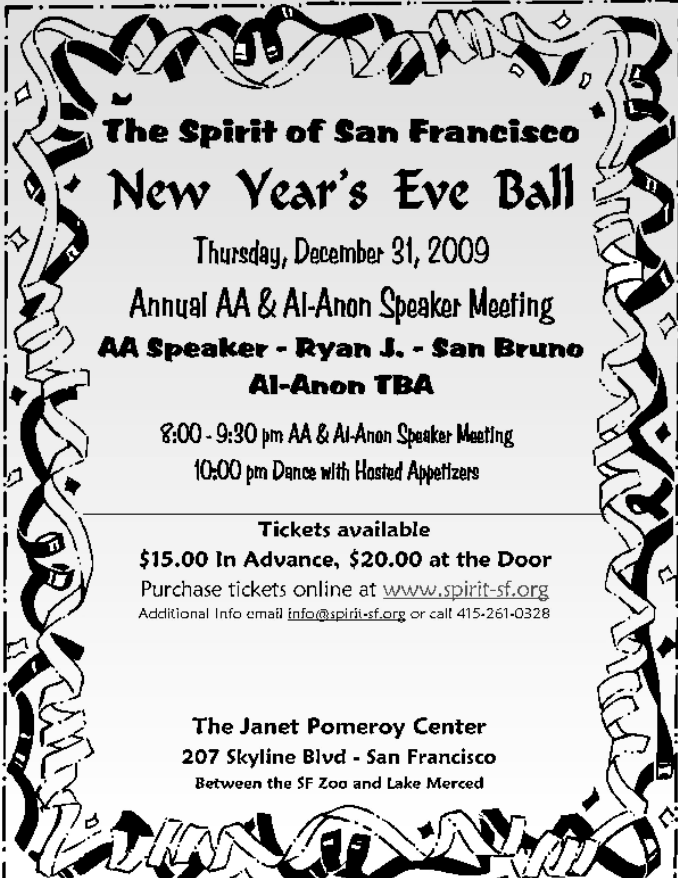
Thursday, 12/31/2009
Harvey Milk Civil Rights Academy
4235 19th Street, SF CA 94114

\$15 Suggested Donation

www.livingsober.org ∞ 415-978-2478

fundraising@livingsober.org

To arrange ASL or special needs, please contact
Living Sober directly at least 72 hours in advance
Proceeds benefit the 2010 Western Roundup Living
Sober conference ∞ July 2 – 4, 2010
@ Grand Hyatt Union Square



The Spirit of San Francisco
New Year's Eve Ball
Thursday, December 31, 2009
Annual AA & Al-Anon Speaker Meeting
AA Speaker - Ryan J. - San Bruno
Al-Anon TBA
8:00 - 9:30 pm AA & Al-Anon Speaker Meeting
10:00 pm Dance with Hosted Appetizers

Tickets available
\$15.00 In Advance, \$20.00 at the Door
Purchase tickets online at www.spirit-sf.org
Additional Info email info@spirit-sf.org or call 415-261-0328

The Janet Pomeroy Center
207 Skyline Blvd - San Francisco
Between the SF Zoo and Lake Merced

From the Editor



The Echo Chamber?

It's that special time of year, filled with celebration, mined with booby-traps and darkened by the planet's oscillation. Now, we *know* we can't do anything about the short days and long nights, so why do we think we can do anything about all the other trappings of the holiday season? All we can do is manage our own reactions, paradoxically by accepting the stuff that roils around at this time of year. And one way to do that is to look for the humor in it all; if you can find something to smile or chuckle at, preferably including yourself, then you are righting the keel of your little boat. This month we've brought you some funny items that we hope will help and which we trust you'll enjoy. If you do, please write to us and tell us you smiled; even write us and tell us you didn't get the jokes, because we need to hear from you!

Sometimes here at *The Point*, we feel like we're in an echo chamber. All we hear are our own voices, wondering, predicting, guessing, speculating, spinning out what you, our readership, might like to read. We wonder if what

we're doing has any effect out there. So, like the prudent business on page 64 of the Big Book, we took an inventory, "a fact-finding and fact-facing process." And we were, frankly, shocked at what we found out: it takes approximately 120 hours (most of it, volunteers) to get out one issue. That's a lot more than we thought and represents significant human resources, on top of the budgetary resources that the paper, printing, and postage require. Are we wasting all these resources on something that no one finds useful?

The purpose of our humble publication is to keep our local A.A. accountable by providing the membership with a report of IFB activities, finances, and group contributions. The articles that surround this core information help make the "medicine go down" while offering shared experience, strength and hope. When we get letters like the two we're publishing this month, it makes it all worthwhile. So go ahead! Make my day!

Write to *The Point*; email us today: thepoint@aasf.org.



EDITORIAL POLICY

The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

(This is a summary of the editorial policy of *The Point*. For the full policy, please go to www.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 P.	Michael Z.
Dennis & Lucy O.	Mitsi H.
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Donald Ray N.	Paul M.
Doug C.	Peg L.
Esther R.	Pene P.
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James W.	Ron H.
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Joanne K.	Sheila H.
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John G.	Steve A.
John M.	Steve F.
John V.	Stu S.
Judy W.	Sylvia D.
Karen K.	Tim M.
Kathleen C.	Tom M.
Kathryn 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!

Home for the Holidays


How “Home” Became “Home Group”

by Jamie M.

One Christmas, I was visiting my parents. I have never lived in their neighborhood, suburban Pittsburgh. They moved there after I'd left home, so I didn't know anyone outside of family. We did go to their church on Christmas Day, a small place out in what looked like the country to me, coming from San Francisco. On the way out, I had to go to the bathroom and ended up running into a small group of people in—you guessed it—the basement. It was the local A.A. meeting. I took a moment to check in with them and they gave me a 24-hour chip with a picture of a coffee pot on it! Talking about my family is for a sister program to A.A., so I won't go into it, but that few minutes of seeing

and being around program people made the whole day go better for me.

My home group in San Francisco, the Hildwellers Big Book study, meets in the Potrero Hill Neighborhood House, a beautiful old building that has a fireplace in the lobby. One year our meeting day fell on Christmas Eve. When we got there, a fire was burning in the fireplace, there were a few big overstuffed chairs drawn up to it, and there were only about four of us. We sat around the fire. It's been a while since that meeting, so I can't tell you if we read the book that night or had a little gratitude session, or what. I just remember how good it felt.

When I was drinking, I'll be honest with you—Christmas was not a good time of year for me. Since getting sober, not all of my Christmases have been the source of fond memories, but the best ones have come from either being in a meeting with program people, or from practicing the principles. Hitting meetings is one thing I look forward to during the holidays now, not because the rest of my life is bad—I have two children who love me beyond anything I could imagine, and a wife who's also beyond my wildest dreams. To be away from them is to give something up as well, but the spiritual rewards of the program are so great that I always want to get a bit of that in as part of my holidays. 

Twass the Night I Stopped Drinking

To be read aloud before bedtime on Christmas Eve.

by Anne Alcoholic

*'Twass the night I stopped drinking
and all through the house,*

*Not a drunkard was stirring,
not even a souse.*

*The empties were piled by
the recycling bin.*

*I completely regretted the
state I was in.*

*I looked at the ceiling and
cried in despair,*

*“I need some help!
Is anyone there?”*

*And that's all it took.
That's all that was needed.*

*My first spiritual awakening
was completed.*

*I had a strange feeling,
as if I had heard*

*A voice saying, “Yes!”
What a wonderful word!*

*Yes, I could be free from
bondage and fear*

*From lying and cheating
and those gallons of beer.*

*Yes, I could walk in the
sunshine of the spirit*

*If only I follow that Voice
when I hear it.*

*Yes, I could get and
stay sober at last.*

*Alcohol and fear were
a thing of the past.*

*But alcohol-ISM is with
me forever.*

*No final cure,
but I am getting better.*

*A daily reprieve is all
I've been granted.*

*By my loving HP, my prayers
have been answered.*

*And I hear them exclaim at each
meeting, each day,*

*“Keep coming back! Better yet,
don't go away!”*

Christmas+Family= GOD HELP ME!!!

by Santa C.

Well, well, another Christmas season is upon us, and this means only one thing—family. AAARRRRGGGHHH!

I think I would rather enjoy a colonoscopy. Don't get me wrong, I love my family—from far away. It seems like on an individual basis I get along well, but the group can be quite painful. For many years I lived on the east coast, giving me a good excuse to miss out on family gatherings. This worked out well, but now that I have moved back home to help care for Mom, it's as if I jumped right in the middle of the fire and, damn, it's hot!

The other issue is that Mom's birthday is a couple of days before Christmas. She made a big deal on her 80th and 85th birthdays by taking the whole clan on a cruise to celebrate. I was fortunately unable to attend these two events. The stories in the aftermath left me grateful that I missed out. It sounded like someone led a troupe of wild banshees out of the forest onto a cruise ship. I have a year until her 90th birthday comes up, so we'll see what happens.

My problem is that the Catholic guilt arises because I would like to be there for Mom's sake. I'm guessing that this will be her last trip of its kind and I'm sure I'll attend. The price could be high, but I will tough it out. Fortunately, I have a sister who is now in recovery. We get along well and I'm sure we'll spend much time together.

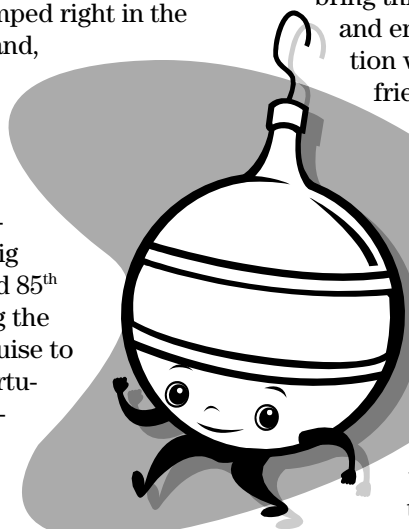
We will make meetings happen and be there for each other. I am also confident that God will be there as well. We'll need all the help we can get!

The hardest part about this type of gathering for me is to try and not act out in the fashion that is conducive to the family unit. Somehow they seem to bring out the old Santa, the one who was especially crazy in the company of family. It really is a test of my sober roots. I'm sure, prior to embarking on this voyage, my sponsor will be worn out and glad to see me go! I will

bring this topic up at meetings and engage in much conversation with sponsees, A.A. friends and anyone else who will listen. I have found that if I wear out a topic, it seems to take away the power it holds over me. I'm confident that if I stay deep in prayer and meditation and remember that it's attraction rather than promotion, then

things may turn out to be quite pleasant. Oh, *wait* a minute. Who am I trying to kid here? These guys are crazy. I'll just go through it and come crying back to the rooms by way of the nut house.

Anyway, you guys all have a great holiday. My suggestion for staying sober through the holidays: stay away from your family. If you can't, remember The Senility Prayer: God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference!



Due to the downturn in the economy, Alcoholics Anonymous will no longer be dues and membership free as has been the case for almost 75 years. Like many businesses, A.A. will now be charging for some things that used to be free, such as:

Being rocketed into the Fourth Dimension:
\$49.99 per trip, fuel surcharge applies, extra baggage *not* included. Fifth Dimension trips optional. See your sponsor for details.

Sponsorship:
was free, now \$9.99 per month, with four visits/20 phone calls per month, after that, \$2 each.

Membership dues:
now \$29.99/month, 10% discount for a 1-year plan.

Seating charges:
Each seat now \$1.00 per meeting, with a 20% discount for the 90-in-90 plan.

Pink cloud was free,
now \$14.99 per cloud, with a \$5 per event environmental cleanup fee. These are the *new* greenhouse gas-free pink clouds that do *not* add to global warming.

Coffee now \$1.50 per cup, with a 10% discount for 5 or more cups.

Hugs will be \$2.50 each.

"Conscious contact with God" now \$9.99/month, with the first 450 minutes free, then 10 cents/minute fee over. New "double your minutes for life" plan is a low \$49.99 one-time charge. Holidays and weekends extra, see rate schedule, as God is *very* busy.

Accidental cell phone going off charge:
now set at \$25 per episode.

"I've been thinking" Fees: \$3 each, with a relapse reentry fee of only \$99.99 each, if you're lucky enough to make it back.

Publication of A.A. birthdays in *The Point*:
fees will be \$5 per 5 years of sobriety. \$5.00 for 1 to 5 years, \$10 for 5 to 10 years, etc.



STEP XII

What's the Secret?

My younger sister 12th-stepped me, back in 1986. Forgetting attraction rather than promotion, her message was clear, "If you don't get sober, you're going to die!" I finally ad-

mitted I might have a tiny problem, but in my first five years of sobriety I went to one meeting a week because I didn't want to catch the full-blown disease of alcoholism. You people were contagious and if I spent too much time with you I might catch it. Well I finally got it, and started going to more meetings and discovered that getting this disease is the only way to vaccinate myself against it. With 23 years in the program, now I go to four or five meetings a week. When I started going to more meetings, I began to pick up sponsees, and meeting with these women and working the steps with them has helped me stay sober. We go to meetings together; we do step work in coffeehouses. I swear half the coffeehouses in San Francisco would go out of business if it weren't for A.A.!

What's the secret to long-term recovery? Don't drink and don't die! Over the years, A.A. has been there for me in every phase of my life. When my twin daughters graduated from college and then moved together to Argentina, and my nest was suddenly empty, there were my sponsees to fill it up again. I even go to their kids' piano recitals and birthday parties! When my mother was dying, my sisters, includ-

"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

By Kathleen C.

ing the one who first 12th-stepped me, came up from Southern California, and we were spending days at a time with our Mom in the ICU. When we needed a break, we looked around for a meeting. We were driving on a street near the hospital and there, on the side of a building, in letters three feet high, was the name Sonoma County Alano Club. We went to a meeting there, and received the prayers and comforting words of the members, people we had never met, who were happy to hear from us and share with us.

Now that I may be facing possible retirement, whether I like it or not, I can take some comfort from the fact that A.A. offers me an opportunity to be useful. I usually drank and used alone. I was the housewife who drank at home, like one of the stories in the Big Book. When I retire, instead of sitting home, wondering what I am going to do when work isn't getting me out the door in the morning, I can be one of the people who answers phones at Central Office: "You need a meeting in twenty minutes? Here, let me look that up for you." "You're in a hotel room in the Tenderloin and you can't stop drinking? Hold on, we'll send someone over."

Everybody needs someone to love, something to do, and something to look forward to. The 12th Step of the program of Alcoholics Anonymous has given me that.



Letter to the Editor

Thanks to Mark S. for the article he wrote in the October issue: *"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."*

I have been living in fear, and this is the part I find absurd, about what to wear for Halloween. I am 58 years old, and don't go in for this "kid's stuff," telling myself, "I am too old for that kind of foolishness," in the voice of my mother, mind you. I was asked to speak at an A.A. event, a Halloween costume contest meeting. "At my age!" "I will not do it." "I can't do it." "It isn't right." "What will people think (of me)?" I picked out a costume and am praying for the courage to wear it. To find an article in *The Point* addressing such a silly fear, and from a spiritual perspective, was a God sent gift.

Thank you,

Ted R.

Dear Point Committee

Thank you for the "fear" issue from October. I now live in Portland, OR, although I got sober in San Francisco 19 years ago (1010 Valencia was my haunt) and really enjoy keeping up with what's going on there via *The Point*. Every month I look forward to sitting down in my armchair and reading it, cover to cover, but this month was especially interesting. Kudos!

Carole K.



The Gifts of Sobriety

Sobriety was the Gift of a Greater Power

By A Local Sot

One of the most puzzling things I heard when first coming to A.A. was “Don’t let the gifts of sobriety get in the way of your sobriety.” This somewhat paradoxical saying kept me wondering about what the gifts of sobriety were, and why they were called gifts to begin with. After all, I had clawed my way to an increasingly painful abstinence and couldn’t for the life of me see what all this talk about gifts and gratitude had to do with anything!

But then I started to work the steps. From the first moment of real surrender (the admission of powerlessness and unmanageability), it started to become clear that whatever reprieve I was finding, I didn’t have much to do with it. The most I was bringing to the process was a little willingness and even that was sparse. It was pretty clear: I was powerless, and of myself I



could do nothing in the face of over 20 years of alcohol and drug addiction. That had been proved over and over again.

“Well”, I says to myself, “you’re a pretty smart fellow. Let’s figure this one out. If not me, who or what?” Like a flash of lightning in a summer cloud, Steps Two and Three came to the rescue!

A power greater than myself!

Yes! Sobriety was the gift of a power greater than me. For the first time in my life, the weight of the universe was lifted from my shoulders. All I needed was the willingness to receive and I would have this gift!

But wait! How can I possibly keep it? I kept being told that the way to keep the gifts of sobriety from getting in the way of my sobriety was to keep sobriety first. Instead of clinging to power, property and prestige, I give up this attachment and put myself in the service of a power greater than myself. Of course, no one ever promised that the powerlessness and unmanageability would ever really go away. I am still human. What was promised though, was that I *would find that God is doing for me what I could not do for myself*, like stay sober, one day at a time. Now *that* is a gift!

TP



Tips for Sober Holidays

BY MIKE M.

If your family drinks and/or makes you crazy enough to want to drink yourself, have the courage to decline their big party. Instead, treat yourself and a friend to a special meal out. Make reservations at a restaurant within your budget and maybe see some theatre or a movie before or afterward. Attend one of the many holiday music events throughout the Bay Area, which can be a very cheap ticket.

If you can afford it, maybe plan a short vacation out of town (which might be the excuse you need to avoid the family gathering). Take the train to Reno or find an airline special to get you out of town and out of your rut. If you have no money, plan a hike with someone, or visit the beach even if it’s raining, and pack a lunch for your adventure, or visit a museum.

Pray for the courage to live your convictions – if you profess that Christmas is only for kids, or it’s an oppressive religious and/or commercial observance, then take that to heart. Realize you are old enough to back away from the hoopla and ignore all the media manipulation and other pressure to participate. Then back that up by following some of the tips suggested here or by others. Find other scrooges and create your own ritual! This program is about a new way of living.

Oh, hey, and here’s a less selfish thought. Get out of yourself and your self-pity by being of service! Volunteer to cook or serve a meal at a church or shelter. Participate in a food or toy round-up and help distribute it. Plan a meeting marathon of your own and see how many meetings you can visit on a holiday.

Beware the Relapse Grinch

Flying and Other Dangerous Holiday Activities

by Ted M.

As the holidays draw nearer, a lot of us who live away from our family are already making plans to go home for the holidays, especially by air. For those who planned ahead, who have tickets in hand, being home for the holidays will be a reality. Those just now making flying arrangements will be in for a big disappointment. A lot of the holiday flights were booked months in advance on the major airlines. Remaining seats are on connector flights with long layovers.

Having personally experienced this scenario, I can think of three instances where the temptation to drink was strong during a journey. 1) You spend a lot of time at the airport bar during a layover and drink the time away. 2) While on the flight, the flight attendant will offer you a choice of beverages: coffee, tea or alcohol? Because you're in a holiday mood, naturally you order the cocktail or your alcohol of choice. 3) When you sit next to someone on the

*"All my bags are packed,
I'm ready to go ... Leaving on a
jet plane, don't know when
I'll be back again."*

by Peter, Paul & Mary

flight who orders a drink, you, too, order one just to be congenial. All three instances will cause a recovering alcoholic to relapse just because he or she wanted to be home for the holidays. As Linda, a relapse prevention group member who suggested this story said, "Maybe I'll just stay home for the holidays and not fly" for the sake of her recovery program.

The holidays, in general, induce alcoholics to drink, even recovering alcoholics. The frenetic shopping, the over-extended spending on credit cards, the selection of gifts for family members and planning family reunions, all contribute to holiday stress. Even the simple act of getting together with family members and loved ones will

tempt the alcoholic to drink, especially with those family members who love to drink, and not just on holidays. This is especially true when family members have not seen one another for long periods of time. We can fairly assume that a family member who used to imbibe will be offered a drink at these reunions.

On the other side of the spectrum, recovering alcoholics alone may find it hard not to drink during the holidays if they have unresolved family problems that cause resentment and deep-seated anger towards family members. This is especially true with alcoholics who isolate during the holidays and drank to drown their misery, to ease the pain of those memories.

No matter how you choose to spend the holidays, we recovering alcoholics must be wary of situations that tempt us to drink and be ever mindful that celebrating the holidays can have consequences, good or bad. If you must fly, stay grounded in your program of recovery to truly enjoy the holidays.

TP



Tips for Sober Holidays

BY PATRICIA P.

1. I do not attend events where alcohol will be a focus.
2. If I am at an event and find that I am not comfortable, I leave.
3. I take my beverage of choice (ginger ale) to events I attend.
4. I don't serve alcohol at my home.
5. I celebrate the holidays by attending "extra" A.A. meetings.
6. Each day I ask my HP to help me stay sober.
7. Each day I affirm that I do not want to drink that day.
8. Early on in A.A. I heard the phrase, "Drinking is not an option." Since it is not an option, I do not need to consider the possibility when selecting a beverage. Saves time!
9. I keep tabs on my anxiety level, my desire for perfection, and my need for approval and make adjustments throughout the day. "Easy does it" makes the holidays more festive.
10. I increase the number of calls I make to A.A.s on my list of phone numbers.
11. I frequently remind myself what my priority is—sobriety—and make sure that is the direction that I am going in.

Sunrise Over San Juan Bautista

Men's A.A. Spiritual Retreat

by Chris D.

I was wondering just how many of you actually know where San Juan Bautista is? Better yet, have you ever been there? Well, let me tell you, it's a town smaller than most any podunk you've ever been to. It's nestled in the rolling hills just south of the wonderful hamlet of Gilroy. If it weren't for the beautiful old mission, I doubt that SJB would be on any map. Slightly above the valley floor in the southern hills rests the St. Francis Retreat Center, where I spent the weekend of October 2 through 4.

I was fortunate to be at the men's annual spiritual (A.A.) weekend. The first and only other time I attended this event was about 19 years ago, in very early sobriety. I had forgotten what an awesome experience it was and I'm sorry that I missed out on so many years of the camaraderie. There were men at this retreat that had been there for more than 30 consecutive years and today I understand why. This year, of the 110 guys who attended, some came from as far away as South Carolina. Past attendees had hailed from Europe and Australia, which

*"for the first time in a
very long time, I felt like
a newcomer again"*

also made sense to me. In the future, I know where I'll be on the first weekend in October.

I got to share time with two of my best, lifelong friends (yes, we did a lot of drinking together too!). Although I have been to a few weekends like this, for some reason I was lifted spiritually in a special way here. The sessions throughout Friday evening and all day Saturday left me in tears most of Saturday night. I must have been ready. God hovered on that pink cloud, just overhead, throughout the entire weekend. The events in my last year and a half left me in far more fear than I could have ever realized on my own. By Saturday night, through working a Fourth Step, I was exposed to myself and to a few others. As a group of over 100 men, we ceremonially burned our paperwork. I promptly grabbed my old friend Jesse, held him tightly for a long time and told him how scared I really was. The tears started to flow and for the

first time in a very long time, I felt like a newcomer again. Today I know there is more work to be done.

The highlight of the weekend came Saturday morning. The talk Friday night was about getting up early to watch the sunrise out at "The Point." I figured I did not want to miss it, so I was up and out early. There were six or seven others there and I grabbed my seat and faced east. The silence was beautiful. About twenty minutes later God turned the light on; it was *awesome!* I thought it was too bad so many guys missed out. But as I got up in silence and turned to walk back, I was amazed ... there were about 50 other guys lined up along the ridge witnessing what I had just seen. I couldn't believe it, not only were they there but I had been unaware of their arrival.

The love, respect and understanding of this group of men was inspiring for me. If you want to have the time of your sober life, don't miss out on the sunrise over San Juan Bautista!

TP

The Gift of a Big Book in Beijing

by Michael W.

The holiday season is an opportunity for gratitude. For the past several holiday seasons, I have had the opportunity to spend them in China, then getting home on Christmas Eve. The A.A. abroad community in countries where the holidays aren't traditionally celebrated, like China, typically participates in a lot of H&I. Recently, the Chinese enjoy decorating hotels and retail malls with Christmas decorations, and there is a new movement that aligns to the overall holiday spirit of peace, giving, and being of

service, like in the U.S. I have been involved with distribution of Mandarin translation Big Books from the U.S. Embassy in Beijing. Moreover, many Chinese alcoholics cannot afford the price of a Big Book, which equates to around 100 to 200 yuan, or \$15.00. So we started a "donate a Big Book" tradition at many meetings in Beijing. I am grateful for A.A. around the world and the holiday season, no matter what your religion or non-religion may be. It is the time to help humanity.



Do the Next Right Thing

Getting Through the Holidays

by Suzan C.

It seems like the winter holidays have always been the most challenging for me. Maybe because it's dark when I leave for work and when I return home. Maybe it's because I eat all of my child's Halloween candy when he's not looking and keep on feasting until Valentine's Day when I suddenly look in the mirror with great surprise. I don't seem to have any problem with Memorial Day, the Fourth of July or Labor Day. So "holidays" are not the problem. Only the cold, dark, sugar-laden, relative-infested, credit card-crushing, Hallmark happiness, Frosty the Snowman (piped into every mall speaker) ones.

I've been around the program long enough that I know what I'm supposed to do. Let's start with a spirit of service. But I can put money in kettles, help cats find homes and stack chairs at meetings, while remaining completely self-absorbed throughout the process. I'm a multi-tasker.

I need a special holiday Serenity Prayer or a special A.A. Christmas jingle. I need to say these in my head from October until March. "God, grant me the frugality to stick to my



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budget, the discipline to shun the chocolate tower in the office kitchen, and the 5 seconds necessary to pause before I snap at [fill in name of relative or co-worker]. "Let us sing, "I wish me a lot of patience, I wish me a lot of patience, I wish me a lot of patience and a good attitude."

When all else fails, I turn to the old reliable. "Do the next right thing"

is just about the best thing I ever learned in A.A. It works for pretty much all winter holiday dilemmas, as well as moments of indecision in spring, summer and fall. When I am feeling agitated (hungry, angry, lonely, tired, frustrated, discouraged) I am generally inclined to do the next *wrong* thing. It's pretty easy to see these coming: reaching for the sixth graham cracker reindeer; buying myself yet another Christmas present because, gosh, I deserve it; giving the store clerk a lecture on proper customer service; conducting a fearless and thorough moral inventory of my mother; and any number of other bold actions that seem really urgent and necessary at the time.

So maybe I've been down on my knees and now I'm laying on the floor, because it seems that I'm really following a pretty minimal code of conduct: "Don't do the next wrong thing." But somehow, it seems to keep me out of trouble. And if I can't do the next wrong thing, I have to look around for the next right thing. Hmm. Work? Oh yeah, they pay me to do that, don't they. Make a list? Yup, that tends to help with the overwhelmed feeling. Call a sponsee? Sure, it might be refreshing to hear about someone else's problems – mine are getting repetitive.

Maybe I can make it through one week or one day or one cocktail party at a time. Cranberry juice with soda and a twist, hold the olives. Eventually, one not-bad-thing at a time, I may find myself walking home on the winter solstice. It is a teeny, tiny bit lighter now than it was this time yesterday. My Higher Power winks at me from a far-away star. "Silent night, gonna be alright . . ."

TP



Tips for Sober Holidays

BY TEDDY R.

Spending time with my family during the holidays is like spending time with my character defects. I always pack plenty of paper and pencil...

The meeting at Ozanam Detox Center, 1175 Howard Street (entrance on Sumner) on Christmas morning, 10 a.m. Fills my heart with gratitude.

Meet THE MEETING

by Kim J.

Every Sunday morning for the past 20-plus years, Alcoholics Anonymous members have gathered at 10 AM in a quaint yellow cottage on Inverness Way for the Sunday Serenity meeting. Week-days, the cottage serves as both a gallery for local art exhibits, and as the Inverness Library. On sunny Sundays, A.A.s like to come early and sit on the front porch and stay late to have a cup of coffee or tea, catch up with friends and enjoy the view of the garden.

Our meeting is known around the local fellowship as “spiritual.” Out of 25 to 30 people in attendance each week, over half have double-digit sobriety, and several members have 25 years or more. We are delighted by the influx of newcomers who have recently come through the doors. The topic-discussion format offers the opportunity for the majority of the people in attendance to share. The honesty and depth of recovery in the room fills a need in all of us, whether we have 20 minutes, 20 days, or 20 years. Over the years, several of our dearest members have passed on. Many of us still feel their presence, repeat their favorite sayings, and can almost see them sitting in their favorite chairs.

I have been coming to this meeting since I moved to Inverness fifteen years ago. I got sober in 1979 in Oakland and, one day at a time, with the help of my Higher Power, the steps, and the fellowship, have managed to maintain continuous sobriety. The Inverness meeting became my home group. I was going through the kinds of life experiences many of us face after staying sober for a while and reaching a certain age. For several years, I took care of my elderly mother and aunt while completing a long-dreamed-of doctoral degree. The people in the meeting have

Sunday Serenity in Inverness



given me a safety net, as my allies, guides and comfort, through the death of these two ladies, as well as through relationship challenges, and job disappointments and triumphs.

We welcome visitors and newcomers. We have lots of visitors during the summer and holidays. We often have several visitors who bring their recovery to share with us from all over the U.S. and around the globe. We also have loyal members who come out almost every week from San Francisco, Point Richmond, Berkeley and other places around the Bay. Kathleen B., a regular at the meeting writes:

“I’ve been attending the Sunday Serenity Group in Inverness for about 15 years. My husband and I go together or we go solo. Sometimes he rides his bike. It’s 43

miles from our place in the City to the hamlet of Inverness, but the drive is part of the recovery package. We have to leave San Francisco by 8:30 AM to get a seat by 10:00. After about 40 minutes with little traffic on the Golden Gate Bridge and 101 North, Sir Francis Drake Boulevard meanders through the meadows, marshes, and ridges dotted with cattle and finally the banks of Tomales Bay. The meeting is held in a tiny library set in a garden next to a creek. No, I’m not making this up. When you arrive, park and walk into the meeting room, smile back at the folks already there, grab a cup of coffee and maybe a piece of pastry and get ready for a great A.A. experience.”

(There are two Inverness Ways – it’s the second left off Sir Francis Drake Boulevard after the Inverness Post Office.)

IFB meeting summary – November 2009

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

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

Attitude Adjustment	Downtown Mill Valley Group	Marina Discussion	Saturday Easy Does It	Terra Linda	Marin H&I
Back to Basics	Embarcadero Group	Men's Gentle Touch	Sober 5150's	They Stopped In Time	Marin Teleservice
Bernal New Day	Fireside Chat	Mill Valley 7am	Some are Sicker than Others	Too Early	SF General Service
Blue Book Special	Home Group	Mission Terrace	Steppin Up	Tuesday Newcomers	SF PI/CPC
Came to Park	Join the Tribe	On Awakening	Sunset 9'ers (Sat.)	Valencia Smokefree	SF Teleservice
Code Blue	Let It Be Now	Queers, Crackpots & Fallen Women	Sunset 9'ers (Sun.)	Women Who Drank. . .	
Common Welfare	Lush Lounge	Reality Farm	Ten Years After	Women's Promises	

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the November 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 St. Andrew's Presbyterian Church, 101 Donahue St., Marin City. Next month's meeting will be Wednesday, December 2, 2009 at First Unitarian Universalist Church in San Francisco.

IFB Reports:

IFB Chair Report - Michael S:

The IFB convened the first monthly Committee Chair meeting - next meeting is Saturday December 5. The meetings help committee chairs discuss issues and support each other.

Treasurers Report – treasurer@aasf.org

Group contributions are \$17,669 under budget for the year to date. If the trend continues, the IFB may have to dip into its prudent reserve.

November is Gratitude Month - please urge your groups to contribute what they can.

Central Office Manager's Report—

Maury's report on her experiences at the 24th annual Central Office (et al) Seminar is online at AASF.org.

Central Office will be closed Thanksgiving and the day after.

Central Office Committee Report:

Planning a work party for the Central Office re-model November 21 at the Central Office.

It's Gratitude Month. Our Group Contributions are down by \$18K. If nothing changes, in order to provide the current level of services to the membership, we will have to dip into our Prudent Reserve sometime in the spring to cover next year's expenses. We have some suggestions for how to make up the shortfall: a) groups currently contributing can increase their contributions by an average of \$7.00 per month per group and our projected future deficit would be eliminated. An increase of an additional \$10.00 per month would eliminate the projected future deficit and make up the past shortfall by April 2010, b) we budgeted to \$13,000 for Gratitude Month from meetings, and are \$18,000 behind in group contributions for 2009, which gives us a goal of \$31,000 to collect for the month to catch up. For the 300 meetings that regularly contribute, that

would be about \$26 per week for each meeting during Gratitude month to get us back on track, and c) consider making an individual contribution for Gratitude Month or your AA anniversary!

Jared submitted his resignation as IFB Secretary; Stephen was elected to fill the position.

Committee Reports

12th Step Committee/Sunshine Club – will hold orientation at Unity Day.

Access Committee – Cyberspace workshops every Friday 6-7 PM at Central Office through April 9, 2010.

Archives Committee – meets the 3rd Sunday of each month at Central Office 2 PM. Check out the archives page on line. Please announce to your groups that they need volunteers to help.

The Point is always seeking reader input – submit to thepoint@aasf.org. Anything about A.A. New upcoming feature is "Rants & Raves". Stay tuned for more

Website Committee – continuing Website redesign project. Needs volunteers with technical and design skills.

Other

Unity Day - November 14, 2009, 10:00 AM to 4:00 PM at the Urban Life Center. Celebrate A.A. Unity, "for on A.A. 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 on the AASF.org Website.

Encourage your groups to attend – this is a wonderful chance to learn about service.

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 next IFB meeting is on Wednesday, December 2, 2009 at **1187 Franklin Street in San Francisco** at 7:00 p.m.

Orientation starts at 6:00 p.m. and is required for all new members.

If your group does not have an elected Intergroup Representative, also known as an IFB Rep., please join us to see if it is a service position for you.

The IFB is the policy-making group for your Central Office and a good resource for questions or problems related to groups in San Francisco and Marin. It serves as the Board of Directors for the Central Office, a legal requirement for any California non-profit corporation.



Mission Fellowship Holiday Alcothons!

**2900 24th St./ Florida
San Francisco, CA**

Xmas Alcothon

**Kickoff Meeting at 6pm, Thursday, Dec. 24, 2009,
Meetings Through 10pm on Dec. 24, 2009**

**Friday, Dec. 25, 2009,
Meetings start at 6am, Potluck from 2pm to 4pm!
Marathon Meetings every even hour from 6am thru 10pm!
Last Meeting Starts at 10pm on Saturday, Dec. 26, 2009**

New Year's Alcothon

**Kickoff Meeting at 6pm, Thursday, Dec. 31, 2009
Special New Year's Eve Meeting starting at Midnight!**

**Friday, January 1, 2009,
Marathon Meetings every even hour from 6am thru 10pm!
Last Meeting Starts at 10pm on Saturday, Jan. 2, 2010!**

*If you are aware of any other "alcothons" in our area,
please let us know so that we can pass the information
on through the Teleservice volunteers*

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

Stephen E. 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	Sept. 09	YTD	Marin	Sept. 09	YTD	Marin	Sept. 09	YTD
Artists & Writers F 630pm		\$ 952	Men Only Stag Sa 6pm		\$ 26	Tiburon Women's Candlelight W 8pm		\$ 75
Brisbane Breakfast Bunch	\$ 46	\$ 258	Mill Valley 7D 7am		\$1,550	Tuesday Chip Meeting Tu 8pm		\$ 1,186
Contribution Box	\$ 60	\$ 668	Mill Valley Discussion W 830pm		\$ 290	Twice Blessed W 730pm		\$ 187
Deer Park Discovery Group		\$ 23	Mill Valley Original Smokeless SS		\$ 50	We, Us and Ours M 650pm		\$ 250
Gay & Lesbian Newcomers		\$ 22	Monday Blues M 630pm		\$ 437	Wednesday Night SD W 7pm		\$ 17
Gay Newcomers Group		\$ 13	Monday Night Stag (Tiburon) 8pm		\$1,468	What's It All About F 12pm		\$ 200
Harbor Lights Fellowship		\$ 25	Monday Night Women's M 8pm		\$ 330	Women on Wednesday W 7pm		\$ 50
IFB	\$ 92	\$ 922	Monday Nooners M 12pm		\$ 586	Women's Big Book Tu 1030am	\$ 240	\$ 540
Marin Teleservice	\$ 2,000	\$2,000	Morning After Sa 10am		\$ 750	Women's Meeting Su 430pm		\$ 35
Men's Forum Tu		\$ 180	Morning Attitude Adjustment MTuF		\$ 50	Working Dogs W 1205pm		\$ 343
Novato Fellowship Events Com.		\$ 64	Nativity Monday Night BB M 8pm		\$ 200	Young People's BYOB Sat 7pm		\$ 239
Serenity House	\$ 150	\$1,350	Newcomers Step M 730pm	\$ 293	\$ 717	Total Marin		
SF General Service		\$ 300	Noon Discussion Th 12pm		\$ 500		\$ 2,483	\$29,816
Total Fellowship			Noon Hope F 12pm		\$ 209			
			Noon Tu 12pm		\$ 110	San Francisco		
Marin	Sept. 09	YTD	North Bay Discussion Su 8pm		\$ 100		Sept. 09	YTD
12 & 12 Study Sa 815am		\$ 272	Novato Monday Stag M 8pm		\$ 62	6am Dry Dock Tu		\$ 131
Attitude Adjustment 7D 7am	\$ 450	\$2,160	Pathfinders Tu 12pm	\$ 244	\$ 244	6am Marina Dock Sa		\$ 91
Awakenings Sa 830am		\$ 56	Primary Purpose W 830pm		\$ 65	7am As Bill Sees It Fri		\$ 193
Awareness/Acceptance M 1030am	\$ 181	\$ 228	Quitting Time MWF 530pm		\$ 371	7am Grab Bag M 7am	\$ 41	\$ 71
Blackie's Pasture Sa 830pm		\$ 135	Refugee Th 12pm	\$ 60	\$ 90	7am Living Sober W 7am		\$ 50
Bounce Back M 6pm		\$ 400	Reveille 5D 7am		\$ 400	7am Smokeless Su 7am		\$ 85
Candlelight Sun 830pm		\$ 223	Rise N Shine Sun 10am		\$ 266	7am Speaker Discussion Th 7am		\$ 116
Closed Women Step Study Tu 330pm		\$ 423	San Geronimo Valley Book Study F		\$ 103	7am Step Discussion Tu 7am		\$ 22
Cover to Cover W 800pm		\$ 225	San Geronimo Valley M 8pm	\$ 58	\$ 182	830am Smokeless F 830am		\$ 105
Creekside New Growth Sun 7pm		\$ 222	Sausalito 12 Step Study Group		\$ 269	830am Smokeless Tu 830am	\$ 111	\$ 346
Day At A Time 7D 630am		\$ 370	Serendipity Sa 11am		\$ 326	A Coffee Pot & A Resentment M 8pm		\$ 42
Design For Living (Marin) W 7pm		\$ 61	Sisters In Sobriety Th 730pm (M)		\$ 146	A is for Alcohol Tu 6pm		\$ 313
Downtown Mill Valley F 830pm	\$ 281	\$ 725	Six O'Clock Step Th 6pm		\$ 59	A New Start F 830pm		\$ 749
Early Birds Sa 6am		\$ 36	Six O'Clock Sunset Th 6pm	\$ 44	\$ 241	A Vision for You (SF) Su 630pm		\$ 65
East San Rafael Big Book		\$ 108	Sober & Serene F 7pm		\$ 621	AA Step Study Su 6pm		\$ 121
Experience Strength & Hope Sa 6pm		\$ 45	Steps to Freedom M 730pm	\$ 125	\$ 326	Afro American Beginners Sat 8pm		\$ 201
Freedom Finders F 830pm		\$ 590	Steps To The Solution W 715pm		\$ 226	After Work M 6PM		\$ 95
Friday Night Book F 830pm	\$ 58	\$ 233	Sunday Express Sun 6pm		\$ 200	Agnostics & Freethinkers Su 630pm		\$ 100
Friday Night Gay Men's Stag 830pm		\$ 65	Sunlight of the Spirit Th 7pm	\$ 50	\$ 100	All Together Now Th 8pm		\$ 51
Gratitude Tu 8pm		\$ 569	Survivors M 12pm		\$ 376	Alumni W 830pm		\$ 85
Greenfield Newcomers Sun 7pm		\$ 282	T. G. I'm Sober M 6pm		\$ 85	Amazing Grace M 7pm		\$ 162
Happy Hour (Marin) Th 6pm		\$ 45	T.G.I.F. F 6pm		\$ 247	Any Lengths Sat 930am		\$ 511
Happy, Joyous & Free 5D 12pm		\$1,250	Terra Linda Group Th 830pm	\$ 400	\$1,445	Artists & Writers F 630pm		\$ 775
High & Dry W 12pm		\$ 308	The Barnyard Group Sa 4pm		\$ 335	As Bill Sees It - Keep It Simple Tu 7am		\$ 210
Intimate Feelings Sa 10am		\$ 181	The Fearless Searchers F 8pm		\$ 176	As Bill Sees It Th 830pm		\$ 226
Inverness Sunday Serenity Su 10am		\$ 112	The Novato Group Fri. Night Disc.		\$ 83	As Bill Sees It Tu 1210pm		\$ 480
Island Group Th 8pm		\$ 321	Three Step Group Sa 530pm		\$ 150	Be Still AA Su 12pm		\$ 750
Living in the Solution F 6pm		\$ 260	Thursday Night Book Club Th 7		\$ 17	Beginner Big Book Step Th 630pm	\$ 107	\$ 107
Marin City Groups 5D 630pm		\$ 303	Tiburon Beginners & Closed		\$1,080	Beginners Meeting Sat 6pm		\$ 618
Marin Newcomers M 830pm		\$ 677	Tiburon Haven Sun 12pm		\$ 150	Beginner's Warmup W 6pm		\$ 60
						Bernal Big Book Sat 5pm	\$ 87	\$ 612
						Bernal New Day 7D		\$ 1,733

San Francisco	Sept. 09	YTD	San Francisco	Sept. 09	YTD	San Francisco	Sept. 09	YTD
Big Book Basics F 8pm	\$	236	Haight Street Explorers Th 630pm	\$ 28	\$ 28	Noon Smokeless W 12pm	\$	60
Big Book Beginners F 105pm	\$ 74	\$ 74	Happy Hour F 630pm	\$	62	Off Broadway Book Th 8pm	\$ 25	\$ 25
Big Book Study Su 1130am	\$	333	Happy Hour Ladies Night F 530pm	\$	164	One, Two, Three, Go! W 1pm	\$	30
Blue Book Special Su 11am	\$	113	High Noon Friday 1215pm	\$ 163	\$1,545	Park Presidio M 830pm	\$	98
Buena Vista Breakfast Su 12pm	\$	254	High Noon Monday 1215pm	\$ 163	\$ 534	Parkside Th 830pm	\$	414
Came to Park Sat 7pm	\$	564	High Noon Saturday 1215pm	\$	357	Pax West M 12pm	\$	1,190
Castro Discussion W 8pm	\$	752	High Noon Thursday 1215pm	\$	818	Pax West Th 12pm	\$	359
Castro Monday Big Book M 830pm	\$	277	High Noon Tuesday 1215pm	\$	472	Progress Not Perfection Tu 830pm	\$	480
Chips Ahoy Tu 12pm	\$	6	High Noon Wednesday 1215pm	\$	647	Queers, Crackpots & Fallen Women	\$ 149	\$ 238
Cocoanuts Su 9am	\$	132	High Sobriety M 8pm	\$	238	Reality Farm Th 830pm	\$	80
Code Blue Big Book Study W 7pm	\$	206	Hilldwellers M 8pm	\$ 144	\$ 470	Rebound W 830pm	\$	60
Cow Hollow Men's Group W 8pm	\$ 187	\$ 401	Home Group Sat 830pm	\$	295	Relapse, Rebound, Retreads...	\$	60
Creative Alcoholics M 6pm	\$ 278	\$ 278	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	Rule 62 W 10pm	\$ 213	\$ 213
Doin' the Deal Sun 10pm	\$	81	Keep Coming Back Sa 11am	\$ 1,019	\$2,264	Saturday Afternoon Meditation Sat 5	\$	285
Each Day a New Beginning F 7am	\$	827	Keep It Simple Sat 830pm	\$	399	Saturday Easy Does It Sa 12pm	\$	126
Each Day a New Beginning M 7am	\$	269	Let It Be Now F 6pm	\$ 105	\$ 105	Saturday Night Regroup Sat 730pm	\$	487
Each Day A New Beginning Su 8am	\$	963	Light Steppers Su 7pm	\$ 60	\$ 240	Serenity Seekers M 730pm	\$	1,053
Each Day a New Beginning Th 7am	\$	446	Like A Prayer Su 4pm	\$	51	Shamrocks & Serenity M 730pm	\$	400
Each Day a New Beginning Tu 7am	\$	599	Lincoln Park Sat 830pm	\$	163	Sinbar Su 830pm	\$	194
Each Day a New Beginning W 7am	\$	393	Live and Let Live Su 8pm	\$	217	Sisters Circle Su 6pm	\$	435
Early Birds Sa 6am	\$	36	Living Sober W 8pm	\$	189	Sobriety & Beyond W 7pm	\$	45
Early Start F 6pm	\$ 661	\$2,048	Living Sober with HIV W 6pm	\$ 578	\$ 942	Sometimes Slowly Sa 11am	\$ 257	\$ 491
Easy Does It Tu 6pm	\$	120	Luke's Group W 8pm	\$	252	Sought to Improve Th 730pm	\$ 72	\$ 138
Embarcadero Group 5D 1210pm	\$	220	Lush Lounge Sa 2pm	\$	168	SFPOA Th 7pm	\$	932
Epiphany Group Th 8pm	\$	144	Marina Discussion F 830pm	\$	745	Speaker Discussion F 1pm	\$	249
Eureka Valley Topic M 6pm	\$ 1,032	\$1,838	Meeting Place Noon F 12pm	\$	243	St. Francis Men's F 830pm	\$ 56	\$ 352
Excelsior "Scent" Free for All Sa 8pm	\$ 60	\$ 60	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	Miracle (Way) Off 24th St W 730pm	\$	48	Stonestown M 8pm	\$ 111	\$ 357
First Step Speaker/ Discussion Th	\$	57	Mission Creek Meeting	\$	95	Straight Jackets Th 9am	\$	23
Franciscan Noon Discussion M 12	\$	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 930	\$	826
Friday at Five F 5pm	\$ 36	\$ 116	Monday Beginners M 8pm	\$1,053		Sunday Night 3rd Step Group 5pm	\$ 360	\$1,062
Friday Lunchtime Step F 12pm	\$	210	Monday Monday M 1215pm	\$	283	Sunday Night Castro Speaker Disc 8	\$	913
Friday Smokeless F 830pm	\$	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
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	Sunset 11'ers Su	\$	35
Goodlands Su 2pm	\$	150	Noon Smokeless M 12pm	\$	23	Sunset 9'ers F	\$	186
Haight Street Blues Tu 615pm	\$	374	Noon Smokeless Th 12pm	\$	168			

Continued on p. 19

profit and loss statement: september 2009

	Sep 09	Budget	Jan - Sep 09	Budget		Sep 09	Budget	Jan - Sep 09	Budget
Ordinary Income/Expense					Total Bank Charges	0	0	262	50
Income					Postage				
Contributions from Groups					Non-Bulk Postage	0	0	84	0
Group Contributions	11559	15735	109470	128487	Bulk Mail	0	0	600	787
Honors	117	0	324	0	Postage - Other	0		50	
Contributions from Groups - Other	50		816		Total Postage	0	0	734	787
Total Contributions from Groups	11726	15735	110609	128487	ASL Expense	0		0	
Contributions from Individuals					Rent - Office	4320	4282	38883	38546
Individual - Unrestricted	110	36	4075	3467	Rent - Other	150	300	675	675
Faithful Fiver	755	555	7546	4694	Access Expenses	0	413	650	3340
Honorary Contributions	122	0	2038	3168	IFB Literature				
Total Contributions from Individuals	987	591	13659	11329	Sunshine Club	0	0	25	200
Gratitude Month					IFB Literature - Other	0	0	0	0
Gratitude Month - Groups	0	0	3949	3741	Total IFB Literature	0	0	25	200
Gratitude Month - Individual	0	0	0	699	PI/CPC	0	0	218	0
Total Gratitude Month	0	0	3949	4440	Filing/Fees	0	0	94	0
Sales - Bookstore	7209	8177	78240	81583	Insurance	0	0	16	939
Newsletter Subscript.	11	62	357	834	Internet Expense	123	0	616	633
Total Income	19933	24565	206815	226673	Office Supplies	7	0	1529	2306
Cost of Goods Sold					Paper Purchased	451	356	2512	676
Cost of Books Sold - Shipping	12		211		Software Purchased	33	0	382	2800
Cost of Books Sold	4447	5806	53265	57921	Shipping	26	25	221	412
Credit Card Processing Fees	232	242	1828	1838	Printing	0	0	864	0
Total COGS	4691	6048	55303	59759	Equipment Lease	0	0	2061	5816
Gross Profit	15242	18517	151512	166914	Repair & Maintenance	254	272	2561	2732
Expense					Security System	218	35	472	433
Construction Expense	0	0	734	0	Special Events	0	0	0	0
IFB Sponsored Events	0	296	1211	1350	Payroll Expenses	6		31	
Unreconciled Bank Adj	0	0	0	0	Telephone	505	0	2416	3170
Budget Contingency	0	262	0	2358	Phone Book Listings	168	0	672	814
Special Events Expense	0	0	0	0	Utilities	0	0	0	0
Reconciliation Discrepancies	0	0	0	0	Travel	107	0	583	550
Employee Expenses					Training	0	0	20	0
Wages & Salaries	9101	8863	81846	79774	Bad Checks	0	0	12	199
Employer Tax Expenses	815	779	7608	7003	Miscellaneous Expense	0	0	76	0
Health Benefits	1184	1302	10656	10628	Total Expense	18259	18475	159544	171154
Retirement/Annuity Expense	0	0	0	0	Net Ordinary Income	-3017	42	-8032	-4240
Workers Comp Ins.	790	1140	790	1140	Other Income/Expense				
Total Employee Expenses	11890	12084	100900	98545	Other Income				
Professional Fees					Other Income	0	0	0	0
Accounting	0	0	0	2339	Interest Income	225	171	4724	4213
Computer Consulting	0	150	113	1484	Total Other Income	225	171	4724	4213
Legal Fees	0	0	0	0	Other Expense				
Outside Services	0	0	0	0	Depreciation Expense	0	0	0	455
Total Professional Fees	0	150	113	3823	Amortization Expense	0	0	0	945
Bank Charges					Total Other Expense	0	0	0	1400
Credit Card Processing Fees	0		255		Net Other Income	225	171	4724	2813
Bank Charges - Other	0	0	7	50	Net Income	-2793	213	-3308	-1427

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contributions, con't

San Francisco	Sept. 09	YTD
Sunset 9'ers M	\$	258
Sunset 9'ers Sa	\$	302
Sunset 9'ers Su	\$	312
Sunset 9'ers Th	\$	129
Sunset 9'ers W	\$	115
Sunset Reflections Th 1pm	\$	60
Sunset Speaker Step Sun 730pm	\$	380
Surf Tu 8pm	\$	72
Sutter Street Beginners Sat 6pm	\$	318
Ten Years After Su 6pm	\$ 331	588
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 6	\$	181
Thursday Night Women's Th 630pm	\$	285
Too Early Sat 8am	\$ 148	1,859
Trudgers Discussion Su 7pm	\$	180
Tuesday Big Book Study Tu 6pm	\$	60
Tuesday Downtown Tu 8pm	\$	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	\$ 124	479
Walk of Shame W 8pm	\$	175
Waterfront Sun 8pm	\$	259
We Care Tu 12pm	\$	353
Wednesday Noon Steps W 12pm	\$	45
West Portal W 830pm	\$	140
West Portal W 8pm	\$	222
Wharfrats Th 815pm	\$	380
What It's Like Now M 6pm	\$ 55	55
Wits End Step Study Tu 8pm	\$	85
Women Living Sober Sa 10am	\$ 60	180
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	\$	146
Women's Promises F 7pm	\$	342
Work In Progress Sat 7pm	\$	1,035
Total San Francisco	\$ 6,896	\$ 74,017

Total Contributions \$11,726 \$110,609

Individual Contributions

to Central Office
were made through
November 15, 2009
honoring the

ONGOING MEMORIALS

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

ANNIVERSARIES

Barbara W., Ocala, Florida, 28 years
High Noon – Phil McD. 31 years,
Jeff C. 21 years, Wayne 15 years,
Eric M. & Marina V. 11 years,
Tim W. 10 years, Ann 8 years,
Bernard & Marc 7 years, James H.,
Anthony & Eric P. 6 years,
Kevin L. 4 years, Barry C.,
Michaela C., & Tim 3 years,
Ben & Jackie 1 year

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December 2009

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