

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2010 **1**
JANUARY

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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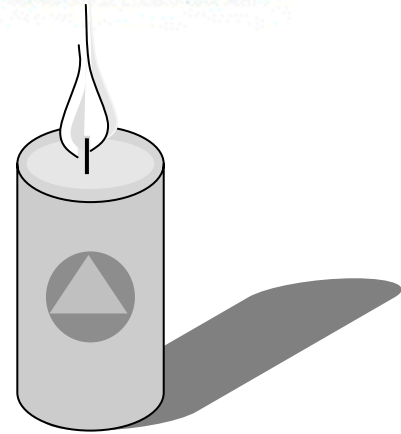
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INSIDE:

Traditional & New Rituals...

Putting Their Power To Work For You



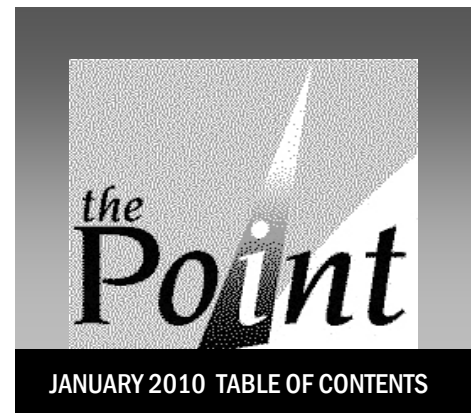
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing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

JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><i>Persons requiring reasonable accommodations at meetings of the IFB, COC, IFB committees or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office (415) 674-1821 no less than five business days prior to the event.</i></p> <div style="text-align: center;"> </div>			
3	4	5 <u>FIRST TUE</u> Access Committee Central Office, 6pm	6 <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St./Geary San Francisco (First Unitarian Universalist Church) Orientation 6pm Meeting 7pm
10	11 <u>SECOND MON</u> Fellowship Committee Central Office, 6pm SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm	12 <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	13 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm
17 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day	18 Central Office Closed Dr. M.L. King, Jr. Day <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	19	20
24 <div style="position: relative; height: 100px;"> 31 </div>	25	26 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
	1 Happy Holidays! Central Office Closed	2
7	8 A.A. in Cyberspace Workshop, Central Office, 6pm	9
14	15 A.A. in Cyberspace Workshop, Central Office, 6pm	16
21 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office, 6:30pm	22 A.A. in Cyberspace Workshop, Central Office, 6pm	23 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm
28 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm	29 A.A. in Cyberspace Workshop, Central Office, 6pm	30



F.Y.I.

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“The unity, the effectiveness, and even the survival of A.A. will always depend upon our continued willingness to give up some of our personal ambitions and desires for the common safety and welfare.”

As Bill Sees It, pg. 220



Meeting Changes

Meeting Changes:

Thu 7:00pm Mission Bay

SPIRITUALLY FOUNDED PROGRAM OF ACTION (SFPOA), Rec. Center, 270 6th St./ Folsom (was 2460 3rd St./22nd St.)

No Longer Meeting:

Mon 7:00am Hayes Valley
Wed 7:00am Hayes Valley
Fri 7:00am Hayes Valley
Fri 12midnight Marina
Sat 12:30pm Bayview
Sat 12midnight Marina

AS BILL SEES IT - KEEP IT SIMPLE, S.F. Alano Club, 1748 Market St./Octavia Blvd.
AS BILL SEES IT - KEEP IT SIMPLE, S.F. Alano Club, 1748 Market St./Octavia Blvd.
LIVING SOBER, S.F. Alano Club, 1748 Market St./Octavia Blvd.
MIDNIGHT MADNESS MEDITATION, The Dry Dock, 2118 Greenwich St./Fillmore St.
FULL FLIGHT FROM REALITY, YMCA, 1601 Lane St./Quesada
DRY DOCK MIDNIGHT, The Dry Dock, 2118 Greenwich St./Fillmore 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!**



BROADS WITHOUT BOOZE XV

**Women's Luncheon
& Speaker Meeting**

WHEN: Sunday, January 31st, 2010

11:30 a.m. - Fellowship / Lunch - 12:00 p.m. Sharp

Open Speaker Meeting - 1:00-2:00 p.m.

(Speaker: Karen C., San Francisco, CA)

*NOTE: Attending meeting only?
Please arrive **no earlier** than 12:45 p.m.*

WHERE: United Irish Cultural Center

2700 - 45th Avenue (near Sloat), San Francisco, CA

Cost for lunch - \$26.00 (includes tax & tip)

Please contact **Linda W.** at
linda_gemini@yahoo.com about payment.

Payment must be received no later than January 27th, 2010.

**Intercounty Fellowship Board
Of Alcoholics Anonymous
presents**

AA In Cyberspace

Workshop




Every Friday from 6-7 pm thru April 9th 2010

1821 Sacramento Street San Francisco CA

ASL translation on the 3rd Friday of each month

Find Internet meetings;

Learn how to get the most out of www.aasf.org and www.aa.org;

Get your computer to read AA literature and more!

Workshop details available at <http://www.aasf.org/calendars.cfm>



From the Editor

Illuminating Ritual

Welcome to the first issue of the New Year! Initial news for 2010 from the IFB is bleak: projecting a significant deficit (\$20,000). Please log on to the survey at our home page and vote for the solutions you favor.

Here at *The Point* for 2010, you may notice some changes in appearance and in content. In order to cut costs (doing our part to reduce the deficit), we are using up back stock, so each issue this year will most likely be a different color. And we are trying out a theme for the entire year: rituals in sobriety, both personal and at the group level.

Our lead story this month, "Showing Death the Door," looks broadly at the topic of ritual, from a drinker's perspective and in recovery. The power of ritual (also disguised as "habit") is phenomenal, both in maintaining bad behavior that doesn't serve any longer, and in building a new way of living. How have you harnessed ritual to your benefit, now that you're sober? That's what we're interested in exploring this year.

We started out with the idea of simply collecting stories about rituals, but

upon further reflection, we realized it would be illuminating to hear from you *how* rituals have been transformative: are they merely changes in habit, or is something transcendent going on? Write to us about rituals from a meeting or your sponsor or your personal journey.

Other new features for 2010 are a series on the Traditions (last year, we covered the Steps) and a series on service beyond the group level called "Survey of Service." "Bulletin Board" is changing to "Rants and Raves," which better describes its function. "Meet the Meeting" and "Not a Glum Lot" will carry on, and we'll also continue other features from time to time throughout the year: "Conversations with Longtimers," and "Life along Spiritual Lines," for example.

Finally, a shout-out to Timm S., our layout guy extraordinaire, who has moved to southern California and out of our clutches. Timm, your talent will continue to grace *The Point* through the beautiful changes you brought to its pages. Thank you. Duran M. has joined the committee for layout, and we welcome him with grateful hearts for his grace in the transition.



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 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.	Laurie L. & Richard L.
Barbara L.	Lelan & Rich H.
Barbara M.	Leo H.
Beverly C.	Lisa M.
Bruce D.	Mabel T.
Caroline A.	Margarite S.
Casey L.	Marit L.
Charles D.	Martha S.
Craig G.	Mary C.
Dan & Sherry T.	Matt S.
David H.	Michael W.
David P.	Michael Z.
Dennis & Lucy O.	Mily T.
Dick F.	Mitsi H.
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Fay K.	Pene P.
Flossie N.	Penelope & Robert
Frances L.	Phyllis S.
Herman B.	Ralph P.
James M.	Rich M.
James W.	Robert C.
Jane K.	Robert W.
Janet B.	Ron H.
Jeanne C.	Sara D.
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Jodie S.	Sheila H.
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John M.	Steve A.
John V.	Steve F.
Judy W.	Stu S.
Karen K.	Sylvia D.
Kathleen C.	Tim M.
Katherine G.	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!

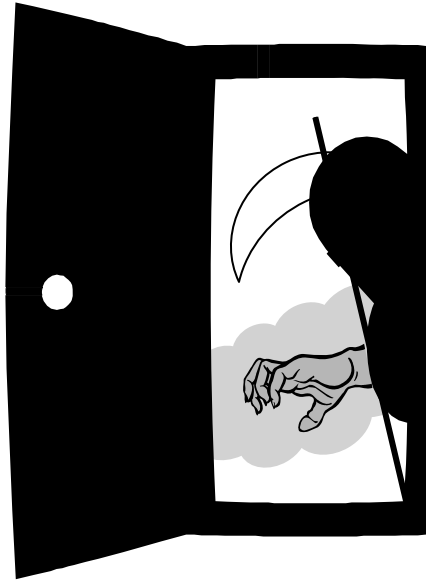
Showing Death the Door

When the Rituals of Addiction Give Way to the Rituals of Recovery

by Kristen E.

Most of us aren't likely to think of addiction when the word "ritual" arises. We think of religious rites, or formal ceremonies like weddings or funerals—formulaic things that society or culture adopts at large. And yet each of us has our own personal rituals, and they carry a power we are often unaware of. When my brain consciously thought about trying to do something other than drinking, for example, my feet and my hands performed their ritual anyway: cork-screw, wine glass, the grocery store (where I pretended to myself I was throwing a party as a way of staving off my embarrassment about how much alcohol I was buying). These things happened on a level that was out of my conscious control. Every addiction I have ever battled has had this aspect to it: fixed, repetitive patterns that cut deep grooves through my life. The deeper they become, the harder they are to escape, as if my wheel is stuck, and can only move forward on that singular track.

Ritual was a critical part of my drinking. Every day after work, as soon as possible, I headed to a bar or came straight home and opened a bottle of wine. I then systematically erased everything I thought or felt that was unpleasant—and most of it was. The more I drank, the more reality receded; a soft haze enveloped me, and what intellectual ability my mind retained turned to fantasy. I imagined myself in a life I didn't have—a productive, creative life filled with



"Ritual was a critical part of my drinking."

family and friends—and, oh yes, an enormous villa somewhere in Italy or the California wine country, where little children rolled in the grass, fog dripped down the mountainsides and water trickled from huge marble statues; everything smelled sweet and ripe and musky and there were always, always endless bottles of peppery zinfandels and currant-filled cabernets.

The reality was that I was miserable—and the only thing I was doing with my life, besides toughing it out at a job I hated day after day, was drinking. But the power of that ritual was astounding. I drank for twenty-three years, and during that time there were only seven sober days that I can remember. I told myself my

drinking was a "habit," not an addiction, a way to "wind down." But when I tried to stop, and I experienced the panic that set in at the absence of that "habitual" drink, I began to realize something was wrong. When I was finally able to get sober, for weeks I experienced a feeling of being drunk that started every day at 5 PM. It was as if I had done it for so long that my body remembered what it was supposed to feel at a particular time of day.

Through repetition, ritual speaks to the parts of us that are deeper and larger than our conscious minds. They govern our lives, in the way that our brains conduct our breathing and the beating of our hearts, automatically. We don't have to think about it all the time; if we did, we wouldn't survive. Ritual, in its own way, approaches this level of importance—the environment or world we have chosen is made up of the rituals we adopt.

Which rituals we engage in, then, seem critical. Some of them, like alcoholic drinking, lead us down a path that becomes narrower and narrower. The more we travel it, the easier it becomes to follow, and the faster we go. As alcoholics in recovery, we surrender to a power greater than ourselves, and we make a decision to follow a new path, one that leads us to a "new freedom and a new happiness." This path has its own rituals: things we can depend on when our crazy alcoholic minds fail

(Continued on page 7)

(Continued from page 6)

us. For example, I have often heard someone say, "My feet got me to the meeting." In my opinion, the feet in this scenario were following a code that transcended conscious thought—a ritualized code.

When I first got sober, the person who had twelfth-stepped me told me that doing ninety meetings in ninety days was supposed to "re-wire my brain, kinda like boot camp."

"Sounds like brainwashing," I said.

"Uh huh. And what do you think you've been doing to yourself for the last twenty years?"

That shut me up. At that point, of course, I hadn't realized that I was already brainwashed. I see now that all of the ritual in A.A.—the suggested gratitude lists, morning (or nightly) meditation and prayers, the daily inventories, the regular attendance at meetings, even the A.A. preamble that's read at the beginning of every meeting—all of these are designed to create a new path, a new life. In my Eleventh Step, for example, I work on creating a habit of being present. I'm in training to learn how to hear my Higher Power, to see myself and my life and the people around me differently. I'm engaging in a ritual that helps me to accept life on life's terms—not to deal with it by habitually "checking out" as I used to do, but to become flexible and open instead. Without the rituals of recovery, what defense would I have against my old way of being?

Like everything, I've tested this. From time to time, I get very, very

busy; so busy I think I don't have time to meditate anymore, or go to meetings, or read the book, or call my sponsor. I let something else become more important, and I let my recovery slip. And what happens?

On page 85 of the Big Book, we're told that, "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." And how do we maintain our spiritual condition? By practicing rituals designed to strengthen it. When I let them go, I suffer the consequences: the rapid-fire circles of negative thinking return without my realizing it; I get angry at all the other people in the world who seem to be in my way. It becomes hard to breathe. I start taking things very, very personally, and when I do that I tend to get angry. The anger becomes resentment, and the resentment follows that old circular pattern in my brain, multiplying with each lap around the track. Before I realize it, I pass a wine bar and the beautiful, curved glasses remind me of my dream. I think, "I bet if I moved to Italy I wouldn't be an alcoholic...." And you know where that thought leads.

I have been sober just long enough, and I have incorporated the rituals of recovery into my life just enough, to hightail it back to meetings, call my sponsor, and talk to friends who will sometimes yell me back into recovery. I know enough now to be convinced that the ritual of addiction leads me to death, and the ritual of recovery opens the door to my life.



My Sponsor Really Knows the Big Book!

I would go to my sponsor with a problem, and she would suggest that I read pages 75 to 83 in the Big Book. I would do that and call her back and tell her, "That is exactly what I needed! Thank you!"

I would call my sponsor with another problem, and she would suggest that I read pages 113 to 121 in the Big Book. I would read those pages and call her back and tell her, "That is exactly what I needed! Thank you!"

I would call my sponsor with another problem, and she would suggest that I read pages 26 to 38 in the Big Book. I would read those pages and call her back and tell her, "That is exactly what I needed! Thank you!"

Finally, I asked her, "How do you remember all those pages in the Big Book so well? You always know exactly what I should read!"

She said, "I don't. I just figure you are so self-centered that if I give you ten to twelve pages to read, you'll find yourself in there somewhere!"

(She was right!)

--Author unknown



The First Tradition

*Our common welfare should come first;
personal recovery depends upon A.A. unity.*

by Mike M.

The practice of the First Tradition has been alive and well at fellowship events over the last few weeks. First, the Intercounty Fellowship Board hosted a volunteer appreciation party for all Central Office and committee volunteers. I was proud to have been a worker among the many workers contributing food, flowers, set-up, serving and clean-up to make the dinner and the event such a success. A very long string of grateful volunteers trooped up to the microphone to express what service in the name of our common welfare has done to heal their lives and hearts. My eyes were rarely dry during this part of the evening, and I left feeling it was perhaps the best evening I had ever spent in A.A.

And more recently came the expression of commitment to service that is Unity Day. Again, I was privileged to participate on behalf of one of the IFB Committees represented at the tables and workshops throughout the day. I've said more about this elsewhere in this issue, so suffice it to say here that the united commitment to our common welfare produced powerful results.

So much for the "do's" of practicing the First Tradition. I think it's also important to remember the "don'ts," and what follows are some excerpts from a wonderful bookstore pamphlet

entitled *The Twelve Traditions Illustrated* (©1971 Alcoholics Anonymous World Services, Inc.).

"Our brother the noisy drunk affords the simplest illustration of this Tradition. If he insists on disrupting the meeting, we "invite" him to leave, and we bring him back when he's in better shape to hear the message. We are putting the "common welfare" first. But it is in *his* welfare, too; if he's ever going to get sober, the group must go on functioning, ready for him. Yet he is only one rare aspect of the problem. When we do get sober in A.A., we shed a few small bits of the Big Ego: We admit, "I can't handle alcohol, and I can't stay away from it on my own." Fine so far! Then we find there is plenty of that Ego still with us. It may lead us to take other members' inventories and to gossip about their supposed shortcomings. It may lure us into hogging the floor at every discussion meeting.

"Oh well, it's a selfish program, isn't it? After all the miseries of active alcoholism, why shouldn't we indulge ourselves a little? We all know one good reason why we shouldn't: Self-indulgence of this kind is an immediate personal danger; it threatens the individual's own sobriety. More than that, it threatens the very basis of our sobriety – the unity of the A.A. group. For a self-righteous gossip *can* damage the mutual trust that is vital to every group. And a compulsive talker

can ruin the effectiveness of a discussion meeting ...

"When A.A. was very young, the first members clearly saw the preservation of its unity as a life-or-death matter for themselves and for the alcoholics still unrecovered. The First Tradition states this aim, and it is the common aim of all Twelve Traditions. When A.A. reached the age of 35, the aim was restated in the theme of the 1970 International Convention:

"This we owe to A.A.'s future:

To keep our common welfare first;

To keep our Fellowship united.

For on A.A. unity depend our lives,

And the lives of those to come.

"Each of the other eleven Traditions explains one specific way to protect the unity of the Fellowship and the A.A. group. Those early members quickly recognized power-drivers as potential group-wreckers. And they're still around – the members who are always sure that they're always right – the members who are happily ready to assume all the burdens of leadership and grimly unwilling to share them, let alone give them up. But a group does need officers. How can we cope with this dilemma? Tradition Two provides the answer. ..." [stay tuned for next month's tradition]

TP

Omission: In December, we inadvertently omitted credit to Michelle G. for the original drawing on page 13 that accompanied "Meet the Meeting." Michelle attends the Sunday Serenity group and drew the meeting place for *The Point*.



Survey of Service

The Point Committee

by Chris D.

When I joined *The Point* Committee about six months ago, I never thought that it would do me so much good. You see, after being sober for nearly 20 years, I figured out that my style of service came at the individual level. I really enjoy working directly with others, and all that business and committee mumbo jumbo should be left to those who were much more into controlling things ... at least that's what I thought. I used to get bored and frustrated at the group level "business meeting" because in my mind it was just a bunch of individuals exerting their right to gripe. I had guys at my home group tell me that I needed to attend the business meeting because I was a long timer of the group. I kindly declined.

The only reason I joined *The Point* is because I like to write. I got roused into being the "liaison to the contributors" which means I email people and beg them for articles. It is a responsibility and a task that I have come to enjoy. The people that I work with here are a jovial lot and we get the job done. I get to write articles and have a say in what gets published. My position at *The Point* is a minor one, but I have really felt a part of A.A. as a whole.



The benefits of being part of a committee are many. I am fairly new to San Francisco, so being a member of something other than meetings has given me a sense of belonging. I have met many new friends that I would otherwise not have met at meetings alone, at Central Office and at other events. Most of the contributing writers I have not met, but I feel like I have been helpful to them via email. I have received pats on the back and have had a lot of laughter that I otherwise would have missed if I had not joined *The Point*.

There are all sorts of positions available as committee members throughout the Inter-county Fellowship. I encourage you to seek out these positions and become involved. There is much to be gained with little effort. I believe there are many lives you will touch while remaining anonymous. It's a good feeling. I only wish I had not been so naive in years past and had been more innovative earlier in my sobriety.



Recent Deaths

Joe H. — 39 years

Steve R. ("Cubbie") — 16 years

The Point Wants to Know:

Which Rituals

- *Keep You Sober?*

Which Rituals

- *Drive You Crazy?*

We're interested in *all* rituals, from meeting rituals to your personal rituals. We are collecting stories about recovery rituals, from the familiar to the strange.

Help us catalogue rituals from meetings, like chanting "we think not!" in unison after "Are these extravagant promises?" or tag ons after the final prayer, like "Work it cuz you're worth it." Extra credit if you know the history of these group rituals. And tell us why you love or hate it.

Tell us your favorite personal rituals, such as praying the moment you get out of bed, or walking by the water every morning before work, or opening the Big Book to a random page in a time of crisis. Any rituals that your sponsor made you do that worked or didn't work, tell us that, too (like telephoning him every day at 7 AM even though you work the evening shift and are typically asleep then).

We're publishing these examples of A.A. cultural anthropology throughout 2010. Send your example(s) today to our email address, thepoint@aaasf.org.

Rants and Raves

A Rant on Fellowship

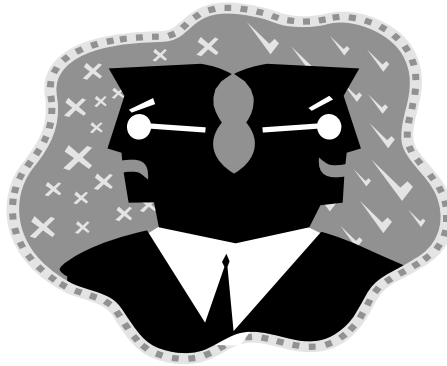
by Willie F.

Whatever happened to the old school fellowship where people came up to you before the meeting and introduced themselves, knowing that you were a new face? When did the big city clique A.A. come into vogue?

I got sober in San Jose more than 20 years ago and I know that we were not that much of a podunk town back then. Way back then in the late 80's, it seemed like there was a lot more interest in the new guy, the retread or the visitor. I've been to meetings at a couple of places here in the City that had more of a nightclub vibe than that of a meeting of Alcoholics Anonymous. When I entered the room, new in the hood, it was difficult to strike up a conversation. I had changed my socks, combed my hair and felt somewhat respectable but left feeling unloved! Where's the love?

Now, I know I'm getting old and all, but if I'm not part of the in crowd, I'm just another face. I know there are a lot of other meetings in the city, many of which I have found, but gee whiz, I didn't know that it was so cool to be a drunk. Don't get me wrong, I am glad to see so many more people getting sober, but just because I don't drive a Beemer doesn't mean I don't qualify.

At page 17 in the Big Book it says, "We are people who normally would not mix. But there exists among us a fellowship, friendliness, and an understanding which is indescribably wonderful." This is what I remember when I think of early sobriety. Oh well, I guess it takes all kinds.



A Rave for Unity Day

by Mike M.

Unity Day tracked Saturday's weather, starting with the early unloading of many vehicles and setting up the hall at the Urban Life Center on a gray morning following quiet rain, gradually awakening throughout the morning as more and more people arrived and the outside gloom lifted, and coming to full life at noon, when the sun broke through to reveal a perfect day and a full hall with a couple hundred people enjoying fellowship, lunch, entertainment, a pie contest, and then a big speaker meeting.

The morning schedule was all about service in A.A., with a wonderful, fast-paced thumbnail presentation by each of the IFB committees and others, including the Grapevine and the Living Sober Conference. This was followed by two separate 50-minute sessions where A.A.s could sit in for a more in-depth discussion with individual committees. Others were free to wander, conversing with committee representatives at the tables set up all around the main room. It was a great way to learn all about the many avenues of service in A.A., meet some of the faces behind the committees, and engage in

great fellowship while giving and receiving knowledge about the incredible range of activities that committees perform and that are available for our members (you don't have to be an IFB member to be on a committee).

All who attended received mega doses of love, strength and support, and the unity of our fellowship was never more palpable. Thank you, IFB and Central Office, for creating this event and making it happen!



Individual Contributions

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

ONGOING MEMORIALS

Fred B.
Steven D.
Ken M.
Dick O'L.

ANNIVERSARIES

Julia T. 17 years
Patty M. 18 years, **NYC**
Kristina F. 9 years, **Too Early**
Deborah D. 20 years,
The Barnyard Group

High Noon:
Jennett 20 years
Nick M. 14 years
Ray & Andrew B. 6 years
David & Jamie 4 years
Lindsey & Tom 1 year

How Are You Doing This Sober?

My Mother's Wake Without the Crutch of Alcohol and Drugs

by Margaret B.

"How are you doing this sober?" was the question my little sister (then 28 years old) asked me when we were receiving visitors at my mother's wake. Five thousand people came to pay their respects over a two-day period—a New York Italian wake. My friends in A.A. were so prevalent and had such a strong presence that it looked as if they had their own seating area. At one point, I asked my friend, Susan M., to move over three seats so that I could see her from where I had to stand, and she lovingly moved—with no question!

My two sisters, my brother-in-law, my father and I stood lined up at my mother's coffin for the whole two days. I had eighteen months sober.

My sister's question brought me up short. Her exact words were actually, "How are you doing this with no drugs?" Instead of taking offense, which would have been ridiculous if you knew my past, I took into consideration what had just happened, thought about it, and answered her honestly.

"The disease of alcoholism is a liar. It says you need a crutch and you don't."

What had just happened was that my brother-in-law (my younger sister's husband) had just tried to hand her something through the crowd, but it seemed to be an impossible task and so he handed it to me. My hand closed around a lot of little things and when I opened up my hand, there was a bunch of pills there. I looked at them, and then at my sister, handed them to her (*very* quickly!) and she explained they were "stomach medicine." And it was—for her.

Now, "stomach medicine" is what I used to call the painkillers I was addicted to since I was a teenager (until I found heroin when I was 21). That and "toothache" medicine. It all depended upon which doctor I was trying to con the pills out of at the time.

So there I was, at my mother's wake, looking at my sister's beautiful face with her honest question. I was feeling all the pain she must have gone through, experiencing my alcohol- and drug-addicted life. And I, with help from my higher power, was able to summon the moment of clarity needed to give her the honest answer she deserved.

I said, "It's easier!" Such a shocker!! Really, even to me. I meant it.

The disease of alcoholism is a liar. It says you need a crutch and you don't.

I'm now 21 years sober. Eight months after my mother passed away, my grandmother died. Later on, my father. Not only didn't I pick up, but I got through each death with a grace and dignity that would not have been present had I been drinking. And I felt I received gifts at each service.

I came into A.A. because I became afraid to commit suicide, and I received a way of living and a fellowship of friends far beyond my wildest dreams.

TP



AQUARIUS (Jan 20 - Feb 18)

Drinking style: Aquarius and drinking don't go together that well (except for water, that is). They have an innate tendency toward know-it-allism, and if they get an idea while sizzled, they're more stubborn than a stain or a stone. If they're throwing a party or organizing an outing, however, they're too preoccupied with their duties to get combative

and they make perfectly charming drunks in that case. Fortunately, they're usually capital drink-nursers. They also make the best designated drivers (if you can get them before they start raising their wrist). Aquarius is fascinated by drunk people and capable of holding interesting conversations with soused strangers while sober.

TP

Sober Resolutions

It's a Useful Ritual, But Get Real!

by Chuck L.

So here is it, another New Year. Do I spend another New Year's Eve making the typical desperate resolutions? I'm going to lose 20 pounds, pay off all my credit cards and never swear or be late for work again! All this, of course, by Valentine's Day. Talk about an unrealistic set up for failure! Those resolutions don't last a week. Hmm. The idea of resolutions isn't bad. But I can do it in a realistic, sober way, not the old all-or-nothing thinking.

Socialize, Don't Isolate. Another New Year's Day all alone. Hmm, maybe time to meet more people or

- *Socialize*
 - *Get Involved*
 - *Contribute*

at least expand my social network. How about fellowship after meetings? It's not just for the newcomers.

Get Involved in the Program.

When's the last time you had a service commitment? Also not just for newcomers. Many service commitments require a year or more of service; for example, Intergroup reps, treasurers, etc. Central Office is always looking for people to give a few hours a week. You'll get more out of it than you put in!

Contribute. If you think throwing a dollar in the Seventh Tradition basket is covering a group's expenses, you are sadly mistaken. It's 2010. You can't get a small cup of coffee at Starbucks for a buck. Contributions at Central Office are down. Schedules, pamphlets, and the helping hand of A.A. require dough-re-mi. So how about throwing in what you used to spend on drinking, or make a donation directly to Central Office through Faithful Fivers!

By the way, in case I haven't said it: Happy New Year!



Tap Tap Scrape, Shuffle Tap Tap

Lessons on Ritual from Major League Baseball

by Suzan C.

It is a known fact that stress management helps reduce the risk of relapse. I suppose I could suddenly have an overwhelming urge to sip champagne when I'm enjoying a warm afternoon in the country. But the times I am far more likely to bemoan my sobriety and its unfair barrier to life's simple pleasures are when I'm resentful, exhausted or worried.

When I think of people who have to face big stressful moments, I imagine Major League Baseball players when they're up at bat. How do they manage that intensity? Well, if you take a look at the San Francisco Giants' best hitter Pablo Sandoval (the Panda) and you consider the Oakland A's Nomar Garciaparra, with his batting average of .314, you'd have to say that it's all about ritual.

With the Panda, you've got that tap left heel with bat, tap right heel, tap left foot, tap right foot, drag foot through dirt, tap helmet, skip and scrape through dirt, do a back bend, tap foot. Then we have Garciaparra, who spends an eternity adjusting his armbands and gloves and tapping his helmet bill and bat, then practically drills a hole to China with his cleats as he rotates the bat in tiny counter-clockwise circles. Pablo is quick to acknowledge his Higher Power: "the one on the helmet is showing faith in God that I can do it." Nomar's explanation is more worldly: "I like everything tight, that's all it is, really."

I probably wouldn't make it past my office building security guard with a baseball bat in my hand every day, so I have to develop some rituals of my own. I definitely need one before getting in the car. I'm not the best driver

"How do they manage that intensity?"

to begin with—a little jumpy, a little prone to spacing out. Add a BlackBerry and the constant temptation (just want to peek) if there are any emails, and you have an extremely bad driver who is likely to blame everyone else for anything that goes wrong. Ritual: when I get in the car and put on the seatbelt, I say to myself: "O Great Seatbelt. Please Confine My Will and Protect My Life."

One ritual that helps tremendously is the Pause Before Difficult Phone Call ritual. I slap my own hand as it reaches compulsively for the phone. I hold it prisoner under the desk momentarily. I say "God, please help me

(Continued on page 13)

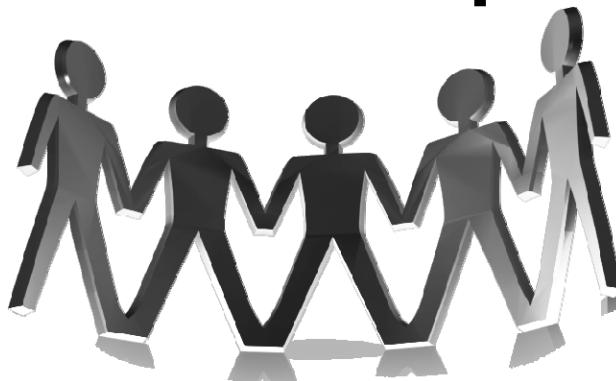
Meet THE MEETING

by Bree L.

Luke's Group has many years of collective recovery. The four core members that started this speaker/discussion group were Bill C., Jack S., Ed C. and Brian D. Ed has 40 years of sobriety, while Jack has 38 and Bill has 27 years. Brian unfortunately passed away last year. The three remaining have worked out a rotation secretary position which insures the continued presence of a facilitator with extensive experience. The secretary is also the speaker-getter, and these fellows have an extensive network of speakers they've harvested over the years.

Luke's Group started as the old Mission Terrace group in 1989 at St. Paul's Church. After the Loma Prieta earthquake in 1991, St. Paul's needed retrofitting. So, the group moved to Metropolitan Community Church for a year. The next move was to Noe Valley Ministry where the Mission Terrace Group still meets at 8 PM on Wednesday nights. Mary H. and Bill C. wanted a place closer to the Mission district that offered better parking, and found St. Luke's. The above-mentioned four members and Mary H. then started Luke's Group, which met in the 12th floor solarium. Mary H. has moved away from the area, but the remaining members continue to keep the meeting alive.

Luke's Group



The focus is clearly on newcomers, as St. Luke's is located directly across the street from the Salvation Army facility where many come for the Adult Residency Center (ARC). The ARC is a stringent six-month program that calls for disciplined residents. One of the assignments is to attend five A.A. meetings a week, and Luke's Group is readily available on Wednesday nights. Surprisingly, many of the men in ARC do not have local connections but come from towns away from San Francisco. Their unifying trait is a desire for a clean and sober lifestyle, and many are well on their way to attaining this, which is very gratifying.

Angela B. refers to Luke's Group as the "Dr. Bob and Bill Show," because of the depth of recovery available. Recently, Ed C. offered this tidbit about the Third Tradition. He tells us: it was stated in the first edition of the Big Book that the program was for those who had an "honest" desire to stop

drinking. Then someone asked, "Whoever heard of an honest alcoholic?" Between the first and second printing, it was decided that an "honest" alcoholic would be hard to find, so they left that Third Tradition criteria as anyone with a desire to stop drinking.

The group also has a tradition of meeting for dinner every Wednesday night before the meeting. All are invited to join, and they suggest attending one meeting to find the location for dinner the following Wednesday.

There is an inspiring view of the Mission, looking toward the city, when one walks out onto the roof situated next to the solarium. It's a treat to behold. Parking is easily available either on Caesar Chavez or Valencia.

Luke's Group, 3555 Cesar Chavez St. at Valencia, St Luke's Hospital Solarium, 8 PM Wednesday nights.



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to have the right tone, the right words, the right attitude and please help me to listen carefully and be of service." Sometimes, I only manage a watered down version of this, "Please God, please help me not to make a complete ass of myself on this call." Even that works wonders.

When I get to an A.A. meeting, I go around the room trying to remember as many names as I can. This gets the focus off of myself and into the fellowship. It also makes it less embarrassing when people come over to say hello. And with sponsees, the first thing I do is have us both ask together for our Higher Powers to be present in

the room and to have an impact on what we are saying and doing.

So the Panda and I, we like to throw a little prayer into our routines. And my buddy Garciparra and me, we just like to keep it tight.



IFB meeting summary – December 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

Any Lengths	Early Start	Join the Tribe	Queers, Crackpots & Fallen Women	Tiburon Haven Group
Back to Basics	Embarcadero Group	Keep Coming Back	Reality Farm	Tiburon Men's Stag
Bernal New Day	Fireside Chat	Let It Be Now	Saturday Easy Does It	Too Early
Blackie's Pasture	Friendly Circle Beginners	Living Sober With HIV	Serenity Seekers	Tuesday Chip
Blue Book Special	Goldmine Group	Lush Lounge	Sesame Step	We Care
Came to Park	High Noon (Monday)	Marina Discussion	Some Are Sicker Than Others	Women Who Drank. . .
Castro Discussion	High Noon (Sunday)	Men's Gentle Touch	Steppin Up	Women's Promises
Code Blue	High Noon Friday	Miracles (Way) Off 24th St.	Sunset 9'ers (Sat.)	<i>Marin Teleservice</i>
Common Welfare	High Noon Thursday	Mission Terrace	Sunset 9'ers (Sun.)	<i>Marin General Service</i>
Cow Hollow Men's	High Noon Tuesday	On Awakening	Ten Years After	<i>SF General Service</i>
Each Day a New Beginning (M-F)	Home Group	One Liners	Terra Linda	<i>SF PI/CPC</i>
Each Day a New Beginning (Sun)	Huntington Square	Parent Trap 2	They Stopped In Time	<i>SF Teleservice</i>

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the December 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 December 2, 2009 at the First Unitarian Universalist Church in San Francisco. Next month's meeting will be Wednesday, January 6, 2009 at the same location.

IFB Reports:

IFB Chair: Michael S.

Michael presented some thoughts on how he can best serve the IFB as chair and encouraged members who aren't currently

on a committee to sign up with a committee.

Treasurer: Dashiell T.

The financial position improved slightly during October, primarily due to book sales and some reductions in expenses made by Central Office. Continued deficits are projected through year end.

Central Office Manager: Maury P.

The December issue of Grapevine has an article about the SF Sunshine Club in it.

The abridged version of Big Book is available on CD now and the Central Office will stock it later this month.

The SF schedule is about to go to printer should be ready by end of the year.

Central Office has one open phone shift – 1 year sobriety requirement.

Central Office will close at 3 PM on Christmas Eve and New Year's Eve, and will be closed all day Christmas and New Years day.

Central Office Committee:

The COC's last meeting was dominated by a discussion of the 2010 deficit and possible solutions to the projected \$20K shortfall.

IFB Reps are encouraged to read literature and lead discussion with their groups to reach an Informed Group Conscience that

can be presented to the COC to guide their decisions on how to handle operating deficits.

Suggested literature includes 12 & 12 Chapter on Tradition Seven, The Twelve Concepts for World Service, and The Language of the Heart.

2010 Budget Proposal

The 2010 budget was proposed, discussed and approved.

The 2010 budget projects a deficit of (\$21,015). The January meeting will determine how to fund the deficit. Please discuss with your groups and bring a group conscience to the meeting.

Primary sources of funding a deficit: Contributions from groups – we could ask for increased contributions; \$2 per member would nearly make up the deficit; book prices could be raised (prices were reduced in past years when surplus existed and the last book price increase was in 2004); a 20% price increase would make up the deficit; Prudent Reserve could be used, but requires a 2/3 majority to pass;

The projected deficit = about 1.2 months of the prudent reserve (set at 6 months operating expense)

Central Offices Services could be cut. Central Office provides Teleservice 24 hours/day, Meeting Schedules, AASF.org

(Continued on page 15)

Your Central Office Needs Help Making a Decision

In order to provide our services...

- ✓ AA literature, group material, sobriety chips
- ✓ Teleservice (24/7)
- ✓ Meeting Schedules
- ✓ www.aasf.org
- ✓ The Point
- ✓ ASL translation
- ✓ Twelfth Step referrals
- ✓ Public Information/Cooperation with the Professional Community

...we need to make an informed decision on how to manage a projected \$20,000 budget deficit for 2010. (As of the end of October Group Contributions were down by \$17K - or 12%; the projected deficit is based on this pattern.) As members of our fellowship, the IFB would like your group conscience as to how to achieve this. Some options we are considering include:

- ⇒ Raising book prices
- ⇒ Asking for an increase in contributions
- ⇒ Using the Prudent Reserve
- ⇒ Some combination of the above

We will decide on a course of action at the January IFB Meeting. Please discuss possible solutions with your group and complete the survey on our website: <http://www.aasf.org/ifbsurvey.cfm> by the end of the year. (FYI: There is a link to the survey on our homepage.)

Thank you!

Intercounty Fellowship of AA

Website, *The Point*, Accessibility Assistance and Twelfth Step referrals for members in need.

Please encourage members to provide feedback by taking the survey: <http://www.aasf.org/ifbsurvey.cfm>

Committee Reports

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. Needs volunteers to help.

The Point is seeking an Associate Editor. The theme for 2010 is rituals - looking for rituals at specific meetings, and rituals of individuals. There will be a new feature "Rants and Raves" next year. In 2009 The Point went through 1 Step a month and will do 1 Tradition a month in 2010

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.



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 Contributions	Oct 09	YTD
Artists & Writers F 630pm	\$	952
Brisbane Breakfast Bunch	\$ 62	\$ 320
Contribution Box	\$ 91	\$ 760
Deer Park Discovery Group	\$	23
Gay & Lesbian Newcomers	\$	22
Gay Newcomers Group	\$	13
Harbor Lights Fellowship	\$	25
IFB	\$ 96	\$1,018
Marin Teleservice		\$2,000
Men's Forum Tu	\$	180
Novato Fellowship Events	\$	64
Serenity House	\$ 150	\$1,500
SF General Service	\$	300
Total Fellowship	\$ 400	\$7,177

Marin	Oct 09	YTD
12 & 12 Study Sa 815am	\$	272
Attitude Adjustment 7D 7am	\$ 675	\$2,835
Awakenings Sa 830am	\$	56
Awareness/Acceptance M 1030am	\$	228
Blackie's Pasture Sa 830pm	\$ 75	\$ 210
Bounce Back M 6pm	\$	400
Candlelight Sun 830pm	\$	223
Closed Women Step Study Tu 330pm	\$ 215	\$ 638
Cover to Cover W 800pm	\$	225
Crescent New Growth Sun 7pm	\$	222
Day At A Time 7D 630am	\$	370
Design For Living (Marin) W 7pm	\$	61
Downtown Mill Valley F 830pm	\$	725
Early Birds Sa 6am	\$	36
East San Rafael Big Book	\$ 100	\$ 208
Experience, Strength & Hope Sa 6pm	\$	45
Freedom Finders F 830pm	\$	590
Friday Night Book F 830pm	\$	233
Friday Night Gay Men's Stag F 830pm	\$	65
Gratitude Tu 8pm	\$	569
Greenfield Newcomers Sun 7pm	\$ 438	\$ 720
Happy Hour (Marin) Th 6pm	\$	45
Happy, Joyous & Free 5D 12pm		\$1,250
High & Dry W 12pm	\$ 305	\$ 613
Intimate Feelings Sa 10am	\$ 173	\$ 354
Inverness Sunday Serenity Su 10am	\$	112
Island Group Th 8pm	\$	321
Living in the Solution F 6pm	\$	260
Marin City Groups 5D 630pm	\$ 110	\$ 413
Marin Newcomers M 830pm	\$	677
Men Only Stag Sa 6pm	\$	26

Marin	Oct 09	YTD
Mill Valley 7D 7am	\$ 537	\$2,087
Mill Valley Discussion W 830pm	\$	290
Mill Valley Original Smokeless SS Th 8	\$	50
Monday Blues M 630pm	\$ 406	\$ 843
Monday Night Stag (Tiburon) 8pm		\$1,468
Monday Night Women's M 8pm	\$	330
Monday Nooners M 12pm	\$	586
Morning After Sa 10am	\$	750
Morning Attitude Adjustment MTuF 7	\$	50
Nativity Monday Night Big Book M 8	\$	200
Newcomers Step M 730pm	\$	717
Noon Discussion Th 12pm	\$	500
Noon Hope F 12pm	\$	209
Noon Tu 12pm	\$	110
North Bay Discussion Group Su 8pm	\$	100
Novato Monday Stag M 8pm	\$	62
Pathfinders Tu 12pm	\$	244
Primary Purpose W 830pm	\$ 80	\$ 145
Quitting Time MWF 530pm	\$	371
Refugee Th 12pm	\$	90
Reveille 5D 7am	\$ 200	\$ 600
Rise N Shine Sun 10am	\$	266
San Geronimo Valley BS F 8pm	\$	103
San Geronimo Valley M 8pm	\$	182
Sausalito 12 Step Study Group	\$	269
Serendipity Sa 11am	\$	326
Sisters In Sobriety Th 730pm (M)	\$	146
Six O'Clock Step Th 6pm	\$	59
Six O'Clock Sunset Th 6pm	\$	241
Sober & Serene F 7pm	\$	621
Steps to Freedom M 730pm	\$	326
Steps To The Solution W 715pm	\$ 88	\$ 313
Sunday Express Sun 6pm	\$	200
Sunlight of the Spirit Th 7pm	\$	100
Survivors M 12pm	\$	376
T. G. I'm Sober M 6pm	\$	85
T.G.I.F. F 6pm	\$	247
Terra Linda Group Th 830pm	\$1,445	
The Barnyard Group Sa 4pm	\$	335
The Fearless Searchers F 8pm	\$	176
The Novato Group Fri. Night D	\$	83
Three Step Group Sa 530pm	\$	150
Thursday Night Book Club Th 7pm	\$	17
Tiburon Beginners & Closed Tu 7	\$ 468	\$1,548
Tiburon Haven Sun 12pm	\$	150
Tiburon Women's Candlelight W 8pm	\$	75
Tuesday Chip Meeting Tu 8pm	\$1,186	

Marin	Oct 09	YTD
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	\$ 400
Women on Wednesday W 7pm	\$	50
Women's Big Book Tu 1030am	\$	540
Women's Meeting Su 430pm	\$	35
Working Dogs W 1205pm	\$ 300	\$ 643
Young People's BYOB Sat 7pm	\$	239
Total Marin	\$4,369	\$34,185

San Francisco	Oct 09	YTD
6am Dry Dock Tu	\$ 30	\$ 161
6am Marina Dock Sa	\$	91
7am As Bill Sees It Fri	\$	193
7am Grab Bag M 7am	\$	71
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	\$	346
A Coffee Pot & A Resentment M 8pm	\$	42
A is for Alcohol Tu 6pm	\$	313
A New Start F 830pm	\$	749
A Vision for You (SF) Su 630pm	\$	65
AA Step Study Su 6pm	\$	121
Afro American Beginners Sat 8pm	\$	201
Afro American F 8pm	\$ 30	\$ 30
After Work Big Book M 6pm	\$ 40	\$ 40
After Work M 6PM	\$	95
Agnostics & Freethinkers Su 630pm	\$	100
All Together Now Th 8pm	\$	51
Alumni W 830pm	\$ 101	\$ 186
Amazing Grace M 7pm	\$	162
Any Lengths Sat 930am	\$	511
Artists & Writers F 630pm	\$	775
As Bill Sees It - Keep It Simple Tu 7am	\$	210
As Bill Sees It Th 830pm	\$	226
As Bill Sees It Tu 1210pm	\$ 89	\$ 569
Be Still AA Su 12pm	\$ 64	\$ 813
Beginner Big Book Step Th 630pm	\$	107
Beginners Mtg (Old Sutter St) Sat 6pm	\$ 258	\$ 876
Beginner's Warmup W 6pm	\$	60
Bernal Big Book Sat 5pm	\$ 89	\$ 702
Bernal New Day 7D	\$ 212	\$ 1,945
Big Book Basics F 8pm	\$ 216	\$ 452

San Francisco	Oct 09	YTD	San Francisco	Oct 09	YTD	San Francisco	Oct 09	YTD
Big Book Beginners F 105pm	\$	74	Haight Street Explorers Th 630pm	\$	28	Noon Smokeless W 12pm	\$ 11	\$ 71
Big Book Study Su 1130am	\$	333	Happy Hour F 630pm	\$	62	Off Broadway Book Th 8pm	\$ 14	\$ 39
Blue Book Special Su 11am	\$	113	Happy Hour Ladies Night F 530pm	\$	164	One, Two, Three, Go! W 1pm	\$	30
Buena Vista Breakfast Su 12pm	\$	254	High Noon Friday 1215pm	\$ 92	\$1,637	Park Presidio M 830pm	\$	98
Came To Believe Su 830am	\$ 64	\$ 64	High Noon Monday 1215pm	\$ 167	\$ 701	Parkside Th 830pm	\$	414
Came to Park Sat 7pm	\$	564	High Noon Saturday 1215pm	\$	357	Pax West M 12pm	\$	1,190
Castro Discussion (Show Of Shows) W 8pm	\$ 494	\$1,246	High Noon Sunday 1215p	\$ 223	\$ 223	Pax West Th 12pm	\$	359
Castro Monday Big Book M 830pm	\$	277	High Noon Thursday 1215pm	\$ 106	\$ 924	Progress Not Perfection Tu 830pm	\$	480
Chips Ahoy Tu 12pm	\$	6	High Noon Tuesday 1215pm	\$	472	Queers, Crackpots & Fallen Women	\$	238
Cocoanuts Su 9am	\$	132	High Noon Wednesday 1215pm	\$ 140	\$ 787	Reality Farm Th 830pm	\$	80
Code Blue Big Book Study W 7pm	\$ 94	\$ 300	High Sobriety M 8pm	\$	238	Rebound W 830pm	\$	60
Cow Hollow Men's Group W 8pm	\$	401	Hilldwellers M 8pm	\$	470	Relapse, Rebound, Retreads...	\$	60
Creative Alcoholics M 6pm	\$	278	Home Group Sat 830pm	\$	295	Rigorous Honesty Th 1205pm	\$	187
Crossroads Sun 12pm	\$	318	How Was Your Week? Sa 10am	\$	159	Room to Grow F 8pm	\$	375
Design for Living Sat 8am	\$	549	Huntington Square W 630pm	\$ 339	\$1,018	Rose Garden Big Book Th 1205pm	\$	74
Diamond Heights Tu 830pm	\$	93	Join the Tribe Tu 7pm	\$ 335	\$1,014	Rule 62 W 10pm	\$	213
Doin' the Deal Sun 10pm	\$	81	Joys of Recovery Tu 8pm	\$	73	Saturday Afternoon Meditation Sat 5pm	\$	285
Each Day a New Beginning F 7am	\$	827	Keep Coming Back Sa 11am	\$	2,264	Saturday Easy Does It Sa 12pm	\$	126
Each Day a New Beginning M 7am	\$	269	Keep It Simple Sat 830pm	\$	399	Saturday Night Regroup Sat 730pm	\$	487
Each Day A New Beginning Su 8am	\$	963	Let It Be Now F 6pm	\$	105	Serenity Seekers M 730pm	\$	1,053
Each Day a New Beginning Th 7am	\$	446	Light Steppers Su 7pm	\$	240	Sesame Step Tu 730pm	\$ 152	\$ 152
Each Day a New Beginning Tu 7am	\$ 263	\$ 862	Like A Prayer Su 4pm	\$	51	Shamrocks & Serenity M 730pm	\$ 216	\$ 616
Each Day a New Beginning W 7am	\$	393	Lincoln Park Sat 830pm	\$	163	Sinbar Su 830pm	\$	194
Early Birds Sa 6am	\$	36	Live and Let Live Su 8pm	\$	217	Sisters Circle Su 6pm	\$	435
Early Start F 6pm	\$	2,048	Living Sober W 8pm	\$	189	Sobriety & Beyond W 7pm	\$	45
Easy Does It Tu 6pm	\$	120	Living Sober with HIV W 6pm	\$	942	Sometimes Slowly Sa 11am	\$	491
Embarcadero Group 5D 1210pm	\$ 120	\$ 340	Luke's Group W 8pm	\$ 98	\$ 350	Sought to Improve Th 730pm	\$	138
Epiphany Group Th 8pm	\$	144	Lush Lounge Sa 2pm	\$	168	SFPOA Th 7pm	\$	932
Eureka Valley Topic M 6pm	\$	1,838	Marina Discussion F 830pm	\$	745	Speaker Discussion F 1pm	\$	249
Excelsior "Scent" Free for All Sa 8pm	\$	60	Meeting Place Noon F 12pm	\$	243	St. Francis Men's F 830pm	\$	352
Excelsior Free for All Sa 8pm	\$	88	Meeting Place Noon W 12pm	\$ 146	\$ 384	Step Talk Su 830am	\$	931
Federal Speaker Su 12pm	\$ 383	\$ 794	Men's Gentle Touch M 7pm	\$	36	Steppin' Up Tu 630pm	\$ 116	\$ 475
Firefighters & Friends Tu 10am	\$	235	Mid-Morning Support Su 1030am	\$ 300	\$ 959	Stepping Out Sat 6pm	\$ 73	\$ 247
Fireside Chat Group Th 8pm	\$	232	Midnight Meditation Sat 12am	\$	40	Stepping Stone Step Study M 7pm	\$	201
First Step Speaker/ Discussion Th 730pm	\$	57	Miracle (Way) Off 24th St W 730pm	\$	48	Stonestown M 8pm	\$	357
Franciscan Noon Discussion M 12pm	\$	60	Mission Creek Meeting	\$	95	Straight Jackets Th 9am	\$	23
Friday All Groups F 830pm	\$	2,891	Mission Creek Meeting Tu 6pm	\$	80	Sunday Bookworms Sun 730pm	\$	266
Friday at Five F 5pm	\$	116	Mission Terrace W 8pm	\$	401	Sunday Morning Stag Su 930am	\$	826
Friday Lunchtime Step F 12pm	\$	210	Monday Beginners M 8pm	\$	1,053	Sunday Night 3rd Step Group 5pm	\$	1,062
Friday Night Women's Meeting F 630pm	\$ 26	\$ 26	Monday Monday M 1215pm	\$ 72	\$ 354	Sunday Night Castro SD Su 8pm	\$	913
Friday Smokeless F 830pm	\$	453	Moving Toward Serenity W 830pm	\$	312	Sunday Rap Sun 8pm	\$ 360	\$ 600
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	\$ 170	\$ 491	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: october 2009

	Oct 09	Budget	Jan-Oct 09	Budget		Oct 09	Budget	Jan-Oct 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	12,566	11,631	122,036	140,118	Bulk Mail	0	0	600	787
Honors	0	0	324	0	Postage - Other	50		100	
Contributions from Groups - Other	0		816		Total Postage	\$50	\$0	\$784	\$787
Total Contributions from Groups	\$12,566	\$11,631	\$123,175	\$140,118	ASL Expense	200		200	
Contributions from Individuals					Rent - Office	4,320	4,283	43,204	42,829
Individual - Unrestricted	325	3,021	4,400	6,488	Rent - Other	0	0	675	675
Faithful Fiver	1,035	565	8,581	5,259	Access Expenses	0	827	650	4,167
Honorary Contributions	196	99	2,234	3,267	IFB Literature				
Total Contributions from Individuals	\$1,556	\$3,685	\$15,215	\$15,014	Sunshine Club	0	0	25	200
Gratitude Month					IFB Literature - Other	5	0	5	0
Gratitude Month - Groups	0	480	3,949	4,221	Total IFB Literature	\$5	\$0	\$30	\$200
Gratitude Month - Individual	0	0	0	699	PI/CPC	410	540	628	540
Total Gratitude Month	\$0	\$480	\$3,949	\$4,920	Filing/Fees	0	107	94	107
Sales - Bookstore	10,177	8,173	88,417	89,756	Insurance	0	0	16	939
Newsletter Subscript.	\$22	\$80	\$379	\$914	Internet Expense	27	172	643	805
Total Income	\$24,321	\$24,049	\$231,136	\$250,722	Office Supplies	113	260	1,643	2,566
Cost of Goods Sold					Paper Purchased	0	362	2,512	1,038
Cost of Books Sold - Shipping	0		211		Software Purchased	0	0	382	2,800
Cost of Books Sold	6,583	5,803	59,848	63,724	Shipping	-111	17	110	429
Credit Card Processing Fees	243	268	2,071	2,106	Printing	0	0	864	0
Total COGS	\$6,826	\$6,071	\$62,129	\$65,830	Equipment Lease	0	0	2,061	5,816
Gross Profit	\$17,495	\$17,978	\$169,007	\$184,892	Repair & Maintenance	492	255	3,053	2,987
Expense					Security System	0	35	472	468
Construction Expense	0	0	734	0	Special Events	0	0	0	0
IFB Sponsored Events	450	0	1,661	1,350	Payroll Expenses	5		37	
Unreconciled Bank Adj	0	0	0	0	Telephone	0	917	2,416	4,087
Budget Contingency	0	261	0	2,619	Phone Book Listings	0	164	672	978
Special Events Expense	0	0	0	0	Utilities	0	0	0	0
Reconciliation Discrepancies	0	0	0	0	Travel	752	572	1,335	1,122
Employee Expenses					Training	0	0	20	0
Wages & Salaries	8,826	8,863	90,672	88,637	Bad Checks	0	0	12	199
Employer Tax Expenses	719	779	8,327	7,782	Miscellaneous Expense	0	0	76	0
Health Benefits	1,184	1,302	11,840	11,930	Total Expense	\$18,565	\$20,431	\$178,109	\$191,585
Retirement/Annuity Expense	0	0	0	0	Net Ordinary Income	-\$1,070	-\$2,453	-\$9,102	-\$6,693
Workers Comp Ins.	0	0	790	1,140	Other Income/Expense				
Total Employee Expenses	\$10,730	\$10,944	\$111,630	\$109,489	Other Income				
Professional Fees					Other Income	0	0	0	0
Accounting	0	0	0	2,339	Interest Income	75	163	4,800	4,376
Computer Consulting	1,121	715	1,234	2,199	Total Other Income	\$75	\$163	\$4,800	\$4,376
Legal Fees	0	0	0	0	Other Expense				
Outside Services	0	0	0	0	Depreciation Expense	0	0	0	455
Total Professional Fees	\$1,121	\$715	\$1,234	\$4,538	Amortization Expense	0	0	0	945
Bank Charges					Total Other Expense	\$0	\$0	\$0	\$1,400
Credit Card Processing Fees	0		255		Net Other Income	\$75	\$163	\$4,800	\$2,976
Bank Charges - Other	0	0	7	50	Net Income	-\$995	-\$2,290	-\$4,302	-\$3,717

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San Francisco	Oct 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	\$ 232	\$ 304
Sutter Street Beginners Sat 6pm	\$	318
Ten Years After Su 6pm	\$	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 6am	\$	181
Thursday Night Women's Th 630pm	\$ 184	\$ 470
Too Early Sat 8am	\$ 199	\$ 2,058
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
Unidentified Group	\$ 400	\$ 400
Valencia Smokefree F 6pm	\$	479
Walk of Shame W 8pm	\$	175
Waterfront Sun 8pm	\$	259
We Care Tu 12pm	\$ 141	\$ 494
Wednesday Noon Steps W 12pm	\$	45
Wednesday Women's Big Book W 615pm	\$ 104	\$ 104
West Portal W 830pm	\$	140
West Portal W 8pm	\$	222
Wharfrats Th 815pm	\$	380
What It's Like Now M 6pm	\$	55
Wits End Step Study Tu 8pm	\$	85
Women Living Sober Sa 10am	\$	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 6pm	\$ 464	\$ 610
Women's Promises F 7pm	\$ 370	\$ 712
Work In Progress Sat 7pm	\$	1,035
Total San Francisco	\$ 7,797	\$ 81,814

Total Contributions \$12,566 \$123,175

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Join us for our Annual Meeting—Speaker workshop, lunch, a review of PI/CPC activities in 2009 and the committee positions (*to be filled in Feb.)

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Saturday, Jan. 16, 2010
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