

# the Point

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

From Chapter Five of the book, *Alcoholics Anonymous*

2010  
**2**  
**FEBRUARY**

A publication of the Intercountry Fellowship of Alcoholics Anonymous

A publication of the

Intercountry Fellowship

of Alcoholics Anonymous

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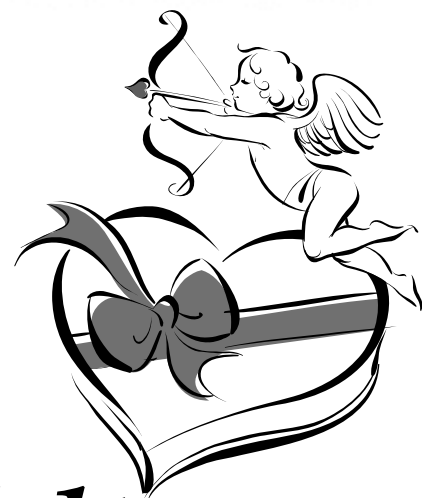
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**INSIDE:**




## *Heartfelt...*

### *Relationships of the Heart*

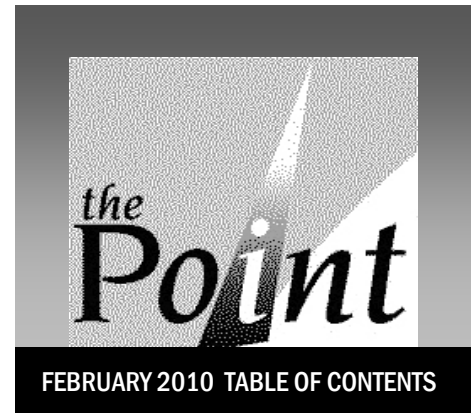
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercountry Fellowship of Alcoholics Anonymous (San Francisco and Main Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, the Intercountry 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.

# February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<p><b>1</b></p>	<p><b>2</b></p> <p><u>FIRST TUE</u></p> <p>Access Committee Central Office, 6pm</p>	<p><b>3</b></p> <p><u>FIRST WED</u></p> <p>Intercounty Fellowship Board 101 Donahue, Marin City (St. Andrew Presbyterian Church)</p> <p>Orientation 6pm Meeting 7pm</p>
<p><b>7</b></p>	<p><b>8</b></p> <p><u>SECOND MON</u></p> <p>SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm</p>	<p><b>9</b></p> <p><u>SECOND TUE</u></p> <p><i>The Point</i> Committee Central Office, 5:30pm</p> <p>S.F. Bridging the Gap 1111 O'Farrell St. 6:30pm</p> <p>Marin H&amp;I 1360 Lincoln, San Rafael, 6:15pm</p> <p>SF General Service 1111 O'Farrell St., 8pm</p>	<p><b>10</b></p> <p><u>SECOND WED</u></p> <p>12th Step Committee Central Office, 6:30pm</p> <p>Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm</p>
<p><b>14</b></p>	<p><b>15</b></p> <p>Presidents' Day Central Office Closed</p> <p><u>THIRD MON</u></p> <p>SF Teleservice Central Office, 6:30pm</p> <p>Marin General Service 9 Ross Valley Rd, San Rafael, 8pm</p>	<p><b>16</b></p> <p><u>THIRD TUE</u></p> <p>Outreach Committee Central Office, 6:30pm</p> <p>Sunshine Club Workshop in San Rafael See Flyer Page 4</p>	<p><b>13</b></p>
<p><b>21</b></p> <p><u>THIRD SUN</u></p> <p>Archives Committee Central Office, 2pm Business Meeting followed by Work Day</p>	<p><b>22</b></p>	<p><b>23</b></p> <p><u>FOURTH TUE</u></p> <p><i>The Point</i> Committee Central Office, 5:30pm</p> <p>Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm</p>	<p><b>24</b></p>
<p><b>28</b></p> <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>			

THURSDAY	FRIDAY	SATURDAY
4	5 A.A. in Cyberspace Workshop, Central Office, 6pm	6
11	12 A.A. in Cyberspace Workshop, Central Office, 6pm	13
18 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office, 6:30pm Please send any ?'s you have about group service to tsw@aasf.org	19 A.A. in Cyberspace Workshop, Central Office, 6pm	20
25 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm	26 A.A. in Cyberspace Workshop, Central Office, 6pm	27 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm



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*“Love is less a feeling  
than a thousand tiny  
acts of kindness.”*

— Author Unknown

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## Meeting Changes

### Meeting Changes:

Mon	6:30pm	Novato	JUST CAN'T WAIT 'TIL 8, Currently NOT Meeting; Looking for New Location
Wed	8:00pm	Mill Valley	GAY MEN & WOMEN-ALL ARE WELCOME, 8 Olive St. (was Mill Valley Gay/Lesbian)
Wed	8:30pm	Noe Valley	WALK OF SHAME, 455 Fair Oaks St at 26th St. (was at 8pm)
Thu	7:30am	Civic Center	FRIDAY KNIGHTS, Senior Center, 387 Golden Gate Ave. (was 220 Golden Gate Ave.)
Fri	7:30am	Civic Center	THOUGHT FOR THE DAY, Currently NOT Meeting; Looking for New Location
Sat	11:30am	Castro	Y.A.H.O.O. STEP, 501 Castro/ 18th St. (was 11am)
Sat	4:00pm	Novato	THE BARNYARD GROUP, Currently NOT Meeting; Looking for New Location

### No Longer Meeting:

Mon	6:30am	Mission	NEW HOPE BIG BOOK, 1661 15th St./Julian Ave.
Tue	7:00am	Hayes Valley	AS BILL SEES IT - KEEP IT SIMPLE, S.F. Alano Club, 1748 Market St./Octavia Blvd.
Thu	7:00am	Hayes Valley	AS BILL SEES IT - KEEP IT SIMPLE, S.F. Alano Club, 1748 Market St./Octavia Blvd.
Sat	2:00pm	Pacific Heights	HOW IT WORKS, 2140 Pierce St./Clay 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. **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!**

## Sunshine Club Workshop

Tuesday, February 16 - 7:30pm  
Marin Alano Club,  
1360 Lincoln Ave., San Rafael



Take Meetings to Members who are hospitalized or homebound due to illness or injury.

Please call 415-499-0400 for more information!

## Intercounty Fellowship Board Of Alcoholics Anonymous presents

### AA In Cyberspace

Workshop



Every Friday from 6-7 pm thru April 9<sup>th</sup> 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](http://www.aasf.org) and [www.aa.org](http://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

## Saint of Romantic Love?

Valentine's Day: Hallmark holiday or authentic celebration of romance? Peek inside for varying points of view. And why should A.A. even give a good gol-darn? Because these are the things that we used to drink over and that haunt us still: the love affair gone wrong, the pitiful and incomprehensible behaviors in our sexual inventories, alcohol as a substitute for connection, being stuck in bumbling adolescence when it comes to relationships. Oh, yeah, and using chocolate like we used to use alcohol, or starting other addictive behaviors once the booze is gone. I'll just bet you know what I mean.

The subject of sexual relations is discussed in pages 68 to 70 of the Big Book, with specific regard to our Fourth Step inventories and future (presumably sober) behavior. The Big Book not only took on alcoholism, an affliction of those many considered degenerate and morally suspect, but also sexual

relations in the context of drinking and sobriety. For the 1930's, I am guessing this was a forthright and brave handling of a touchy topic. Of course, Bill W. had a prodigious appetite in this area, if accounts of his contemporaries are reliable. Maybe it's no wonder he cautioned against judging the sexual behavior of others. ("We do not want to be the arbiters of anyone's sex conduct." p. 69)

But the Big Book is right about this as in so many things, that "[w]e all have sex problems. We'd hardly be human if we didn't." So whether St. Valentine is a cultural touchstone (albeit a few degrees below St. Nicholas) or a Victorian holdover from the days of cut-out paper silhouettes or simply the yearning of our collective unconscious to be bound up with another outside our lonely skin, whatever it is, we bow to its power. And dedicate this issue to the saint of romantic love.



### 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](http://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. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

Alejandro D.	Kathryn M.
Andrew Z.	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.
C.J. H.	Margarite S.
Carmen M.	Marit L.
Caroline A.	Martha S.
Casey L.	Mary C.
Charles D.	Matt S.
Craig G.	Michael W.
Dan & Sherry T.	Michael Z.
David H.	Mily T.
David J.	Mitsi H.
David P.	Molly G.
David S.	Pat P.
Dennis & Lucy O.	Patrick M.
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John V.	Sylvia D.
Judy W.	Terry H.
Karen K.	Terry H.
Kathleen C.	Tim M.
Katherine G.	Tom M.
	Tracy F.

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

# Happy Valentine's Day to Me!

*How to Pleasure Yourself on a Hallmark Holiday*

by Chuck L.

So it's that time of year again. I can't walk into my drugstore, a gift shop—or any shop for that matter—and not see *red*. I'm talking about Valentine's Day, of course. Great, another holiday to remind me that I'm single! Like any good alcoholic, of course I can take this resentment and run with it. I periodically go through what I call my "Noah's Ark Syndrome": Everyone is in a pair except me.

The reality is that I'm in good company. Statistically, there are 86 million singles in the United States, making up 40% of the adult population. Nonetheless, since childhood we have been conditioned to believe that we should always be grooming ourselves for the mythical "significant other" or my favorite: "other half"! (Are there half people walking around out there?) Some of us alcoholics think "The Promises" say you'll have a relationship after a year sober.

As the dreaded February 14<sup>th</sup> approaches, I've had several conversations with many of my single friends of all ages and asked them what they like most about being single. "Freedom" seemed to be the word that comes up most often. Not just coming and going as you please, but not having to put up with or accom-



*"Some of us alcoholics think 'The Promises' say you'll have a relationship after a year sober."*

modating anyone else's schedule, personality quirks or just plain "baggage." As we listen at meetings and to friends, I'm amazed at what other people put up with, just to be with someone. I personally would rather be alone than be in a dysfunctional relationship. Also, we singles have the freedom to not just people-watch, but flirt, be daring and take more chances in the world to help

get outside ourselves. When I'm away on a trip or just out in my neighborhood I like being able to talk to or meet anyone I want. Most of us who are single and living in the big city have cultivated a group of friends. Many meetings have fellowship so we can go out and interact with others in a healthy, safe way.

My friends have *never* been substitutes for dates (they're so much more) and I feel lucky to have a lot of people in my life that I love and adore. I also have the time and flexibility to nurture these relationships.

Probably the most important thing of all is that those of us who are single have the chance to get to know ourselves, work through character defects and learn to sit with our feelings. We all know people (friends, siblings, etc.) who seem to lose themselves when they are in a primary relationship. I know I have some higher purpose on the planet than to be solely part of a couple!

So this year for Valentine's Day, if the idea of being your own valentine seems too daunting a task, get together with one or more of your friends and plan something fun: dinner, a movie, whatever. As alcoholics, it's another great way to give back and get outside ourselves!



# Love, Chocolate and Sobriety

## *These Are Four of My Favorite Things*

by Chris D.

Back in the days of my covert alcoholism, love was an ever-present pickle I found myself in. If a girl said yes (it didn't matter what the question was), I was falling in love. By the time we got through the next few questions, I was already planning the wedding and sometimes the divorce. Love really is like a box of chocolates ... and you know the rest.


I heard a wise old-timer say one time, about falling in lust on the A.A. campus, "the odds are good that you'll find a mate but you got to remember, the goods are odd." I have found this to be true in my case. When I am the goods, the goods are odd!

I fell in love after a couple years sober, with a girl who was not in the program. After nine years of marriage we called it quits. It wasn't long after working through all the turmoil of divorce that I came to the conclusion that for both my wife and I, the goods were odd. After a few years of near abstinence, I thought I would give love another try. This time I managed to find a woman in the program; after all, the odds are good, right? We had a good relationship until the goods became odd again. Oh, well. Celibacy was looking better all the time.

I was at a meeting of our sister program when I heard, "you're only as sick as the person you're in the relationship with." As I was sitting in the meeting, I wondered if that

applied only to the women I was relating to, or maybe, just maybe, could there be something wrong with me? Then I thought, nah, all guys have bouts with abstinence from time to time.

Now that spring is just around the corner and love is in the air, I wonder what God has up his sleeve for me. Valentine's Day has always been one of my favorite holidays. There are lots of chocolates and flowers and being squirrely in love for no good reason. Cupid draws his arrow and lets loose unlike any other time of year. So whether you are on the A.A. campus, or just walking down the street as Cupid unleashes his fury, keep in mind that chocolate comes in many wrappings.

Remember, the four things I love most are chocolate, sobriety and being in love. You just can't beat that, now can ya? When all else fails and you're wondering about this love thing, don't forget that you can't blame any of it on God. If it is meant to be or not, it's all an experience we are supposed to have, I think. (What is the fourth you ask? Well, I really love chocolate!) 



*Valentine's Day has always been one of my favorite holi-*



## Old-Timer Says His Prayers

Compiled by Annia

An old-timer comes home from his home group meeting, gets ready for bed, and is on his knees saying his evening prayers. He's in the middle of his "God blesses" saying "God bless the guy who says the same thing no matter what the topic, God bless George, the 'cake lady,' God bless . . ."

Suddenly, he pauses and looks up. Then he says, "You know, God, I wonder if there is A.A. in heaven. If there isn't A.A. in heaven, I don't know if I want to go there. These folks are so important to me, I don't want to spend eternity without them."

There's a bolt of lightning and a loud clap of thunder and then the old-timer hears a voice saying, "I have good news and bad news. The good news is, there is A.A. in heaven. The bad news is, you're speaking tomorrow night."



# TAKE ME TO YOUR SERVANT

*Our leaders are but trusted servants; they do not govern.*

by Suzan C.

After reading the news, I sometimes conclude that the world needs a meeting. Frequently, I am struck by the failure of leadership—corruption in fledgling governments, self-dealing in the highest economic circles, legislators beholden to donors rather than constituents.

I often conclude the only societies that have effective leadership are Alcoholics Anonymous and wild horses. Tradition Two tells us “our leaders are but trusted servants, they do not govern.” This works well for us, because alcoholics have a natural inclination toward grandiosity. Hand one of us a scepter and we’ll be pounding it on the table in no time.

Perhaps we are like wild horses and that is why we emulate their model of leadership. The leader of a herd of horses is not the largest animal with the biggest hooves. He is, rather, mild-mannered; a no-drama, wise decision-maker who finds food for the herd and keeps the peace. There are some alpha horses that go around snorting and prancing dramatically. They are known as “lieutenants” and work as bouncers if the leader needs them.

The purpose of A.A. meetings is to help us stay sober and to introduce newcomers to our way of life. Our leaders help us work together to achieve this goal by a) sticking to a basic routine that emphasizes the fundamental program principles at each meeting; b) supporting an atmosphere of sharing that avoids cross talk and time monopolization; c) welcoming and encouraging new

comers and visitors; and d) recognizing birthdays, so that everyone feels appreciated and celebrated. Our leaders keep the program working for everyone’s benefit.

Leadership is about cultivating an atmosphere of respect and accountability. The horse in charge of the mustang herd knows that. The other horses respect him because he is not a bully and because he shows good judgment. I once read a list of 100 qualities in a good leader. One of them essentially said that a leader handles grievances privately if possible, and without going overboard in any case. This is true of the horse leader. If one of the herd members steps out of line, the leader gives the naughty horse several private warning signals—a disapproving look, a squaring off posture, and finally a menacing look with ears laid flat back.

Rarely in A.A. meetings is there any equivalent of “horseplay,” but occasionally people have to be admonished to stick to the program, shorten their shares, not criticize other shares, and similar matters. I



have been very impressed with the leadership I have witnessed in these cases.

Oftentimes, the offender is not directly admonished. Rather, the rule is stated or repeated, and the leader commits that it will be enforced. I have seen people forcibly removed from meetings, though rarely. In most cases, these people appeared mentally ill and on that particular day could not function in society. I have not seen A.A. leaders use other peoples’ misbehavior as a chance to play the superhero. Rather, the leaders’ actions have shown exemplary restraint. That’s the result of focusing on service—helping the meeting work as intended, for the good of our herd.



## *Gratitude in Action San Francisco Conference*

February 20, 2010, 500 De Haro  
St Gregory of Nyssa Church

10—11 am	By the Book
11:15—12:45 pm	Working with Others
2—6 pm	12 Step Crash Course
7:30—9pm	Speaker/Discussion Meeting

Complete details can be found at:  
<http://gratitudeinaction.webs.com/> or under at “Events” [www.aasf.org](http://www.aasf.org)



## Enough With the 13<sup>th</sup> Stepping Already

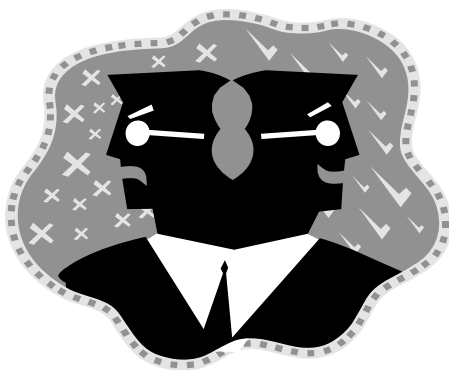
by Anonymous Female

I'm the last person to say that newcomers and old-timers can't meet, fall in love, and live happily for a very long time. It's happened. I've heard the stories, and I know some of the people in them. I'm the last person who would ever maintain a set of rules as to how and when love can and should occur.

However.

There seems to be a breed of "sober" male, usually with double-digit sobriety, usually (somewhat) charismatic but unfortunately very "unrecovered" when it comes to women, sex/love addiction, and power issues. These men begin eyeing attractive female newcomers as soon as they enter the rooms. They approach them with offers of sage wisdom from a "recovered" guy who's been around the block—usually accompanied by an offer to go to a movie or have coffee so they can impart it (and look good in the process). They present themselves as reassuring and helpful. Their intention is very much otherwise: to take what they want (almost always sex), on their own terms, and abuse power in order to get it. We know these men as "predators," and believe me, we know who they are even if they think we don't. The "we" I'm referring to are those of us who have had our newcomer asses

# Rants & Raves



kicked by these guys and managed to survive. The rest of the women—the ones just entering the rooms, unsure of themselves, usually with self-esteem problems they've looked addictively to men to resolve—*don't* know. And they enter at the most vulnerable time in their lives—early sobriety—thinking the rooms are "safe." Some of them—especially the ones with a truckload of relationship issues lurking just beneath the surface of their alcohol use—get hooked. And some of the ones that get hooked take the true "13<sup>th</sup> Step," as the term originated in early A.A.: they step back out of the rooms and into the casket.

So, all you predators: when it comes to newcomers, keep your f\*\*\*ing pants zipped up, and work a program.

## Love Letters to *The Point*

Dear Editor:

I just want to thank *The Point* for Kristen E.'s poignant and helpful article in the November issue. The idea of a gratitude list has been suggested to me many times over the years and I have to say it always works! I was listening to my friend complain about all the things in his life that were wrong, and I just read him the article and we started making our own gratitude lists. It was fun, enjoyable, and it totally changed both our attitudes towards the whole day. Keep up the good writing.

Abby L.



Dear Editor:

Thank you for your comments in the "From the Editor" section for October. You spoke of the value of writing, for clarity and honesty. You pointed out the value in the personal stories, so much overlooked in this time when the chant at meetings and among some members is "the first 164 pages," as if the rest of the book is of less value. And last, thanks for the line, "they lose their power, like vampires in the light of day," being seasonal. Thank you.

Ted R.

### Northern California H & I Committee presents its...

**General Committee Meeting**  
Sunday, February 14, 2010, 12noon  
San Francisco Main Library  
100 Larkin St. & Grove

This H & I General Committee will provide information about H & I Service and Activity throughout Northern California. Everyone welcome!  
More information at [www.handinorcal.org](http://www.handinorcal.org).

# SURVEY OF SERVICE:

## Access Committee

by Bree L.

A month ago I went to our Bernal New Day meeting and noticed a man waiting out front in a wheelchair. People said he was there for our meeting but couldn't get to it since our meeting is on the second floor with no elevator available. Afterwards I saw him getting onto a medical transport bus. He'd spent the hour out in front of the building waiting for transportation. That brought home the fact that our meeting is not available to those in wheelchairs. Luckily there are wheelchair accessible meetings, and they're listed in the directory thanks to the Central Office Access Committee.

The purpose of the Access Committee is to explore, develop and offer resources to make participation in A.A. available to everyone who reaches out for it. This group takes the statement, "When anyone, anywhere reaches out for help" to heart.

There is excellent information available at "Accessibility FAQ" on the left side of the IFB website (<http://www.aasf.org/accessibility.cfm>). Among other things, it describes how to find an accessible meeting on the web as well as how to borrow assisted listening devices. There are also guidelines for those unable to leave their house or hospital bed and resources available 24 hours a day, including the Sunshine Club that can bring a meeting to members.

It is important to realize that accessibility tools are available (and budgeted by Central Office) but must be requested. Virginia M., current chairperson of the committee, cites



examples of such requests that ultimately expand our services. She tells the story of Ken B. who was in a head-on collision early in his sobriety. He was blinded from that accident and requested an audio version of the meeting directory. The Access Committee created one. A deaf woman also called Central Office at one time but was unable to communicate. The person answering the phone saw the contact as a collect call and hung up. Out of this experience came Central Office training for communication with the deaf through the California Relay Service. Other services that can be requested include obtaining hearing devices or

an ASL (American Sign Language) interpreter, not to mention large print Big Books and other literature.

Access challenges can be a deterrent for someone new to our program, especially if the disabled person feels conspicuous. Those on the committee are pledged to maintain access for all. Liz M., a committee member, tells of measuring halls and doorways and clearing debris to make sure a wheelchair could get through. Virginia M. says a lot of the committee's motivation comes from hearing heartbreaking situations about challenges easily fixed by group members.

The Access Committee is not just about those with obvious disabilities. Issues can involve overlooked courtesies such as not utilizing an available PA system or large print Big Books. Muriel P., another committee member, stresses that there are always simple gestures we can do to welcome those who reach for the hand of A.A.

The Access Committee meets at Central Office on the first Tuesday of every month at 6 PM.



## AA IN CYBERSPACE

Currently the Access Committee hosts an hour-long workshop every Friday at Central Office from 6-7 PM called, "A.A. in Cyberspace" (through April 9). It is a step-by-step learning experience that shows members where to find A.A. resources on the World Wide Web. They offer web addresses for online recovery radio stations as well

as finding free online speakers and chat rooms. Alcoholics with hearing difficulties will be shown how to hook up with a web cam meeting specifically for the hearing impaired. There are now five such deaf-to-deaf meetings available per week. Find out all the possibilities!



# I Know Things

## Learning to Leave Abusive Relationships

by Shellie W.

I know things I never thought I would know: I know not to hide in the bathroom, where everything is hard and only the kitchen is worse. I know being too drunk to go to the shelter that night, and the next, and the next. I know the looks, disdainful and wary, of the police who come. I know being clumsy with fear so many days that I forget I was ever graceful. I know the shame of lying; about my face, about my tears, about my drinking, about my life.

I know hate and what it is to plot a death to escape. I know house keys and \$20 hidden in the Tampax box where he'll never look. I know relief in snores and Saturday morning college ball. I know feelings coming out of my body that my head can't control.

And I know the slow crawl: getting out, staying out, getting well, getting clean, growing up. I know the care of the wonderful homeopath who treated my damaged body and my

broken soul until my body could stand and walk out; of the therapist who helped me to see that I had done the best I could with what I had and that life could be different with different tools. I know the post-traumatic stress healing work

*"...life could be different with different tools"*

that stopped the involuntary responses built over years of abuse and brought some peace and confidence. I know the relationships that, although bad, were increasingly better. I know the years of drinking that kept me from the worst of the pain, until the drinking, too, could be released.

I know, too, the tender journey into a life that works; I know the love of women who will not let me fall and who show me the way when I ask

for help. I know the inner glow of sharing my story with another woman coming behind me and watching her eyes as she realizes that she is not alone and someone understands; the opportunity to be of service, to find that all the things I know were not learned in vain. I know that my past, with all its bleak and painful memories, is becoming distant and is useful to both the women who are just emerging from their own hard times and to those who are many days sober.

I gratefully know the pain of progress; of falling in love with a worthy man, setting boundaries and staying in love when life happens; of starting school and the rending disconnect between my self-image and my great grades. I know making mistakes and self-forgiveness. I know peace and pain without suffering.

I know, finally, that I am good; that I am of God and that I belong. I know things I never thought I would know.

**IP**



## PISCES (Feb 19 - March 20)

Drinking style: If you're a Pisces, you've probably already heard that you share a sign and an addictive personality – with Liz Taylor, Liza Minelli and Kurt Cobain. Not only do Pisces like to lose themselves in the dreamy, out-there feeling that only hooch can give, but they build up a mighty tolerance fast. Who needs an expensive date like that? On the other

hand, they're fabulously enchanting partners, whether in conversation or in crime. With the right Pisces, you can start out sharing a pitcher of margaritas and wind up in bed together for days. The phrase "addictive personality" can be read two ways you know.

**IP**

# LOOKING FOR LOVE . . .

# In All the Wrong Places

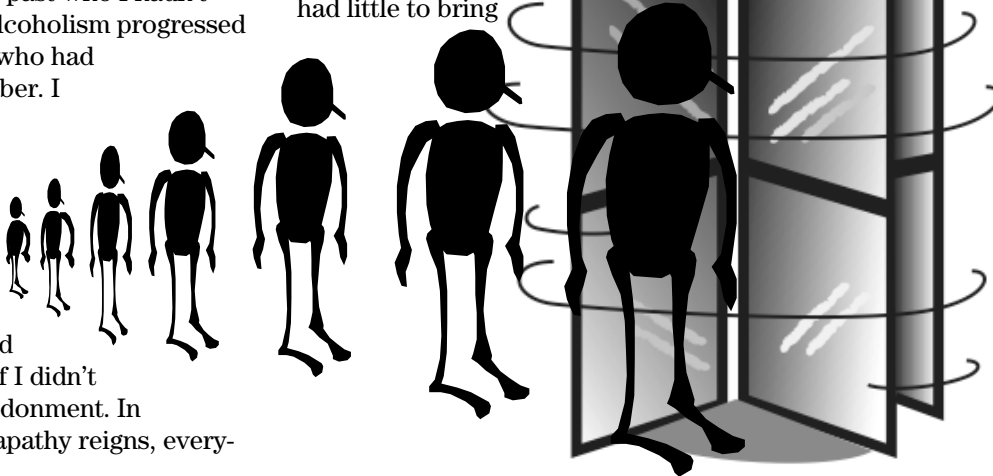
by Carrie R.

When I was drinking, my relationships were very high turnover. I watched with detachment as boy-friends, lovers and friends went through the revolving door of my self-destruction. I rationalized that this was okay because I still had friends from my past who I hadn't seen since my alcoholism progressed and coworkers who had only seen me sober. I still had a few friends close to me who, even though witnessing drama, knew my heart and my struggle and never judged me. I told myself I didn't care about abandonment. In the land where apathy reigns, everything is all right.

My pattern was thus: 1) Cause drama or drunken scene. 2) Let things die down a few days and cool off. 3) Call to apologize, feeling both sincere and ashamed. 4) Repeat 1, 2 and 3 until I was completely abandoned. Even as I was apologizing, we both knew that the apology would only last until the next offense, which was imminent. I remember the dread of many mornings when I grabbed my phone in a panic, scrolling through my outgoing calls and texts to see what verbal vomit I had sent in a blackout. I also had a penchant for picking scabs of old relationships with final drunken closing arguments and rants, all of which I regretted and got to cringe

over for the next 48 hours. Good times.

Although I managed to convince myself I was okay despite the frequent exits, deep down I knew I was creating the very thing I was trying to avoid—loneliness. I felt I had little to bring



*“Worry about becoming a diamond, not getting the diamond.”*

to the table other than my looks and charisma, which, although a charming combo and nice snack, was not sustainable. And anyway, I didn't want to be someone's snack but an

eight-course meal! But my relationships were operating on zero trust. I must have been smoking crack if

I expected a man to be vulnerable to me when I couldn't vouch for my behavior on any given night.

The bedrock of any healthy relationship is respect and trust. Those of us who have blocked fulfillment in the relationship department due to drinking often expect that once the offending behavior is removed,

everything will fall into place. Every one on the planet will want to be around us, men will instantly fall in love or drop to their knees in proposals and all will be right with the world. It doesn't happen that way; as we all know, Rome was not built in a day.

Once when I complained to my grandmother about not being able to find the right person, she told me, “It is not about finding the right person; it is about *becoming* the right person.” As surely as grandmothers are always right, I have learned that

the more I focus on the love I have to give, the less often I will feel deficient in it; the more trust I earn and respect I have for myself, the more fulfilled I will be, which will undoubtedly attract better relationships. Worry about *becoming* a diamond, not getting the diamond. Become the person you want to find and let go with joy and certainty; the universe will have no choice but to deliver. Like attracts like. It is when you're not looking (for example, helping a friend move or through a rough patch) that the universe will match what you are putting out and present you with Mr. or Ms. Right or bless your relationship with a certain magic. That magic won't leave, even if Mr. Right does, because you can never lose what's within you. You will have earned love by revealing the love that was already there.



# Meet **THE MEETING**

## ONCE A DRUNK WHORE

by Kristen E.

“Once A Drunk *What?*” is what I said when I heard about this meeting at the beginning of August from my friend Kate S., who was passing out fliers bearing a drawing of a scantily-clad beauty in a short dress and a Marilyn Monroe haircut. “Yeah,” she said. “It’s a relationship meeting.” I laughed. “Great,” I said. “I need one of those.”

*Once A Drunk Whore* is the brainchild of Janis E. “My sponsor made me make phone calls to newcomers on a regular basis,” she says. “And every single one I talked to, her questions were all about, ‘Can I *really* not date in my first year?’ ‘Do I *have* to tell my sponsor I slept with so-and-so?’ This wasn’t a topic that was ever really addressed in meetings, so I thought we needed a place to talk about how we deal with relationships as alcoholics.” After a creative brainstorm with her friends Kate S. and Jeannie D., during which the name was conceived, the meeting was born.

*Once A Drunk Whore* follows a unique format. The chosen speaker is given five minutes to share on a relationship of her choosing, followed by a ten-minute interview. The next five minutes are dedicated to taking questions from the group, and then the meeting is opened for sharing. The topic is always relationships.

This meeting has a gritty honesty, beginning with its name. “People either love the name or they hate it,” Janis says. “It offends some people, and I’ve thought of changing it because of that, but I don’t want to. It’s meant to be both honest and funny.

After all, most of the women in A.A. have done *something* sexual under the influence of alcohol that they wish they hadn’t.” Because of the intimacy of both the interview format and the subject matter, many of the newly sober women who attend this meeting feel instantly comfortable.

Detailed discussions on sex in sobriety, food, God, loneliness, mothers, uncontrollable obsessions, and how to handle conflicts in intimate relationships peel the covers off what may seem to many newcomers an impenetrable wall of “sobriety talk.” This isn’t to say that the focus isn’t sobriety: it is. Everything is tied back to alcoholism and the nature of the disease and what recovery looks like in all of these scary areas. But the walls that women often put up to protect themselves—and that can be so alienating—crumble in an atmosphere of intimate, honest revelation. One woman in her first year said, “Normally, I hate women’s meetings. But I feel safe here.”

The first three Mondays of the month, the meeting is closed to men. On the fourth Monday, the doors open, and a man takes the “hot seat” (as it’s come to be called by the men who have sat in it) as the interviewee. The intention isn’t to bash men, but to understand them better. What do men think about in relation to sex? How do they handle a break-up in the community of A.A.? What do they regret, and what are they working on? The stories of the men who speak at this



meeting have opened many a female eye: sometimes positively (“I chose to work things out with my wife in spite of the fact that she cheated on me.”) and sometimes not-so-positively (“My sponsor says, when all else fails, lower your standards. So I’m dating a newcomer.”). But eye-opening is what it’s all about: after all, as the reading that opens the meeting states, “It is from our twisted relations with family, friends, and society at large that many of us have suffered the most....”

*Once A Drunk Whore* meets on Monday evenings at 7PM at 261 Fell Street. Entrance is on Hickory Street. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Mondays, women only; 4<sup>th</sup> Monday, men are welcome.



# IFB meeting summary – january 2010

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	Each Day a New Beg. (M-F)	High Sobriety	Reality Farm	Tiburon Haven Group
Attitude Adjustment	Each Day a New Beg. (Sun)	Huntington Square	Saturday Easy Does It	Tiburon Men's Stag
Back to Basics	Early Start	Join the Tribe	Sesame Step	Too Early
Back to Basics	Embarcadero Group	Keep Coming Back	SFPOA	Treasurer
Beginner's Meeting (Old Sutter St)	Extreme Makeover	Let It Be Now	Sinbar	Tuesday Chip
Blackie's Pasture	Fireside Chat	Living Sober With HIV	Some Are Sicker Than Others	Tuesday Newcomers
Blue Book Special	Friday All Groups	Lush Lounge	Steppin Up	Valencia Smokefree
Came to Park	Goldmine Group	Marina Discussion	Sunday Night Speaker Disc	Women Who Drank. . .
Central Office Manager	Gratitude Group	Men's Gentle Touch	Sunset 9'ers (Sat.)	Women's Promises
Code Blue	High Noon (Friday)	Mid Morning Support	Sunset 9'ers (Sun.)	
Common Welfare	High Noon (Saturday)	Mill Valley 7am	Sunset Speaker Step	
Cow Hollow Men's	High Noon (Sunday)	On Awakening	Ten Years After	H&I (Marin)
Design for Living	High Noon (Thursday)	Parent Trap 2	Terra Linda	General Service (Marin)
Downtown Mill Valley Group	High Noon (Tuesday)	Queers, Crackpots, Fallen Women	They Stopped In Time	General Service (SF)

Following is an unofficial summary of actions, information, upcoming business and service opportunities discussed at the January 2010 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 January 6, 2010 at the First Unitarian Universalist Church, 1187 Franklin Street, San Francisco. Next month's meeting will be Wednesday February 3, 2010 at Saint Andrew's Presbyterian Church, 101 Donahue Street, Marin City.

## IFB Reports:

**IFB Chair Report** - Michael S.

Chair presented 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.

## Treasurers Report – Dashiell T.

November closed with an operating deficit of about \$4,000. Our prudent reserve remains unchanged at slightly over 6 months operating expenses. As our unrestricted cash position continues to decline, we still face the likelihood of needing to use the prudent reserve in the near future, unless we choose one of the revenue-raising alternatives that have been presented. A significant reduction in expenses does not seem attainable, unless there is a substantial change in the services that the Intercounty Fellowship of San Francisco and Marin would like provided.

## Central Office Manager's report—Maury P.

Central Office has two or three open phone shifts – 1 year sobriety requirement. Contact Peter to volunteer. 415-674-1821.

The abridged audio version of the Big Book on CD is now available at Central Office for \$18.00.

The updated SF meeting schedule is available. Meeting changes and a PDF of the SF and Marin schedules are on our website.

The PDF is always accurate at the time of printing and often more current than the printed schedules.

**Central Office Committee report**—The COC's last meeting was dominated by a discussion of possible solutions to the projected \$20K 2010 shortfall. Survey responses indicated that an increase in book prices was the least popular option; the favored option was to ask groups to increase contributions. The COC recommends forming an ad hoc committee to monitor the deficit and continue to recommend solutions during 2010.

## 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. Check out the Archives page on [aasf.org](http://aasf.org) to view old group anniversary flyers, secretary's announcements, articles from back issues of *The Point*. Please announce to your groups that the committee needs volunteers to help.

*The Point* is always looking for volunteers to write articles. They also need an Associate Editor and a Roving Reporter.

(Continued on page 15)

# Individual Contributions

to Central Office were made through January 15, 2010 honoring the following members:

## ONGOING MEMORIALS

Fred B., Steven D.  
Ken M., Dick O'L., Lyle W.

## ANNIVERSARIES

Barbara M. 52 years  
**Bernal Big Book:** Jill H. 21 years  
**Valencia Smokefree:** Richard L. 20 years  
**Each Day a New Beginning:** Joe K. 26 years  
**Cocoonuts:** Mr. "Teddy Bear" J.C. 25 years  
**Firefighters & Friends:** Shirley K. 41 years,  
Chris W. 31 years, Lucy O. 26 years,  
Dan T. 24 years, John P. 21 years,  
David J. 27 years, Dennis O. 16 years  
**High Noon:** Ted R. 25 years, Josh 21 years,  
Donna 10 years, Bob P. 9 years, Carmen M.  
5 years, Todd 2 years, Daisy E. & Kate 1 year  
**Sunset 9ers:** Pat P. 15 years  
**Sunday Express:** Sara D. 16 years  
**Marin Beginners Meeting:** Dick F. 50 years  
Marvin R. 14 years

## 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

Position available

#### 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

**Website Committee** reported we received 260 responses to the survey. Thanks to all who responded. They are currently working on redesigning the site.

#### **2010 Budget Deficit Discussion and recommendations**

The preferred action from the fellowship seems to be to follow the 7th tradition of self support by focusing on increasing contributions from the fellowship. We want to be fiscally responsible without making any cuts to services so that the hand of AA will always be there.

The IFB voted to establish an ad hoc committee who will make recommendations on how to best focus our efforts to increase contributions (group and individual) as a way of making up the projected 2010 budget shortfall. Additional volunteers are welcome.

**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.



# aa group contributions

Fellowship Contributions	Nov 09	YTD
Artists & Writers F 630pm	\$ 952	
Brisbane Breakfast Bunch	\$ 34	\$ 354
Contribution Box	\$ 760	
Deer Park Discovery Group	\$ 23	
Gay & Lesbian Newcomers	\$ 22	
Gay Newcomers Group	\$ 13	
Harbor Lights Fellowship	\$ 25	
IFB	\$ 76	\$1,094
Marin Teleservice	\$2,000	
Men's Forum Tu	\$ 180	
Novato Fellowship Events Committee	\$ 64	
Serenity House	\$ 150	\$1,650
SF General Service	\$ 300	
<b>Total Fellowship Contributions</b>	<b>\$ 260</b>	<b>\$7,437</b>

Marin	Nov 09	YTD
Marin Pacific Group Tu 730pm	\$ 153	\$ 153
Men Only Stag Sa 6pm	\$ 26	
Mill Valley 7D 7am	\$2,087	
Mill Valley Discussion W 830pm	\$ 290	
Mill Valley Original Smokeless SS Th 8	\$ 50	
Monday Blues M 630pm	\$ 843	
Monday Night Stag (Tiburon) 8pm	\$1,468	
Monday Night Women's M 8pm	\$ 45	\$ 374
Monday Nooners M 12pm	\$ 75	\$ 661
Morning After Sa 10am	\$ 750	
Morning Attitude Adjustment MTuF 7	\$ 83	\$ 133
Nativity Monday Night Big Book M 8pm	\$ 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	\$ 145	
Quitting Time MWF 530pm	\$ 371	
Refugee Th 12pm	\$ 90	
Reveille 5D 7am	\$ 600	
Rise N Shine Sun 10am	\$ 266	
San Geronimo Valley Book Study F 8	\$ 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	\$ 313	
Sunday Express Sun 6pm	\$ 100	\$ 300
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	
Terra Linda Thursday Men's Stag Th 8	\$ 432	\$ 432
The Barnyard Group Sa 4pm	\$ 335	
The Fearless Searchers F 8pm	\$ 176	
The Novato Group Fri Disc F 830pm	\$ 83	
Three Step Group Sa 530pm	\$ 150	
Thursday Night Book Club Th 7pm	\$ 28	\$ 44

Marin	Nov 09	YTD
Tiburon Beginners & Clsd Tu 7 & 830	\$ 1,548	
Tiburon Haven Sun 12pm	\$ 150	
Tiburon Women's Candlelight W 8pm	\$ 75	
Tuesday Chip Meeting Tu 8pm	\$ 1,186	
Twice Blessed W 730pm	\$ 187	
We, Us and Ours M 650pm	\$ 75	\$ 325
Wed Night Speaker Discussion W 7	\$ 28	\$ 44
What's It All About F 12pm	\$ 400	
Women on Wednesday W 7pm	\$ 50	
Women's Big Book Tu 1030am	\$ 540	
Women's Meeting Su 430pm	\$ 35	
Working Dogs W 1205pm	\$ 643	
Young People's BYOB Sat 7pm	\$ 239	
<b>Total Marin Contributions</b>	<b>\$2,305</b>	<b>\$36,490</b>

Marin	Nov 09	YTD
12 & 12 Study Sa 815am	\$ 272	
Attitude Adjustment 7D 7am	\$ 405	\$3,240
Awakenings Sa 830am	\$ 56	
Awareness/Acceptance M 1030am	\$ 228	
Blackie's Pasture Sa 830pm	\$ 210	
Bounce Back M 6pm	\$ 400	
Candlelight Sun 830pm	\$ 223	
Closed Women Step Study Tu 330pm	\$ 638	
Cover to Cover W 800pm	\$ 225	
Creekside New Growth Sun 7pm	\$ 222	
Day At A Time 7D 630am	\$ 456	\$ 827
Design For Living (Marin) W 7pm	\$ 61	
Downtown Mill Valley F 830pm	\$ 725	
Early Birds Sa 6am	\$ 36	
East San Rafael Big Book	\$ 208	
Exp. Strength & Hope (Marin) Sa 6	\$ 45	
Freedom Finders F 830pm	\$ 301	\$ 891
Friday Night Book F 830pm	\$ 233	
Friday Night Gay Men's Stag F 830pm	\$ 65	
Gratitude Tu 8pm	\$ 569	
Greenfield Newcomers Sun 7pm	\$ 720	
Happy Hour (Marin) Th 6pm	\$ 45	
Happy, Joyous & Free 5D 12pm	\$1,250	
High & Dry W 12pm	\$ 613	
Intimate Feelings Sa 10am	\$ 354	
Inverness Sunday Serenity Su 10am	\$ 126	\$ 238
Island Group Th 8pm	\$ 321	
Living in the Solution F 6pm	\$ 260	
Marin City Groups 5D 630pm	\$ 413	
Marin Newcomers M 830pm	\$ 677	

Marin	Nov 09	YTD
North Bay Discussion Group Su 8pm	\$ 100	
Novato Monday Stag M 8pm	\$ 62	
Pathfinders Tu 12pm	\$ 244	
Primary Purpose W 830pm	\$ 145	
Quitting Time MWF 530pm	\$ 371	
Refugee Th 12pm	\$ 90	
Reveille 5D 7am	\$ 600	
Rise N Shine Sun 10am	\$ 266	
San Geronimo Valley Book Study F 8	\$ 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	\$ 313	
Sunday Express Sun 6pm	\$ 100	\$ 300
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	
Terra Linda Thursday Men's Stag Th 8	\$ 432	\$ 432
The Barnyard Group Sa 4pm	\$ 335	
The Fearless Searchers F 8pm	\$ 176	
The Novato Group Fri Disc F 830pm	\$ 83	
Three Step Group Sa 530pm	\$ 150	
Thursday Night Book Club Th 7pm	\$ 28	\$ 44

San Francisco	Nov 09	YTD
6am Dry Dock Tu	\$ 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	\$ 181	\$ 527
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	\$ 11	\$ 133
Afro American Beginners Sat 8pm	\$ 201	
Afro American F 8pm	\$ 30	
After Work Big Book M 6pm	\$ 40	
After Work M 6PM	\$ 95	
Agnostics & Freethinkers Su 630pm	\$ 100	
All Together Now Th 8pm	\$ 51	
Alumni W 830pm	\$ 186	
Amazing Grace M 7pm	\$ 162	
Any Lengths Sat 930am	\$ 511	
Artists & Writers F 630pm	\$ 775	
As Bill Sees It - Keep It Simple Tu 7	\$ 210	
As Bill Sees It Th 830pm	\$ 226	
As Bill Sees It Tu 1210pm	\$ 569	
Be Still AA Su 12pm	\$ 813	
Beginner Big Book Step Th 630pm	\$ 107	



San Francisco	Nov 09	YTD	San Francisco	Nov 09	YTD	San Francisco	Nov 09	YTD
Beginners 12 x 12 F 7pm	\$303	\$ 303	Friday Smokeless F 830pm	\$ 453		Mission Terrace W 8pm	\$176	\$ 577
Beginners Meeting (Old Sutter St) Sat 6	\$ 876		Friendly Circle Beginners Su 715pm	\$ 123		Monday Beginners M 8pm		\$1,053
Beginner's Warmup W 6pm	\$ 60		Girls Night Out W 815pm	\$ 97		Monday Monday M 1215pm	\$ 354	
Bernal Big Book Sat 5pm	\$ 16	\$ 718	Gold Mine Group M 8pm	\$ 322		Moving Toward Serenity W 830pm	\$ 312	
Bernal New Day 7D	\$260	\$2,205	Golden Gate Seniors Tu 130pm	\$ 68		New Hope Big Book M 630pm	\$ 78	
Big Book Basics F 8pm	\$ 452		Goodlands Su 2pm	\$ 150		New Life W 7pm	\$ 491	
Big Book Beginners F 105pm	\$ 74		Haight Street Blues Tu 615pm	\$ 374		No Reservation M 12pm	\$ 793	
Big Book Study Su 1130am	\$ 333		Haight Street Explorers Th 630pm	\$ 28		Noon Smokeless F 12pm	\$ 365	
Blue Book Special Su 11am	\$ 113		Happy Hour F 630pm	\$ 62		Noon Smokeless M 12pm	\$ 23	
Buena Vista Breakfast Su 12pm	\$ 254		Happy Hour Ladies Night F 530pm	\$ 164		Noon Smokeless Th 12pm	\$ 3	\$ 171
Came To Believe Su 830am	\$ 64		High Noon Friday 1215pm	\$266	\$1,903	Noon Smokeless W 12pm	\$ 30	\$ 101
Came to Park Sat 7pm	\$406	\$ 970	High Noon Monday 1215pm	\$ 701		Off Broadway Book Th 8pm	\$ 39	
Castro Discussion (Show Of Shows) W 8	\$1,246		High Noon Saturday 1215pm	\$ 357		One Liners Th 830pm	\$416	\$ 416
Castro Monday Big Book M 830pm	\$ 277		High Noon Sunday 1215p	\$ 223		One, Two, Three, Go! W 1pm	\$ 30	
Chips Ahoy Tu 12pm	\$ 6		High Noon Thursday 1215pm	\$147	\$1,071	Park Presidio M 830pm	\$ 98	
Cocoanuts Su 9am	\$ 96	\$ 228	High Noon Tuesday 1215pm	\$ 472		Parkside Th 830pm	\$ 79	\$ 493
Code Blue Big Book Study W 7pm	\$ 300		High Noon Wednesday 1215pm	\$ 787		Pax West M 12pm	\$1,190	
Cow Hollow Men's Group W 8pm	\$307	\$ 708	High Sobriety M 8pm	\$ 238		Pax West Th 12pm	\$ 359	
Creative Alcoholics M 6pm	\$298	\$ 576	Hilldwellers M 8pm	\$ 74	\$ 545	Progress Not Perfection Tu 830pm	\$ 480	
Crossroads Sun 12pm	\$ 318		Home Group Sat 830pm	\$ 295		Queers, Crackpots & Fallen Women	\$ 238	
Design for Living Sat 8am	\$ 549		How Was Your Week? Sa 10am	\$ 159		Reality Farm Th 830pm	\$ 80	
Diamond Heights Tu 830pm	\$ 93		Huntington Square W 630pm	\$1,018		Rebound W 830pm	\$ 60	
Doin' the Deal Sun 10pm	\$ 81		Join the Tribe Tu 7pm	\$1,014		Relapse, Rebound, Retreads...	\$ 60	
Each Day a New Beginning F 7am	\$ 827		Joys of Recovery Tu 8pm	\$ 19	\$ 92	Rigorous Honesty Th 1205pm	\$ 60	\$ 247
Each Day a New Beginning M 7am	\$ 269		Just Alkies F 7pm	\$ 30	\$ 30	Room to Grow F 8pm	\$ 375	
Each Day A New Beginning Su 8am	\$ 963		Keep Coming Back Sa 11am	\$2,264		Rose Garden Big Book Th 1205pm	\$ 74	
Each Day a New Beginning Th 7am	\$ 446		Keep It Simple Sat 830pm	\$ 399		Rule 62 W 10pm	\$ 213	
Each Day a New Beginning Tu 7am	\$ 862		Let It Be Now F 6pm	\$ 105		Saturday Afternoon Meditation Sat 5pm	\$ 285	
Each Day a New Beginning W 7am	\$ 393		Light Steppers Su 7pm	\$ 240		Saturday Easy Does It Sa 12pm	\$ 126	
Early Birds Sa 6am	\$ 36		Like A Prayer Su 4pm	\$ 51		Saturday Night Regroup Sat 730pm	\$ 487	
Early Start F 6pm	\$2,048		Lincoln Park Sat 830pm	\$ 163		Serenity Seekers M 730pm	\$1,053	
Easy Does It Tu 6pm	\$ 120		Live and Let Live Su 8pm	\$ 217		Sesame Step Tu 730pm	\$ 152	
Embarcadero Group 5D 1210pm	\$ 340		Living Sober W 8pm	\$ 189		Shamrocks & Serenity M 730pm	\$ 616	
Epiphany Group Th 8pm	\$ 144		Living Sober with HIV W 6pm	\$ 942		Sinbar Su 830pm	\$ 194	
Eureka Valley Topic M 6pm	\$1,838		Luke's Group W 8pm	\$ 350		Sisters Circle Su 6pm	\$ 435	
Excelsior "Scent" Free for All Sa 8pm	\$ 60		Lush Lounge Sa 2pm	\$ 78	\$ 246	Sisters In Sobriety Th 730pm (M)	\$300	\$ 300
Excelsior Free for All Sa 8pm	\$ 88		Marina Discussion F 830pm	\$ 745		Sobriety & Beyond W 7pm	\$ 45	
Federal Speaker Su 12pm	\$ 794		Meeting Place Noon F 12pm	\$ 243		Sometimes Slowly Sa 11am	\$ 491	
Firefighters & Friends Tu 10am	\$ 235		Meeting Place Noon W 12pm	\$ 384		Sought to Improve Th 730pm	\$ 48	\$ 186
Fireside Chat Group Th 8pm	\$ 232		Men's Gentle Touch M 7pm	\$ 36		Sp Founded Prog.Of Action (SFPOA)Th 7	\$ 932	
First Step Speaker/ Discussion Th 730	\$ 57		Mid-Morning Support Su 1030am	\$ 959		Speaker Discussion F 1pm	\$ 249	
Franciscan Noon Discussion M 12pm	\$ 60		Midnight Meditation Sat 12am	\$ 40		St. Francis Men's F 830pm	\$ 352	
Friday All Groups F 830pm	\$2,891		Miracle (Way) Off 24th St W 730pm	\$ 48		Step Talk Su 830am	\$374	\$1,305
Friday at Five F 5pm	\$ 116		Mission Creek Meeting	\$ 95		Steppin' Up Tu 630pm	\$ 475	
Friday Lunchtime Step F 12pm	\$ 210		Mission Creek Meeting Tu 6pm	\$ 80		Stepping Out Sat 6pm	\$ 247	
Friday Night Women's Meeting F 630pm	\$ 26		Mission Fellow. No Reservations Su 230	\$ 12	\$ 12			

(continued on page 19)

# profit and loss statement: november 2009

	Nov 09	Budget	Jan - Nov 09	Budget		Nov 09	Budget	Jan - Nov 09	Budget
Ordinary Income/Expense					Total Bank Charges	\$0	\$0	\$262	\$50
Income					Postage				
Contributions from Groups					Non-Bulk Postage	12	0	96	0
Group Contributions	8709	6190	130745	146308	Bulk Mail	200	210	800	997
Honors	140	0	464	0	Postage - Other	0		100	
Contributions from Groups - Other	0		816		Total Postage	\$212	\$210	\$997	\$997
Total Contributions from Groups	\$8,849	\$6,190	\$132,025	\$146,308	ASL Expense	-200		0	
Contributions from Individuals					Rent - Office	4493	4462	47697	47291
Individual - Unrestricted	1284	2229	5684	8717	Rent - Other	75	75	750	750
Faithful Fiver	890	569	9471	5828	Access Expenses	380	0	1030	4167
Honorary Contributions	468	153	2702	3420	IFB Literature				
Total Contributions from Individuals	\$2,642	\$2,951	\$17,857	\$17,965	Sunshine Club	0	0	25	200
Gratitude Month					IFB Literature - Other	158	100	163	100
Gratitude Month - Groups	599	8718	4548	12939	Total IFB Literature	\$158	\$100	\$188	\$300
Gratitude Month - Individual	312	454	312	1153	PI/CPC	0	384	628	924
Total Gratitude Month	\$911	\$9,172	\$4,860	\$14,092	Filing/Fees	60	87	154	194
Sales - Bookstore	7073	4942	95490	94698	Insurance	0	0	16	939
Newsletter Subscript.	22	74	401	988	Internet Expense	123	18	767	823
Total Income	\$19,497	\$23,329	\$250,633	\$274,051	Office Supplies	311	41	1953	2607
Cost of Goods Sold					Paper Purchased	228	336	2739	1374
Cost of Books Sold - Shipping	12		222		Software Purchased	0	0	382	2800
Cost of Books Sold	4504	3511	64352	67235	Shipping	-29	-120	81	309
Credit Card Processing Fees	256	148	2327	2254	Printing	0	0	864	0
Total COGS	\$4,772	\$3,659	\$66,901	\$69,489	Equipment Lease	0	1915	2061	7731
Gross Profit	\$14,725	\$19,670	\$183,732	\$204,562	Repair & Maintenance	264	190	3317	3177
Expense					Security System	0	35	472	503
Construction Expense	0	0	734	0	Special Events	0	0	0	0
IFB Sponsored Events	681	250	2342	1600	Payroll Expenses	4		41	
Unreconciled Bank Adj	0	0	0	0	Telephone	191	0	2607	4087
Budget Contingency	0	262	0	2881	Phone Book Listings	168	0	840	978
Special Events Expense	0	0	0	0	Utilities	0	0	0	0
Reconciliation Discrepancies	0	0	0	0	Travel	0	0	1335	1122
Employee Expenses					Training	0	0	20	0
Wages & Salaries	8790	8863	99462	97500	Bad Checks	0	0	12	199
Employer Tax Expenses	714	779	9042	8561	Miscellaneous Exp	0	0	76	0
Health Benefits	1184	1302	13024	13232	Total Expense	\$19,258	\$19,189	\$197,367	\$210,774
Retirement/Annuity Expense	0	0	0	0	Net Ordinary Income	-\$4,533	\$481	-\$13,635	-\$6,212
Workers Comp Ins.	0	0	790	1140	Other Income/Expense				
Total Employee Expenses	\$10,689	\$10,944	\$122,318	\$120,433	Other Income				
Professional Fees					Other Income	0	0	0	0
Accounting	1000	0	1000	2339	Interest Income	73	149	4873	4525
Computer Consulting	450	0	1684	2199	Total Other Income	\$73	\$149	\$4,873	\$4,525
Legal Fees	0	0	0	0	Other Expense				
Outside Services	0	0	0	0	Depreciation Expense	0	0	0	455
Total Professional Fees	\$1,450	\$0	\$2,684	\$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	\$73	\$149	\$4,873	\$3,125
Bank Charges - Other	0	0	7	50	Net Income	-\$4,460	\$630	-\$8,762	-\$3,087

# aa contributions, con't

San Francisco	Nov 09	YTD
Stepping Stone Step Study M 7pm	\$ 201	
Stonestown M 8pm	\$ 48	\$ 405
Straight Jackets Th 9am	\$ 23	
Sunday Bookworms Sun 730pm	\$ 266	
Sunday Morning Gay Men's Stag Su	\$ 826	
Sunday Night 3rd Step Group 5pm	\$1,062	
Sunday Night Castro Speaker Disc Su	\$ 913	
Sunday Rap Sun 8pm	\$ 600	
Sunday Silence Su 730pm	\$ 60	
Sundown W 7pm	\$ 413	\$ 617
Sunset 11'ers Sa	\$ 200	
Sunset 11'ers Su	\$ 150	\$ 185
Sunset 9'ers F	\$ 186	
Sunset 9'ers M	\$ 60	\$ 318
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	\$ 376	\$ 756

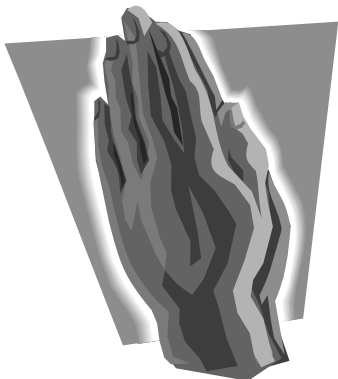
San Francisco	Nov 09	YTD
Surf Tu 8pm	\$ 304	
Sutter Street Beginners Sat 6pm	\$ 318	
Ten Years After Su 6pm	\$ 438	\$1,026
The Drive Thru W 1215pm	\$ 901	
The Parent Trap 2 Wed. 430pm	\$ 44	
The Parent Trap M 1230pm	\$ 223	
The Pepper Group F 12pm	\$ 60	
They Don't Know Who We Are Sat	\$ 30	
They Stopped In Time M 8pm	\$ 463	
Thursday Morning Men's BB Study	\$ 181	
Thursday Night Women's Th 630pm	\$ 470	
Too Early Sat 8am	\$ 198	\$2,256
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	\$ 121	\$ 241
Unidentified Group	\$ 400	
Valencia Smokefree F 6pm	\$ 73	\$ 552

San Francisco	Nov 09	YTD
Walk of Shame W 8pm	\$ 175	
Waterfront Sun 8pm	\$ 259	
We Care Tu 12pm	\$ 494	
Wednesday Noon Steps W 12pm	\$ 45	
Wednesday Women's BB W 615pm	\$ 104	
West Portal W 830pm	\$ 140	
West Portal W 8pm	\$ 222	
Wharfrats Th 815pm	\$ 64	\$ 444
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	\$ 13	
Women's 10 Years Plus Th 615pm	\$ 465	
Women's Kitchen Table Group Tu	\$ 352	\$ 1,035
Women's Meeting There is a Solution	\$ 610	
Women's Promises F 7pm	\$ 712	
Work In Progress Sat 7pm	\$ 1,035	
<b>Total SF Contributions</b>	<b>\$6,284</b>	<b>\$ 88,098</b>
<b>Total Group Cotributions</b>	<b>\$8,849</b>	<b>\$132,025</b>

## Mini-ritual

by Jamie M..

One of my mini-rituals in sobriety has been to customize the Serenity Prayer: God, grant me the serenity to accept the [whatever is bugging me in the moment] I cannot change, the courage to change the things I can, and the wisdom to know the difference.



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