

"The point is, that we are willing to grow along spiritual lines"

From Chapter Five of the book, "Alcoholics Anonymous."

The Point

2010
3
MARCH

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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The Point
is published monthly to inform
A.A. members about business and
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Fellowship of Alcoholics
Anonymous (San Francisco and
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are open to participation by all
A.A. members. Nothing published
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Fellowship Board, the Central
Office, or *The Point* Editorial
Committee. Letters and articles to
help carry the A.A. message are
welcomed, subject to editorial
review by *The Point* Committee.

The Pot of Gold

Sobriety

at the End of the 12-Step Rainbow

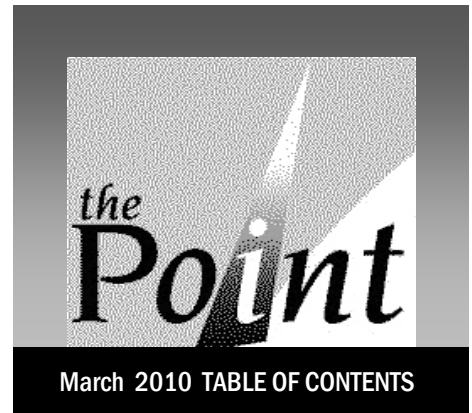


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March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2 <u>FIRST TUE</u> Access Committee Central Office, 6pm	3 <u>FIRST WED</u> Intercounty Fellowship Board 1187 Franklin St./Geary, San Francisco (First Unitarian Universalist Church) Orientation 6pm Meeting 7pm
7	8 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm	9 <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	10 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm
14	15 <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	16 <u>THIRD TUE</u> Outreach Committee Central Office, 6:30pm	13
21 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day Trusted Servants Workshop, 11am, Central Office, See Flyer page 4	22	23 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	24
28	29	30	31

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 San Francisco General Service Agenda Topics Sharing Day; check www.aasf.org for details
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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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 at (415) 674-1821 no less than five business days prior to the event.



Years later, this tough Irish customer liked to say, "My sponsor sold me one idea, and that was sobriety. At the time, I couldn't have bought anything else."

—*Twelve & Twelve*, p. 154



Meeting Changes

New Meetings:

Mon	7:30am	Castro	DESIGN FOR LIVING - BIG BOOK, Club, 4058 18th St./Hartford St. (5D BB DI)
Thu	3:30pm	Sausalito	SAUSALITO SOBER SISTERS, 142 San Carlos Ave/Santa Rosa Ave (BK WO)
Thu	7:00pm	Mill Valley	STEP SISTERS, Senior Center, 118 E. Strawberry Dr./Tiburon Blvd (BB DI WO)
Sat	8:30am	Cathedral Hill	SOBER SATURDAY, 1101 O'Farrell/Franklin, Fireside Rm. (BB CL WH)
Sat	10:00am	Pacific Heights	NOT TOO EARLY, 2140 Pierce St./Clay St. (DI SS)

Meeting Changes:

Wed	7:00pm	Mission	LUKE'S GROUP, Hospital, 3555 Cesar Chavez/ Valencia (was at 8pm)
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No Longer Meeting:

Mon	6:30pm	Novato	JUST CAN'T WAIT 'TIL 8, 120 Landing Ct./ Redwood Blvd.
Sat	4:00pm	Novato	THE BARNYARD GROUP, 120 Landing Ct./ Redwood Blvd.

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!**

The Trusted Servants Workshop Committee of the



is pleased to present a

Secretary Workshop

Two knowledgeable group secretaries will
share their experience, strength and hope.

Sunday, March 21, 2010
11am – 1pm
Central Office



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

It's Not a Joke

Have you heard the one about the \$20,000 budget deficit?

No, it's not a joke. So there's no punch line.

But it appears that raising the issue of the projected IFB budget deficit at the group level and in our publication has had a salubrious effect. Contributions have increased and conversations about self-support have, too. While no final decision about the deficit solution has yet been reached, the membership is on alert. You have been responding at the website (where you can recommend the best solution for the problem) and voting with your wallets. Stay tuned to the April issue of *The Point* for more on this important topic; if you don't know what I'm talking about, ask your IFB rep to report to your group or take a look at the aasf.org website.

Our 2010 theme continues herein with "Rituals: They're Second Nature to Me Now." Isn't that what happens (and what is intended) by ritual: that it becomes part of who we are by its observance? Conventional wisdom says it takes ten thousand hours of practice to become an expert at something. That's five years of forty-hour workweeks. How does that

apply to recovery? Prayer without ceasing, indeed. Then what? Are we recovered? We're spiritual masters? Doesn't really work that way, but maybe we're starting to override the deep grooves that our drinking and using carved in our psyche.

In honor of St. Patrick's Day, see "Meet the Meeting: Shamrocks and Serenity," for a dose of Ireland. The Third Step and Third Tradition each are featured this third month, and we are gratified to publish two letters to *The Point*: one, a critique, and the other, an open letter to our community; don't miss them. And the Access Committee gets a shout out in our Raves section; they're doing good work.

We are still waiting for our readers to tell us about some meeting rituals that surprise, charm or horrify you. I know they're out there, and you, dear reader, are just the roving reporter that we need. You don't even have to write an article to go with it, just send us that chant, format, or whatever and tell us the meeting name, if you know it. (Our email, somewhat disguised so we don't get spam, is [thepoint\[at\]aasf.org](mailto:thepoint[at]aasf.org).) Write to us, please.



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; for the full editorial 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. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

Alejandro D.	Kevin S.
Andrew Z.	Lauren H.
Ann & Denise	Laurie L. & Richard L.
Arthur A.	Lelan & Rich H.
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Beverly C.	Margarite S.
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Bruce D.	Mark A.
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Caroline A.	Mary C.
Casey L.	Matt S.
Charles D.	Michael W.
Charlie O.	Michael Z.
Craig G.	Mily T.
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Katherine G.	Tom M.
Kathryn M.	Tracy F.
Kathy M.	

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!

Rituals: They're Second Nature to Me Now

Like Breathing Out and Breathing In

by Maureen O.

My life overflows with them. I sometimes forget how rituals are part of my daily life as a member of A.A. My practice of them is second nature by now.

Spiritual rituals. Like my prayer and meditation practice that I make time for everyday. The way I strike my singing bowl (or “invite it to ring,” as the Buddhists would say) and imagine the presence of God surrounding me just as the deep resonant tone of the bowl does.

Practical rituals. Brushing my teeth every night, something I often neglected while I was drinking. Even remembering to floss occasionally. (Some rituals take more time to develop than others!)

Comforting rituals. Meeting my neighbor every Friday morning to go to our regular group. Talking about the casual details of our week on the drive over and, on the drive back, discussing the deeper emotional changes in our lives.

Religious rituals. Finding new worth in the religion of my childhood. Attending services because they feed my spirit and make me feel a part of a community. Letting go of ideas that no longer serve me, like thinking I was bad if I didn't go every week, or that my religion was somehow the “right” one. Letting myself find my place in the brotherhood and sisterhood of all world religions.

New rituals. Writing poetry as a part of my prayer practice: a beautiful

way to document and celebrate the breaking open of my soul. Witnessing these changes as a spiritual awakening. Knowing that a spiritual awakening is not something that happens just once, but is a daily commitment to allowing my spirit to be awake in all the beauty and pain of being alive and sober.

“I watched the sailboats, as if they were painting a picture of ‘a new freedom and a new happiness’ just for me.”

Old rituals. Rituals that have since changed, but will always remain printed in my heart. Walking the mile from my work to the Dry Dock for the 3:30 meeting every day. Being a newcomer and fulfilling the “90 in 90” ritual, as had so many before me and so many will in the years to come. I was always early, so my ritual before the meeting was to find my bench at Crissy Field and look out at the water. Even in my state of confusion and anxiety, I would feel my spirit lighten as I watched the sailboats, as if they were painting a picture of “a new freedom and a new happiness” just for me.

Something changed inside me after I



did my “90 in 90,” after hearing the Serenity Prayer every day, after hearing the traditions, the steps, the promises. What at first seemed like confusing rituals began to sink in. The readings became a part of me and took on significance. I started to realize that I was not alone; suddenly responding to the question “Are these extravagant promises?” with a resounding chorus of “We think not!” I realized that I am a part of something magical and mysterious that I may never fully understand.

Gone are the days when I wandered aimlessly from bar to bar and bed to bed. Today my life is full of meaning from the rituals that I have invited to grow in my soul. Like anything that grows, at first they were small and fragile, but now the roots are deep and I find they help anchor me when I face life's storms. They inspire me to do things I never dreamed I could do.

And I cannot help but wonder: how will your rituals inspire you?



Rants & Raves



Carrying the Message

Bravo to the Access Committee!

by M.P.

Some estimate that, of the 50 million Americans with disabilities, alcohol abuse rates are twice as high as for those with no disability.

I am a person living with spastic cerebral palsy. I was born with CP and it affects the motor responses to my legs. My balance is compromised and I have a distinctive scissor gait. What does this mean on a practical level? I fall down a lot and can trip on just about anything. Stairs need to have sturdy handrails clear of wires, lights or other decorations. What looks like a scatter rug to you is a menace to me.

Where do I feel most comfortable? At meetings where aisles are wide and clear of backpacks, umbrellas, purses and papers; at meetings where chairs are placed in such a fashion that I get to a seat without feeling like I'm engaged in an Outward Bound experience. Those small changes make a big difference! Am I special? No. And neither are the thousands of people with disabilities reaching out for the hand of A.A. We are not more heroic or inspirational than anyone else learning how to live one day at a time without a drink.

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers." Tradition

Five does not say "unless the alcoholic's disability makes it too inconvenient to carry the message." I believe in reaching out the hand of A.A. even when it may be inconvenient or just plain hard.

Bravo to the Access Committee. Through the efforts to include A.A. members with disabilities in the fellowship, I celebrated six years. The Big Book urges members to go to any length. How does a newcomer go to any length or want to keep coming back if they can't get through the door of a meeting, can't get a cup of coffee, can't get to a seat, can't access the readings, can't hear the speaker and can't even find a restroom they can use? Most obstacles a newcomer with a disability might face at an event or a meeting can be addressed easily with a little creativity and willingness.

Bill W. wrote in a *Grapevine* article in 1965: "Let us never fear needed change. Certainly we have to discriminate between changes for the worse and changes for the better. But once a need becomes clearly apparent in an individual, a group, or in A.A. as a whole ... we cannot stand still and look the other way. The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility."



The Worst Day of My Life

A guy is sitting at the bar just staring at his drink for half an hour when this big trouble-making biker steps next to him, grabs his drink, gulps it down in one swig and then turns to the guy with a menacing stare, as if to say, "Whatcha gonna do about it?"

The poor little guy starts crying.

"Come on man I was just giving you a hard time," the biker says. "I didn't think you'd cry. I can't stand to see a man crying."

"This is the worst day of my life," says the little guy between sobs. "I can't do anything right. I overslept and was late to an important meeting, so my boss fired me. When I went to the parking lot, I found my car was stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife in bed with the gardener, and my dog bit me. So I came to this bar trying to work up the courage to put an end to my life, and then you show up and drink the damn poison."



THE THIRD TRADITION

“The only requirement for A.A. membership is a desire to stop drinking.”

by Duran

Wow, I didn't know. I didn't know how strongly I felt about it. I didn't even know what it really said. I've been sober six years and I have attended meetings regularly throughout my sobriety, so I've read it and heard it more than once before. But I'm not the kind of person who pays attention to the words. And that's not just in A.A. groups. I tend to feel for the spirit of the communication: I frequently don't know what you just said, and I may not be able to repeat words I've just read, but I do recognize and remember the spirit of the message. I know and can always tell you whether the intent of the message was to protect or to harm, nurture or discourage, include or exclude.

The spirit of Tradition Three is loving and inclusive, as is the core of A.A.'s message. But when I really focused on the words and took in the details of what was being communicated, I was profoundly moved – overwhelmed with the power of the Third Tradition and its ability to protect and carry the message in and of itself.

If you haven't paid attention or never heard the long form, the words are: “Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or

conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Wherever two or more of you are gathered, there I am also.



Anytime group members come together with a singular common purpose, the united power of their soul force manifests a spirit that is the essence of that purpose. In the Third Tradition, the group is alcoholics and the purpose is sobriety. And just like the spirit of Christ, the essential spirit of sobriety carried by sober alcoholics has the ability to set fire to the heart of a newcomer.

The virtues of grace and charity (shared by sober alcoholics who come together to provide space for healing the suffering hearts of lost and weary practicing alcoholics) wash away distinctions – social class, financial bracket, ethnic background, sexual orientation – tiny details that

allow us to pretend that our brother is somehow different enough to be considered “other.”

Hearts flooded with the power of compassion can create miracles that change not only the lives of those receiving the message, but also the lives of those carrying the message. And the most incredible part is that the power of sobriety can't be held on to, can't be stored away, can't be selectively doled out to those we deem worthy to receive the gift we prize so highly. It can only be kept alive and experienced again and again by giving it away, freely, to all those who suffer from alcoholism.

One of the reasons A.A. is so very powerful in our world today is because, in learning to become sober alcoholics and steadfastly overcoming the hurdles involved in carrying the message to other alcoholics, we learn to be more human. We learn to be a part of that greater society that is not just A.A., but all of humanity. We learn how to love others, how to participate in society, how to be a part of something greater than ourselves. And instead of just being worthy of joining the real world again, the world we failed and fell out of when we hit bottom – in healing ourselves we become a healing force for all of humanity. We don't just get to join the world again. We get to make it better by our participation in it.





TRUSTED SERVANTS WORKSHOP COMMITTEE

by Ted R., Chair

I'd like to introduce you to the Trusted Servants Workshop Committee (TSWC). As part of the Inter-county Fellowship Board (IFB), our committee serves San Francisco and Marin A.A. in the education of what it means to be a trusted servant.

Every group has (or should have) a Secretary, Treasurer and Literature Person, as well as a number of other positions like General Service Rep and IFB Rep. If you serve your group in any of these positions, you are a trusted servant. The group has entrusted you with a responsibility to perform certain duties for the group and Alcoholics Anonymous. Most groups have a format to follow for these positions; if you're lucky, it has been detailed in the group's records. Usually, when you're elected, the last member to hold your position will give you an overview of your new responsibilities.

If you're still wondering what's expected of you, your Central Office (located at 1821 Sacramento St., San Francisco) has literature and pamphlets about many service positions. One of the most informative and comprehensive is the "Guide to Group Service." It can help answer questions like: Where do I send the money?

What does "conference-approved" literature mean? Does it matter what prayer is said to close a meeting?

Our Central Office exists to aid groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers. Tradition One states that "personal recovery depends upon A.A. unity." Unity is vital to A.A.'s survival. Each A.A. member has to conform to certain principles of recovery. If he deviates too far, the


*"the group must survive
or the individual will not"*

penalty is sure and swift: he sickens and dies. And most individuals cannot recover unless there is a group. So, it is plain to see that the group must survive or the individual will not. Thus, how best to live and work together as groups within A.A. is a critical question.

The Trusted Servants Workshop Committee hopes to answer this question by putting together workshops to address some of the problems of living and working together within A.A. and how best to facilitate more effective service. We would like to focus on problems that face your A.A. group and provide solutions that have been

tested on the anvils of A.A.'s experience. What are the problems you encounter as Secretary, Literature Person or Treasurer? Many have come before you in these positions and can offer help through their experience.

Tradition Two asserts that "Our leaders are but trusted servants; they do not govern." You may be six months sober and elected into a service position. Are you now an A.A. leader? If no one in A.A. can give another a directive or enforce obedience, what is your role? Come to a workshop and find out. (The next one is scheduled for Sunday, March 21, 11 AM at Central Office.)

One of my favorite portions of Tradition Two reads, "Growing pains now beset the group. Panhandlers panhandle. Lonely hearts pine. Problems descend like an avalanche." How does your group handle these problems? Please send your questions or comments to tsw@aasf.org. We would like to insure that our workshop addresses your concerns. 

Trusted Servants Workshop


Sunday, March 21, 2010
11am – 1pm

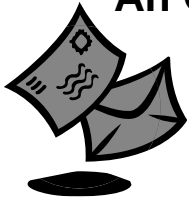
(See notice on Page 4)



ARIES (March 20 - April 19)

Drinking style: Impulsive Aries people like to party and sometimes don't know when to call it a night. Their competitive streak makes them prone to closing-time shot contests. They're sloppy, fun drunks, and they get mighty flirty after a couple tipples. Getting Aries people drunk is a good way to get what you want out of them, should other methods fail.

Aries can become bellicose when blotto, but they will assume that whatever happened should be forgiven (if not forgotten) by sunrise. They can be counted on to do the same for you – so long as you haven't gone and done anything really horrible to them last night, if they can even recall what really happened last night. 



An Open Letter to Local A.A. Groups

The Point received the following letter addressed to the A.A. community.

Dear A.A. community:

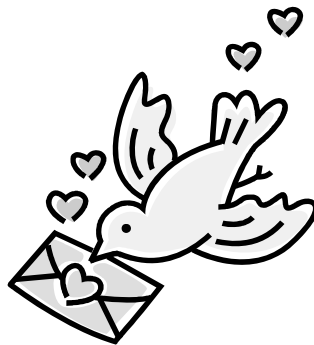
I have chronic asthma. Dogs are a huge threat to my condition. Lately I've had to leave about a meeting a week because it is now vogueish to bring dogs under the guise of service animals. The law provides that those dogs cannot pose a threat to anyone's health or safety. Dogs are a direct threat to my health and safety, and in my world they are akin to a loaded gun. Why would anyone bring something that could seriously harm or exclude someone from one of our meetings? I can only conclude that people do so in ignorance. Please be advised that your dog is a direct threat to my health and potentially to the health of others.

I am now down to three meetings a week that I can safely attend. I am over 20 years sober and have done many service commitments. What if I were a newcomer? I might never get sober.

I see less and less respect for our traditions. The preface to the second edition of the Big Book tells us that no alcoholic man or women should be excluded from our society; the First Tradition has to do with our common welfare; the Tenth Tradition deals with creating controversy, and most importantly, that we must continue to look for selfishness and self-centeredness. I feel that none of these principles seem to be important in today's A.A.

In sobriety,

Bruce S.



Letters to the Editor

To the Editor:

Just a short note to let you know some of us do read and critique *The Point* (sometimes only in our heads, which is a dangerous place). So I just wanted to thank Suzan C. for her humorous Christmas article and caution Michael W. about the use of the U.S. Embassy for distribution of Mandarin Big Books ["The Gift of a Big Book in Beijing," December issue, p. 11]. In my opinion, it is a clear violation of our traditions. With a

trade war and cold war continuing against China by the U.S. government, any connection with the U.S. Embassy will taint the message of A.A.

Keep up the great work and, in my opinion, *The Point* is serving its mission regardless if anyone publicly acknowledges said fact. We are a humble and anonymous lot, no?

Charlie M.

Women Who Drank Too Much 24th Anniversary Dinner



March 23

All Women Invited

Pot Luck 5:30 Meeting 6:15
3557 20th St — Near Lexington
Meeting is Wheelchair Accessible but
the Restroom is Not

Sober 5150's St Patrick's Day Potluck Wednesday March 17—7:30 pm

6:00 pm — Music & Potluck
7:30— Meeting
250 Laguna Honda Blvd
@ Clarendon Ave
Forest Hill Christian Church

MY THIRD STEP SURRENDER

How a Pot-Growing Tenant Got Me on My Knees

by Carlin H.

I have been aware for a long time that recovery is a process, that the Third Step works me or makes me work it, and that each time I come to it, I have been required to make a deeper surrender than any previously made. The first time I took the step, I was a few months sober and a program friend suggested we get on our knees and say the Third Step prayer together. I thought that was a little “culty,” but I did it, although I’m not sure it meant anything to me. It was sort of how I had always done church – a routine that didn’t have much to do with me except fulfill a duty set out by my parents. My relationship with God was much the same. I “believed” in God, but so what? The only thing that meant to me was I had to be a good girl or else.

Years went by and life happened to all of us. I heard people share about going through illness, loss, anger, joy, being hired and fired, loved and dumped – and staying sober and trusting God through the process instead of reaching for a drink or drug to escape feeling the pain. I learned that I could do likewise, and I also learned that those painful feelings pass and it is easier to stay sober through the pain than to get sober again.

In 2001, I fixed up my house to rent and went to live with my father on

the east coast. He was 95, and I thought I would be there for a couple of years and then come back to my life. It took a little while to find a renter and eventually I decided to take a chance on someone who didn’t look good on paper, as I recalled a time in early sobriety when I had had to find a new place to rent and hadn’t looked good on paper. In 2002 the

*“it is easier to stay sober
through the pain
than to get sober again”*

woman to whom I had rented my house (which was my retirement fund) started growing pot hydroponically in the carpeted master bedroom. In addition to the huge water bills (that I was paying), I was concerned that somehow my property could be confiscated. Alternately, I worried that the water could cause damage to the building far beyond my ability to pay to repair. Anyway, realistic or not, I feared that I would lose my one valuable thing.

So what is the antidote to fear? Well, of course, it’s faith – not just belief but reliance. If I truly turn my will and my life over to a power greater than myself, I have to believe that whatever comes into my life comes from that power and is in my life for my ultimate good. So I said out loud to the night sky, “God, if it is your will for me to lose this thing that’s so

important to me, then I trust you will have some other way for me to be okay.” I said it from my heart and from the core of me and I meant it. In that moment the anxious feeling in my body dropped away and I was literally restored to sanity.

This was a level of surrender that I had never made before. I had never trusted that I would be all right unless things turned out my way. I know now that if I am anxious, I have



a fear of a particular outcome. If I am willing to let go of my picture of what the outcome must look like for me to be okay, the fear leaves and I can move forward with whatever the next right thing is. These places of fear followed by surrender, footwork and focusing on my primary purpose have invariably led me to a stronger and richer sober life.



Big Book Basics

6:30 pm Potluck

8:00 pm Big Book Study

21st Anniversary Potluck

Friday, March 26, 2010

St Johns United Church of
Christ

501 Laguna Honda blvd
(Laguna Honda/Woodside Ave)

LUNCHTIME LIES . . .

How People Pleasing Robbed Me of Myself

by Kate S.

I was five and in kindergarten when I told my first extended lie. Early in the year my mother and I had established a routine.

When she came home from work, I entertained her with stories about

what I'd eaten for lunch. The only problem was that I wasn't eating the grilled cheese and tomato soup I described; I was eating peanut butter and grape jelly on white bread, or Saltines with butter. But my lunch stories seemed to please her, and I liked making her happy. The attention was like a drug. I wanted more. And more and more.

The charade went on for months. And then one fateful afternoon, I had a friend over. When my mother asked me, "What did you have for lunch?" I launched into my usual spiel. My friend interrupted me.

"That's not what you had," she said. "You had peanut butter and jelly, like you do every day."

Busted. Those glorious lunches, the elaborate fabrication, my mother's pleasure in me: all gone in an instant. The lunch, so to speak, was out of the bag.

I don't remember what happened next. But the damage was done: I had learned how easy it is to figure out what makes someone else happy and how great it feels when you do it successfully. Why worry about being true to yourself, and deal with unpleasant introspection and discomfort and faltering, when you

can do what you know works, and be rewarded? I "took the road *more* traveled by, and that has made all the difference." [Paraphrase of Robert Frost's "Road Not Taken."]

*"The attention was like a drug.
I wanted more."*

In recovery you often hear people say that you stop growing when you start

drinking. I started drinking regularly when I was fourteen, which means that, at two years sober, I am sixteen. I certainly feel sixteen. I'm awkward, and I cry easily. When people ask me what I like to do for fun, I don't have an answer. As a teenager, I avoided discomfort by doing what I thought other people wanted me to do, and then drinking through it. Now that I no longer drink, I have to experience the growing pains I tried to avoid all those years ago. Contrary to popular alcoholic belief, there is no easy way out. The only way out is through.

So here I am, living inside a stranger. What does she like to do, wear, eat? How does she wish to spend her time? With whom, and doing what? So many choices, so much freedom – it's almost unbearable to have this much freedom. Maybe that's why

drinking felt so safe for so long, because it robbed me of choices and kept me trapped in the same claustrophobic chamber of my mind, day in and day out. I had to be willing to embrace the unknown to get sober, and I had to have faith that leaving behind old self-destructive habits would allow me to go somewhere more interesting than before.

Getting sober thus changes my relationship to self and the world around me.



It requires faith in the idea that getting to know who I am is worth the time and effort. It requires me to stop engaging in blatant people-pleasing behavior that makes me feel good only because it satisfies someone else, regardless of authenticity and truth. It means changing the story I tell myself: taking the leap, giving up, and letting go.



Meet **THE MEETING**

SHAMROCKS & SERENITY

by Chris D.

The first thing I liked about this meeting is that it's above a bar, so if you get thirsty during the meeting or if the discussion leader is boring, you can always go downstairs and have a couple of drinks! Leave it to the Irish to have an A.A. meeting above a bar. God, I love my people!

This is not a large meeting; usually 20 to 30 people attend each week. About half the attendees are native Irish, with the emphasis on native! This is a jovial group of folks who share much conversation and lots of laughter before, during and after the meeting. As this is a speaker/discussion meeting, you'll hear and enjoy the Irish brogue and dialect of the people sharing. Although the topic of sobriety is first and foremost, there is something unique about the meeting. Having had the opportunity to attend meetings in several different countries, I have found that the problem of alcoholism is no different wherever I am, and neither is the solution. What I have found is that the people and the culture create the beauty of foreign meetings. I get this same feeling at Shamrocks & Serenity.

There are many regulars who attend this meeting, men and women alike,

and we are a rambunctious lot! Chips are offered at every meeting for all stages of sobriety. When a sober person picks up a chip there is always a very warm round of applause. Depending on the recipient, there are often words of encouragement or an off-color ribbing! It's been a while since I have been to a meeting where there is so much laughter. There are several true characters that

"It's been a while since I have been to a meeting where there is so much laughter."

haunt the Shamrocks & Serenity meeting, and, true to their nature, they don't give each other much of a break. This is all done with lots of love, you know.

Being of Irish descent and having lived in Ireland, I find the people at this meeting very comforting. I believe that any newcomer or old-timer would also find the comfort level more than adequate. So if you are looking for a place to hang your hat on a Monday night, come join the alcoholics of the very friendly sort. Oh yeah, I almost forgot, there are great cookies as well!



Shamrocks & Serenity is held on Monday nights at 5340 Geary Blvd. between 17th St. and 18th Avenues at 7:30 PM. The meeting is upstairs above The Nag's Head Bar in a room adjacent to an Irish immigration office. The entrance is through a doorway on the north side of Geary Blvd.



Recent Deaths

Ben G. — 58 years

IFB meeting summary – february 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

Attitude Adjustment	Each Day a New Beginning (M-F)	Join the Tribe	On Awakening	They Stopped In Time	Women's Promises
Back to Basics	Embarcadero Group	Let It Be Now	Reality Farm	Tiburon Haven Group	
Back to Basics	Fireside Chat	Living Sober With HIV	Sesame Step	Tiburon Men's Stag	
Bernal New Day	Friday All Groups	Lush Lounge	Sober 5150's	Too Early	
Blackie's Pasture	Gratitude Group	Marina Discussion	Some Are Sicker Than Others	Tuesday Chip	<i>Marin Teleservice</i>
Came to Park	High Noon (Monday)	Men's Gentle Touch	Steppin Up	Tuesday Newcomers	<i>H&I Marin</i>
Code Blue	High Noon (Saturday)	Mid Morning Support	Sunset 9'ers (Sat.)	Valencia Smokefree	<i>NCCAA 2010</i>
Common Welfare	High Sobriety	Mill Valley 7am	Sunset 9'ers (Sun.)	Walk of Shame	<i>General Service Marin</i>
Design for Living	Home Group	Mission Terrace	Ten Years After	We Care	<i>GGYPAA</i>
Doing the Deal	Huntington Square	Noon Smokeless	Terra Linda	Women Who Drank. . .	<i>MCYPAA</i>

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

IFB Reports:

IFB Chair - Michael S.

Chair discussed Green Zone and Red Zone management environments. The next IFB Committee Chair meeting will be Saturday February 6, 2010.

NCCAA Conference Announcement – The next conference will be in San Ramon from March 12 – 14, 2010.

Treasurer - Dashiell T.

December was a good month for contributions relative to the rest of the year. Gratitude month was better than expected; individual contributions were up as well. Group contributions were still down for the whole year, the surplus at the end of the year is really due to savings. Unrestricted cash is at a little over \$30K, the deficit is forecast at \$22K – which means if things continue we shouldn't have to pull from prudent reserve.

Central Office Manager - Maury P.

Last month a spreadsheet was passed to show group contributions from all of 2009– the spreadsheet is posted on the website with tonight's reports; please check to see if your group contributed and if information from your group is correct.

Central Office will be closed Mon Feb. 15th. All phone shifts are filled but we can always use substitutes.

Central Office Committee Report - The COC was able to refocus on its goals: 1) finish office remodel, 2) educate groups about contributions, 3) reach out to groups in Marin County and increase Marin presence for the IFB. Regarding the office remodel, we will pick up on the mural project. The ad hoc Budget committee is working towards educating groups on self support. The COC is going through its

annual review process for employees at Central Office. If you have any input you'd like to share please touch base with Danny, Steve or Chuck.

Committee Reports:

12th Step Committee - A 12th Step Workshop is coming up at the 'Gratitude in Action' SF conference Feb 20, 2010 from 12:15-12:45. The Sunshine Club is having its first orientation in Marin this month.

Access Committee – AA in Cyberspace Workshops every Friday 6-7 PM at Central Office through April 9, 2010. The new chair elect, Muriel P., will take over April 1st.

Trusted Servants Workshop Committee - Secretary Workshop is being planned for Sunday, March 21, 2010 at Central Office.

Ad Hoc Budget Committee - Met for the first time in January and discussed self-support and communication with the Fellowship. Next meeting is Sunday, February 21st.

Outreach Committee - Newly reformed committee needs volunteers, especially from Marin.

Special Committee Reports:

SF Teleservice – Chair reported the need to change the PIN number for volunteers due to a security issue. Committee Chair and Information Chair will be rotating in June 2010.

(Continued on page 15)

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

Colleen C. 20 years

Michael W. 10 years

Living Sober with HIV:

Alejandro 7 years

Friday Smokeless:

Gabe J. 9 years

High Noon:

Michael 25 years, Wickie S. 23 years,

Anonymous 12 years,

Sandra L., Sherri & Gary 9 years,

Dan H. 8 years, Margo 7 years,

Karen 5 years, Sarah S. 3 years,

Mark, Cassie, Matt & Nico 2 years,

Anthony T., Lindsay F. & Lynn 1 year

Central Office: Maury P. 21 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

Virginia M. 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

SF PI/CPC - Committee held its annual meeting and yearly review workshop and is having elections at its February meeting.

IFB Liaison Reports:

Marin Teleservice - Committee has recently rotated service positions, and is discussing its annual Spaghetti Feed tentatively for Saturday, March 20th, at the Whistle-Stop in San Rafael.

Living Sober - Fundraiser this month is Lonely Hearts Drag Bingo after Valentine's Day weekend. Making preparations for the annual Living Sober convention in July 2010.

Marin General Service - Upcoming agenda topics workshop in Marin County on February 6, 2010.

MCYPAA (Marin County Young People in Alcoholics Anonymous and GYPAA (Golden Gate Young People in Alcoholics Anonymous) - Announced a joint bid for the ACYPAA conference in 2011. Looking for a letter of support from the IFB.

Marin H&I - Reported they are attempting to minimize the number of commitments a single person can fill.

New Business:

Fellowship Committee Chair: The Fellowship Committee puts on the Founders Day event, assists General Service with Unity Day in SF, and with the volunteer appreciation party and needs a new Chair. Virginia volunteered for the position.

Ad Hoc Committee for Central Office Mural: Thayer, a member of the COC, made a motion to form an IFB ad hoc Mural committee which will define the desired general content of the work, solicit and commission an artist; Stu seconded. Call to vote: 5 opposed, 3 abstentions, all remaining in favor.

Minority opinion was heard: Concerns about the point of the committee and funding for the project were shared.

No changed votes. Motion passes. Volunteers were selected: Pepe, Chuck, Cat, Tara, and Chris.

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		Dec 09	YTD	Marin Contributions		Dec 09	YTD	Marin Contributions		Dec 09	YTD
Artists & Writers F 630pm		\$	952	Marin City Groups 5D 630pm		\$	413	The Fearless Searchers F 8pm		\$	176
Brisbane Breakfast Bunch		\$ 38	\$ 392	Marin Newcomers M 830pm		\$	677	The Novato Group Fr Night D F 830pm		\$	83
Contribution Box		\$351	\$ 1,111	Marin Pacific Group Tu 730pm		\$	153	Three Step Group Sa 530pm		\$	150
Deer Park Discovery Group		\$	23	Men Only Stag Sa 6pm		\$	26	Thursday Night Book Club Th 7pm		\$	44
Gay & Lesbian Newcomers		\$	22	Mill Valley 7D 7am		\$	2,087	Tiburon Beginners & Closed Tu		\$	1,548
Gay Newcomers Group		\$	13	Mill Valley Discussion W 830pm		\$	290	Tiburon Haven Sun 12pm	\$ 494	\$	644
Harbor Lights Fellowship		\$	25	Mill Valley Original Smokeless Th 8pm		\$	50	Tiburon Women's Candlelight W 8pm		\$	75
IFB		\$108	\$ 1,202	Monday Blues M 630pm		\$	843	Tuesday Chip Meeting Tu 8pm		\$	1,186
Kaiser Friday Night Gay & Lesbian		\$ 25	\$ 25	Monday Night Stag (Tiburon) 8pm	\$689	\$	2,158	Twice Blessed W 730pm		\$	187
Marin Teleservice		\$	2,000	Monday Night Women's M 8pm		\$	374	We, Us and Ours M 650pm		\$	325
Men's Forum Tu		\$	180	Monday Nooners M 12pm		\$	661	Wednesday Night SD W 7pm		\$	44
Novato Fellowship Events Committee		\$	64	Morning After Sa 10am		\$	750	What's It All About F 12pm		\$	400
Serenity House		\$	1,650	Morning Attitude Adjustment MTuF 7am		\$	133	Women on Wednesday W 7pm		\$	50
SF General Service		\$	300	Nativity Monday Night Big Book M 8pm	\$100	\$	300	Women's Big Book Tu 1030am	\$ 210	\$	750
Total Fellowship Contributions		\$522	\$ 7,959	Newcomers Step M 730pm		\$	717	Women's Meeting Su 430pm	\$ 43	\$	78
Marin Contributions				Noon Discussion Th 12pm		\$	500	Working Dogs W 1205pm		\$	643
12 & 12 Study Sa 815am		\$	272	Noon Hope F 12pm		\$	209	Young People's BYOB Sat 7pm		\$	239
Attitude Adjustment 7D 7am		\$	3,240	Noon Tu 12pm		\$	110	Total Marin Contributions	\$3,437	\$40,802	
Awakenings Sa 830am		\$	56	North Bay Discussion Group Su 8pm		\$	100	San Francisco Contributions			
Awareness/Acceptance M 1030am		\$	228	Novato Monday Stag M 8pm		\$	62	6am Dry Dock Tu		\$	161
Blackie's Pasture Sa 830pm		\$	210	On Awakening 7D 5:30am		\$	875	6am Marina Dock Sa		\$	91
Bounce Back M 6pm		\$	400	Pathfinders Tu 12pm		\$	244	7am As Bill Sees It Fri	\$ 136	\$	329
Candlelight Sun 830pm		\$	223	Primary Purpose W 830pm		\$	145	7am Grab Bag M 7am		\$	71
Closed Women Step Study Tu 330pm		\$	638	Quitting Time MWF 530pm		\$	371	7am Living Sober W 7am		\$	50
Cover to Cover W 800pm		\$	225	Refugee Th 12pm		\$	90	7am Smokeless Su 7am		\$	85
Creekside New Growth Sun 7pm		\$	222	Reveille 5D 7am		\$	600	7am Speaker Discussion Th 7am		\$	116
Day At A Time 7D 630am		\$	827	Rise N Shine Sun 10am	\$127	\$	393	7am Step Discussion Tu 7am		\$	22
Design For Living (Marin) W 7pm		\$	61	San Geronimo Valley BS F 8pm	\$110	\$	213	830am Smokeless F 830am		\$	105
Downtown Mill Valley F 830pm		\$	725	San Geronimo Valley M 8pm	\$ 40	\$	222	830am Smokeless Tu 830am		\$	527
Early Birds Sa 6am		\$	36	Sausalito 12 Step Study Group	\$190	\$	459	A Coffee Pot & A Resentment M 8pm		\$	42
East San Rafael Big Book		\$	208	Serendipity Sa 11am	\$141	\$	467	A is for Alcohol Tu 6pm		\$	313
Experience, Strength & Hope Sa 6pm	\$ 50	\$	95	Sisters In Sobriety Th 730pm (M)		\$	146	A New Start F 830pm		\$	749
Freedom Finders F 830pm		\$	891	Six O'Clock Step Th 6pm		\$	59	A Vision for You (SF) Su 630pm		\$	65
Friday Night Book F 830pm	\$282	\$	515	Six O'Clock Sunset Th 6pm		\$	241	AA Step Study Su 6pm		\$	133
Friday Night Gay Men's Stag F 830pm		\$	65	Sober & Serene F 7pm		\$	621	Afro American Beginners Sat 8pm		\$	201
Gratitude Tu 8pm		\$	569	Steps to Freedom M 730pm	\$159	\$	485	Afro American F 8pm		\$	30
Greenfield Newcomers Sun 7pm		\$	720	Steps To The Solution W 715pm		\$	313	After Work Big Book M 6pm		\$	40
Happy Hour (Marin) Th 6pm	\$ 75	\$	120	Stinson Beach Fellowship Th 8pm	\$150	\$	150	After Work M 6PM		\$	95
Happy, Joyous & Free 5D 12pm		\$	1,250	Sunday Express Sun 6pm		\$	300	Agnostics & Freethinkers Su 630pm	\$ 150	\$	250
High & Dry W 12pm		\$	613	Sunlight of the Spirit Th 7pm		\$	100	All Together Now Th 8pm		\$	51
Intimate Feelings Sa 10am		\$	354	Survivors M 12pm		\$	376	Alumni W 830pm		\$	186
Inverness Sunday Serenity Su 10am		\$	238	T. G. I'm Sober M 6pm		\$	85	Amazing Grace M 7pm		\$	162
Island Group Th 8pm		\$	321	T.G.I.F. F 6pm		\$	247	Any Lengths Sat 930am		\$	511
Larkspur Beginners F 7pm	\$389	\$	389	Terra Linda Group Th 830pm		\$	1,445	Artists & Writers F 630pm		\$	775
Living in the Solution F 6pm	\$188	\$	448	Terra Linda Th Men's Stag Th 8pm		\$	432	As Bill Sees It - Keep It Simple Tu 7am		\$	210
				The Barnyard Group Sa 4pm		\$	335				

San Francisco Contributions	Dec 09	YTD
As Bill Sees It Th 830pm	\$ 226	
As Bill Sees It Tu 1210pm	\$ 569	
Be Still AA Su 12pm	\$129	\$ 942
Beginner Big Book Step Th 630pm	\$ 107	
Beginners 12 x 12 F 7pm	\$ 303	
Beginners Meeting (Old Sutter St) Sat 6pm	\$ 876	
Beginner's Warmup W 6pm	\$ 60	
Bernal Big Book Sat 5pm	\$ 718	
Bernal New Day 7D	\$255	\$2,460
Big Book Basics F 8pm	\$ 452	
Big Book Beginners F 105pm	\$ 74	
Big Book Study Su 1130am	\$ 333	
Blue Book Special Su 11am	\$ 113	
Buena Vista Breakfast Su 12pm	\$337	\$ 591
Came To Believe Su 830am	\$ 64	
Came to Park Sat 7pm	\$ 970	
Candlelight Group Sun 8pm	\$ 8	\$ 8
Castro Discussion (Show Of Shows) W 8pm	\$1,246	
Castro Monday Big Book M 830pm	\$ 277	
Chips Ahoy Tu 12pm	\$ 6	
Cocoanuts Su 9am	\$ 228	
Code Blue Big Book Study W 7pm	\$ 300	
Cow Hollow Men's Group W 8pm	\$ 708	
Creative Alcoholics M 6pm	\$ 576	
Crossroads Sun 12pm	\$ 318	
Dark Secrets F 10pm	\$ 60	\$ 60
Design for Living Sat 8am	\$ 549	
Diamond Heights Tu 830pm	\$ 93	
Dignitaries Sympathy W 815pm	\$ 72	\$ 72
Doin' the Deal Sun 10pm	\$ 81	
Each Day a New Beginning F 7am	\$ 827	
Each Day a New Beginning M 7am	\$409	\$ 678
Each Day A New Beginning Su 8am	\$689	\$1,652
Each Day a New Beginning Th 7am	\$ 446	
Each Day a New Beginning Tu 7am	\$ 862	
Each Day a New Beginning W 7am	\$ 393	
Early Birds Sa 6am	\$ 36	
Early Start F 6pm	\$2,048	
Easy Does It Tu 6pm	\$ 120	
Embarcadero Group 5D 1210pm	\$ 340	
Epiphany Group Th 8pm	\$ 144	
Eureka Valley Topic M 6pm	\$1,838	
Excelsior "Scent" Free for All Sa 8pm	\$ 60	
Excelsior Free for All Sa 8pm	\$ 88	
Extreme Makeover M 730pm	\$ 41	\$ 41
Federal Speaker Su 12pm	\$ 794	

San Francisco Contributions	Dec 09	YTD
Firefighters & Friends Tu 10am	\$ 235	
Fireside Chat Group Th 8pm	\$ 232	
First Step Speaker/ Discussion Th 730pm	\$ 57	
Franciscan Noon Discussion M 12pm	\$ 60	
Friday All Groups F 830pm	\$2,891	
Friday at Five F 5pm	\$ 50	\$ 166
Friday Lunchtime Step F 12pm	\$ 210	
Friday Night Women's Meeting F 630pm	\$ 26	
Friday Smokeless F 830pm	\$ 453	
Friendly Circle Beginners Su 715pm	\$ 123	
Girls Night Out W 815pm	\$ 97	
Gold Mine Group M 8pm	\$265	\$ 587
Golden Gate Seniors Tu 130pm	\$142	\$ 210
Goodlands Su 2pm	\$ 150	
Haight Street Blues Tu 615pm	\$ 374	
Haight Street Explorers Th 630pm	\$194	\$ 223
Happy Hour F 630pm	\$ 62	
Happy Hour Ladies Night F 530pm	\$ 164	
High Noon Friday 1215pm	\$238	\$2,142
High Noon Monday 1215pm	\$ 89	\$ 790
High Noon Saturday 1215pm	\$467	\$ 824
High Noon Sunday 1215p	\$ 223	
High Noon Thursday 1215pm	\$136	\$1,207
High Noon Tuesday 1215pm	\$414	\$ 886
High Noon Wednesday 1215pm	\$203	\$ 990
High Sobriety M 8pm	\$ 238	
Hilldwellers M 8pm	\$ 545	
Home Group Sat 830pm	\$ 295	
How Was Your Week? Sa 10am	\$ 159	
Huntington Square W 630pm	\$1,018	
Join the Tribe Tu 7pm	\$1,014	
Joys of Recovery Tu 8pm	\$ 92	
Just Alkies F 7pm	\$ 30	
Keep Coming Back Sa 11am	\$2,264	
Keep It Simple Sat 830pm	\$ 399	
Let It Be Now F 6pm	\$ 105	
Light Steppers Su 7pm	\$ 240	
Like A Prayer Su 4pm	\$ 51	
Lincoln Park Sat 830pm	\$ 163	
Live and Let Live Su 8pm	\$ 217	
Living Sober W 8pm	\$ 189	
Living Sober with HIV W 6pm	\$ 942	
Luke's Group W 8pm	\$ 350	
Lush Lounge Sa 2pm	\$ 246	
Marina Discussion F 830pm	\$ 745	
Meeting Place Noon F 12pm	\$ 243	

San Francisco Contributions	Dec 09	YTD
Meeting Place Noon W 12pm	\$ 384	
Men's Gentle Touch M 7pm	\$ 36	
Mid-Morning Support Su 1030am	\$ 321	\$1,280
Midnight Meditation Sat 12am	\$ 40	
Miracle (Way) Off 24th St W 730pm	\$ 48	
Mission Creek Meeting	\$ 95	
Mission Creek Meeting Tu 6pm	\$ 80	
Mission Fellow. No Reservations Su 230pm	\$ 12	
Mission Terrace W 8pm	\$ 577	
Monday Beginners M 8pm	\$ 159	\$1,212
Monday Monday M 1215pm	\$ 354	
Moving Toward Serenity W 830pm	\$ 312	
New Hope Big Book M 630pm	\$ 78	
New Life W 7pm	\$ 51	\$ 543
No Reservation M 12pm	\$ 793	
Noon Smokeless F 12pm	\$ 365	
Noon Smokeless M 12pm	\$ 23	
Noon Smokeless Th 12pm	\$ 171	
Noon Smokeless W 12pm	\$ 150	\$ 251
Off Broadway Book Th 8pm	\$ 39	
One Liners Th 830pm	\$ 416	
One, Two, Three, Go! W 1pm	\$ 30	
Park Presidio M 830pm	\$ 98	
Parkside Th 830pm	\$ 493	
Pax West M 12pm	\$1,164	\$2,354
Pax West Th 12pm	\$ 359	
Progress Not Perfection Tu 830pm	\$ 480	
Queers, Crackpots & Fallen Women	\$ 238	
Reality Farm Th 830pm	\$ 80	
Rebound W 830pm	\$ 60	
Relapse, Rebound, Retreads...	\$ 60	
Rigorous Honesty Th 1205pm	\$ 247	
Room to Grow F 8pm	\$ 375	
Rose Garden Big Book Th 1205pm	\$ 74	
Rule 62 W 10pm	\$ 213	
Saturday Afternoon Meditation 5pm	\$ 202	\$ 487
Saturday Easy Does It Sa 12pm	\$ 303	\$ 429
Saturday Night Regroup Sat 730pm	\$ 519	\$1,006
Serenity House	\$ 150	\$ 150
Serenity Seekers M 730pm	\$1,053	
Sesame Step Tu 730pm	\$ 146	\$ 298
Shamrocks & Serenity M 730pm	\$ 240	\$ 856
Sinbar Su 830pm	\$ 194	
Sisters Circle Su 6pm	\$ 435	
Sisters In Sobriety Th 730pm (M)	\$ 300	
Sobriety & Beyond W 7pm	\$ 45	

profit and loss statement: december 2009

	Dec 09	Budget	Jan - Dec	Budget		Dec 09	Budget	Jan - Dec	Budget
Ordinary Income/Expense					Total Bank Charges	\$ -	\$ -	\$ 262	\$ 50
Income					Postage				
Contributions from Groups					Non-Bulk Postage	13	0	109	0
Group Contributions	14601	15045	146221	161353	Bulk Mail	185	0	985	997
Honors	111	0	575	0	Postage - Other	0		100	
Contributions from Groups - Other	0		816		Total Postage	\$ 198	\$ -	\$ 1,194	\$ 997
Total Contributions from Groups	\$ 14,712	\$ 15,045	\$147,611	\$161,353	ASL Expense	-200		-200	
Contributions from Individuals					Rent - Office	4493	4462	52190	51753
Individual - Unrestricted	8826	3695	14510	12412	Rent - Other	150	150	900	900
Faithful Fiver	1215	914	10686	6742	Access Expenses	560	0	1590	4167
Honorary Contributions	512	57	3215	3477	IFB Literature				
Total Contributions from Individuals	\$ 10,553	\$ 4,666	\$ 28,411	\$ 22,631	Sunshine Club	0	0	25	200
Gratitude Month					IFB Literature - Other	0	0	163	100
Gratitude Month - Groups	12950		16623	12939	Total IFB Literature	\$ -	\$ -	\$ 188	\$ 300
Gratitude Month - Individual	270	1362	582	2515	PI/CPC	0	76	628	1000
Total Gratitude Month	\$ 13,220	\$ 1,362	\$ 17,205	\$ 15,454	Filing/Fees	0	0	154	194
Sales - Bookstore	7663	8239	103153	102937	Insurance	0	885	16	1824
Newsletter Subscript.	110	86	511	1074	Internet Expense	13	0	780	823
Total Income	\$ 46,258	\$ 29,398	\$296,891	\$303,449	Office Supplies	159	0	2112	2607
Cost of Goods Sold					Paper Purchased	0	0	2739	1374
Cost of Books Sold - Shipping	69		291		Software Purchased	0	0	382	2800
Cost of Books Sold	5121	5850	69473	73085	Shipping	87	253	168	562
Credit Card Processing Fees	193	0	2520	2254	Printing	61	1038	925	1038
Total COGS	\$ 5,383	\$ 5,850	\$ 72,284	\$ 75,339	Equipment Lease	1546	0	3606	7731
Gross Profit	\$ 40,875	\$ 23,548	\$224,607	\$228,110	Repair & Maintenance	513	190	3830	3367
Expense					Security System	118	105	590	608
Construction Expense	0	0	734	0	Special Events	0	0	0	0
IFB Sponsored Events	18	0	2360	1600	Payroll Expenses	5		46	
Unreconciled Bank Adj	0	0	0	0	Telephone	0	123	2607	4210
Budget Contingency	0	261	0	3142	Phone Book Listings	0	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	7514	8863	106976	106363	Bad Checks	0	0	12	199
Employer Tax Expenses	587	779	9629	9340	Miscellaneous Expense	0	0	76	0
Health Benefits	1184	1302	14208	14534	Total Expense	\$ 17,007	\$ 20,055	\$214,374	\$230,829
Retirement/Annuity Expense	0	0	0	0	Net Ordinary Income	\$ 23,868	\$ 3,493	\$ 10,233	\$ (2,719)
Workers Comp Ins.	0	0	790	1140	Other Income/Expense				
Total Employee Expenses	\$ 9,285	\$ 10,944	\$131,603	\$131,377	Other Income				
Professional Fees					Other Income	0	0	0	0
Accounting	0	1568	1000	3907	Interest Income	189	148	5061	4673
Computer Consulting	0	0	1684	2199	Total Other Income	\$ 189	\$ 148	\$ 5,061	\$ 4,673
Legal Fees	0	0	0	0	Other Expense				
Outside Services	0	0	0	0	Depreciation Expense	0	0	0	455
Total Professional Fees	\$ -	\$ 1,568	\$ 2,684	\$ 6,106	Amortization Expense	0	0	0	945
Bank Charges					Total Other Expense	\$ -	\$ -	\$ -	\$ 1,400
Credit Card Processing Fees	0		255		Net Other Income	\$ 189	\$ 148	\$ 5,061	\$ 3,273
Bank Charges - Other	0	0	7	50	Net Income	\$ 24,057	\$ 3,641	\$ 15,295	\$ 554

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San Francisco Contributions	Dec 09	YTD
Sometimes Slowly Sa 11am	\$ 491	
Sought to Improve Th 730pm	\$ 186	
Sp Founded Program of Action Th 7pm	\$ 932	
Speaker Discussion F 1pm	\$ 249	
St. Francis Men's F 830pm	\$ 352	
Step Talk Su 830am	\$185	\$1,489
Steppin' Up Tu 630pm	\$113	\$ 588
Stepping Out Sat 6pm	\$ 247	
Stepping Stone Step Study M 7pm	\$ 201	
Stonestown M 8pm	\$ 405	
Straight Jackets Th 9am	\$ 23	
Sunday Bookworms Sun 730pm	\$ 266	
Su Morning Gay Men's Stag Su 930am	\$ 826	
Sunday Night 3rd Step Group 5pm	\$1,062	
Su Night Castro SD Su 8pm	\$133	\$1,046
Sunday Rap Sun 8pm	\$ 600	
Sunday Silence Su 730pm	\$ 60	
Sundown W 7pm	\$ 617	
Sunset 11'ers Sa	\$ 200	
Sunset 11'ers Su	\$ 185	
Sunset 11'ers Tu	\$ 83	\$ 83
Sunset 9'ers F	\$ 186	
Sunset 9'ers M	\$ 318	
Sunset 9'ers Sa	\$ 302	

San Francisco Contributions	Dec 09	YTD
Sunset 9'ers Su	\$ 312	
Sunset 9'ers Th	\$ 129	
Sunset 9'ers W	\$ 115	
Sunset Early Morning W 7am	\$303	\$ 303
Sunset Reflections Th 1pm	\$ 60	
Sunset Speaker Step Sun 730pm	\$ 756	
Surf Tu 8pm	\$ 304	
Sutter Street Beginners Sat 6pm	\$ 318	
Ten Years After Su 6pm	\$1,026	
The Drive Thru W 1215pm	\$ 901	
The Parent Trap 2 Wed. 430pm	\$102	\$ 146
The Parent Trap M 1230pm	\$235	\$ 458
The Pepper Group F 12pm	\$100	\$ 160
They Don't Know Who We Are Sat 7pm	\$ 30	
They Stopped In Time M 8pm	\$ 463	
Th Morning Men's BB Study Th 6am	\$ 181	
Thursday Night Women's Th 630pm	\$230	\$ 700
Too Early Sat 8am	\$105	\$2,362
Trudgers Discussion Su 7pm	\$180	\$ 360
Tuesday Big Book Study Tu 6pm	\$ 60	
Tuesday Downtown Tu 8pm	\$209	\$ 777
Tuesday Men's Pax Tu 12pm	\$360	\$ 631
Tuesday's Daily Reflections Tu 7am	\$ 26	
Twelve Steps to Happiness F 730pm	\$ 69	\$ 310

San Francisco Contributions	Dec 09	YTD
Unidentified Group	\$ 400	
Valencia Smokefree F 6pm	\$ 552	
Walk of Shame W 8pm	\$ 175	
Waterfront Sun 8pm	\$ 213	\$ 472
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	\$ 444	
What It's Like Now M 6pm	\$ 77	\$ 133
Wits End Step Study Tu 8pm	\$ 132	\$ 217
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	\$ 1,035	
Women's Mtg. There is a Solution W 6pm	\$ 610	
Women's Promises F 7pm	\$ 712	
Work In Progress Sat 7pm	\$ 1,035	
Total SF Contributions	\$10,716	\$ 98,814
Total Group Cotributions	\$14,676	\$ 147,575

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