

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

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

The Point

2010
6
JUNE

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
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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.

75 Years

Notoriously Anonymous



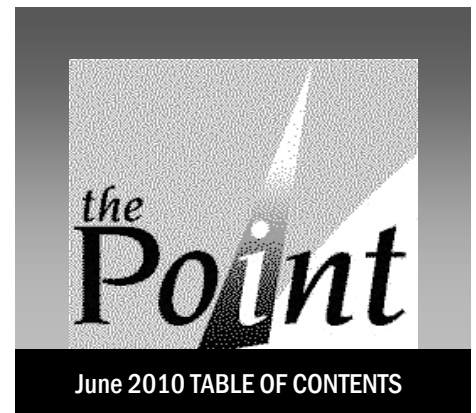
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June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 <u>FIRST TUE</u> Access Committee Central Office, 6pm	2 <u>FIRST WED</u> Intercounty Fellowship Board Annual Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
6	7	8 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office, 5:30pm SF Bridging the Gap 1111 O'Farrell St. 6:30pm Marin H&I 1360 Lincoln, San Rafael, 6:15pm SF General Service 1111 O'Farrell St., 8pm	9 <u>SECOND WED</u> 12th Step Committee Central Office, 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club, 6:30pm
13	14 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office, 7pm	15 <u>THIRD TUE</u> Outreach Committee Central Office, 6:30pm	16
20 <u>THIRD SUN</u> Archives Committee Central Office, 2pm Business Meeting followed by Work Day	21 <u>THIRD MON</u> SF Teleservice Central Office, 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael, 8pm	22 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office, 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club, 7:30pm	23
27	28	29	30

THURSDAY	FRIDAY	SATURDAY
3	4	5
10	11	12 SF Founders Day 1187 Franklin St, S.F. See Flyer Page 4
17 <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	18	19
24 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St. SF Orientation: 7:15pm Committee Meeting: 8pm	25	26 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma; Business Meeting: 12:30pm

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.



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Thousands of "Founders"

"When you get right down to it, everyone who has done any amount of successful Twelfth Step work is bound to be the founder of a new life for other alcoholics."

As Bill Sees It, p. 67



Meeting Changes

New Meeting:

Fri 12:00pm Castro CASTRO NOONERS, Castro Country Club, 4058 18th St./Hartford St. (CH, SD)

Meeting Changes:

Mon 1:00pm	Cathedral Hill	THE DAILY REPRIEVE, 1101 O'Farrell/Franklin (was Monday Nooners at 3:30pm)
Wed 2:00pm	Cathedral Hill	THE DAILY REPRIEVE, 1101 O'Farrell/Franklin (was 3:30pm)
Thu 7:30pm	South of Market	SPIRITUALLY FOUNDED PROGRAM (SFPOA), 270 6th St. (was 7pm)
Thu 8:00pm	Novato	BEGINNERS HELP, 1473 S Novato Blvd/Yukon Way (was 710 Wilson Ave)
Fri 3:00pm	Cathedral Hill	THE DAILY REPRIEVE, 1101 O'Farrell/Franklin (was Fellowship of the Spirit at 3:30pm)

No Longer Meeting:

Mon 7:30pm	San Rafael	WOMEN WHO DRANK TOO MUCH, 718 4th St./Tamalpais Ave.
Fri 8:30pm	San Rafael	LIGHT MY FIRE 11TH STEP PRAYER & MEDITATION, Marin Alano Club, 1360 Lincoln

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!*

FOUNDERS DAY 2010

**LUNCH – SPEAKER PANEL
PIE POTLUCK AND RAFFLE**

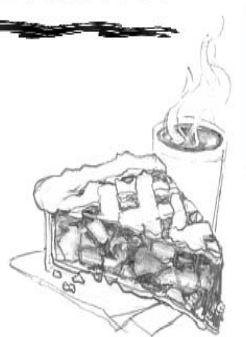
“IN OUR OWN WORDS”

A STAGED READING
DIRECTED BY JACKIE B.

Saturday, June 12th
11:30—4:30
1187 Franklin St. at Geary, SF



Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties



**Who Runs A.A.
in SF and Marin?
You do!**

Join us at the

**2010 ANNUAL
BUSINESS MEETING**
of the

**Intercounty Fellowship of
Alcoholics Anonymous**

June 2, 2010

7:00 pm

1187 Franklin St.,
San Francisco, CA

From the Editor

What Would Alky Do?

We are introducing a new column this month: "Help@aasf.org" on page 12. This is the email address on our local website where Central Office gets questions about everything under the sun. Some of the correspondence is pretty dull and you wouldn't be interested, even when it provides a service; for instance, "what meetings can I attend near my hotel at Fisherman's Wharf?" But then there are the heartrending queries that bring tears to our eyes and require patient, honest, and traditions-compliant responses.

We know many of our long-time readers miss "Dear Alky," the now-dormant column that sought to resolve quandaries within local A.A., like meeting etiquette or dealing with a troublesome sponsor/sponsee. Alky typically responded based on the traditions and good ol' common sense, at length and with authority. We, too, loved "Dear Alky," but got tired of having to make up questions for Alky to answer! So we asked ourselves, what would Alky do? We decided that if the column wasn't fulfilling a real need, then we should pull the plug.

Fast-forward one year, and there has emerged a bonanza of experience, strength and hope in the responses to help@aasf.org in a format of real life questions. Moreover, it is an outstanding example of the expansion of services that Central Office provides for the fellowship as the internet broadens communication. In many ways, the email exchanges mirror the kinds of questions telephone volunteers parry day in and day out, at the desks in Central Office or through teleservice after hours. So if you would like to vicariously "listen in" to calls for help, this new column is for you.

Our June theme this year is "graduation" (see the lead articles on pages 6 and 7), to many alcoholics an event of such monumental inebriation that its memories can still invoke nausea and shame. "Commencement," that other name for these ceremonies, means beginning again and invokes launching into a new freedom and a new happiness. Like our founders (whom we honor in June), we each renew our commitment to sobriety whenever we reach out the hand of A.A. to another.



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!

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.	Kristina F.
Ann & Denise	Lauren H.
Arthur A.	Laurie L. & Richard L.
Barbara L.	Lelan & Rich H.
Barbara M.	Leo H.
Beverly C.	Lisa M.
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John V.	Sylvia D.
Karen K.	Terry H.
Kate R.	Thomas H.
Kathleen C.	Tim M.
Kathryn M.	Tom M.
Kathy 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!

Graduation Day

How Getting High Took One Alcoholic's Diploma

by Bill

I woke up and put on a striped, button-down shirt, mud-crusted rugby shorts, and a tie. Then I wrapped myself in a black silk robe.

The problem was, I wasn't graduating. The week before, I had been called into my academic counselor's office. I had asked for the meeting to be held at noon, because I couldn't get out of bed before nine. Every evening that last semester had been Casino Night. I had a small plastic roulette wheel next to my bed, and would spin it to see what it would be: wine, pills, mushrooms, vodka, hash. That morning it came up Red 12, which meant I had a few bong hits of opiated Thai and a glass of red before I walked in the door.

My Spanish teacher was standing nearby.

She was a beautiful Argentinean, forty-something with green eyes and long black hair. In the theater of my mind, she whispered endless Gabriel Garcia Marquez lines in my ear, lightly trailing her fingernails along my back. But that still wasn't enough to get me into class at seven AM.

The counselor looked at me with concern. He was a decent guy and seemed to think I was as well. "I mean, you've been to class once a week, if that. You needed this to graduate."

I shrugged. "I can always take it later."

He sat back. "Why the issue with attendance? As it stands, you have an F."

I laughed. "My senior year, final semester ... I mean, what were you guys thinking? Seven o'clock in the morning?"

He quietly said, "Every other senior made it."

I leaned back and looked at my Spanish teacher. She seemed amused and puzzled, but there was an understanding. Something I couldn't identify.

He sighed. "Well, we can let you go through the ceremony, but we can't give you the diploma. The case they hand you will be empty."

I smiled and shook his hand.

"Thanks. I wouldn't want to miss the party."

As I walked back across campus, I knew I'd never finish that class.

It would take years before I arrived at the doors of Alcoholics Anonymous. Needless to say, I left behind a trail of broken promises – most of all, to myself. We continually damage ourselves, and our chances at a normal life, because at some fundamental level we feel undeserving. After all the hurt and pain we have caused others, this comes as no surprise. Today, this has been largely resolved in my life – due in part to



the continual application of the steps, but most of all, by participating in service. Our founding members knew that acts of service directly challenge our negative self-image. After a few years of doing them, I began to develop a quiet sense of inner strength. Profound gifts, both spiritual and material, now manifest in my life in direct proportion to my level of service.

TP



Did you hear about the fellow who was addicted to line dancing?

It got so bad he had to enter a Two-Step program.

Pompous and Circumstance

The 'High' in Higher Education

by Suzan C.

"I have never let my schooling interfere with my education." – Mark Twain (1835 - 1910)

I have heard alcoholics describe themselves as "high bottom" or "high functioning" drunks because they managed to earn a college or graduate degree during their drinking days. If I tried to make this statement about myself, I would surely have to explain what "high" means to me.

I went to college very high, which was easy due to my extensive (high) school preparations. Life was one very big party, and I was young, my liver forgiving. Well, yes, I did occasionally, okay daily, pass out in

high and all.

Inspired by the ivy-covered bricks around me, and the larger, more anonymous campus, I set out to prove my ability to function. For one entire quarter, I earned straight As and woke up each day in the same place I remembered falling asleep the night before. Reassured of my brilliance, I saw no need to continue the experiment. Before long, the new school began to look like the party school's evil big sister. Had I been a Girl Scout during these last two years of college, my merit badges would have included: Destroying Motor Vehicles, Ingesting Mysterious Substances, Setting World Sleaze Records, Terrifying Roommates,

forward and peers at me through wire-rimmed glasses. "You never graduated from college," he says.



"I was known by name to one too many local ambulance drivers. It was time to change schools."

lecture hall. But there were 500 students in there, and having my face pressed down in an open book just made me look bookish (and high functioning).

Eventually, the lows of the high-low became, well . . . really low. Fortunately, I was surrounded by many low-crawling creatures trying to earn a B.A. and I did not stand out all that much. Finally, however, I had woken up in one too many strange places, crashed my scooter in one too many university bike tunnels, and was known by name to one too many local ambulance drivers. It was time to change schools. So I transferred. The new school accepted me, because my grades and I were so

Rampant Lying and similar achievements.

At one point, I was weaving along campus and had a thought: "I think I've graduated." So I went home and added up all of my units from college #1 and college #2 and lo and behold: I was done! So I left.

Flash forward, second year of graduate school in the same large anonymous city. I am now into Jack Daniels and unfiltered Camels. I live on these. They live on me. I am lurching around the halls between classes and the dean of the graduate school approaches me. He says, "I need to see you." I briefly consider inviting him to discuss the matter over drinks. In his office, he leans

Long story short, I had enough units, but apparently you are supposed to let someone know when you think you have graduated, otherwise they

don't really notice, those bastards. Out of my own drunken apathy (who needs a freakin' cap and gown), and lack of presence (who needs a freakin' diploma with a seal on it) I presumed that "they" would realize that I, one of 32,000 students at the school, had graduated.

To this day, my university diploma is dated one year before my graduate school diploma, which perhaps makes me look like a genius, or perhaps requires so much sordid explanation, that it lives in a closet instead of on a wall in my office. Had I not been so pompous, my circumstances might have been different. But I was high. So very high.

tP

by Charley D.

The Sixth Tradition states that A.A. and its groups should stay separate from any other facility or enterprise. At first, this doesn't sound like such a good idea. All human endeavors interrelate. Why should A.A. go it alone completely? "You scratch my back. I'll scratch yours." That's a theme you can hear in the halls of Congress, on Wall Street, and across the back fence.

Okay, maybe it makes sense for A.A. to stay out of things really far afield, even if they seem meritorious, like, say, world peace, eliminating cruelty to animals, or environmental protection. But wouldn't it be all right if A.A. got involved

in a
"related
facility
or
outside

enterprise" if it seems complementary? Why, for example, can't A.A. support legislative efforts to have alcoholism characterized as a disease so that suffering alcoholics can get insured medical treatment they so urgently need? Perhaps A.A. could hire a lobbyist to push this agenda in the legislature or endorse and campaign for candidates who support this view. Why shouldn't local groups forge alliances with hospitals and treatment centers to help suffering alcoholics? A.A. recognizes a Higher Power. Why not allow different groups to affiliate with particular religions if it suits their spiritual purpose?

Nothing, of course, prevents an A.A. member from supporting (or opposing) any of these causes and institutions. The problem comes when an A.A.

group gets involved in some cause. That actually frustrates our "primary purpose," which is to carry the message of A.A. to the alcoholic who

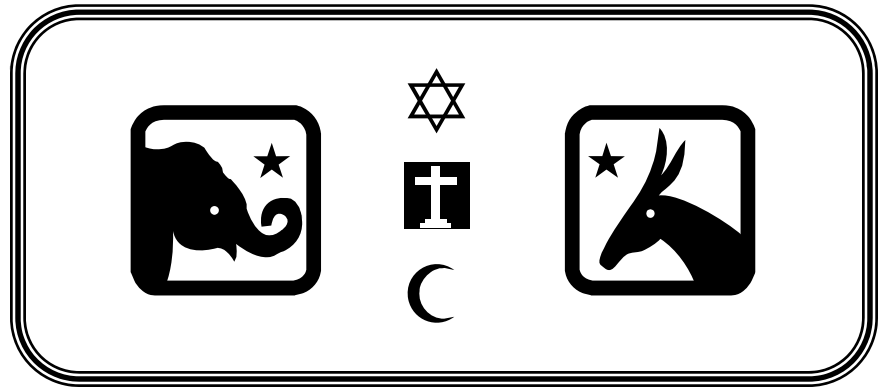
"I kept drinking and avoided A.A. for decades because of suspicions about its 'agenda.'"

still suffers. Had A.A. been something other than the single-minded, sole-purpose fellowship it is, this skeptical alcoholic would, in all likelihood, never have gotten its message.

Skepticism comes naturally to most alcoholics. It certainly does to me. I kept drinking and avoided A.A. for decades because of suspicions about its "agenda." I had a vague idea A.A. had something to do with religion. The fact that a lot of A.A. meetings seemed to occur in churches confirmed that to me. When I thought of A.A. at all (which wasn't often), I imagined a room full of tight-ass, finger-wagging, party poopers with intense frowns on their faces who would, I was sure, lecture me on my need to get more religion, build will power, and thus solve my drinking problem. When I

finally got so desperate I was ready to run even that glum ecclesiastical gauntlet, I discovered to my elated amazement that A.A. wasn't that way at all. The alcoholics who comprise A.A. didn't try to make me more religious and certainly didn't expect me to build my will power. They didn't try to make me do anything. All they wanted me to do was stop drinking – if I wanted to stop drinking. And if I did they'd help me, which they certainly have.

Had it been some other way, A.A. would have played right into my skepticism and given me a perfect reason to reject it. Sure, I got so hard up I finally tried A.A. I wouldn't have stayed for long, though. Had A.A. been affiliated with a church, hospital or civic group, I'd surely have gone my separate way to avoid getting trapped in their hidden agenda. As a typical alcoholic, I came to A.A. desperate – but still skeptical. Desperation can hold skepticism at bay, but not forever. By keeping A.A.'s message simple and pure, A.A. gives the suffering, skeptical alcoholic a reason to come and no good reason not to stay. That's the way it has worked for me.





ARCHIVING THE 20TH CENTURY FOR THE 21ST CENTURY A.A.

by Anonymous Archiver

I don't know where my service in recovery would have fit so nicely as on the Archives Committee. At the IFB level, the archivist works for a mere two hours on the third Sunday of each month, but the other 29 days are devoted to remembering our obligations as archivists, always searching, looking, hearing, reading, talking, creating, interacting with others, and so on. I think you get the point. If I've lost you at this juncture, then archiving may not be in your purview. But then again, I wasn't an alcoholic in recovery until I attended a few meetings because I had to, and then attended because I wanted to. Archiving is much like the turnabout that many of us experience in the rooms.

Members of A.A. often ask, "Why in God's name do we need archives in A.A. when anonymity is such a huge issue for all of us?" Archiving, for the neophyte, can be defined as retention and preservation of artifacts and records for the purpose of making them available for future generations. We don't keep dossiers on individual members; and anonymity deals more with exposition of information regarding A.A. and its members to the media, radio, television, press, and internet. We always need to be

mindful and protect this tradition.

There is a certain discipline that we engage in by way of collectively agreeing to archive in a certain prescribed manner. If you're a librarian, have clerical skills, enjoy

"Why in God's name do we need archives in A.A. when anonymity is such a huge issue for all of us?"

rummaging through garage sales and flea markets, are fascinated by historical data and the preservation of facts, like to research all subjects, have a familiarity for faces and names of local, regional, and national A.A. publications, then you might be a candidate for archiving.

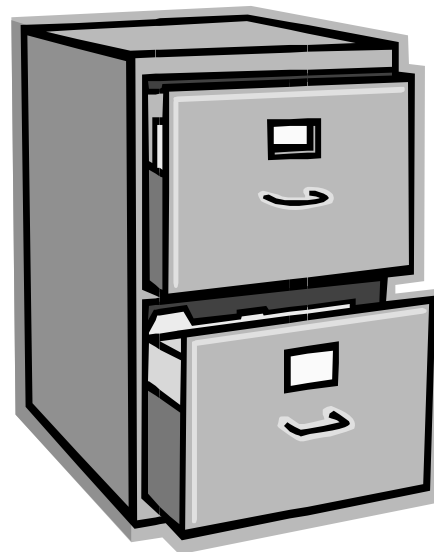
I alluded to library skills because, in essence, much of what we do revolves around something similar to the Dewey Decimal System. We assess the documents that we pore over to determine: a) their archival value;

b) their condition; and c) in which file or folder to place them for easy access. It takes quite a bit of time to make these decisions on each and every document that goes through our hands; we often are inclined to place aside, at least temporarily, a potential archival document because it may not fall within our guidelines. We have limited space to reposit (archive-speak for "house"), and scanning of documents could not have come at a better time.

The Archives Committee isn't one of those service commitments that's going to keep anyone sober per se. But it certainly fills a deep void in many of us searching for a niche to occupy a bit of time and provides an opportunity to share our talents,

in unexpected ways, when all we wanted was to be left alone and isolate. My, oh my, that's exactly what I've been provided with.

Check out the Archives Committee on the third Sunday of each month at Central Office, from 2 to 4 pm.



Would you like to subscribe to *The Point*?

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CENTRAL OFFICE—1821 SACRAMENTO ST., SF CA 94109**

Pedaling For Sobriety

A.A. Members Give Back and Gain Health

by Chuck L.

Several years ago when coming off a relapse, my self-esteem was in the toilet. I threw myself into meetings. I was working with my sponsor, focusing on my sobriety, but I needed something outside myself to feel good about. I've been a marathon runner and HIV+ for several years.

Fitness goals have always kept me healthy and feeling good about myself. They are also internal and don't involve something outside myself like a job or a date.

An annual AIDS fundraising bicycle ride from San Francisco to Los Angeles was a cause I supported financially for years by sponsoring my friends who participated in the event, but it felt like now was the time to put my money where my mouth was.

I went to a "kick-off" party to sign up and was pleasantly surprised to see several of my program friends who had also signed up for the event. I knew I'd be in good company. The six months of training were fun but grueling. Cyclists are "doers." They don't just sit in a meeting and *talk* about someday getting a bike. They show up: early on Saturday and Sunday mornings when it's cold and dark. As the months of training went on, I felt myself getting stronger and

more motivated. Like most addicts in recovery, weekends can be a big trigger for me. Knowing that I have made a commitment to meet my friends and train on weekends meant that I would have to have a good dinner and go to bed early. With several of my program friends on the training rides, they felt like meetings

"With several of my program friends on the training rides, they felt like meetings where we could share our experiences and struggles."



where we could share our experiences and struggles going up the hills and increasing our distances. My friend Stefano, who rode a sleek mountain bike, showed up two months into the training with an expensive road bike. His rationale was that the cost of the new bike was nothing compared to what he used to spend on drugs and alcohol, and the new bike was an investment in his recovery.

Randy S. is training for his seventh ride this year. He and his friend Nate B. came up with the idea that the sober people on the ride should form their own team: Team H.O.W. (Honesty, Open mindedness and Willingness). Randy views it as a great way for people to have familiar faces and network on the ride. The ride for him combines everything he agrees with: health, fitness and sobriety. He jokes that part of his disease involves being an over-achiever, and the ride is a great tool

for this. He's encouraged his sponsees to participate in the ride as well. Every night on the ride to Los Angeles, there is a Twelve Step meeting held in camp. It's a great way to connect, meet others and ask for help.

Bob K. is another long-time participant. He views the ride as part of his spiritual awakening and an opportunity to practice the principles in all his affairs. "Being a rider and HIV+

myself is a way to give back to the community, plus it helps me and others stay healthy physically. As a kid, I loved cycling. Forming a sober community on the ride helps me feel connected, and I've made sober friends I never would have met otherwise."

Bill S. started training for a ride in 1996 as a way to control his drinking. "I vomited up margaritas on Highway 1 on my first training ride. Fast forward to 2006. I had surrendered to the program and took all the suggestions. One of the first things I wanted to do was get back on my bike. It was essential to my sobriety as an activity that got me outside myself. I thanked God when I made it up the hill and thanked God when I saw the ocean below. Pedaling was great for reflection, and a way to bond with my fellow A.A.s and have fun together."

Raj W. is a training ride leader this year after completing his first ride last year. He'd been sober several years and felt like he was in a rut in his recovery and needed a challenge. He'd been smoking for years. Getting

(Continued on page 11)

First Official Gay A.A. Meeting in SF

(and Maybe the World)

by Conrad G.

Conrad G. died March 10, 2010. He was a contributor to this newsletter, and in his honor we are reprinting this article from The Point, June 2007.

Around 1968 a group of around ten gay men met in an apartment on Central Avenue in the Haight-Ashbury. Our meeting was called to discuss starting the first official gay A.A. meeting in San Francisco. We agreed to start the meeting. We rented space at 261 Fell St., where this meeting is still going even today. Our object in starting the meeting was to encourage members of the gay community who were reluctant to come into mainstream A.A. We felt we could then encourage

us to use their place in the Haight, a classic “hippie pad.” They had decorated their pad with several metal wall-sculptures, all brightly painted in pastel colors. After reading the usual opening literature, we added the last paragraph of page 68, and all of page 69 ending with the first paragraph on page 70 from *Alcoholics Anonymous*. This is the section that begins: “Now about sex.”

Then, the black light was turned on and all the others off. We were surrounded by beautiful psychedelic art illuminated with black light. No alcohol was consumed. No drugs were taken. No marijuana smoked. Coffee, jasmine tea and cake were served. It was a



“Who knew just how important our actions then would be to several thousand suffering gay and lesbian alcoholics?”

them to access A.A. as a whole when they became more comfortable living sober.

Our local Central Office was not at first comfortable about gay meetings being identified as such in the meeting schedule. We therefore did not list this meeting there. We were listed elsewhere though, in non-A.A. publications, where we thought we could reach gay alcoholics.

Since we were unable to use the space at 261 Fell St. for our very first meeting, two of our members invited

beautiful first official gay meeting in San Francisco.

There was another meeting, the Thirty-five and Under Group of Alcoholics Anonymous, that met on Thursday nights at the Shrine of St. Francis of Assisi in North Beach and was San Francisco’s unofficial gay group. This meeting was open to anyone who wanted to attend and was not gay identified in the schedule. We had a lot of very good friends who came regularly. We had what was then a very large gay attendance, maybe twenty.

Little did we ever dream our community would be as large as it is today, with gay A.A. meetings throughout the Bay Area and throughout the country. There are also gay A.A. conferences yearly throughout the U.S., Canada and other parts of the world. The very first was, however, our own Living Sober conference here in San Francisco, held yearly around Gay Pride Parade time so travelers could attend both.

Who knew just how important our actions then would be to several thousand suffering gay and lesbian alcoholics? “Change the things you can,” the Serenity Prayer tells us; sometimes change is a good thing.



(Continued from page 10)

on the bike and pedaling during the training felt cathartic for him. Not only did he quit smoking, he also lost twenty-five pounds. He still gets a

great natural high pedaling on his bike.

This will be my fourth year riding and my third year being a training ride leader. The fitness benefits are

great. I love the community and it has definitely enhanced my recovery and the quality of my life!



Help@aasf.org

What we are hearing at Central Office

by D.W.

Like everything else, Alcoholics Anonymous has been affected by online communication and the web. At our Central Office website, we offer an email address (help@aasf.org). As more and more people contact us through email, volunteers now help office staff respond. Our e-volunteers field all kinds of inquiries, from meeting schedule requests from out-of-towners to queries about filming A.A. meetings from high school students. Here at *The Point*, we thought our fellowship might be interested in this service that our Central Office provides and have initiated this column for that purpose. We plan to reprint some of the communications. (We may change some incidental facts to protect identity.)

Dear Help,

I have a 17-year old freshman in college, home for break, and I want him to attend A.A. Would tonight's

"Beginners" meeting be an appropriate meeting for him to attend?

Thank you.

Concerned Parent

Dear Concerned Parent,

I'm a volunteer with the Central Office of A.A. for Marin and San Francisco. Typically, a Beginners meeting is a good place for someone new to A.A. to attend for the first time. Beginners of all ages may be in attendance, not just young people. There are some young people's meetings on the schedule that may also be of interest to a 17-year old. ("Young people" in A.A. typically means 20s and 30s.)

Having said that, please be advised that unless your son thinks he has a problem with alcohol, A.A. doesn't recommend that you force him to go. While you may think he needs it, it is unlikely that he will "get it" because his parent, or anyone else, makes him go. This is true for people of any age.

There is a program for people who are affected by their loved ones' drinking, called Al-Anon. You may wish to investigate it for yourself.

Just so you don't think I'm being unsympathetic, please know that I, too, have a teenager who I think has problems with drugs and alcohol, but I follow my own advice here and trust that she will find her own way. It is the hardest thing I've ever had to do.

Best wishes,

E-volunteer

Dear E-volunteer,

Thank you very much for your timely response and thoughtful and informative answers. All of your advice is good and very much appreciated.

Sincerely,

Concerned Parent



Rants

&

Raves



by Grumbling Gladys

There is a ritual intruder sneaking into my meeting. It is this lock-step practice of saying "thank you" to anyone and everyone who has anything to say. Let's say a person whispers some dreadful talk about a pet canary that has little or nothing to

do with recovery, and, following that, ten voices say, "Thank you, Jehosaphat," or whatever their name is. I didn't ask Jehosaphat to speak; as a matter of fact, they're a drag to listen to. But, sure enough, those within earshot are all saying "thank you" in unison once again.

Thank you, for what? Where does it say in the format we thank every bumpkin or blabbermouth that comes down the road? Next thing, we'll be having standing ovations with "Bravo!"s from the balcony.

All this "thank you" this, "thank you" that ruins the flow of a meeting. A

Thanks, But No Thanks

person shares and then everyone has to hold their thought while the group once again recites "thank you." Most of the time, I don't even have a clue who is doing the talking. Empty words do not conjure a thank you from me, and most of the time I have no idea what their name is anyway. I listen for content and if that grabs me, after the meeting I'll tell them, "I liked what you said," perhaps adding my own tidbits.

Who started this mid-stream gratitude, anyway? Let's thank the folks who actually do something concrete so our "thank you" really means something.

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Meet THE MEETING

by Bree L.

1101 O'Farrell St.
at Franklin, Urban Life Center

Friday 3 - 6 PM

The energy in this spirited meeting is contagious. This unique gathering creates its own flavor with similar meetings on Monday and Wednesday. The Monday meeting runs from 1 to 6 pm, the Wednesday meeting, from 2 to 6 pm, and the Friday meeting from 3 to 6 pm. At press time, *The Point* was notified that all three of these meetings are now called "the Daily Reprieve" (not Fellowship of the Spirit).

The format begins by reading from Chapter 5 of the Big Book, followed by the traditions. Tom D., who has 38 years sober, talks of something pertaining to his life, followed by sharing. The whole purpose of the meeting is to improve one's conscious contact with a Higher Power. Some may do the steps while others meditate, listen or share. Tom says, "The power of God is the only thing that can happen." He talks of being suicidal prior to finding the steps as prescribed on pages 64 and 68. He sees this meeting as an embodiment

of the Twelve Steps in action.

One might see it as targeted to newcomers, or those having a hard time staying sober, but there is an amazing amount of long-term sobriety. The truth is that many have found it pertinent to maintaining their continued sobriety. They appreciate the focus on the steps and the continual sharing of work being done.

One member who attends this meeting said, "There is an omnipresent Higher Power that is more present than at any other meetings." She tells of struggling with sobriety and wanting to get sober. Then someone introduced her to a twice-daily step inventory with meditation. Her inventory consisted of two written sentences. The first sentence was about her fears and the second about resentments and ultimately fears. The Big Book talks of putting one's fears on paper even if there are no resentments connected with them. This is followed by the Eleventh Step prayer that says to pray only for knowledge of God's will for us and the power to carry that out. Immediately after is meditation. This daily exercise has paved her own spiritual path and

helped find the way to her HP.

Another member reinforces the fact



that this is a place for members to actively work the steps. Consequently, there are a few who bring their books or papers and write during the meeting. Members can then share as a result of their fears being removed. It resembles a Tenth Step workshop with a Twelve Step chorus. The space for active work is available. Feedback is what a nurturing sponsor might share of their experiences on specific subjects.

Free parking is available in the Urban Life Center parking lot. Getting into the lot can be tricky as one has to watch for the sign off Gough, but there are many parking spaces. Parking closest to the church is best. The meeting is in the Center's main room. Childcare is arranged among members. Members are privileged to have this space and all the support they need to find their way through the Twelve Steps.

TP



Cancer (June 22 - July 22)

Drinking style: Cancer is a comfort drinker – and an extra wine with dinner or an after-work beer or six can be extra comforting, can't it, Cancer darling? Like fellow water signs Scorpio and Pisces, Crabs must guard against lushery. Cancers are brilliant at ferreting out secret parties and insinuating themselves on VIP lists – and, in true Hollywood style, Cancers are never really drunk; instead, they get

"tired and emotional" (read: weepy when lubricated). But there's nothing better than swapping stories (and spit) over a few bottles of inky red wine with your favorite Cancer. Even your second-favorite Cancer will do. The sign also rules the flavor vanilla, and you'd be adored if you served up a vanilla vodka and soda.

IFB meeting summary – May 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

A is for Alcoholic	Cow Hollow Men's	Gratitude Group	Marina Discussion	Saturday Easy Does It	Valencia Smokefree
Any Lengths	Doing the Deal	High Noon (Monday)	Men's Gentle Touch	Sober 5150's	Walk of Shame
Artist and Writers	Downtown Mill Valley	High Noon (Sunday)	Mid Morning Support	Some Are Sicker Than Others	We Care
Bernal New Day	Each Day a New Beg. (M-F)	High Noon (Thursday)	Mill Valley 7am	Steppin Up	Women Who Drank. . .
Blackie's Pasture	Early Start	High Sobriety	Mission Terrace	They Stopped In Time	
Boys Night Out	Embarcadero Group	Join the Tribe	Noon Smokeless	Tiburon Haven Group	<i>General Service Marin</i>
Came to Park	Fireside Chat	Let It Be Now	On Awakening	Tiburon Men's Stag	<i>Marin Teleservice</i>
Code Blue	Friday All Groups	Living Sober With HIV	Parent Trap 2	Too Early	<i>General Service San Mateo</i>
Common Welfare	Goldmine Group	Lush Lounge	Reality Farm	Tuesday Newcomers	<i>ACYPA Conference</i>

This is an unofficial summary of the May 2010 IFB meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "IFB" on 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 on Wednesday May 5, 2010 at St. Andrew Presbyterian Church in Marin City. Next month's meeting will be Wednesday, June 2, 2010 at 1187 Franklin St. in SF.

IFB Office Reports

Chair Report: Held IFB Committee Chair meeting on May 1st and decided to put together a flyer with important announcements including committee needs, and upcoming events.

Treasurer Report: Expenses and income v. budget look good. Individual and group contributions were back up, book store sales were also higher. Expenses are in line with budget. Currently have 2 1/2

months operating expenses in unrestricted cash. Employee expenses are below budget at the moment, due to a delay for increases in salary and medical benefits expenses; expect to see higher expenses in April. The computer reserve will go down in April because of server upgrade. Pre-paid expenses went up because of inventory ordered that hadn't been received yet.

Central Office Manager Report: All phone shifts are filled, still need substitutes. San Francisco and Marin schedules have been printed and are available for sale. Between printings of the schedule you can view page 4 of *The Point* or go online and view recent meeting changes. The CD lending library ready to go, please mention to groups that it is available. News from the AA Grapevine: looking for a non-trustee director of the board.

Central Office Committee Report: Completed Central Office Managers annual review. The majority of the meeting was spent discussing the ASL proposal from the Access Committee.

Committee Reports

12th Step Committee: Committee needs a recording secretary and volunteers.

Point Committee: Looking for ways to increase circulation. Please encourage people to join the Faithful Fivers, enrollment includes a subscription to *The Point*. Always looking for submissions from anyone.

Archives Committee: Tracy reiterated a standing request that any printed materials

have a complete date on it. Working with the Web Committee. Currently if you click on the address of the meeting it brings up a separate window with map, financial contributions and registered trusted servants. They would like to add the meeting inception date. Please put the word out to contact Tracy to let him know when meetings started.

Access Committee: An international icon of interpretation was added to AASF.org. homepage; some individuals didn't know how to get to ASL request form; members of the Access Committee went to the SF chapter of the Hearing Loss Association.

Fellowship Committee: Working on Founders Day. There will be a softball game between SF and Marin. Need help at the committee meeting. Planning an old timers panel having individuals dress up and speak as some of the first AA's.

Orientation Committee: Blu and Chris joined the committee.

Trusted Servants Workshop Committee: Would like more committee members. Last workshop was on the role of secretary and carrying the traditions into meetings. Next workshop will focus on Treasurer.

AA SF and Marin History Mural Committee: Established a process for artists to submit an application. Proposals can be submitted online via our website.

Web Committee: Redesign on hold, but efforts to overhaul with a new GUI and

(Continued on page 15)

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

Alameda, CA: Jim H. 22 years
Dry Dock 8:30am: Donald Ray N. 29 years
Excelsior "Scent" Free for All:
Bob F. 29 years
Afro American Beginners:
Herman B. 39 years
High Noon:
Lauren H. 22 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

Charley D. thepoint@aasf.org

ACCESS COMMITTEE

Muriel P. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Ted R. tsw@aasf.org

WEBSITE COMMITTEE

David S. website@aasf.org

PI/CPC COMMITTEE

Glen R. picpc@aasf.org

SF TELESERVICE COMMITTEE

Steve R. sfteleservice@aasf.org

content architecture is ongoing. Interested persons please reach out to the Chair. Ongoing upgrades to the existing site continue. Added a sign language icon to homepage and a pop up/alert at the beginning of the month to lead people to the new version of *The Point*.

Outreach Committee: Continuing meeting verification. The list of meetings shrinks and grows; meetings may have been verified a year ago, but if they haven't had contact with Central Office in the past year they go back on the list. Asked for Marin volunteers.

Ad-hoc Budget Committee: The Outreach and Budget Committees have created "The Buzz", a bi-weekly e-mail that can be opted in to and which will be available online. "The Buzz" will be straightforward and will feature service opportunities and upcoming events.

Special Committee Reports:

SF PI/CPC: PI/CPC had a booth at the American Society of Addiction Medicine conference. Spoke to professionals from different recovery homes and doctors about AA. Put on 6 DUI classes and a quarterly workshop.

IFB Liaison Reports:

Marin Teleservice: Spaghetti feed was packed! Working on a new member workshop and putting together a letter to secretaries explaining the role of teleservice representative.

General Service San Mateo: Invitation

to celebrate the 60s with the San Mateo fellowship on Sunday May 30th at 1511 Rollins Road in Burlingame, at 4pm. Our Area delegate is speaking.

Living Sober: Anonymous Idol will be the next fundraiser for the conference. There are open spots for the show. Those who love to sing in the bathroom can contact fundraising@livingsober.org. Workshop schedule for 2010 is completed (160 workshops!) and posted online.

Old Business:

Proposed policy for ASL translation request for AA meetings: The Access Committee revised the policy taking into account the concerns expressed since the original proposal was distributed. Muriel would like the IFB to vote on this next month and to please reach out to her (e-mail at access@aasf.org). The version in June will not look very different from what was presented tonight.

New Business:

IFB Officer and COC elections will be held at the July meeting. Descriptions of all positions were read. The Nominating Committee was activated to interview COC candidates.

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

aa group contributions

Fellowship Contributions	Mar. 10	YTD
Anonymous		500
Brisbane Breakfast Bunch	22	58
Contribution Box	188	319
IFB	110	360
MCYPAA		250
San Francisco Young People in A.A.	675	800
Serenity House	150	300
Total Fellowship	1,145	2,587

Marin Group Contributions	Mar. 10	YTD
12 & 12 Study Sa 815am		226
A Vision for You (Fairfax) Su 730pm	63	63
Attitude Adjustment 7D 7am	945	1,395
Awakenings Sa 830am		33
Awareness/Acceptance M 1030am	155	155
Be Still AA Su 12pm		46
Beginners & Closed Tu 7 & 830pm	410	410
Caledonia Sun 8pm	250	250
Closed Women Step Study Tu 330pm		176
Cover to Cover W 800pm		197
Creekside New Growth Sun 7pm	186	186
Crossroads Sun 12pm		749
Four Horsemen Thu 7pm	25	25
Girls Night Out W 815pm		75
Gratitude Tu 8pm		424
Greenfield Newcomers Sun 7pm		569
Happy Destiny F 7pm		83
Happy, Joyous & Free 5D 12pm	1,250	
High & Dry W 12pm	104	
Island Group Th 8pm	167	
Marin City Groups 5D 630pm	123	
Marin Young People F 830pm	30	
Mill Valley 7D 7am	750	
Mill Valley Discussion W 830pm	219	
Monday Night Women's M 8pm	166	
Monday Nooners M 12pm	389	
Newcomers Step M 730pm	307	
Noon Hope F 12pm	189	
Novato Monday Stag M 8pm	300	
On Awakening 7D 530am	525	
Pathfinders Tu 12pm	200	
Primary Purpose W 830pm	140	
Refugee Th 12pm	40	160
Reveille 5D 7am		400
Rise N Shine Sun 10am		447
San Geronimo Valley M 8pm	38	38
Saturday Women's Speaker Sa 6pm	240	
Six O'Clock Sunset Th 6pm	197	
Sober & Serene F 7pm	531	
Spiritual Testost. Sun Men's Stag 830a	175	
Steps To The Solution W 715pm	102	
Stinson Beach Fellowship Th 8pm	100	
Sunday Express Sun 6pm	200	200
Sunday Friendship Sun 7pm	200	
Sunday Night Corte Madera Sun 8pm	200	
Sunlight of the Spirit Th 7pm	100	

Marin Group Contributions	Mar. 10	YTD
Terra Linda Group Th 830pm	250	250
The Fearless Searchers F 8pm		38
There is a Solution Tu 6pm		166
Thursday Night Speaker Th 830pm		1,589
Tiburon Women's Candlelight W 8pm		148
Tuesday Twelve Step Tu 630pm		20
We, Us and Ours M 650pm	100	200
Wednesday Night Candlelight W 8pm		296
What's It All About F 12pm	200	200
Women on Monday M 7pm		85
Women's Big Book Tu 1030am	250	250
Women's Meeting Su 430pm	56	56
Working Dogs W 1205pm		406
Total Marin	3,169	16,711

SF Group Contributions	Mar. 10	YTD
10am Step Study M 10am		60
6am Dry Dock 7D		53
6am Dry Dock W	117	172
7am As Bill Sees It Fri		63
7am Living Sober W 7am		71
7am Speaker Discussion Th 7am		100
830am Smokeless F 830am		208
A New Start F 830pm	77	680
A Vision for You (SF) Su 630pm	100	100
AA Step Study Su 6pm	57	57
Acceptance Group M 530pm	71	71
Afro American Beginners Sat 8pm		41
Afro American F 8pm	35	35
Alumni W 830pm	165	206
As Bill Sees It Tu 1210pm		73
Be Still AA Su 12pm	122	122
Beginner Big Book Step Th 630pm	77	77
Beginners 12 x 12 F 7pm	360	360
Beginners Mtg (Old Sutter St) Sat 6pm		432
Beginners' Step Study Sat 630pm	214	434
Bernal New Day 7D	180	479
Big Book Basics F 8pm		127
Big Book Study Su 1130am	135	135
Blue Book Special Su 11am	134	217
Buena Vista Breakfast Su 12pm	129	129
Came To Believe Su 830am	105	105
Castro Monday Big Book M 830pm		115
Chips Ahoy Tu 12pm	50	106
Cocoanuts Su 9am		23
Code Blue Big Book Study W 7pm		86
Common Welfare Th 8pm		151
Cow Hollow Men's Group W 8pm		218
Dark Secrets F 10pm		71
Design for Living Sat 8am		378
Doin' the Deal Sun 10pm		86
Each Day a New Beginning F 7am	927	927
Each Day a New Beginning Th 7am		553
Each Day a New Beginning Tu 7am		279
Each Day a New Beginning W 7am		299
Early Start F 6pm	1,205	1,205

SF Group Contributions	Mar. 10	YTD
Embarcadero Group 5D 1210pm		459
Eureka Valley Topic M 6pm	577	577
Excelsior "Scent" Free for All Sa 8pm		60
Federal Speaker Su 12pm	244	244
Fell Street F 830pm	30	30
Firefighters & Friends Tu 10am		446
Fireside Chat Group Tu 8pm		176
Friday All Groups F 830pm		269
Friday Lunchtime Step F 12pm		111
Friday Smokeless F 830pm		195
Friendly Circle Beginners Su 715pm	121	224
Full Flight From Reality Sa 1230pm		129
Happy Destiny Sa 630pm		38
Happy Hour Ladies Night F 530pm	28	28
High Noon Friday 1215pm	47	411
High Noon Thursday 1215pm	205	205
High Noon Tuesday 1215pm		628
High Noon Wednesday 1215pm	210	210
Hilldwellers M 8pm		137
How Was Your Week? Sa 10am	56	56
Huntington Square W 630pm		167
Joys of Recovery Tu 8pm		29
Just Alkies F 7pm	75	75
Keep Coming Back Sa 11am	332	332
Light Brigade Discussion Su 7pm		120
Like A Prayer Su 4pm		100
Lincoln Park Sat 830pm		92
Live and Let Live Su 8pm		574
Living Sober W 8pm		306
Luke's Group W 8pm		70
Meeting Place Noon F 12pm		174
Meeting Place Noon W 12pm		100
Mid-Morning Support Su 1030am	227	227
Midnight Meditation Sat 12am		24
Miracle (Way) Off 24th St W 730pm		96
Mission Terrace W 8pm		60
Monday Beginners M 8pm		180
Monday Men's Meeting M 8pm	95	375
Monday Monday M 1215pm		80
New Life W 7pm	95	135
Newcomers Tu 8pm		168
No Reservation M 12pm	696	696
Noon Smokeless F 12pm	62	114
Noon Smokeless W 12pm	150	255
Off Broadway Book Th 730pm	18	36
One, Two, Three, Go! W 1pm	10	10
Parkside Th 830pm		67
Pax West Th 12pm		268
Potrero Hill 12 x 12 M 630pm		67
Queers, Crackpots & Fallen Women	180	180
Relapse,Rebound,Retread & Winners	84	84
Rigorous Honesty Th 1205pm		35
Room to Grow F 8pm		135
Rule 62 W 10pm		85
Saturday Night Regroup Sat 730pm	250	398
Say Hey Group M, Tu, F 6pm		160

SF Group Contributions	Mar. 10	YTD
Serenity House		150
Serenity in the Park W 7pm	30	30
Serenity Seekers M 730pm		226
Sesame Step Tu 730pm		108
Shamrocks & Serenity M 730pm	386	386
Sinbar Su 830pm		194
Sober Across the Board M-Sa 830am	33	133
Sometimes Slowly Sa 11am	208	334
Sp. Founded Prog. Of ActionTh 7pm		425
Step Talk Su 830am		420
Steppin' Up Tu 630pm	214	214
Stepping Out Sat 6pm		34
Stonestown M 8pm	55	100
Sunday Bookworms Sun 730pm	120	120
Sunday Gay Men's Stag Su 930am		535
Sunday Night 3rd Step Group 5pm		384
Sunday Castro Speaker Disc Su 8pm		358
Sunday Silence Su 730pm	50	50
Sunrise Sunset Women's Step Th 6pm		236
Sunset 11'ers F	25	25
Sunset 11'ers Sa		57
Sunset 11'ers W		84
Sunset 9'ers M		42
Sunset 9'ers Su	100	312
Sunset 9'ers Tu		2
Sunset 9'ers W		188
Sunset Speaker Step Sun 730pm		219
Ten Years After Su 6pm	185	841
The 12 Schleppers Th 8pm		80
The Parent Trap M 1230pm		153
They Stopped In Time M 8pm	47	47
Thursday Men's BB Study Th 6am		575
Too Early Sat 8am	750	750
Tuesday Big Book Study Tu 6pm		60
Tuesday Night Step Tu 7pm	22	22
Valencia Smokefree F 6pm		73
Walk of Shame W 8pm	78	159
Waterfront Sun 8pm	431	431
We Care Tu 12pm		111
Wednesday Men's Meeting W 6am	146	146
Wharfrats Th 815pm		26
What It's Like Now M 6pm	92	92
Women Living Sober Sa 10am		120
Women Who Drank Too Much Tu 615		8
Women's 10 Years Plus Th 615		107
Women's Kitchen Table Group Tu 630	75	359
Women's Promises F 7pm	98	492
Work In Progress Sat 7pm		613
YAHOO Step Sa 1130am		140
Total San Francisco	11,335	30,581

YTD 15,649 49,879

Western Roundup/Living Sober

Friday — Sunday, July 2-4

Grand Hyatt in Union Square, San Francisco

Hosted by GLBT members of A.A. with Al-Anon participation
Speakers and Workshops for the LGBT Recovery Community

AA/Al-Anon Musical
Living Sober Archives

Registration \$55
Sunday Brunch \$35
Saturday Social \$5

Arts & Crafts
Fellowship and Fun


Celebrating 75 Years of A.A.

FOUNDER'S DAY


STAFFORD LAKE

Saturday June 5th 2010

All Day 9AM to 5PM





Speaker
Frank C
from Petaluma
at 2PM



Coffee starts at 9AM - Bar-B-Que at Noon - \$12.00 Suggested Donation
— 50/50 Raffle - live Music -Volleyball, Softball (Bring your Stuff) -
Horseshoes, Fishing, and Lots of fun

No dogs Allowed in County Park - Thank You,
\$8.00 fee for entering park, Bring Friends & a Newcomer.

 Carpool if you can. 

For Groups or Individual commitments please call Chris at 415-827-5212

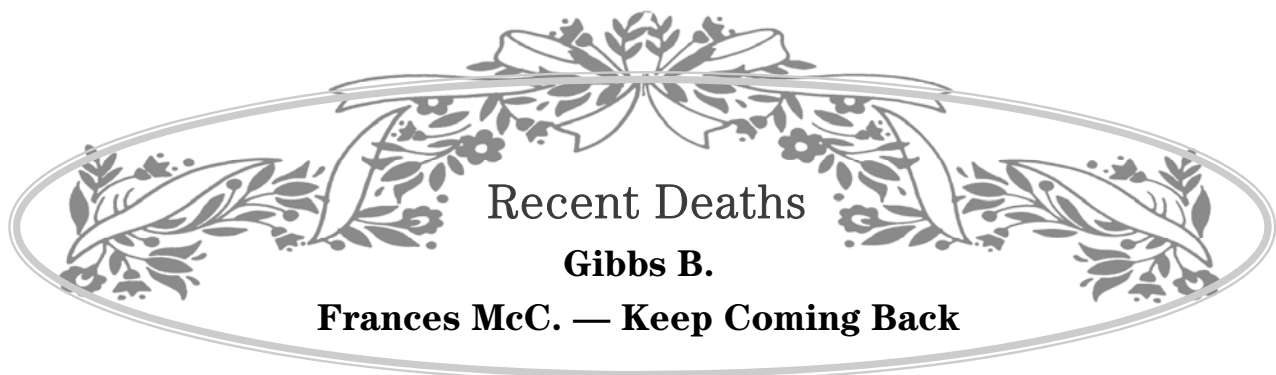
KIDS EAT
FREE
(12 yrs and under)

Directions From Highway 101

1. Take the San Marin Drive exit.
2. Drive West on San Marin Drive for 2.8 miles, past San Marin High School, to Novato Boulevard.
3. Take a Right on Novato Boulevard and go 1.9 miles west, past the Stafford Lake Dam.
4. The entrance to the park is on the left.

profit and loss statement: March 2010

	Mar 10	Budget	YTD	Budget		Mar 10	Budget	YTD	Budget
Ordinary Income/Expense					Bank Charges	2		2	
Income					Postage				
Contributions from Groups					Non-Bulk Postage	100	63	144	63
Group Contributions	15632	12054	49597	38939	Bulk Mail	200		200	246
Honors	17		282		Postage	\$300	\$63	\$344	\$309
Contributions from Groups	\$15,632	\$12,054	\$49,597	\$38,939	Rent - Office	4493	4493	13480	13479
Contributions from Individuals					Rent - Other	150	150	225	225
Individual - Unrestricted	799	433	4673	2443	Access Expenses	270	666	990	1998
Faithful Fiver	1240	953	3076	2277	IFB Literature	14		31	
Honorary Contributions	1704	122	2455	679	PI/CPC	0		31	120
Contributions from Individuals	\$3,743	\$1,508	\$10,204	\$5,399	Filing/Fees	0		25	25
Gratitude Month					Insurance	0		1740	901
Gratitude Month - Groups	715		3746		Internet Expense	68	119	205	357
Gratitude Month - Individual	0		200		Office Supplies	726	170	1181	510
Gratitude Month - Other	0	307	0	2708	Paper Purchased	264	208	670	624
Gratitude Month	\$715	\$307	\$3,946	\$2,708	Software Purchased	0	96	0	96
Sales - Bookstore	10004	9139	29699	24567	Shipping	120	21	-104	63
Newsletter Subscript.	22	20	115	70	Equipment Lease	0		1546	1546
Sales - Bookstore	\$10,026	\$9,159	\$29,814	\$24,637	Repair & Maintenance	254	226	703	844
Cost of Books Sold	-6931	-6553	-20303	-17619	Security System	118	108	118	108
Total Income	\$7,552	\$4,421	\$23,660	\$15,125	Payroll Expenses	4	5	13	15
Cost of Goods Sold					Telephone	227	256	718	768
Cost of Books Sold - Shipping	65	13	109	38	Phone Book Listings	87	84	260	252
Cost of Books Sold	6572	6306	19337	16952	Training	0	20	0	20
Credit Card Processing Fees	294	234	858	629	Bad Checks	0	12	0	12
Expense					Miscellaneous Expense	0		0	
Inventory Adjustments	-192		-192		Total Expense	\$17,672	\$18,981	\$55,070	\$56,566
Sunshine Club	0		20	46	Net Ordinary Income	\$5,529	\$ (2,506)	\$18,469	\$ (2,502)
Reconciliation Discrepancies	-199		-199		Other Income/Expense				
Employee Expenses					Other Income				
Wages & Salaries	8898	9403	26532	27071	Interest Income	234	271	705	813
Employer Tax Expenses	723	909	3428	3328	Interest Income	\$234	\$271	\$705	\$813
Health Benefits	1346	1972	3078	3849	Net Other Income	\$234	\$271	\$705	\$813
Employee Expenses	\$10,966	\$12,284	\$33,038	\$34,248	Net Income	\$5,763	\$ (2,235)	\$32,546	\$9,377
Professional Fees									
Computer Consulting	0		225						
Professional Fees	\$0		\$225						



But I *Am* Different Than the Others

How This Alcoholic Learned Otherwise

by Jack E.

As I approached my second anniversary, I discovered something that is helping to deepen my sobriety. I began to reflect on my life as a recovering alcoholic. I thought about when I hit my bottom six months after I retired. I woke up one morning and realized that something was so wrong that I went right to the emergency room. I checked myself in, complaining of symptoms that turned out to be a bleeding ulcer. It didn't take me long to figure out what caused it. It only took me a little longer to acknowledge, not that I had a problem with alcohol – I had known that – but that now it was time to let go and let God.

"There is a time for everything under heaven," says the biblical writer. Events happen whether or not we are ready for them. In my case I was out of control, and like it or not, it was my time to quit drinking, to do something about my problem. As any recovering alcoholic knows, what happens next is a journey into new territory. During the last two years since then, in sobriety, I have learned about gratitude, faced new opportunities in humility, come to know grace that relieves shame and self-forgiveness that heals guilt. They have been like gifts to me. They have been part of the work, the struggle toward freedom and the joy of this journey.

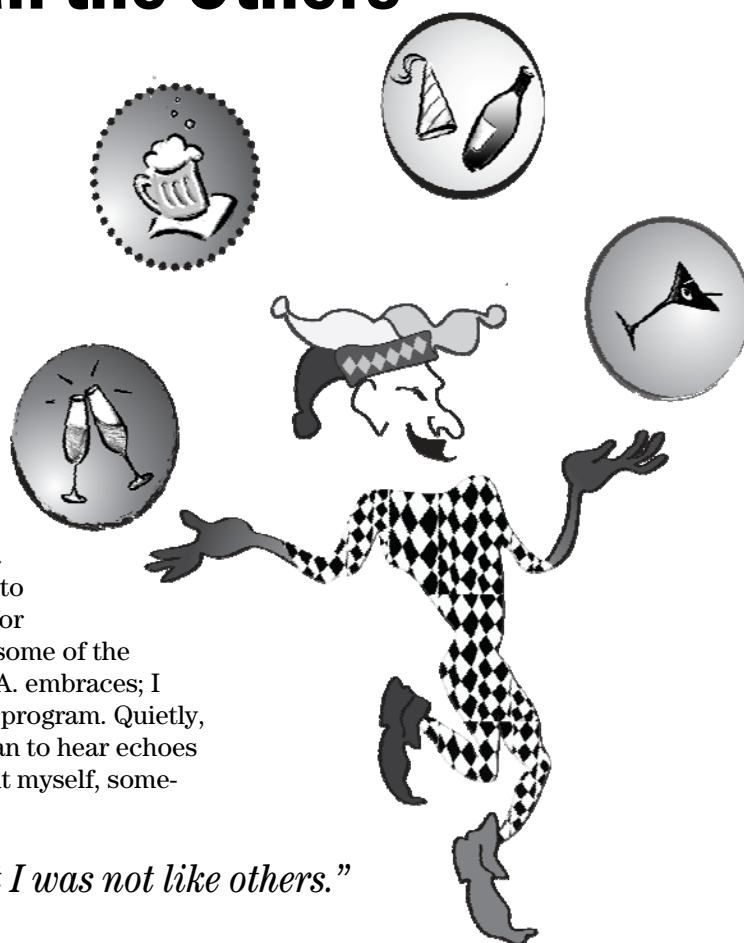
Some things have been hard to accept, like what I discovered just as I approached the end of my second year. I thought I was doing well in the sobriety department. I had moved through the Twelve Steps and gained

insights into myself. I thought I could relax my meeting schedule and focus my energies elsewhere. I also lost my sponsor due to a change in my sponsor's life. I thought to myself, "Do I really need a sponsor?" I began to make up reasons for why I didn't need some of the disciplines that A.A. embraces; I began to relax my program. Quietly, but steadily, I began to hear echoes of an illusion about myself, some-

"I drank, but I was not like others."

thing I learned in childhood. But there's a part of me, I was discovering, that still believes it: "I am different than the others."

I grew up in a time of persistent social prejudice against other religions. My mother used to say, when comparing our Protestant family to the Catholic and Jewish families living on our block, "Remember, we are different from them, they are not like us." For me it was not just "different" in culture or ritual, it also meant "better than." Just a rung or two up the ladder? I had long since discarded *that* prejudice, but apparently not when it came to another kind of community and my alcoholism. It was a *lie* that stuck like glue on paper. I drank, but



I was not like others. I told myself the usual lies: "I can hold my liquor, stop any time, don't binge and crash like others do, etc., etc."

And now as I approached my anniversary, I discovered, as friends in the program told me, "That's your disease talking." I was telling myself that I didn't need to follow the practices that have been the lifeblood for thousands upon thousands of alcoholics. I realized the lie and I made a decision to re-establish my program. I now have a sponsor and a regular meeting schedule. This is my way out of insanity; my sobriety is with my higher power and with the community of alcoholics of which I am one and no different than the others – and still learning.



June 2010

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