

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

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

The Point

2010
9

September

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

1821 Sacramento Street
San Francisco CA 94109-3528
(415) 674-1821
From Marin call (415) 499-0400
Fax (415) 674-1801
www.aasf.org
aa@aasf.org

The Point

is published monthly to inform
A.A. members about business and
meeting affairs in the Intercounty
Fellowship of Alcoholics
Anonymous (San Francisco and
Marin Counties). *The Point's* pages
are open to participation by all
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Fellowship Board, the Central
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Committee. Letters and articles to
help carry the A.A. message are
welcomed, subject to editorial
review by *The Point* Committee.







Empty Nest

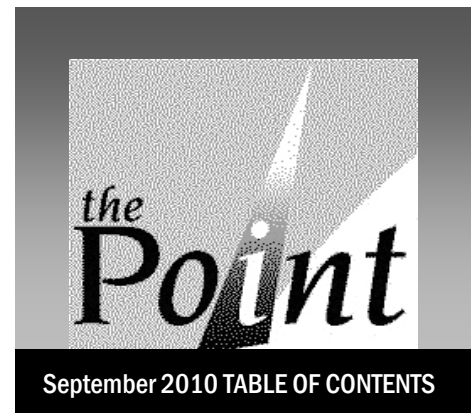
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September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><i>Persons requiring reasonable accommodations at meetings of the IFB, COC, IFB committees or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</i></p> <div>     </div>			<p>1</p> <p><u>FIRST WED</u></p> <p>Intercounty Fellowship Board Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm</p>
5	<p>6</p> <p>Holiday Central Office Closed</p>	<p>7</p> <p><u>FIRST TUE</u></p> <p>Access Committee Central Office 6pm</p>	<p>8</p> <p><u>SECOND WED</u></p> <p>12th Step Committee Central Office 6:30pm</p> <p>Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm</p>
12	<p>13</p> <p><u>SECOND MON</u></p> <p>SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm</p>	<p>14</p> <p><u>SECOND TUE</u></p> <p><i>The Point</i> Committee Central Office 5:30pm</p> <p>SF Bridging the Gap 1111 O'Farrell St 6:30pm</p> <p>Marin H&I 1360 Lincoln, San Rafael 6:15pm</p> <p>SF General Service 1111 O'Farrell St 8pm</p>	15
<p>19</p> <p><u>THIRD SUN</u></p> <p>Archives Committee Central Office 2pm Business Meeting followed by Work Day</p>	<p>20</p> <p><u>THIRD MON</u></p> <p>SF Teleservice Central Office 6:30pm Orientation</p> <p>Marin General Service 9 Ross Valley Rd San Rafael 8pm</p>	<p>21</p> <p><u>THIRD TUE</u></p> <p>Outreach Committee Central Office 6:30pm</p>	22
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9	10	11
16 <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	17	18
23	24	25 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N McDowell Petaluma Business Meeting 12:30pm
30 <u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7:15pm Committee Meeting 8pm		



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“How could we ever take care of those awful debts, possess a decent home, educate the kids, and set something by for old age?”

Twelve and Twelve, p. 121



Meeting Changes

New Meeting:

Sun 11:00am Hayes Valley HEAR THE MESSAGE, S.F. Alano Club, 1748 Market St.
(SD/WH, Assisted Listening Device Available)

Meeting Changes:

Mon 5:30pm Northern Mission QUEERS, CRACKPOTS & FALLEN WOMEN, Baha'i Center, 170 Valencia St./Duboce St.
(was S.F. Alano Club)

Mon 8:00pm Laguna Honda MONDAY NIGHT BIG BOOK STUDY, Church, 501 Laguna Honda Blvd/Woodside
(add WH, Assisted Listening Device Available)

Wed 7:00pm San Anselmo WOMEN ON WEDNESDAY, Church, 72 Kensington Rd, Rm. 203 (was 1000 SFD Blvd.)

No Longer Meeting:

Wed 6:30pm Castro LADIES NIGHT CASTRO, Castro Country Club, 4058 18th St./Hartford St. (SD/WO)

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!*

FALL FOLLIES



Saturday October 2nd, 2010

6:00pm-7:00pm Meeting

7:30pm-10:30pm Show

Donation: \$15 Adult/\$5 Child

Proceeds benefit the 2011 Western Roundup Living Sober Conference



Everett Middle School
450 Church St., San Francisco
(between 16th & 17th)



ALL CALIFORNIA
YOUNG PEOPLE
IN ALCOHOLICS
ANONYMOUS

ACYPAA

WWW.ACYPAA.ORG

DRAG SHOW/DANCE

SAT, SEPT 18TH 2010

HARVEY MILK ACADEMY
4235 19TH ST, SF

\$10, 6:30PM MEETING

8PM DRAG SHOW

10PM DANCE



From the Editor

The Empty Nest

The genesis for this issue's theme came almost a year ago, when my youngest departed for college and I shared my anxiety, sadness, fear and – yes – relief. A sister committee member observed that empty nest syndrome has a powerful effect on many of us, no matter how much sober time we have. It isn't as though these family changes sneak up on us; in most cases, we see it coming for months. We've planned for it, anticipated it, and hoped for it. But when the day comes, it still rattles our world. And for the alcoholic, that can threaten our sobriety. (By the way, I survived her leave-taking, sober! By upping my meetings, crying in public, and picking up the phone.)

So we solicited articles on the topic and you'll see the results in this issue. The viewpoints range from parents seeing their children off to adult memories of leaving home many years ago. Regardless of your particular reproductive status, I think you will be able to find something relevant to sobriety and the common human experience of families and taking flight from them. That back-to-school feeling that Labor Day

inevitably brings is nigh universal among us.

Our "Help@aasf.org" column this month features a heart-rending email from a loving son about his alcoholic – but not in recovery – mom. These messages to Central Office, from family members seeking help for alcoholic parents, offspring and others, are frequent. The reason we feature what might be uncharitably characterized as "whining" from non-recovered Al-Anons is that we alcoholics need reminding of the damage we can wreak in the lives of others. Read it and weep.

Do not miss the open letter from Northern California H&I on page 10. In fact, please make sure it is read aloud at meetings you attend; believe it or not, everyone doesn't read *The Point*, so help spread the word.

Our regular features, Meet the Meeting, Survey of Service, and the Tradition of the Month, all deserve your attention. Locate the city's roof garden meeting, find out what PI/CPC really means, and discover your inner anarchist.



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.	Kathy M.
Andrea C.	Kevin S.
Andrew Z.	Kristina F.
Ann & Denise	Laura B.
Arthur A.	Lauren H.
Barbara L.	Laurie L. & Richard L.
Barbara M.	Layne S.
Beverly C.	Lelan & Rich H.
Brian O.	Leo H.
Bruce S.	Lisa M.
C.J. H.	Liz & Aiden D.
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Caroline A.	Marit L.
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John M.	Steve A.
John V.	Steve F.
Karen C.	Susan G.
Karen K.	Terry H.
Kate R.	Thomas H.
Kathleen C.	Tim M.
Kathryn M.	Tracy F.

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

Does Divorce Make It Harder?

Filling the Empty Nest

by A Sober Dad

For some who find A.A., life gets better right away. Mine didn't. My wife, hurt and fed up with years of my misdeeds, filed for divorce a year after I stopped drinking. I worried about its effect on our three children – a daughter then in her early twenties, another just starting college. Most of all I feared what the break-up might do to our youngest child – our son, 11 years old when we parted.

He and I had always been close. I'd coached his soccer teams, taught him to play guitar, skied with him every winter. I still wince when I think of the time I almost killed him on a ski trip. He was about seven. I left him and a friend in a rented cabin with a pizza in the oven while I went to the store several miles away to restock on – surprise – booze. I returned to smoke streaming out of

to see him and make sure he was all right. We traveled together, developing our own anarchic form of road trip. We'd pick a starting and end point to our journey, set off and let our fancy dictate the itinerary. We ended up in strange and delightful places – Bodie, that amazing ghost town with the gripping almost ghastly light of the high desert; Montreal, on a surprise tour in summer in a Rolls Royce; Bruges, Belgium, eating waffles with strawberries and whipped cream.

The years went by. He grew taller



proud of him and thankful for what he's made of himself. When John Barleycorn had to go, he'd overstayed his welcome by many years. From burnt pizzas in mountain cabins to much, much worse, I certainly wasn't proud of, or grateful for, the mayhem he and I had made together.

The time had come to relinquish control over my son's life. In A.A., I say to myself, I am powerless over people, places and things. With my son, that may not be quite true. Maybe I could still exert control of a sort. Why would I want to do that? It's time to let him do it on his own. So, with a lump in my throat, I step back, watch him go, and give thanks for each sober day and for a brilliant son – but still count the days until parents' weekend.

“with a lump in my throat, I step back, watch him go”

the cabin, the door open and two panicked and mystified boys standing in the cold on the front porch – miraculously unharmed. I vowed I'd never do anything like that again. Of course I did. But that's another story.

His mom and I agreed on joint custody. Even on the days when he stayed at his mom's place, a mile from my house, I'd pick him up in the morning to take him to school, just

than his dad. He did well in school and went to college last fall, in far away Ohio. I knew I'd miss him. I found it hard to imagine not having my son as part of every day. I felt something like that when I finally stopped drinking. I couldn't imagine me – the real “me” – without drinking. Still, my son didn't leave my life the way alcohol did when it had to go. My goodbye to my son wasn't forever. Also, I was very

TP

In God's Hands, Not Mine

Reclaiming the Nest

by a.a.

Sometimes, I feel different than everyone else, even with the empty nest syndrome.

I was invited to join some mothers one evening in early September of 2009 to share stories of sending our children off to college. Well, it just so happened that my son was still at home. I listened as they all described how sad and tearful they were. All the women that evening had sent off their daughters. I was the only mother of a son. I was not able to relate, and deep inside I did not anticipate that my experience would be the same.

Later that month, after my son had actually left, I was invited to an even larger gathering of heartbroken moms lamenting over the loss of their teens. For some, it was not the first child to have left home, and for others it would not be their last. Again, my story was different. I bade my only child goodbye right in our living room. He picked up his father and they drove together to his college destination in Southern California. I shared his experience through a web gallery of photos taken by his dad. I actually felt liberated. After 18 years of the responsibility – and honestly, sometimes burden – of raising a child, it was a relief to know that I

was nearing the completion of my job.

These recent experiences reminded me of a similar gathering 18 years ago when a group of young mothers gathered. I had not given birth yet. My friends cradled, nursed and cooed at their children, admiring and comparing at the same time. While I, baby in belly, looked on longingly.

Did this contribute to my “terminal uniqueness”? Was it a test of my serenity, my faith, my trust in a higher power? At times it felt like it, but not for long. During the 18 years of child rearing, I was simultaneously growing up with God, the Twelve Steps, meetings and sponsors as *my* parents. After two pre-sobriety abortions, when I was pregnant for the third time, I had been sober for four years. Throughout my pregnancy, I attended meetings, and when my son was born I was one of those irritating women who brought their young child along. Together on our journey, my son and I accomplished milestones and developmental challenges. I had few tools for living on my sobriety tool belt, and when a challenge of parenting or life arose for which I had no tool, I reached out to find new ones. Acceptance, prayer, service, step work, meetings and working with others were but a few. Over the years

I learned to master their use.

I grew to use the program and its tools in all my affairs, including parenting. So in the end when my son was gone, I had no fear, no regrets about the past and only faith and the knowledge that I had done the footwork. I believe that he, too, has a higher power, and his future is in God's hands, not mine.

My nest may be empty, but my life is filled – with the program.

TP



Recent Deaths

Paul P. 24 Years

Too Early

the twelve traditions

Tradition 9

by Charley D.

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

This tradition establishes anarchy as A.A.'s principle of government. Now let's see: with Tradition Seven, A.A. embraced poverty, deciding to live hand to mouth, eking out its existence solely on members' contributions. With Tradition Nine, we now have a combination that seems bound to fail



– an impoverished *and* a disorganized fellowship. Perhaps a great leader can find a way out of this predicament? No, that won't work. As A.A. co-founder Bill Wilson said, "True leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern."

"I dreaded facing its sourpuss leaders..."

When I came to A.A., I dreaded facing its sourpuss leaders, who would, I felt certain, condemn me for being the irresponsible drunk I actually was. Even worse, I was sure I'd face "re-education" in some stern, authoritarian regimen those leaders would impose to steer me down the boring, ascetic path of abstinence. My first A.A. meeting changed all that. No one condemned me. No one told me to do anything. In the nine years since that first meeting, no one ever has.

Are all alcoholics as ornery as I was in the years before I finally found A.A.? I pushed back at anyone who tried to get between me and my addiction. When I finally got to A.A., I was ready to keep pushing. To my amazement, I couldn't. Those sourpuss leaders I dreaded didn't exist. There simply weren't any leaders to dictate what I must do (and very few sourpusses for that matter). Other members made only "suggestions," which I was free to follow, adapt to my own peculiarities, or reject altogether. I could disregard any suggestion – from the Big Book, from a fellow alcoholic, from my sponsor – and still not face expulsion from A.A. I eventually came to accept each day's sobriety, not as something I must do because someone said so, but

as an incomprehensibly wonderful gift from a Higher Power.

Membership in the fellowship comes full-fledged, whether it's Day One of sobriety or another day in a succession of sober decades. A.A. has no authority figure who knows better and can dictate the recovery program of "apprentice" members who lack wisdom and experience.

Under Tradition Nine, the member struggling back to an A.A. meeting after an umpteenth relapse stands equal to the old timer who hasn't touched a drink since the last millennium. We have no "platinum" level of achievement, no inner circle of power, no exalted leaders. We have one and only one category of membership. It belongs to anyone who has a desire to stop drinking. **TP**



Sitting at the bar, an alcoholic told the bartender that he was drinking to forget the heartbreak of his broken engagement.

"Yeah," the drunk said, "Would you marry someone who didn't know the meaning of the word faithful, and who was flip and even vicious when the subject of fidelity came up?"

"No way in hell," said the bartender.

"Well," said the alkie, "neither would my fiancée."

Mini Ritual

by Mike M.

A ritual that's come and gone was much beloved every Monday night at Queers, Crackpots & Fallen Women. During the heyday of the Amy Winehouse song "Rehab," we would strike up a chorus of: "They wanted me to go to rehab and I said no, no, NO!"



PI/CPC

by Kristen E.

PI/CPC (Public Information/Cooperation with the Professional Community) is A.A.'s official contact with members of the public community. Its mission is to carry the message to the alcoholic who still suffers by educating the general public and third parties whose work is with the active alcoholic about the A.A. program.

PI/CP what? I've spent the last few years sitting in meetings, listening to various people announce a workshop, or say a few words about this important service. It never stuck: by the time I'd left the meeting, I remembered nothing more than a mouthful of letters. Never mind, for now, what that says about the poor attention I sometimes pay during meetings – the point is that until I did the research for this article, it was just an acronym to me. But now, I'm even more proud to call myself a member of A.A.

Abby L. now has 22 years of sobriety. She was a teenage alcoholic, but didn't hear about A.A. until she was in her thirties. "I had no idea it was out there," she says. Now, she shares her story in high schools. "We go in pairs. One person tells about the A.A. program, what it is – and the other shares their story."

And does it make a difference?

"Well, there was one kid who asked me, 'How did you get your fake ID?' I thought that was pretty funny. And sometimes the kids are kinda bored – I went into one school with an older guy who was in his 80s, I'm in my 60s, and here are these fourteen year olds. They were kinda sleepy."

But there are other times: the girl who came up after class and asked questions for a family member. The young teacher who lingered after they were done and asked whether "anyone" could attend an A.A. meeting. "We put the phone number up on the board and say, if anyone has a problem or they want to tell this to someone else, they can just call Alcoholics Anonymous. So it's good to talk about it."

Cooperation with the professional community (CPC) is the other arm of the public information committee. Brad P. got a call from a social worker at California Pacific Medical Center (CPMC) while volunteering at Central Office. "They were requesting that someone come meet with liver transplant patients there," he says. "There are two and a half patients per liver available, and they have selection criteria to decide who gets it and who doesn't. CPMC's protocol was six months of sobriety for the

alcoholic patients before they could apply, but by the time they hit the hospital, they usually have one to two months to live unless they get the transplant. So the social worker had some misconception about what we do, and the hospital was, perhaps, a little off the mark in understanding their alcoholic patients."

Brad and a friend visited the transplant unit at CPMC and met one of the patients, Robert C. "He was the yellow you hear about in stories sometimes, but when you see it, oh my god, was he ever sick." They talked to him and invited him to join the fellowship, even though they were sure he was going to die. To Brad's surprise, months later he got a call from Robert, who told him he was six months sober and on the short list for a transplant.

This situation taught him something—and he summarizes the importance of PI/CPC beautifully when he says, "We cannot expect people to understand us, what we do or how we operate, nor can we take it for granted that they will. It is our job to communicate our experience."

For more information on how to volunteer for PI/CPC, please contact picpc@aasf.org.



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When Twins Fly Away

Bye Bye Birdies!

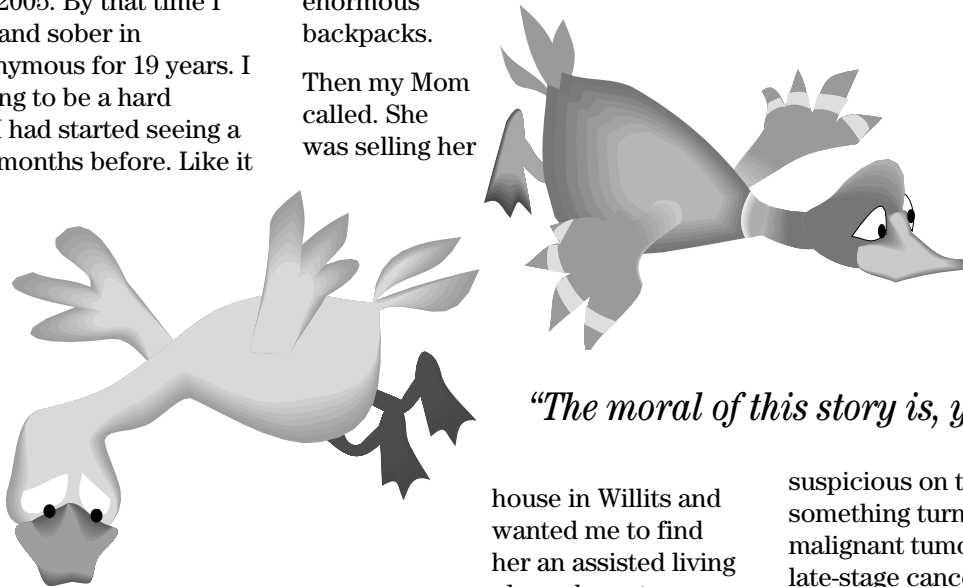
by Kathleen C.

My twin daughters graduated from college in June 2005. By that time I had been clean and sober in Alcoholics Anonymous for 19 years. I knew it was going to be a hard adjustment, so I had started seeing a therapist a few months before. Like it says on page 130 of the Big Book – our Higher Power has given us physicians and psychologists. I was doing fine – sharing at meetings and not drinking or using, grateful to have sponsees to fill my soon-to-be empty nest. So far, so good. The girls decided to take a backpacking trip around South America – they loved the area, and wanted to see more before they found jobs and settled down. Great – they were experienced travelers, fluent in Spanish; they'd be

fine. My husband and I saw them off at the airport, the two of them wearing flip-flops and toting enormous backpacks.

Then my Mom called. She was selling her

and by October she was moved in. Then a few days before Thanksgiving, I got a call. She was in the local hospital's emergency room – she had fallen and hurt her back; she might have a fracture due to her osteoporosis. My husband and I talked with her doctors. There was something



"The moral of this story is, you never know."

house in Willits and wanted me to find her an assisted living place closer to

San Francisco. Wow – most people had to drag their parents kicking and screaming into assisted living but here she was, practically begging me to find a place for her and my stepfather. So I hustled around and found a nice place in Petaluma. She hired movers and one of my sisters went up to Willits to help her pack

suspicious on the x-ray. The something turned out to be a malignant tumor. She had a huge late-stage cancer. Bang, she started chemotherapy. She was in and out of the hospital. By February she was very, very sick.

Meanwhile, our daughters had returned from South America and wanted to go live in Argentina for a while. They had found an apartment in Buenos Aires on the Internet,

(Continued on page 17)

An Open Letter to All Groups from Northern CA H&I

At the January H&I Steering Committee Meeting, we heard from members that some group contribution baskets have come back with less money in them than is put in the Pink Can. We do not want to take from the Inter-groups, Central Offices, Districts, and other services that the group supports.

We can never tell a group what to do, but after some discussion we agreed that as committee members our response is:

We ask that the group contribution basket be passed completely before the Pink Can is passed and that the

Pink Can is not passed inside the group basket. Further, that the Pink Can be either passed after the group basket is completed or left on the table with a brief announcement about the purpose of the Pink Can.

(Continued on page 11)

Founders' Day 2010

A Rare Day in June

by M.E.M.

"And What Is So Rare As A Day In June? ... Then Heaven tries earth if it be in tune."

-Wm. Russell Lowell

Such a day was Founders' Day 2010, celebrated on Saturday, June 12. Some 200 to 250 A.A.s came in out of the scorching sun to the cool, spiritually and physically pleasing courtyard and open rooms of the Unitarian Church on Franklin Street. And I for one felt the day, the event and all the beautiful people of A.A. were truly in tune and passed heaven's test.

No need to feel like I was missing a picnic in the park, with plenty of great sandwiches and varied salads to

snowstorm. The meeting itself was awesome, with shares by long-timers Herman B. and Toni D. Maybe we'll learn more about them in future issues of *The Point*. No matter what they say at such events, the long-timers know what buttons to punch, and they bring the crowd to wonderful unity through laughter. Many impromptu shares at the mike then followed, and I was especially touched by the number of newcomers and returnees who chose this event to express their genuine commitment to renewal.

The humor of the "A.A. Game Show" which came next was unique, to say the least – though I don't think I should still be trying to figure out some of the jokes this long afterward! However, the next segment in which

wishes in our hearts as they left to become our ambassadors at the conference in San Antonio and participate in the performances there.

And how does a rare day in June end without a pie potluck – sampling the fresh blueberry pie, and then the apple, the peach, the pecan and the strawberry! Even the German chocolate cake, which must have wandered in from some other program, was delectable.

Thank you, IFB, for a rare day in June, where everything was so much in tune!

TP

The day, the event, and all the beautiful people of A.A. were truly in tune."

munch on. The transition after lunch to the A.A. meeting was nicely bridged with some live music and "hot" vocals by an unknown blonde who probably works up a sweat in a

about a dozen stalwarts acted out characters from Bill, Bob and beyond in "In Our Own Words," was truly the highlight of the day. We thanked them with a standing ovation and warm



(Continued from page 10)

We have not asked that the Pink Can no longer be passed at meetings and we have not said we no longer need contributions. As long as there are confined alcoholics, there is the need to purchase A.A. books to bring the message of Alcoholics Anonymous to them.

We have a letter called "What Are Those Pink Cans For?" that provides more information on this matter. The entire letter is available on our website at www.handinorcal.org.

More volunteers are needed to bring those A.A. books into the hundreds of facilities we go into each month. It is when one alcoholic shares with another alcoholic

that the message of hope is carried, so consider this Twelfth Step service and attend your area H&I Committee Meeting to get involved.

In Fellowship and Service,

Lorraine M.

General Chairman of Northern California Hospital and Institution Committee

TP



This month's column features a query about how to help an alcoholic relative who doesn't believe she needs help.

Dear Help,

I am emailing you on behalf of my mother. I am 20 years old and have seen my mother suffer from alcoholism for my whole life. I have always wanted to do something to help her move towards a more healthy life; however, my mother doesn't realize she's an alcoholic. She has a steady job, yet nothing more than that. She simply fulfills her duty at work each day until she comes home and drinks for the rest of the night. Now that I am old enough, I would really like to help her as much as she helped me grow up. I was wondering what kind of advice A.A. could give me on approaching my mother and explaining to her the benefits of A.A. as well as convincing her that she needs help. I do not want her to look back on her life and realize how much she has wasted. There is plenty of time for her to re-direct her goals and have joy in her life. I would appreciate all the advice I could get.

Thanks,

Loving Son

Dear LS,

I am a volunteer with Central Office of Alcoholics Anonymous for San Francisco and Marin.

Your message really hit home with me. My oldest child is 20. Your note could have been his, had I not found Alcoholics Anonymous. When he was in fifth grade, the last year I was drinking, I remember getting stranded while with his class on a field trip. I had sneaked off to get some (more) wine, and the class went home without me. It was embarrassing, and of course I had to scramble to come up with an explanation. My youngest child was in kindergarten and, while helping out in his class, I would lose my coffee cup (which was filled with wine) in the classroom. I hadn't lost my job or gotten a DUI, so for a long time I didn't think there was really any problem.

I can't imagine anything more painful than watching someone you love destroy her life and not being able to do anything about it. Unfortunately, the stark reality is that it has to be the alcoholic who takes these steps. Either she already knows she is an alcoholic and chooses not to get help, or she does not believe she is an alcoholic and so will not seek help

because she believes she does not need it.

If you would like to talk to a recovering alcoholic, you can call our Central Office at 415-674-1821 at any time of the day or night and speak to a volunteer. We recommend that your mother make the call, if possible. All our volunteers are alcoholics in recovery. We all remember how horrible and scary it was at the beginning and can encourage your mother to attend a meeting if she has a problem with alcohol and there is a tiny, but big enough, opening in her denial.

As for you and your family, there is a program for those affected by the alcoholism of family and friends. It is called Al-Anon. You may find it useful for yourself. The local phone number is 415.834.9940.

Our website is www.aasf.org and lists all the meetings in San Francisco and Marin. You are welcome to attend any meeting (with or without your mother) unless the meeting is specified as "closed" or "women."

Good luck,

E-volunteer

Meet THE MEETING

Embarcadero Grapevine Meeting

By Bree L.

Amidst the activity and hustle of the San Francisco financial world is an oasis of sanity that personifies the Second Step. The Embarcadero Group gathers on the roof of the Steuart Street YMCA amidst a roof garden of thriving vegetables and lettuce. During the summer, the group meets outside, temporarily displaced by the YMCA's Summer Day Camp. This is a hearty group that has survived and flourished where others might have folded and departed.

In 1998, when they were meeting one day a week, the group was forced to move from a pricey high-rise to the back of a Starbucks. During this time they looked for a more permanent home as rents continued to increase. They were concerned about self-support, so they stuffed the tip jar with five and ten-dollar bills instead of ones and twos.

The meeting survived, and expanded its meeting frequency from once a week to five. They adopted the ASL method of showing applause to cut down on the noise. (This involves shaking hands in the air and wiggling

fingers). This unique gesture stays with the group today. It was still difficult, as management complained about noise and the overuse of chairs.

In August 2006 they were evicted and forced to move outside. The YMCA then graciously agreed to allow one Friday meeting a week, saying they couldn't always guarantee a decent space. Members said, "We're not picky. Put us in the boiler room or on the roof." Consequently they have met in the Board Room with a sumptuous Bay view, the Yoga Room surrounded by mirrors, and the fourth floor basketball court.

This group now meets every weekday with a designated secretary for each day of the week and a common treasurer, IFB and GSR representative. The meeting revolves around literature studies, with Monday dedicated to the *Twelve Steps and Twelve Traditions*, Tuesday to *Daily Reflections* and Wednesday to *As Bill Sees It*; Thursday is a Big Book study and Friday is focused on the *Grapevine*. Many bring their lunch to make good use of the 40 short minutes. Getting to the meeting can be tricky as there

are people at the desk watching who comes and goes into the Y, but at the top of the stairs is a greeter who offers directions.

There are many ways to reach this meeting from both the Muni and BART. All Muni undergrounds (T, N, L and K) that stop at the Embarcadero Station, as well as BART trains, are close by. It is a short walk from the Embarcadero Station to Howard and 169 Steuart. All buses that stop at the Main and Mission Station are also close. These include the 9 San Bruno, 14 Mission, F Market, 21 Hayes, 31 Balboa and the 6 Parnasses.

You may be down in the financial district visiting your money, your lawyer or taking in the Ferry Building. This is the perfect place to interject a little lunchtime A.A. into your day.

Thanks to Jeff O., Charles D. and Carlos S. for providing this meeting's history.

The Embarcadero Group meets five days a week at 12:10PM at the Embarcadero YMCA at 169 Steuart Street (cross street is Howard).

TP



Libra (Sept 23 - Oct 23)

Drinking style: "I'm just a social drinker," slurs Libra, "it's just that I'm so damn social." Libra loves nothing more than to party, mingle and relate to everyone. Whether dipped in favor of Good Libra (with Insta-Friend device set to "on") or heavier on the Evil Libra side (they are little instigators when bored), the Scales can really work a room.

Charming as they are, Libras are notoriously lacking in self-control, however, which can get them into all sorts of trouble -- including wearing their wobbly boots waaaay too early in the evening, flirting with their best friend's beau or even blacking out the night's events entirely. Oops!

IFB meeting summary – August 2010

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

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

Any Lengths	Doing the Deal	High Noon (Thursday)	Mill Valley 7am	Terra Linda Group	Walk of Shame
Artist and Writers	Each Day a New Beg.	High Sobriety	Mission Terrace	They Stopped In Time	We Care
Attitude Adjustment	Early Start	Huntington Square	Noon Smokeless	Thursday Thumpers	Women's Promises
Back to Basics	Embarcadero Group	Join the Tribe	On Awakening	Tiburon Haven Group	
Bernal New Day	Fireside Chat	Live & Let Live	Some Are Sicker Than Others	Tiburon Men's Stag	ACYPAA
Blackie's Pleasure	Friday All Groups	Lush Lounge	Steppin' Up	Too Early	Marin General Service
Boys Night Out	Happy, Joyous and Free	Marina Discussion	Sunday Night Castro SD	Tuesday Chip	Marin Teleservice
Come 'N Get It	High Noon (Monday)	Men's Gentle Touch	Sunset 9'ers (Sun.)	Tuesday Newcomers	San Mateo General Service
Cow Hollow Men's	High Noon (Sat.)	Mid Morning Sup port	Ten Years After	Valencia Smokefree	

This is an unofficial summary of the August 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 August 4, 2010 at St. Andrew Presbyterian Church in Marin City. Next month's meeting will be Wednesday, September 1, 2010 at 1187 Franklin St. in SF.

Announcements:

Michael P. informed us of a new web form for submissions of announcements, volunteer opportunities, committee reports and agenda items. These are now available on-line, and are being posted in *The Buzz*.

Access Committee: Meets on the 1st Tuesday of every month at Central Office from 6:00 – 7:30 PM.

Archives Committee: Standing requests; Please make sure flyers, letters, announcements, etc. have the complete date on them. Do you know the date a meeting started in SF or Marin? We would also like to make an appeal to The Fellowship for material donations with regards to SF and Marin, especially older schedules.

Central Office: The SF schedule will be going to the printer soon. If there have been any changes in your meetings that effect the listing, please let us know.

Central Office Volunteers: We have a few open volunteer shifts. One-year of sobriety required to answer phones. Please contact Peter during office hours.

SF Teleservice Committee: The next orientation for Teleservice is Monday, August 16 at 6:30, at Central Office, 1821 Sacramento St. Open Teleservice shifts are 3rd Sunday overnight, 4th Sunday overnight, 3rd Monday 6-10 pm backup, 4th Wednesday 6-10 pm primary, 5th Wednesday 6-10 am, and 4th Friday 6-10 pm backup.

Trusted Servants Workshop Committee: We will be having a Trusted Servants Workshop on Sunday Aug. 8th at 11:00 am, at Central Office. We could always use help on the Trusted Servants Workshop Committee.

IFB Reports

Chair Report: Committee chair reports available on line via link to committees to be provided at later date. All reports are to be posted before the IFB meeting. At end of meeting we will introduce all committee chairs. If reps are interested in a specific

committee they may meet with the chair person after the meeting to discuss.

Treasurer Report: For June the overall budget looks good. Total income for the month is just over \$17,000, well over the projected budget income. Year to date total income is at \$120K, while it was projected at \$97K. YTD expenses are at \$19.6K, projected was \$18.8K, with small difference of about \$800 being a timing issue in disbursement for equipment lease. Overall expenses YTD are \$121K, with budgeted being \$115K, this mainly due to deferred employee compensation. We are "in the black" about \$900, while projected by this month was at \$16K "in the red." Cash looks OK, Prudent reserve is same level as previous.

Central Office Manager Report: There is a new mechanism to make individual and group contributions to GSO online. IFB Reps are encouraged to present this information to their groups. For more info go to AA.org and section on Contributions. Groups are encouraged to practice overall self support and distribute 7th Tradition contributions among GSO, the districts, Area and, in Marin, Marin Teleservice.

Liaison Reports

Marin Teleservice: Just started an orientation meeting, held at 7:00 on 4th Tuesday of month at Alano Club in Marin. There is a push to make people aware that reps from meetings need to come to Teleservice business meetings to get the information. There is a letter going out to secretaries in Marin about this orientation.

(Continued on page 15)

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

Island Group: Frances L. 48 years

Gold Mine Group: Abby L. 23 years, **High Steppers:** Mary Ann B. 30 years

Westlake Speaker Discussion: Ralph A. 33 years

Any Lengths: Gerard W. 21 years, Elizabeth C. 21 years

Tiburón: Terry H. 31 years, **Selma, OR:** Jack W. 28 years

High Noon: Lorna 22 years, Kelly 10 years, Sean 7 years,
Tani & Cesar 5 years, Alex 4 years, Jeff 3 years,
Naharu 2 years, Leah & Tanya 1 year

Fernley, NV: Linda B. 18 years

We are putting together a collect call policy due to event last month.

San Mateo General Service, District 5: Invites all to picnic August 22 at San Bruno Park. Also, the 48th annual anniversary party for San Mateo Central Office is September 5, 2010. See Tracy for raffle tickets.

Marin General Service, District 10: Unity Day is October 2, with an expected strong showing by Intercounty Fellowship Representatives and committees. We stress that this is an Inter-County effort and appreciates all volunteers and support.

ACYPA: Has set a date for Spring of next year for conference.

New Business:

The New Agenda layout with a focus on groups. Each month we'll have representatives talk about their meetings, history, etc.

See goldenrod announcements included in IFB meeting packet

Committee presentation and focus. Think about goals for next year for your committee. Participants do not have to be IFB member to be on a committee, (only committee chair requires IFB membership).

Michael gave a sample presentation on Outreach Committee, which has identified all but about 12 meetings as live on the schedule.

Group Presentations Michael requests input from 4-5 meetings for next month.

More Announcements

The Buzz. Celia: If anything comes up feel free to email *The Buzz* with the information. All IFB announcements will also be published in *The Buzz*.

Anyone interested in helping with Trusted Servants Workshop committee please contact Ted.

Ken: Suggests to reps attending to compare the represented groups at IFB with those they attend without IFB representation. Suggests encouraging group representation in those without an IFB rep.

Naim: This is an Inter-County Fellowship, encourage people to come to groups as representatives of IFB, especially folks in San Francisco coming to Marin.

Seth – Teleservice chair; Next orientation is August 16th Monday at Central Office. Some open positions to fill, including a couple of prized overnight shifts.

Michael P. encouraged groups to send suggestions for announcements via email as well.

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.

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 P. chair@aasf.org

VICE CHAIR

Naim S. vicechair@aasf.org

TREASURER

Dashiell T. treasurer@aasf.org

RECORDING SECRETARY

Thayer W. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

Margaret J. coc@aasf.org

12th STEP COMMITTEE

Dave A. 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

Seth H. sfteleservice@aasf.org

aa group contributions

Fellowship Contributions	June '10	YTD
10 AM Dry Dock Fellowship 7D 10am	\$ 67	
130 PM Dry Dock Fellowship 5D 130pm	\$ 67	
330 PM Dry Dock Fellowship 7D 330pm	\$ 67	
Anonymous	\$ 500	
Brisbane Breakfast Bunch	\$ 40 \$ 174	
Contribution Box	\$ 166 \$ 573	
Deer Park Discovery Group	\$ 15	
From the Start to the Finish	\$ 120	
Gay Newcomers Group	\$ 20	
General Service District 11	\$ 19 \$ 19	
IFB	\$ 129 \$ 716	
MCYPAA	\$ 250	
Pax West M 12pm	\$ 243	
San Francisco Young People in A.A.	\$ 800	
Serenity House	\$ 150 \$ 750	
Sunset Group (Napa)	\$ 18	
Fellowship Total	\$ 505 \$ 4,398	

Marin Contributions	June '10	YTD
12 & 12 Study Sa 815am	\$ 226	
7am Urgent Care Group 7D 7am	\$ 500 \$ 500	
A Vision for You (Fairfax) Su 730pm	\$ 63	
Attitude Adjustment 7D 7am	\$ 1,395	
Awakenings Sa 830am	\$ 53 \$ 86	
Awareness/Acceptance M 1030am	\$ 155	
Be Still AA Su 12pm	\$ 46	
Beginners & Closed Tu 7pm & 830pm	\$ 410	
Blackie's Pasture Sa 830pm	\$ 135	
Caledonia Sun 8pm	\$ 250	
Closed Women Step Study Tu 330pm	\$ 324	
Cover to Cover W 800pm	\$ 197	
Creekside New Growth Sun 7pm	\$ 186	
Crossroads Sun 12pm	\$ 749	
Day At A Time 7D 630am	\$ 270 \$ 702	
Downtown Mill Valley F 830pm	\$ 343	
Four Horsemen Thu 7pm	\$ 25	
Freedom Finders F 830pm	\$ 321	
Friday Night Book F 830pm	\$ 179	
Friday Night Gay Men's Stag F 830pm	\$ 96	
Girls Night Out W 815pm	\$ 50 \$ 125	
Gratitude Tu 8pm	\$ 424	
Greenfield Newcomers Sun 7pm	\$ 221 \$ 790	
Happy Destiny F 7pm	\$ 83	
Happy, Joyous & Free 5D 12pm	\$ 1,250	
High & Dry W 12pm	\$ 285	
Intimate Feelings Sa 10am	\$ 223	
Inverness Sunday Serenity Su 10am	\$ 140	
Island Group Th 8pm	\$ 167	
Marin City Groups 5D 630pm	\$ 188	
Marin Young People F 830pm	\$ 30	
Mill Valley 7D 7am	\$ 1,363	
Mill Valley Discussion W 830pm	\$ 219	
Monday Blues M 630pm	\$ 432	
Monday Night Stag (Tiburon) 8pm	\$ 905 \$ 905	
Monday Night Women's M 8pm	\$ 331	
Monday Nooners M 12pm	\$ 354 \$ 743	
Morning Attitude Adjustment MTuF 7am Sa 8	\$ 100	
Nativity Monday Night Big Book M 8pm	\$ 100	
Newcomers Step M 730pm	\$ 307	

Marin Contributions	June '10	YTD
Noon Hope F 12pm	\$ 189	
Novato Basics Tu 8pm	\$ 350	
Novato Monday Stag M 8pm	\$ 300	
On Awakening 7D 530am	\$ 525	
Pathfinders Tu 12pm	\$ 164 \$ 364	
Primary Purpose W 830pm	\$ 140 \$ 280	
Refugee Th 12pm	\$ 280	
Reveille 5D 7am	\$ 700	
Rise N Shine Sun 10am	\$ 96 \$ 542	
San Geronimo Valley Book Study F	\$ 140 \$ 140	
San Geronimo Valley M 8pm	\$ 34 \$ 73	
Saturday Women's Speaker Sa 6pm	\$ 240	
Serendipity Sa 11am	\$ 58 \$ 221	
Six O'Clock Sunset Th 6pm	\$ 278	
Sober & Serene F 7pm	\$ 531	
Spiritual Testost. Sun Men's Stag Su 830a	\$ 175	
Steps to Freedom M 730pm	\$ 144 \$ 144	
Steps To The Solution W 715pm	\$ 211	
Stinson Beach Fellowship Th 8pm	\$ 100	
Streetfighters Sa 9am	\$ 43	
Sunday Express Sun 6pm	\$ 150 \$ 350	
Sunday Friendship Sun 7pm	\$ 200	
Sunday Night Corte Madera Sun 8pm	\$ 200	
Sunlight of the Spirit Th 7pm	\$ 50 \$ 150	
Terra Linda Group Th 830pm	\$ 250	
The Fearless Searchers F 8pm	\$ 38	
There is a Solution Tu 6pm	\$ 166	
Thursday Night Book Club Th 7pm	\$ 75	
Thursday Night Speaker Th 830pm	\$ 2,052	
Tiburon Haven Sun 12pm	\$ 258	
Tiburon Women's Candlelight W 8pm	\$ 148	
Tuesday Twelve Step Tu 630pm	\$ 40 \$ 60	
Unidentified Group	\$ 98 \$ 98	
We, Us and Ours M 650pm	\$ 200	
Wednesday Night Candlelight W 8pm	\$ 296	
Wednesday Stepdowners W 6pm	\$ 126 \$ 126	
What's It All About F 12pm	\$ 200	
Women For Women W 12pm	\$ 100 \$ 100	
Women on Monday M 7pm	\$ 85	
Women's Big Book Tu 1030am	\$ 355 \$ 605	
Women's Meeting Su 430pm	\$ 85 \$ 142	
Women's Step Study Group M 12pm	\$ 200	
Working Dogs W 1205pm	\$ 500 \$ 906	
Marin Total	\$4,632 \$ 27,180	

San Francisco Contributions	June '10	YTD
10am Step Study M 10am	\$ 60	
130 PM Dry Dock Fellowship 5D	\$ 50 \$ 50	
330 PM Dry Dock Fellowship 7D	\$ 50 \$ 50	
6am Dry Dock 7D	\$ 53	
6am Dry Dock Sa	\$ 165 \$ 165	
6am Dry Dock W	\$ 81 \$ 331	
7am As Bill Sees It Fri	\$ 86	
7am Living Sober W 7am	\$ 71	
7am Smokeless Sa 7am	\$ 43 \$ 43	
7am Speaker Discussion Th 7am	\$ 111 \$ 211	
830am Smokeless F 830am	\$ 247 \$ 455	
A is for Alcohol Tu 6pm	\$ 23	
A New Start F 830pm	\$ 680	

San Francisco Contributions	June '10	YTD
A Vision for You (SF) Su 630pm	\$ 100	
AA Step Study Su 6pm	\$ 57	
Acceptance Group M 530pm	\$ 30 \$ 101	
Afro American Beginners Sat 8pm	\$ 41	
Afro American F 8pm	\$ 35	
After Work M 6PM	\$ 60	
All Together Now Th 8pm	\$ 38 \$ 38	
Alumni W 830pm	\$ 89 \$ 295	
As Bill Sees It Sat 8pm	\$ 102 \$ 102	
As Bill Sees It Tu 1210pm	\$ 73	
Ass in a Bag Th 830pm	\$ 478	
Be Still AA Su 12pm	\$ 41 \$ 256	
Beginner Big Book Step Th 630pm	\$ 77	
Beginners 12 x 12 F 7pm	\$ 720	
Beginners Meeting (Old Sutter St) Sat 6pm	\$ 706	
Beginners' Step Study Sat 630pm	\$ 434	
Beginner's Warmup W 6pm	\$ 45	
Bernal Big Book Sat 5pm	\$ 190 \$ 190	
Bernal New Day 7D	\$ 229 \$ 1,138	
Big Book Basics F 8pm	\$ 298	
Big Book Study Su 1130am	\$ 141 \$ 276	
Blue Book Special Su 11am	\$ 217	
Buena Vista Breakfast Su 12pm	\$ 129	
Came To Believe Su 830am	\$ 78 \$ 183	
Came to Park Sat 7pm	\$ 553	
Castro Discussion (Show Of Shows) W 8pm	\$ 415	
Castro Monday Big Book M 830pm	\$ 115	
Chips Ahoy Tu 12pm	\$ 106	
Cocoanuts Su 9am	\$ 23	
Code Blue Big Book Study W 7pm	\$ 110	
Common Welfare Th 8pm	\$ 151	
Cow Hollow Men's Group W 8pm	\$ 481	
Dark Secrets F 10pm	\$ 71	
Design for Living Sat 8am	\$ 401	
Doin' the Deal Sun 10pm	\$ 86	
Each Day a New Beginning F 7am	\$ 927	
Each Day a New Beginning M 7am	\$ 240 \$ 541	
Each Day a New Beginning Th 7am	\$ 804	
Each Day a New Beginning Tu 7am	\$ 522	
Each Day a New Beginning W 7am	\$ 299	
Early Start F 6pm	\$ 1,205	
Embarcadero Group 5D 1210pm	\$ 600 \$ 1,059	
Eureka Step Tu 6pm	\$ 165	
Eureka Valley Topic M 6pm	\$ 577	
Excelsior "Scent" Free for All Sa 8pm	\$ 60 \$ 180	
Extreme Makeover M 730pm	\$ 94	
Federal Speaker Su 12pm	\$ 244	
Fell Street F 830pm	\$ 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	\$ 80 \$ 304	
Full Flight From Reality Sa 1230pm	\$ 129	
Gold Mine Group M 8pm	\$ 325	
Haight Street Explorers Th 630pm	\$ 180	
Happy Destiny Sa 630pm	\$ 38	
Happy Hour Ladies Night F 530pm	\$ 28	

San Francisco Contributions	June '10	YTD	San Francisco Contributions	June '10	YTD	San Francisco Contributions	June '10	YTD
High Noon Friday 1215pm	\$	508	Pax West Th 12pm	\$	443	Sunset 9'ers M	\$	42
High Noon Saturday 1215pm	\$	206	Potrero Hill 12 x 12 M 630pm	\$	67	Sunset 9'ers Su	\$ 148	560
High Noon Sunday 1215p	\$ 60	\$ 60	Queers, Crackpots & Fallen Women	\$	180	Sunset 9'ers Th	\$	84
High Noon Thursday 1215pm	\$	205	Rebound W 830pm	\$	60	Sunset 9'ers Tu	\$	2
High Noon Tuesday 1215pm	\$	718	Relapses, Rebounds, Retreads & Winners Tu	\$	84	Sunset 9'ers W	\$	188
High Noon Wednesday 1215pm	\$	210	Richmond Step Study M 730pm	\$	86	Sunset Speaker Step Sun 730pm	\$	219
Hilldwellers M 8pm	\$ 187	\$ 325	Rigorous Honesty Th 1205pm	\$	125	Surf Tu 8pm	\$ 310	437
How Was Your Week? Sa 10am	\$1,097	\$ 1,344	Room to Grow F 8pm	\$	258	Ten Years After Su 6pm	\$ 189	1,342
Huntington Square W 630pm	\$	334	Rule 62 W 10pm	\$	85	The 12 Schleppers Th 8pm	\$	80
Joys of Recovery Tu 8pm	\$	29	Saturday Night Regroup Sat 730pm	\$ 213	743	The Lads Fr 730pm	\$	100
Just Alkies F 7pm	\$	75	Say Hey Group M, Tu, F 6pm	\$	242	The Parent Trap M 1230pm	\$	153
Keep Coming Back Sa 11am	\$	332	Second Chance Th 215pm	\$	28	They Don't Know Who We Are Sat 7pm	\$	225
Light Brigade Discussion Su 7pm	\$	120	Serenity House	\$	150	They Stopped In Time M 8pm	\$	47
Like A Prayer Su 4pm	\$	100	Serenity in the Park W 7pm	\$ 36	\$ 66	Thursday Morning Men's BB Study Th 6am	\$	575
Lincoln Park Sat 830pm	\$	92	Serenity Seekers M 730pm	\$	226	Thursday Night Women's Th 630pm	\$ 318	318
Live and Let Live Su 8pm	\$	574	Sesame Step Tu 730pm	\$	108	Too Early Sat 8am	\$ 278	1,418
Living Proof Th 630pm	\$ 49	\$ 49	Shamrocks & Serenity M 730pm	\$	586	Tuesday Big Book Study Tu 6pm	\$ 60	120
Living Sober W 8pm	\$	306	Sinbar Su 830pm	\$	194	Tuesday Downtown Tu 8pm	\$	64
Living Sober with HIV W 6pm	\$	139	Sisters Circle Su 6pm	\$ 162	\$ 162	Tuesday Men's Pax Tu 12pm	\$ 384	384
Luke's Group W 7pm	\$	60	Sober Across the Board M-Sa 830am	\$	133	Tuesday Night Step Tu 7pm	\$	22
Luke's Group W 8pm	\$	70	Sober at State MW 1210pm	\$	15	Unidentified Group	\$ 61	61
Lush Lounge Sa 2pm	\$	205	Sometimes Slowly Sa 11am	\$ 197	531	Valencia Smokefree F 6pm	\$	205
Meeting Place Noon F 12pm	\$	174	Sought to Improve Th 730pm	\$	60	Veterans' Coffee Break W 1030am	\$	9
Meeting Place Noon W 12pm	\$	100	Sp. Founded Prog. Of Action (SFPOA)Th 7pm	\$	425	Walk of Shame W 8pm	\$	159
Mid-Morning Support Su 1030am	\$	508	Step Talk Su 830am	\$	588	Waterfront Sun 8pm	\$	484
Midnight Meditation Sat 12am	\$	62	Steppin' Up Tu 630pm	\$	214	We Care Tu 12pm	\$	256
Miracle (Way) Off 24th St W 730pm	\$	96	Stepping Out Sat 6pm	\$	154	Wednesday Morning Men's Meeting W 6am	\$	146
Mission Terrace W 8pm	\$	60	Stonestown M 8pm	\$	100	West Portal W 8pm	\$	115
Monday Beginners M 8pm	\$ 120	\$ 400	Straight Jackets Th 9am	\$ 26	\$ 26	Wharfrats Th 815pm	\$	88
Monday Men's Meeting M 8pm	\$	375	Sunday Bookworms Sun 730pm	\$	120	What It's Like Now M 6pm	\$	92
Monday Monday M 1215pm	\$ 90	\$ 171	Sunday Morning Gay Men's Stag Su 930am	\$	535	Women Living Sober Sa 10am	\$	180
New Life W 7pm	\$	195	Sunday Night 3rd Step Group 5pm	\$	926	Women Who Drank Too Much Tu	\$ 14	22
Newcomers Tu 8pm	\$	168	Sunday Night Castro Speaker Disc Su 8pm	\$	431	Women's 10 Years Plus Th 615pm	\$	107
No Reservation M 12pm	\$	696	Sunday Rap Sun 8pm	\$	360	Women's Kitchen Table Group Tu 630pm	\$	517
Noon Smokeless F 12pm	\$	268	Sunday Silence Su 730pm	\$	50	Women's Meeting There is a Solution W 6pm	\$	411
Noon Smokeless W 12pm	\$	255	Sundown W 7pm	\$	422	Women's Promises F 7pm	\$	492
Off Broadway Book Th 730pm	\$ 12	\$ 66	Sunrise Sunset Women's Step Th 6pm	\$	236	Work In Progress Sat 7pm	\$	613
One, Two, Three, Go! W 1pm	\$	10	Sunset 11'ers F	\$ 25	\$ 50	YAHOO Step Sa 1130am	\$	140
Our Morning Meditations Sa 715am	\$ 25	\$ 25	Sunset 11'ers Sa	\$	57	San Francisco Total	\$ 6,725	\$ 49,513
Parkside Th 830pm	\$	255	Sunset 11'ers W	\$	84	Total Contributions	\$ 11,862	\$ 81,091

(Continued from page 10)

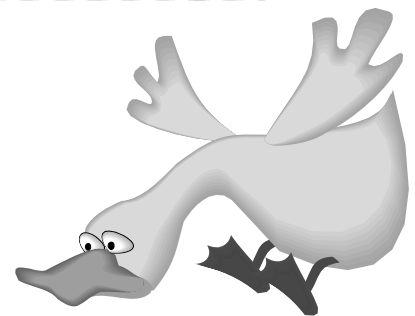
along with a school that would give them certificates to teach English, so they could work.

"But Mom, what about Grammy?" they asked. "She's so sick – should we wait or should we not go at all?"

I didn't even hesitate. "We don't know what's going to happen with Grammy. She might die tomorrow or she might stay with us for months.

You have a start date for your class. You should go ahead and go." We took them to the airport once again and kissed them goodbye. Two weeks later my mother died.

The moral of this story is, you never know. You never know where your kids are going to wind up living and working and maybe settling down forever. You never know when your last day with your parents is going to be. You never know. So live the best you can, one day at a time. For me,



that means living sober, working the steps and trusting that our Higher Power will watch over us all.



profit and loss statement: June 2010

	TOTAL					TOTAL			
	Jun 10	Budget	Jan-Jun 10	Budget		Jun 10	Budget	Jan-Jun 10	Budget
Ordinary Income/Expense					IFB Literature	0	0	56	180
Income					PI/CPC	4	120	70	360
Contributions from Groups	11,912	8,603	81,091	69,698	Filing/Fees	0	0	0	118
Reconciliation Discrepancies	20		(179)		Insurance	0	0	1,740	901
Contributions from Groups	11,892	8,603	81,270	69,698	Internet Expense	143	119	641	714
Contributions from Individuals	2,467	1,830	17,665	9,795	Office Supplies	57	170	1,441	1,020
Gratitude Month	75	0	4,189	3,139	Paper Purchased	245	208	1,666	1,248
Sales - Bookstore	8,761	9,129	56,147	53,166	Software Purchased	0	96	0	192
Newsletter Subscript.	44	54	214	243	Shipping	66	21	49	126
Sales - Bookstore	8,883	9,183	56,439	53,409	Equipment Lease	1,577	0	3,123	3,092
Cost of Goods Sold					Repair & Maintenance	254	226	1,466	1,599
Cost of Books Sold - Shipping	50	66	235	151	Security System	118	94	236	202
Cost of Books Sold	5,994	6,299	36,929	36,685	Payroll Expenses	4	5	25	30
Credit Card Processing Fees	255	234	1,706	1,361	Telephone	265	256	1,720	1,536
Inventory Adjustments	0		(192)		Phone Book Listings	87	84	606	504
Cost of Books Sold	<u>(6,298)</u>	<u>(6,599)</u>	<u>(38,678)</u>	<u>(38,197)</u>	Travel	0	0	25	0
Total Income	\$17,018	\$13,017	\$120,885	\$97,844	Training	0	0	0	20
Expense					Bad Checks	0	0	7	12
Sunshine Club	0	46	20	138	Miscellaneous Expense	0		0	
IFB Sponsored Events	502	568	1,011	1,947	Total Expense	<u>\$19,610</u>	<u>\$18,882</u>	<u>\$121,383</u>	<u>\$115,273</u>
Employee Expenses	10,970	11,497	77,703	68,750	Net Operating Loss	<u>-\$2,592</u>	<u>-\$5,865</u>	<u>-\$498</u>	<u>-\$17,429</u>
Professional Fees	0	0	225	562	Other Income/Expense				
Bank Charges	0	0	2	0	Other Income				
Postage	0	63	388	618	Interest Income	<u>\$228</u>	<u>\$271</u>	<u>\$1,387</u>	<u>\$1,626</u>
Rent - Office	4,493	4,493	26,959	26,958	Total Other Income	<u>\$228</u>	<u>\$271</u>	<u>\$1,387</u>	<u>\$1,626</u>
Rent - Other	150	150	450	450	Interest Income	<u>\$228</u>	<u>\$271</u>	<u>\$1,387</u>	<u>\$1,626</u>
Access Expenses	675	666	1,755	3,996	Net Income (Loss)	<u><u>-\$2,364</u></u>	<u><u>-\$5,594</u></u>	<u><u>\$889</u></u>	<u><u>-\$15,803</u></u>

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Out Of The Nest

And Into the Bottle

by *The Prodigal Son*

Others ponder the difficulties of “empty nest” syndrome, full of hope and fear for their little ones who have flown away. Being childless and still, at nearly 60, referred to as “The Prodigal Son,” I can’t opine on the empty nest from that point of view. I did, however, experience the emptiness of leaving that nest and flying off, full of fear of the future, straight into the bottle.

At 18, I left the protected confines of a Mid-western farm town for college in San Francisco. I arrived in 1969, never having been here before and not knowing a soul. Ten of us in the dorms grew into a small family. We all shared social awkwardness and shyness and, apparently, the alcoholic gene. Cheap red wine was the order of the day – we thought we were so California-chic – and I became known as the guy who always took his own gallon bottle to parties, my thumb hooked through the handle as though it were moonshine, and emptied the bottle without any help. That didn’t always end the night’s intake.

Oh, we had wonderful flights of fancy. Our college was close to Golden Gate Park, where we were frequent 3 AM visitors in search of mystical trees to talk to and rabbits to chase through the underbrush. The dry rigors of classrooms in the harsh light of day were not hangover friendly, and very soon lost the race for our attention. My major went from Pre-Law (freshman), to Government and then History (sophomore), to English (junior) and

finally Undeclared (senior). The scholarship money that got me here ran out, and I left needing a full year’s credits in a major in order to merit a diploma.

My bridge-burning began in earnest. On trips home for winter holidays, I

alternately raged against it and embraced it with renewed desperation.

It took 20 years for me to reach my first A.A. meeting. Then, after a year’s sobriety, I declared myself cured and drifted in and out of sobriety on my



“I now return to my original nest to visit my aging, disabled parents every six months.”

systematically gave away or destroyed all mementos of my childhood achievements and what they had promised. I stopped visiting my family or communicating with them for years at a time in order to hide my shame at how I was living.

Somehow I managed to always stay employed, usually working two or three jobs simultaneously, so I was able to remain out of the gutter – that definitive no-man’s land where you can’t fool yourself any longer that you are a total alcoholic. I knew, of course, that I was an alcoholic, but there were degrees, dammit. Mine, I knew, was the hereditary, often melancholy path of an Irish sot. I had a long line of genetic forbearers who had dictated that path, and I

own terms, often remaining drink-free for several years at a time,

before the slippery slope again dashed me to the pavement. But again, I never remained in the gutter, only dragged myself home to clean off the blood and bandage the wounds.

Finally, three years ago, I came back to A.A. without any defenses left. I was humbled and humble, willing to accept direction and let some other source guide my life. I now return to my original nest to visit my aging, disabled parents every six months. The Prodigal is always welcomed with a feast and much rejoicing. My brothers are proud to call me their brother again. I am incredibly lucky to have survived a 40-year journey trying to escape my own skin, and am profoundly grateful.

TP

September 2010

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