

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2010  
**10**  
**October**

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Outside Issues







### Inside A.A.

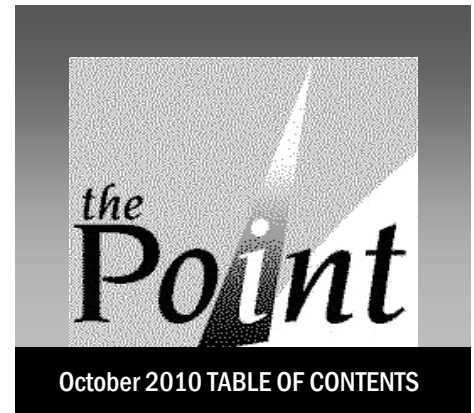
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- 6** When Facebook Meets the Big Book
  - 7** Let's Be Friendly With Our Friends
  - 10** Social Networking and A. A.
  - 11** Living Under Two Labels

The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, the Intercounty Fellowship Board, the Central Office, or The Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

# October 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> <p style="text-align: center;">     </p>			
3	4	<b>5</b> <u>FIRST TUE</u> Access Committee Central Office 6pm	<b>6</b> <u>FIRST WED</u> Intercounty Fellowship Board Meeting 1187 Franklin St Orientation 6pm Meeting 7pm
10	<b>11</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	<b>12</b> <u>SECOND TUE</u> The Point Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 6:30pm Marin H&I 1360 Lincoln Ave San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm	<b>13</b> <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap Marin Alano Club 1360 Lincoln Ave San Rafael 6:30pm
<b>17</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	<b>18</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	<b>19</b> <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	20
24        31	25	<b>26</b> <u>FOURTH TUE</u> The Point Committee Central Office 5:30pm Marin Teleservice Marin Alano Club 1360 Lincoln Ave San Rafael 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
	1	2 <b>Marin Unity Day</b> See Secretary Insert or go to www.aasf.org for information
7	8	9
14	15	16 <b>ACYPAA</b> "AA's got Talent" See flyer on page 4
21 <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	22	23 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N McDowell Blvd Petaluma 12:30pm
28 <u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7:15pm Committee Meeting 8pm	29	30



### F. Y. I.

Calendar	2
Meeting Changes	4

### DEPARTMENTS

From the Editor	5
Tradition Ten	8
Survey of Service	9
Help@aasf.org	12
Meet the Meeting	13
Not a Glum Lot	19

### BUSINESS

Faithful Fivers	5
IFB Meeting Summary	14
Group Contributions	16
P&L	18

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"[E]arly A.A. members resolved to keep our Society out of public controversy. Thus was laid the cornerstone for Tradition Ten."

*The Twelve and Twelve, p. 179*

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## Meeting Changes

### New Meeting:

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

### Meeting Changes:

M, W, Sa	7:00pm	McLaren Park	GRUPO PROGRESO, Church, Amazon & Naples St (was 600 Italy Ave at 8:00pm)
Mon	6:30pm	San Rafael	MONDAY BLUES, Church, 9 Ross Valley Dr/Greenfield Ave (was 1510 5th Ave)
Wed	7:30pm	Tiburon	COVER TO COVER, Synagogue, 215 Blackfield Dr/Via Los Altos (was 150 Nellen Ave at 8pm)
Fri	8:30pm	Inner Richmond	ST FRANCIS MEN'S, Church, 4301 Geary/7th Ave (was 1030 Girard Rd)

### No Longer Meeting:

Thu	10:00am	Alamo Square	JAYWALKERS, 1124 Fulton St/Pierce St
Sat	8:00am	Hayes Valley	DAILY REFLECTIONS, SF Alamo Club, 1748 Market St/Octavia

**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!**

**SUNDAY, OCTOBER 17, 2010**

## The Spirit of San Francisco

*Presents*

**IN OUR OWN WORDS**

**4:00 PM AA/AL-ANON MEETING**

**AA Speaker - Nicole D. - Oakland, CA**

**Al-Anon Speaker - Liz M.**

**2:00 PM & 6:00 PM**

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**Saturday, October 16th 2010**

## ACYPAA 39

*presents*

**AA's got Talent**

*Mt. Tam United Methodist Church,  
410 Sycamore Ave. Mill Valley, CA 94941*

**Meeting 6:30-7:30**

**Talent Show 7:45-9:30**

**Dance 9:30-Midnight**

**EMAIL: [EVENTS@ACYPAA2011.ORG](mailto:EVENTS@ACYPAA2011.ORG)**

**[WWW.ACYPAA2011.ORG](http://WWW.ACYPAA2011.ORG)**

***Suggested \$10 Donation***





From the Editor

## “Outside Issues”

The phrase “outside issues” is from the Tenth Tradition and refers to what A.A. is *not* supposed to have an opinion about. Yet we’ve delved into several potentially “outside issues” in the articles herein. Why? Well, they appear to us to be part of the background against which A.A. operates today: mental illness, the Internet, childcare availability, social networking and drug addiction.

How can we justify this in an A.A. publication? The Tenth Tradition’s prohibition is against taking a public position as an *institution*. It *isn’t* against discussing issues within the fellowship that affect how we operate or how we work the program, as long as those discussions lead to right action. As noted in the *Twelve and Twelve*, “Human beings that we are, we squabble. . . . [The squabbles] were almost always concerned with ways to make A.A. more effective . . .” (p. 177-78). That is our intention in presenting these thought-provoking articles: to make us better at helping the alcoholic who still suffers.

Specifically, the article on the Tenth Tradition addresses – within the fellowship, not in public – how

people identify in our meetings: “addict” or “alcoholic.” In 1951, A.A. won the Lasker Award, the Oscar of the public health world, presented, incidentally, at the Opera House in San Francisco. To this day, at Appendix IV of the Big Book, you can read the full award citation, which describes A.A. as “a new instrument for social action; a new therapy based on the kinship of common suffering; one having a vast potential for the *myriad other ills of mankind*.” [emphasis added]. Should A.A. have a position on whether the Twelve Steps work for every malady? Are members of other programs welcome in A.A.? Many cite the long-term sobriety in A.A., the great number of meetings available and our institutional strength as support for the proposition that A.A.’s spiritual program should be available to all comers. When someone identifies at a meeting as “an addict” (of one sort or another) rather than “an alcoholic,” is A.A.’s singleness of purpose being violated?

Write to us at [thepoint@aaaf.org](mailto:thepoint@aaaf.org) if you have a perspective on this and let us know your thoughts and rationale. We would like to publish a range of views on this issue.



### 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.aaaf.org](http://www.aaaf.org).)



Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

Alejandro D.	Kevin S.
Andrew Z.	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.
Brian O.	Mabel T.
Bruce S.	Marit L.
C.J. H.	Mark A.
Carole K.	Mark O.
Caroline A.	Martha S.
Casey L.	Mary C.
Celia H.	Matt S.
Charles D.	Michael W.
Charlie O.	Michael Z.
Chris H.	Mily T.
Chris L.	Mike M.
Craig G.	Mike & Steffie M.
Chuck S.	Mitch R.
Dan & Sherry T.	Molly G.
David B.	Nancy W.
David J.	Pat P.
David P.	Patrick M.
David S.	Paul M.
Dennis & Lucy O.	Peg L.
Dick F.	Pene P.
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Jodie S.	Steve F.
John G.	Susan G.
John M.	Sylvia D.
John V.	Terry H.
Karen K.	Thomas H.
Kate R.	Tim M.
Kathleen C.	Tom M.
Kathryn M.	Tracy F.
Kathy M.	

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

# When Facebook Meets the Big Book

## Culture Clash?

by Chuck L.

My name is Chuck and I'm addicted to Facebook. I'll briefly qualify. A few years ago when My Space and Facebook were just starting to become popular, I dismissed them as fads for high school kids. Through email, I kept getting offers to join Facebook from several of my well-meaning friends. As an addict who doesn't like change and is always behind on trends involving technology or electronic devices, I would respectfully decline all invitations to join. I rationalized that I didn't want or need Facebook; more importantly, I wasn't as self-absorbed or self-important as those people who felt the need to broadcast every boring detail about their day.



Two years ago, when I wanted to promote a charitable cause, I took the plunge and begrudgingly joined Facebook (FB). Now with over 600 friends, from former high school friends to social acquaintances, I'm "in the club" and have become "one of them." I use and post on it almost every day.

No matter what your opinion is of FB or any social networking site, they are definitely here to stay. They have changed the way people communicate, stay in touch, promote causes and, some argue, stay sober. *Facebook?* Helping someone stay sober?

*Etiquette and boundaries are not what many people practice on FB.*

This may seem extreme, so I took an informal (in other words, statistically biased) informational survey – on FB of course!

Terry R., nearly two years sober, reports that he still feels new to recovery but was already internet savvy and active on FB. "I'm sort of shy and found it a good tool to improve fellowship. I've met a lot of people and this way I can keep the names straight with all the faces I've met in the program. I travel a lot and FB is a great way to stay in touch with people. We've had 'virtual' fellowship meetings."

Dalton H. points out how it's a great way to reach out to people after meetings and tell them he enjoyed what they said and possibly stay connected during the week.

Terry B. manages the Castro Country Club and created a FB group page for the Club with over 450 people signed up. He was surprised that there were no complaints or comments. The Country Club has a number of fundraisers, drag shows, anniversary watches, movies nights and garage sales. One of the potential problems that he sees is

that at events people take pictures and then photos become "tagged," a FB term that means the person is identified by first and last names. Of course, only members have access to the page, and "tagged" people may simply be supporting an event, not in a Twelve Step meeting. *However* . . . most things on FB, even with privacy settings on one's personal page, still can be accessible to anyone else's FB friends.

Mike M. argues that people put out anything and everything, including uncensored ranting and raving, forgetting the audience. Even something seemingly innocent – such as "See you at the 8pm meeting tonight!" – can open up a can of worms. Etiquette and boundaries are not what many people practice on FB. True story for me: a post on a FB friend's page, wanting to know who was going to the Leather & Kinks in Sobriety meeting on Friday night, showed up on my page; I do *not* need FB friends from high school knowing this about me at all!

So the discussion/debate on FB (and other networking sites) is far from over. Many cite the great advantage of posting late at night, feeling alone and isolated, considering drinking, and getting immediate support and feedback from FB. Terry B. adds that despite the potential threat of loss of anonymity, "We are a program of attraction and in this case, public information and visibility supports people, provides fellowship and in many cases helps people stay sober!"



# “Let’s Be Friendly with Our Friends”

## More on the International Convention

by Anonymous

Molly G.’s impressionistic style in her article on the International Convention in the August 2010 issue of *The Point* captured my experience of the event exactly. My first International Convention is a bit of a blur! The organizers of the event from our General Service Office created a wonderful program, from morning till night, with great opportunities to learn about A.A. service and for fellowship with 50,000 members from around the world. The sheer number of activities added to the excitement of the event, and that feeling of wanting to do “everything.”

Even with all the recovering members gathered

together, the chance to meet with and learn from the non-alcoholics who support A.A.’s primary purpose of carrying the A.A. message was definitely a highlight of the International Convention for me. In a May 1958 *Grapevine* article, “On the Alcoholism Front,”\* our fellowship’s co-founder, Bill W., discusses the importance of A.A.’s relationship to doctors, social workers and the clergy. Many times these professionals, on the frontlines of treating alcoholism, meet alcoholics before they have even heard of Alcoholics Anonymous and the solution that our fellowship offers.

While there, I had the privilege to spend time with our current General Service Board Chair, Reverend Ward Ewing and with Judge Rogelio Flores, a Superior Court Judge from Santa Barbara County who is also a

Class A Trustee on our General Service Board. Please note we are using full names here, as these are non-alcoholic professionals, not members of our fellowship, and anonymity is not an issue. To say that these gentlemen support Alcoholics Anonymous is an understatement. Both of them devote hundreds of hours of their time each year to serve the fellowship.

Rev. Ewing, who became a General Service Board Trustee in 2004, and Board Chair in 2009, became familiar with A.A. through members of his congregation in Kentucky. He has incorporated the Twelve Steps into

his own spiritual life. We had a chance to discuss issues related to A.A.’s future including A.A.’s response to developing technologies. How will new technologies (Kindle readers, eBooks) affect our books sales? For many years, our services have been supported by Seventh Tradition group contributions, supplemented through the sales of our literature, and lower book sales may affect our ability to provide the services needed to reach the alcoholic who still suffers. Beyond financial considerations, how do we make A.A. literature better available to a new generation of alcoholics who may be more comfortable with electronic media, and not the books and pamphlets we currently provide? These are challenges for the fellowship and the General Service Board alike.

Judge Rogelio Flores, a Trustee since 2007, has been a drug

court judge for the past nine years, but has been involved in recovery for the entire 24 years that he’s been on the bench. Judge Flores related one touching story of a “seemingly hopeless alcoholic” criminal who came through his court, and a year later proudly returned to present Judge Flores with his one-year sobriety medallion. Judge Flores says he offers A.A as an option to those that come before him in court because “Alcoholics Anonymous works” and in his experience helps to break the cycle of alcoholics returning to jail due to their alcoholism.

Many professionals participated in this year’s International Convention, including members of the clergy, doctors, and drug court judges, but it was a great privilege to spend time with Rev. Ewing and Judge Flores whose commitment to Alcoholics Anonymous has led them all the way to our General Service Board. The 2010 International Convention was a fantastic moment of unity for A.A. members from around the world, and an opportunity to realize that our unity extends to include non-alcoholics who help to carry the A.A. message.

\* Reprinted as GSO pamphlet, P-34, “Let’s Be Friendly With Our Friends” and in *Language of the Heart: Bill W.’s Grapevine Writings*, pages 184 – 190.



# the twelve traditions

## Tradition 10

by Charley D.

*Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

Adaptation – using a proven method for something new and different – makes for progress. There is nothing new under the sun. Everything derives from something that has gone before. Millions of sober alcoholics prove A.A.’s success. Why not use A.A.’s methods to cure other social ills – drug addiction, over-eating, sexual addiction, to name a few? After all, doesn’t the Twelfth Step itself suggest we “practice these principles in all our affairs?” A.A.’s emphasis on surrender, self-evaluation, and amends, all in conscious contact with a Higher Power, does seem to work for other forms of addiction. Witness the proliferation of twelve-step programs. Won’t it work for every form of addictive behavior?

A.A. resolutely turns its back on that question, declining entirely to join the debate. Its mission, pure and simple, is to help the individual who suffers from alcoholism. Others may try (and have tried) its methods on other maladies. Some of those who’ve tried are alcoholics who also suffer from one of those addictions – often drug

addiction. Does the A.A. method work for drug addiction? From the numbers of members who identify themselves at meetings as “an alcoholic and a drug addict,” it seems so. Here again A.A. takes no official position.

A.A. itself did not spring fully formed from the mind of Bill W. Like most great ideas, it too was an adaptation. The founders borrowed ideas earlier groups had implemented successfully and, just as importantly, decided to forsake aspects of those programs that caused their downfall. One persistent cause of failure was the tendency of groups, impressed by their own initial

*Its mission, pure and simple, is to help the individual who suffers from alcoholism.*



success, to attempt “to enforce upon the rest of mankind some millennium of their own specification.” For example, an earlier group – the Washingtoni-

ans – recognized that individual abstinence was the only path out of drunkenness for an alcoholic. They saw that an alcoholic can never “recover” and “drink like a gentleman.” Very little distance separates a commitment to individual abstinence from a temperance crusade. “If not drinking is good for me, it must be good for you too.” Having seen this temperance issue (not to mention abolition of slavery) tear apart the

Washingtonians, A.A.’s founders opted for a deliberately narrow-minded approach, steering clear of temperance and every other “cause.”


But then what of the Twelfth Step’s recommendation that alcoholics practice A.A.’s principles “in all our affairs”? Doesn’t that entail applying A.A. to outside issues? No. The focus of the steps – all twelve of them – is enabling an alcoholic to stay sober. They suggest how an individual can live a life free from the scourge of drinking addictively. Small wonder then that those alcoholics who are also, say, drug addicts find those

methods work for their other addiction and in “all their

affairs.” If those principles enable an alcoholic to live a day – just one day – free from alcohol, A.A. will count it a success. If they also mean, for that alcoholic, a freedom from drug addiction or any other form of addictive behavior, A.A. takes neither credit for nor even any interest in that, except to the extent it enables that alcoholic to live sober today.

It’s okay with me as an individual when one of my fellows at a meeting identifies as “an alcoholic and a drug addict” or even just “a drug addict.” That doesn’t mean A.A. should broaden its focus to drug addiction or any other form of human suffering. A.A.’s focus remains the key to its unity and its success. We need agree on only one thing: our desire to stay sober.



  
**Recent Deaths**  
Dennis C. — 40 years, Sinbar  
Sandy L. — 27 years, How Was Your Week?  
Stanley M. — 6 years, Light Brigade





## WEB COMMITTEE

by David S.

My initial exposure to Alcoholics Anonymous and the Twelve Steps was through a visit to the Intercounty Fellowship of Alcoholics Anonymous serving San Francisco and Marin's web site ([www.aasf.org](http://www.aasf.org)). After months of trying unsuccessfully to manage and control my drinking, I very reluctantly heeded my therapist's suggestion to stop drinking and start going to A.A. meetings. Lacking the humility to call Central Office, much less to actually ask someone for help, I turned to the Internet to research A.A. and found a beginners meeting. That was more than three years ago.

One thing that A.A. has taught me is that my experiences are rarely unique. For many people struggling with alcoholism, their first exposure to recovery, the Twelve Steps, and the new happiness and freedom a sober life can yield, comes via [www.aasf.org](http://www.aasf.org).

As Chair of the IFB Web Committee, I

now have the privilege to work with other committee members and Central Office staff to maintain our web site. The agenda for the Web Committee this year is pretty straightforward – to redesign the [aasf.org](http://aasf.org) web site serving San Francisco and Marin's Intercounty Fellowship.

Working (sometimes quickly and sometimes slowly) since the beginning of the year, the Web Committee is utilizing multi-phase development methodology that includes:

1. Information architecture analysis and graphic re-design
2. Prototype development
3. Production implementation
4. "Go live" with continuous quality improvement

The redesign of the site is being done by A.A. members and it brings together three distinct, but interdependent, skill sets, all working together: graphic design led by Eric C.

– the layout, look, and feel of the site; content architecture – what the site says and how it is organized; and development led by Michael P. – developing the computer code and configuring the databases so it all works together to produce one cohesive web site.

Earlier this year we completed a preliminary architecture analysis and some initial graphic designs for the site's landing page and secondary pages. We are now moving into the prototype development phase where we will concentrate on the design of user interfaces, content creation, and usability testing. We plan to use both analytical and empirical methods to evaluate and optimize the prototype design.

If you would like to get involved in the redesign of the web site as either a content writer and/or usability test participant, please e-mail us at [web@aasf.org](mailto:web@aasf.org).



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## A.A. IS LIKE A GPS

by David M.

I like to think of A.A. as a GPS. We all have the same destination, but start from a different location. We enter the "destination" into our "device": remaining sober for the next 24 hours,

and off we go! So, here we all are, going to the same place, but on different routes. Maybe a wrong turn is taken and what does the GPS say? "Recalculating," not "I'm leaving you on your own, stupid." Thank goodness.

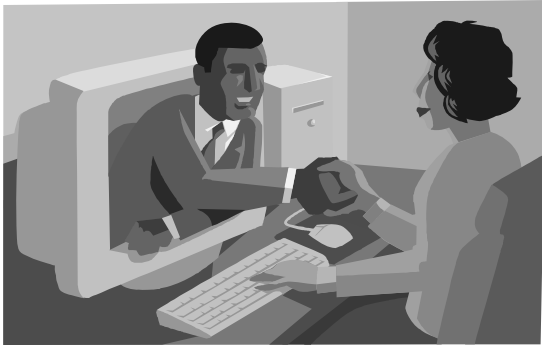


# Social Networking and A.A.

## What's the Party Line?

by Lisa C.

San Francisco General Service initiated a motion about the issue of Facebook and anonymity in A.A., heard at the August 7<sup>th</sup> Summer Assembly of California Northern Coastal Area 06 as area-wide business. It reads: "Discuss whether there is a need to take action or develop Conference-approved literature on the topic of anonymity and electronic media/social networking in the context of Traditions Eleven and Twelve." The hope is that the motion will make it to the General Service Conference in 2011 so that all of North America will be having this discussion. General Service Representative Heidi S. did a report on the issue. The following is an excerpt from her report:



"Anonymity is the spiritual foundation of all our traditions. And we remain anonymous at the level of press, radio and film. But what about websites, blogs and social networking? What about posting status updates and tagging photos on Facebook with A.A. stuff?" She goes on to talk about people posting things on her wall that blow her anonymity, for instance, "Will I see

you at the meeting?"

The General Service Office has issued Internet and electronic media guidelines [[http://www.aa.org/en\\_pdfs/mg-18\\_internet.pdf](http://www.aa.org/en_pdfs/mg-18_internet.pdf)]. It even covers social networking and says: "Experience suggests that it is in keeping with the Eleventh Tradition

*Perhaps young people will get more involved in General Service through this topic.*

not to disclose A.A. membership on social networking sites as well as on any other Web site, blog, electronic bulletin board, etc, that is not composed solely of A.A. members, is not password protected or is accessible to the public."

So we do have some guidelines to follow regarding Facebook and anonymity. Yet Heidi brings up an interesting point: "70% of A.A.s are older than 40, and 80% of Facebookers are younger than 40. Therefore, any sponsor over the age of 40 is statistically way, way less likely to have much experience with social networking compared to the experience of any sponsee younger than 40. Thus, our sponsors won't know how to share their experience, strength and hope about anonymity in social networking. . . . And likely relatively few of them know anything at all about the GSO Internet guidelines."

Heidi suggests that having the topic of Facebook and anonymity brought up at the North American General Service Conference will get the issue

talked about on a broader scale, as well as encourage people to learn more about it and to read the guidelines. It could also help people to be more careful in their online interactions. Perhaps young people will get more involved in General Service through this topic.

The issue was addressed at the International Convention

this year during the anonymity and Internet preamble that was read before every session and every meeting. It reminded people that if they were taking pictures of people at the conference (for example, a picture of a group of friends in the stadium where the conference was held), and then posting the pictures on Facebook, then it would be breaking people's anonymity.

Here are some important questions that Heidi posed in her report:

"If anonymity is the spiritual foundation of all our traditions, what happens if that foundation is unraveling in front of us? We must ask ourselves honestly – is anonymity still important? Do we still need it? How can we carry the message using the new ways of communicating while still protecting our spiritual foundation?"

This promises to be a hot topic within General Service and A.A. more broadly this coming year. Please join the conversation by telling your GSR what you think – or by becoming a GSR yourself.



# Living Under Two Labels

## How One Bipolar Alcoholic Does It

by Kate S.

The summer after I graduated from college I stopped drinking for five months, inspired by a spring semester filled with bruise-lined legs, forgotten conversations, and extreme guilt and self-hatred. The summer was productive, healthy and sane, and when I made plans to meet with an ex-professor of mine at a fancy hotel bar on the Upper East Side, it seemed perfectly natural to order a martini straight up, with an olive. I could not see the connection between the soundness

of my mind and the absence of alcohol from my life. My alcoholic

logic was pitch perfect, as always: by not drinking I had proved to myself that I could handle alcohol.

I drank for another ten years, and while I was willing to talk openly to my friends about what I referred to as my *problem with alcohol*, I was never willing to call it what it was: alcoholism. *Alcoholic* is an ugly word; when you are finally willing to admit that it describes what you are, saying it is the very sound of defeat. Since getting sober three years ago I've learned, the hard way, that life is about accepting the labels that apply to you without being limited by them. But I had no sooner accepted that I was an alcoholic than a new diagnosis appeared on the horizon: bipolar disorder type II.

The bipolar first revealed itself my senior year of high school. Although I

was on the honor roll at the boarding school I attended, and I had been granted early admission to an Ivy League university, something was seriously wrong. I spent whole afternoons in bed, weeping uncontrollably. I didn't know why I was crying, and I didn't know how to stop it. At some point, my house counselor told me that she thought I was manic-depressive, but I didn't believe her. As it turned out, her diagnosis was correct, but I wouldn't know that for nearly twenty years.

*Life is about accepting the labels that apply to you without being limited by them.*

of sobriety I went on four different antidepressants. The medication would work for three months, and then, literally on the first day of month four, I would be back in bed feeling like I wanted to die. Finally, in November 2008, my psychiatrist told me he thought I had bipolar disorder. I was not pleased with this diagnosis. To my way of thinking, I had gone from being someone who struggled with deep sadness to someone who was flat-out crazy.

The good news is that I no longer think of myself as crazy. The bad news is that dealing with bipolar disorder is really tough. I've been on seven medications in two years, and while I'm somewhat stable now, that could easily change. It's happened before. But despite moments of serious doubt – I fail to see how a divinity that loves

I was sure that getting sober would cure my depression, but in my first year



me could possibly intend for me to be this miserable this consistently – there is a part of me that believes that I will get better, and I let this belief guide my behavior. I keep putting one foot in front of the other.

The key, of course, is acceptance. I hate to say it, because it sounds so simple and obvious, but it's true. I often struggle with resentments against people who have what I want, and who seem to have a much easier time of it than I've had. That endless, pointless thinking always gets me in trouble, so I do what I can to fight it. Every night before bed I look out the window at the large apartment building across the way. Sometimes it's wreathed in fog, other times it's not. Either way, it is beautiful, and making time to recognize that brings me relief, even if it's only for a minute. That's one less moment of pain, one more moment of relief. I try to remember that.





Hello,

I am a high school student in Marin County. I am part of a three-part course where we take what we learn in History and English and turn it into a documentary film. This year the topic is “change.” We have researched A.A. and are very interested in making a documentary on the change you bring to everyone through your programs. We hope that you are interested. Thank you for your help and support.

High School Student

Dear HSS,

I am a volunteer in the Central Office of A.A. for San Francisco and Marin counties. I agree with you, A.A. has brought positive change into the lives of many men and women. One of the most important aspects of A.A. is its emphasis on anonymity. As I'm sure you recognize, it is a bit tricky to make a documentary when people must stay anonymous. It appears to me that you are asking for permission to film in A.A. meetings. Each meeting of A.A. is a separate group; there is not a central command post for A.A., so there is no such thing as getting permission for access from a governing body. Each meeting governs itself. To tell you the truth, I can't imagine an A.A. meeting permitting cameras.

One thing I can do is put you in touch with our Public Information

volunteers in Marin County. These good folks provide information about A.A. to outside organizations (like drunk driving classes and schools). I will forward this email to that person. In the meantime, I have enclosed the following letter A.A. has prepared when dealing with members of the press and which would apply in this situation, too.

E-volunteer

\*\*\*\*\*

March 2009

**ALCOHOLICS ANONYMOUS**

**A NOTE OF THANKS - A REQUEST FOR CONTINUED COOPERATION**

From time to time we write our public media friends to thank them for helping us observe our long-standing tradition of anonymity for members of Alcoholics Anonymous.

First, let us express our deep gratitude to you. From the beginning of A.A. in 1935, its members have recognized that word-of-mouth is not sufficient by itself to carry the program's message of hope and recovery to the many people still suffering from alcoholism. The public media has been a vital part of this effort, and today we estimate that there are more than 2 million successfully recovering members of Alcoholics Anonymous in more than 180 countries.

Second, we respectfully request that you continue to cooperate with us in maintaining the anonymity of A.A. members. The principle of anonymity is a basic tenet of our fellowship. Those who are reluctant to seek our help may overcome their fear if they are confident that their anonymity will be respected. In addition, and perhaps less understood, our tradition of anonymity acts as a restraint on A.A. members, reminding us that we are a program of principles, not personalities, and that no individual A.A. member may presume to act as a spokesman or leader of our fellowship. If an A.A. member is identified in the media, we ask that you please use first names only (e.g., Bob S. or Alice F.) and that you not use photographs or electronic images in which members' faces may be recognized.

Again, we thank you for your continued cooperation. Those who wish to know more about our fellowship are welcome to visit the “For the Media” section of AA.org. Our fellowship does not comment on matters of public controversy, but we are happy to provide information about A.A. to anyone who seeks it.

Sincerely,

Public Information Committee of Alcoholics Anonymous

# Meet THE MEETING

## Parent Trap and Second Chance

### Childcare for Alcoholic Parents

These are meetings that offer free childcare. There are times, after all, when a person just needs a meeting and the children can't be dropped off at the nearest mall. "This meeting saved my life," says Amanda M., who first spoke about the Parent Trap meetings. "Some people leave their children while they attend the meeting, and kick back a bit afterward just to chill out."

The taupe-colored fire station on Waller Street presently offers three meetings.

"The Parent Trap" on Mondays is at 12:30PM – purposely planned so that it falls in the gap before naptime and after lunch. It is an alternating speaker/literature meeting. "The Parent Trap 2" (on Wednesday at 4:30, *after* naptime) is speaker/discussion. "Second Chance" is at 2:15 on Thursdays and is a Big Book discussion meeting. A warning: these meetings can be crowded, so it's best to get there early, especially if there is paperwork to complete beforehand.

Meetings with childcare are a unique offering of the San Francisco Child Abuse Prevention Center, which also

houses the Talk Line Family Support Center. These meetings first sprouted in 1995, when a staff person who was also in recovery saw the need for them. The phrase "child abuse prevention" can be a bit off-putting, but the Center sees their role as one of availability to families who need them – wherever they are. They have been around for over thirty years, and although not a part of

*There are times, after all, when a person just needs a meeting and the children can't be dropped off at the nearest mall.*

A.A., they know that by supporting parents, they are also supporting children.

Getting there is relatively easy. Two-hour street parking is available, and you get in by ringing the doorbell. A voice will say, "Can I help you?" The answer "AA meeting" gets you in. Once inside there are a couple of meeting rooms. The largest is directly to the right. If you bring your children, there is a small amount of paperwork you'll need to complete. This is to provide the Center with information it needs to safely care for them, such as the child's name, date of birth, medications, allergies,

contact information and any other pertinent information. All information is kept strictly confidential. They also provide other resources, such as counseling for children and adults. The childcare providers all have either a background in child development or counseling, or are highly experienced. Another nice benefit: there are usually abundant pastries there for the taking. The day I attended there were loaves of various types of bread on every table and shelf. (The olive loaf was especially tasty).

Most of those who identify these meetings as their "home group" live locally and appreciate being able to walk to a community meeting. Carl D., one of the current secretaries, says he tries to make all three meetings at the Center. He likes the focus on adults in addition to the family atmosphere, since it emphasizes the fact that one doesn't have to be a parent to attend, just an alcoholic who wants to stop drinking.

*Parent Trap and Second Chance are located at 1757 Waller Street at Shrader. See [aasf.org](http://aasf.org) or your meeting schedule for a list of meeting times.*



## Scorpio (October 24 - November 21)

Drinking style: Don't ever tell Scorpios they've had enough, for they'll smirk at you and quietly but intentionally keep tipping till they're hog-whimpering drunk, out of 100-proof spite.

Scorpios like to drink, and screw you if you have a problem with that. Most of them see the sauce as something to savor in itself, and not as a personality-

altering tool - though if depressed, self-loathing Scorps seek total obliteration.

But generally, they're fascinating drinking pals, brilliant conversationalists and dizzying flirts. They also remember everything – especially what you did when you were blitzed. Only drink with a Scorpio who likes you.

# IFB meeting summary – September 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

3:30 Smokeless	Each Day a New Beg. (M-F)	High Noon Tuesday	Parent Trap 2	Sunday Rap	Valencia Smokefree
Attitude Adjustment	Each Day a New Beg. (Sun)	Huntington Square	Queers Crackpots & Fallen...	Sunset 9'ers (Sat.)	Walk of Shame
Back to Basics	Early Start	Join the Tribe	Reality Farm	Sunset 9'ers (Sun.)	Waterfront
Beginner's Meeting	Embarcadero Group	Keep It Simple	Saturday Easy Does It	Sunset Speaker Step	
Bernal New Day	Friday All Groups	Lush Lounge	Sesame Step	Ten Years After	General Service San Francisco
Blackie's Pleasure	High Noon Friday	Marina Discussion	SFPOA	They Stopped In Time	General Service San Mateo
Came to Park	High Noon Monday	Men's Gentle Touch	Sober 5150's	Thursday Thumpers	General Service Marin
Castro Discussion	High Noon Saturday	Miracles (Way) Off 24th St.	Some Are Sicker Than Others	Tiburon Haven Group	
Come 'N Get It	High Noon Sunday	Noon Smokeless	Steppin' Up	Tiburon Men's Stag	
Cow Hollow Men's	High Noon Thursday	On Awakening	Sunday Night Castro SD	Tuesday Newcomers	

This is an unofficial summary of the September 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 [aasf.org](http://aasf.org).

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 that individual groups cannot provide.

The monthly IFB meeting was held on Wednesday September 1, 2010 at St. Mark's Church, 1111 O'Farrell St., SF. Next month's meeting will be Wednesday, October 6, 2010 at 1187 Franklin St. in SF.

## Announcements:

**Access Committee:** The Access Committee has Assistive Listening Devices and is looking for AA members who live with a hearing loss who are willing to take responsibility for a multi-receiver/transmitter set to share with others at AA meetings they regularly attend. If interested email [access@aasf.org](mailto:access@aasf.org).

**Archives Committee:** Standing request: 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? The Archives Committee would also like to make an appeal to The Fellowship for material donations with regards to SF and Marin, especially older schedules.

**Central Office Volunteers:** Central Office has two or three open phone shifts. There is a one year sobriety requirement. Anyone interested can contact Peter during office hours.

**Trusted Servants Workshop Committee:** Our workshop on group Treasurer was well attended. Everyone enjoyed themselves and information was shared. Thank you to all who participated. Please see Ted R if you are interested in doing service for the next TSWC event.

## IFB Reports

**Chair Report:** Most attendees have used the new online IFB agenda process. This month, the link was accidentally sent to all IFB members, and resulted in one additional agenda item. The link will continue to be sent to all IFB reps.

**Volunteer Assessment:** How well are we using current volunteers? How can we best attract new volunteers? What outreach should we do to non-IFB members to serve? There are two categories of service: committee members and volunteers. Committee members generally attend committee meetings and are responsible

for the operations of the committee. Volunteers generally do not attend committee meetings and are assigned specific tasks, such as a Teleservice shift, setup at Founders' Day, or speaking at a DUI class. Most of the committees present have been successfully recruiting volunteers as needed.

**Treasurer's Report:** Total income for July was \$23,300, \$2800 better than our projected (budgeted) income of \$20,500. YTD through July 31, we have income of \$144,000 against projected income of \$118,000. Total expenses for July were \$16,300, \$1000 better than budgeted expenses of \$17,300. Total expenses YTD through July 31 are \$137,800, \$5200 more than our budgeted expense of \$132,600. YTD net income is \$8,000 more than our projected net loss of \$12,000. We have seen our contributions fluctuate somewhat throughout the year compared to our projections, but the trend for the past few months is that contributions have been consistently better than projected. Prudent reserve remains unchanged at \$121,000 (6 months projected operating expenses).

**Central Office Manager Report: GSO and Grapevine Surveys—Member Participation requested:** Our General Service Office and the 2010 Grapevine Conference Committee need input. GSO is conducting a survey to help determine how best to serve those interested in accessing A.A. literature and information electronically. There is a fillable PDF of the survey on our website. Completed surveys can be emailed to [delegate.p59@cna06.org](mailto:delegate.p59@cna06.org) or

# Individual Contributions

to Central Office were made through September 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, **Too Early:** John T. 32 years  
**Big Book Basics:** Martha S. 29 years, **Friday Night Book:** Sheila H. 29 years  
**Ten Years After:** Carlin H. 28 years, **Wits End Step Study:** Scott P. 4 years

printed out and snail mailed to Central Office. The Grapevine Conference Committee would like input on the Grapevine magazine. A downloadable survey is available on our website or you can take the survey online via this link: <http://www.surveymonkey.com/s/J3XVFSG>. Please complete each survey and encourage other A.A. members to do the same. In other news, we have two or three open phone shifts. There is a one year sobriety requirement. Anyone interested can contact Peter during office hours. We have heard that the SF Alano Club is not renewing its lease. They anticipate remaining at the Market St. location for some period of time; however, plans for the future are not clear. We would very much appreciate it if the groups that meet there keep us apprised of their status so we can keep the schedule current.

**Central Office Committee Report:** The C.O.C. held its annual retreat on August 21st, and put together our goals for the upcoming year. The C.O.C. has selected four goals this year: 1) Set up online contributions and literature sales, 2) Develop and implement ways to measure growth, 3) Review Employee Handbook and update where necessary, 4) Educate groups about self support. Also, noted the importance of attendance at the upcoming IFB-related events – Marin and SF Unity Days (Oct. 2 and November 13), and the Volunteer Appreciation Party (Nov. 6th). We're hoping IFB members will be involved at all of the events.

### Liaison Reports:

**San Mateo General Service:** Sept 5th is their anniversary party. Selling raffle tickets for Hawaii convention which includes air fare, lodging, etc.

**International Conference for Young People in Alcoholics Anonymous (ICYPAA):** Local delegates went to NY with a bid for the next conference; it will be in SF proper this year, for the first time in 20 years. Would like as much participation from people in SF. Pre-registration fliers available. Host committee elections will be Sunday 9/26/10, 12:00PM in Berkeley at Lutheran Church of the cross. 1744 University Ave., Berkeley.

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

**SF H&I:** Article in April issue of The Point discusses H&I changing their structure along structural lines of GSB and IFB by asking each SF group to elect an H&I rep in their group. This is currently being done in Marin and San Mateo. Requirements are to attend H&I business meeting each month at Old First Church each month. Ozanam commitment was her original commitment, orientation came later but was enlightening. Business Meeting starts at 8:00, with orientation at 7:15 on last Thursday of each month. Suggests that members make a brief announcement at group about what H&I does. Suggested sobriety for commitment is 6 months, and the term is 2 years.

**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](mailto:chair@aasf.org)

#### VICE CHAIR

Naim S. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### TREASURER

Dashiell T. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### RECORDING SECRETARY

Thayer W. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### CENTRAL OFFICE COMMITTEE

Margaret J. [coc@aasf.org](mailto:coc@aasf.org)

#### I2th STEP COMMITTEE

Needs Chair [I2thstep@aasf.org](mailto:I2thstep@aasf.org)

#### ARCHIVES COMMITTEE

Tracy F. [archives@aasf.org](mailto:archives@aasf.org)

#### ORIENTATION COMMITTEE

Ted R. [orientation@aasf.org](mailto:orientation@aasf.org)

#### FELLOWSHIP COMMITTEE

Virginia M. [fellowship@aasf.org](mailto:fellowship@aasf.org)

#### THE POINT

Charley D. [thepoint@aasf.org](mailto:thepoint@aasf.org)

#### ACCESS COMMITTEE

Muriel P. [access@aasf.org](mailto:access@aasf.org)

#### TRUSTED SERVANTS

#### WORKSHOP COMMITTEE

Ted R. [tsw@aasf.org](mailto:tsw@aasf.org)

#### WEBSITE COMMITTEE

David S. [website@aasf.org](mailto:website@aasf.org)

#### PI/CPC COMMITTEE

Glen R. [picpc@aasf.org](mailto:picpc@aasf.org)

#### SF TELESERVICE COMMITTEE

Seth H. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

# aa group contributions

Fellowship Contributions	July '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	\$ 174	
Contribution Box	\$ 573	
Deer Park Discovery Group	\$ 15	
From the Start to the Finish	\$ 120	
Gay & Lesbian Friday Nights	\$ 20	\$ 20
Gay Newcomers Group	\$ 20	
General Service District 11	\$ 19	
IFB	\$ 78	\$ 794
MCYPAA	\$ 250	
Pax West M 12pm	\$ 243	
San Francisco Young People in A.A.	\$ 800	
Serenity House	\$ 150	\$ 900
Sunset Group (Napa)	\$ 18	
<b>Fellowship Contributions</b>	<b>\$ 248</b>	<b>\$ 4,646</b>

Marin Contributions	July '10	YTD
12 & 12 Study Sa 815am	\$ 331	\$ 557
7am Urgent Care Group 7D 7am	\$ 500	
A Vision for You (Fairfax) Su 730pm	\$ 63	
Attitude Adjustment 7D 7am	\$ 70	\$ 1,465
Awakenings Sa 830am	\$ 86	
Awareness/Acceptance M 1030am	\$ 155	
Be Still AA Su 12pm	\$ 46	
Beginners & Closed Tu 7pm & 830pm	\$ 410	
Blackie's Pasture Sa 830pm	\$ 161	\$ 296
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	\$ 539	\$ 1,288
Day At A Time 7D 630am	\$ 702	
Downtown Mill Valley F 830pm	\$ 343	
Experience, Strength & Hope Sa 6pm	\$ 50	\$ 50
Four Horsemen Thu 7pm	\$ 25	
Freedom Finders F 830pm	\$ 321	
Friday Night Book F 830pm	\$ 68	\$ 247
Friday Night Gay Men's Stag F 830	\$ 96	
Girls Night Out W 815pm	\$ 125	
Gratitude Tu 8pm	\$ 276	\$ 700
Greenfield Newcomers Sun 7pm	\$ 790	
Happy Destiny F 7pm	\$ 83	
Happy Hour (Marin) Th 6pm	\$ 50	\$ 50
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	
Living in the Solution F 6pm	\$ 267	\$ 267
Marin City Groups 5D 630pm	\$ 90	\$ 278
Marin Young People F 830pm	\$ 30	
Mill Valley 7D 7am	\$ 854	\$ 2,218
Mill Valley Discussion W 830pm	\$ 142	\$ 361
Monday Blues M 630pm	\$ 432	
Monday Night Stag (Tiburon) 8pm	\$ 905	
Monday Night Women's M 8pm	\$ 169	\$ 501

Marin Contributions	July '10	YTD
Monday Nooners M 12pm	\$ 743	
Morning Attitude Adjustment MTuF	\$ 100	
Nativity Monday Night Big Book M	\$ 100	\$ 200
Newcomers Step M 730pm	\$ 307	
Noon Hope F 12pm	\$ 189	
Novato Basics Tu 8pm	\$ 350	
Novato Monday Stag M 8pm	\$ 300	
Off Broadway Book Th 730pm	\$ 6	\$ 6
On Awakening 7D 530am	\$ 525	
Pathfinders Tu 12pm	\$ 364	
Primary Purpose W 830pm	\$ 280	
Quitting Time MWF 530pm	\$ 100	\$ 100
Refugee Th 12pm	\$ 280	
Reveille 5D 7am	\$ 200	\$ 900
Rise N Shine Sun 10am	\$ 542	
San Geronimo Valley Book Study F	\$ 140	
San Geronimo Valley M 8pm	\$ 73	
Saturday Women's Speaker Sa 6pm	\$ 240	
Sausalito 12 Step Study Group	\$ 196	\$ 196
Serendipity Sa 11am	\$ 221	
Serenity Sun 6pm	\$ 71	\$ 71
Sisters In Sobriety Th 730pm (M)	\$ 55	\$ 55
Six O'Clock Sunset Th 6pm	\$ 188	\$ 466
Sober & Serene F 7pm	\$ 531	
Spiritual Testost. Sun Men's Stag Su	\$ 285	\$ 460
Steps to Freedom M 730pm	\$ 144	
Steps To The Solution W 715pm	\$ 93	\$ 304
Stinson Beach Fellowship Th 8pm	\$ 100	
Streeffighters Sa 9am	\$ 43	
Sunday Express Sun 6pm	\$ 350	
Sunday Friendship Sun 7pm	\$ 200	
Sunday Night Corte Madera Sun 8pm	\$ 200	
Sunlight of the Spirit Th 7pm	\$ 150	
T.G.I.F. F 6pm	\$ 309	\$ 309
Terra Linda Group Th 830pm	\$ 250	
The Fearless Searchers F 8pm	\$ 38	
There is a Solution Tu 6pm	\$ 33	\$ 199
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	\$ 60	
Unidentified Group	\$ 98	
We, Us and Ours M 650pm	\$ 60	\$ 260
Wednesday Night Candlelight W 8pm	\$ 296	
Wednesday Sundowners W 6pm	\$ 126	
What's It All About F 12pm	\$ 200	
Women For Women W 12pm	\$ 100	
Women on Monday M 7pm	\$ 85	
Women's Big Book Tu 1030am	\$ 605	
Women's Meeting Su 430pm	\$ 142	
Women's Step Study Group M 12pm	\$ 200	
Working Dogs W 1205pm	\$ 906	
<b>Marin Total</b>	<b>\$4,762</b>	<b>\$31,942</b>

San Francisco Contributions	July '10	YTD
10am Step Study M 10am	\$ 18	\$ 78
130 PM Dry Dock Fellowship 5D	\$ 50	
330 PM Dry Dock Fellowship 7D	\$ 50	

San Francisco Contributions	July '10	YTD
6am Dry Dock 7D	\$ 53	
6am Dry Dock Sa	\$ 165	
6am Dry Dock W	\$ 81	\$ 412
7am As Bill Sees It Fri	\$ 86	
7am Living Sober W 7am	\$ 71	
7am Smokeless Sa 7am	\$ 43	
7am Speaker Discussion Th 7am	\$ 211	
830am Smokeless F 830am	\$ 455	
A is for Alcohol Tu 6pm	\$ 30	\$ 53
A New Start F 830pm	\$ 680	
A Vision for You (SF) Su 630pm	\$ 100	
AA Step Study Su 6pm	\$ 57	
Acceptance Group M 530pm	\$ 101	
Afro American Beginners Sat 8pm	\$ 41	
Afro American F 8pm	\$ 35	
After Work M 6PM	\$ 120	\$ 180
All Together Now Th 8pm	\$ 38	
Alumni W 830pm	\$ 295	
Artists & Writers F 630pm	\$ 554	\$ 554
As Bill Sees It Sat 8pm	\$ 102	
As Bill Sees It Th 830pm	\$ 143	\$ 143
As Bill Sees It Tu 1210pm	\$ 73	
Ass in a Bag Th 830pm	\$ 478	
Be Still AA Su 12pm	\$ 256	
Beginner Big Book Step Th 630pm	\$ 77	
Beginners 12 x 12 F 7pm	\$ 720	
Beginners Meeting (Old Sutter St) Sat	\$ 706	
Beginners' Step Study Sat 630pm	\$ 434	
Beginner's Warmup W 6pm	\$ 45	
Bernal Big Book Sat 5pm	\$ 190	
Bernal New Day 7D	\$ 368	\$ 1,506
Big Book Basics F 8pm	\$ 298	
Big Book Beginners F 105pm	\$ 79	\$ 79
Big Book Study Su 1130am	\$ 276	
Blue Book Special Su 11am	\$ 217	
Buena Vista Breakfast Su 12pm	\$ 129	
Came To Believe Su 830am	\$ 183	
Came to Park Sat 7pm	\$ 553	
Castro Discussion (Show Of Shows)	\$ 415	
Castro Monday Big Book M 830pm	\$ 115	
Chips Ahoy Tu 12pm	\$ 106	
Closed Women Step Study Tu 330	\$ 139	\$ 139
Cocoanuts Su 9am	\$ 23	
Code Blue Big Book Study W 7pm	\$ 122	\$ 232
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	\$ 971	\$ 1,898
Each Day a New Beginning M 7am	\$ 541	
Each Day a New Beginning Th 7am	\$ 804	
Each Day a New Beginning Tu 7am	\$ 226	\$ 748
Each Day a New Beginning W 7am	\$ 299	
Early Start F 6pm	\$ 1,205	
Embarcadero Group 5D 1210pm	\$ 300	\$ 1,359
Eureka Step Tu 6pm	\$ 165	
Eureka Valley Topic M 6pm	\$ 577	
Excelsior "Scout" Free for All Sa 8pm	\$ 180	



San Francisco Contributions	July '10	YTD	San Francisco Contributions	July '10	YTD	San Francisco Contributions	July '10	YTD
Extreme Makeover M 730pm	\$ 76	\$ 169	Newcomers Tu 8pm	\$ 499	\$ 667	Sunrise Sunset Women's Step Th		\$ 236
Faith, Hope & Charity F 12pm	\$ 168	\$ 168	No Reservation M 12pm	\$ 407	\$ 1,103	Sunset 11'ers F	\$ 50	\$ 100
Federal Speaker Su 12pm		\$ 244	Noon Smokeless F 12pm		\$ 268	Sunset 11'ers Sa	\$ 340	\$ 397
Fell Street F 830pm	\$ 107	\$ 137	Noon Smokeless W 12pm		\$ 255	Sunset 11'ers W	\$ 120	\$ 204
Firefighters & Friends Tu 10am	\$ 143	\$ 588	Off Broadway Book Th 730pm		\$ 66	Sunset 9'ers M	\$ 30	\$ 72
Fireside Chat Group Th 8pm	\$ 204	\$ 204	One Liners Th 830pm	\$ 447	\$ 447	Sunset 9'ers Sa	\$ 78	\$ 78
Fireside Chat Group Tu 8pm		\$ 176	One, Two, Three, Go! W 1pm		\$ 10	Sunset 9'ers Su	\$ 11	\$ 571
Friday All Groups F 830pm	\$ 300	\$ 569	Our Morning Meditations Sa 715am		\$ 25	Sunset 9'ers Th		\$ 84
Friday Lunchtime Step F 12pm	\$ 111	\$ 222	Parkside Th 830pm		\$ 255	Sunset 9'ers Tu		\$ 2
Friday Smokeless F 830pm		\$ 195	Pax West M 12pm	\$ 650	\$ 650	Sunset 9'ers W	\$ 51	\$ 238
Friendly Circle Beginners Su 715pm		\$ 304	Pax West Th 12pm		\$ 443	Sunset Speaker Step Sun 730pm		\$ 219
Full Flight From Reality Sa 1230pm		\$ 129	Potrero Hill 12 x 12 M 630pm		\$ 67	Surf Tu 8pm	\$ 163	\$ 601
Gold Mine Group M 8pm		\$ 325	Queers, Crackpots & Fallen Women		\$ 180	Ten Years After Su 6pm	\$ 141	\$ 1,483
Haight Street Explorers Th 630pm	\$ 85	\$ 265	Rebound W 830pm		\$ 60	The 12 Schleppers Th 8pm		\$ 80
Happy Destiny Sa 630pm		\$ 38	RelapsesReboundsRetreads&Winners		\$ 84	The Lads Fr 730pm		\$ 100
Happy Hour Ladies Night F 530pm	\$ 108	\$ 136	Richmond Step Study M 730pm		\$ 86	The Parent Trap 2 Wed. 430pm	\$ 63	\$ 63
High Noon Friday 1215pm		\$ 508	Rigorous Honesty Th 1205pm		\$ 125	The Parent Trap M 1230pm		\$ 153
High Noon Saturday 1215pm		\$ 206	Room to Grow F 8pm		\$ 258	They Don't Know Who We Are Sat		\$ 225
High Noon Sunday 1215p		\$ 60	Rule 62 W 10pm		\$ 85	They Stopped In Time M 8pm		\$ 47
High Noon Thursday 1215pm	\$ 72	\$ 277	Saturday Beginners Sat 6pm	\$ 372	\$ 372	Thursday Morning Men's BB Study		\$ 575
High Noon Tuesday 1215pm	\$ 38	\$ 756	Saturday Easy Does It Sa 12pm	\$ 466	\$ 466	Thursday Night Women's Th 630pm		\$ 318
High Noon Wednesday 1215pm		\$ 210	Saturday Night Regroup Sat 730pm		\$ 743	Too Early Sat 8am	\$ 146	\$ 1,564
Hilldwellers M 8pm		\$ 325	Say Hey Group M, Tu, F 6pm		\$ 242	Trudgers Discussion Su 7pm	\$ 180	\$ 180
How Was Your Week? Sa 10am		\$ 1,344	Second Chance Th 215pm		\$ 28	Tuesday Big Book Study Tu 6pm		\$ 120
Huntington Square W 630pm		\$ 334	Serenity House		\$ 150	Tuesday Downtown Tu 8pm		\$ 64
Join the Tribe Tu 7pm	\$ 335	\$ 335	Serenity in the Park W 7pm		\$ 66	Tuesday Men's Pax Tu 12pm		\$ 384
Joys of Recovery Tu 8pm		\$ 29	Serenity Seekers M 730pm		\$ 226	Tuesday Night Step Tu 7pm		\$ 22
Just Alkies F 7pm	\$ 50	\$ 125	Sesame Step Tu 730pm		\$ 108	Tuesday's Daily Reflections Tu 7am	\$ 247	\$ 247
Keep Coming Back Sa 11am		\$ 332	Shamrocks & Serenity M 730pm		\$ 586	Twelve Steps to Happiness F 730pm	\$ 71	\$ 71
Light Brigade Discussion Su 7pm	\$ 73	\$ 193	Sin Ru 830pm	\$ 70	\$ 264	Unidentified Group		\$ 61
Like A Prayer Su 4pm		\$ 100	Sisters Circle Su 6pm		\$ 162	Valencia Smokefree F 6pm	\$ 119	\$ 325
Lincoln Park Sat 830pm		\$ 92	Sober Across the Board M-Sa 830am		\$ 133	Veterans' Coffee Break W 1030am		\$ 9
Live and Let Live Su 8pm		\$ 574	Sober at State MW 1210pm		\$ 15	Walk of Shame W 8pm		\$ 159
Living Proof Th 630pm		\$ 49	Sobriety & Beyond W 7pm	\$ 90	\$ 90	Waterfront Sun 8pm	\$ 133	\$ 616
Living Sober W 8pm	\$ 109	\$ 415	Sometimes Slowly Sa 11am		\$ 531	We Care Tu 12pm	\$ 105	\$ 361
Living Sober with HIV W 6pm		\$ 139	Sought to Improve Th 730pm		\$ 60	Wednesday Morning Men's Mtg W		\$ 146
Luke's Group W 7pm	\$ 75	\$ 135	Sp Founded Prog Of Action (SFPOA)	\$ 212	\$ 637	West Portal W 8pm	\$ 200	\$ 315
Luke's Group W 8pm		\$ 70	Step Talk Su 830am		\$ 588	Wharfrats Th 815pm	\$ 104	\$ 192
Lush Lounge Sa 2pm		\$ 205	Steppin' Up Tu 630pm		\$ 214	What It's Like Now M 6pm		\$ 92
Meeting Place Noon F 12pm	\$ 228	\$ 402	Stepping Out Sat 6pm		\$ 154	Wits End Step Study Tu 8pm	\$ 94	\$ 94
Meeting Place Noon W 12pm	\$ 256	\$ 356	Stonestown M 8pm		\$ 100	Women Living Sober Sa 10am		\$ 180
Mid-Morning Support Su 1030am	\$ 325	\$ 833	Straight Jackets Th 9am		\$ 26	Women Who Drank Too Much Tu		\$ 22
Midnight Meditation Sat 12am		\$ 62	Sunday Bookworms Sun 730pm		\$ 120	Women's 10 Years Plus Th 615pm	\$ 415	\$ 521
Miracle (Way) Off 24th St W 730pm	\$ 172	\$ 268	Sunday Morning Gay Men's Stag	\$ 614	\$ 1,149	Women's Kitchen Table Group Tu	\$ 39	\$ 556
Mission Terrace W 8pm		\$ 60	Sunday Night 3rd Step Group 5pm	\$ 88	\$ 1,014	Women's Meeting There's a Solution	\$ 142	\$ 552
Monday Beginners M 8pm		\$ 400	Sunday Night Castro Speaker Disc	\$ 134	\$ 134	Women's Promises F 7pm		\$ 492
Monday Men's Meeting M 8pm	\$ 110	\$ 485	Sunday Night Castro Speaker Disc		\$ 431	Work In Progress Sat 7pm		\$ 613
Monday Monday M 1215pm		\$ 171	Sunday Rap Sun 8pm		\$ 360	YAHOO Step Sa 1130am	\$ 197	\$ 337
Moving Toward Serenity W 830pm	\$ 376	\$ 376	Sunday Silence Su 730pm		\$ 50	<b>San Francisco Total</b>	<b>\$ 14,058</b>	<b>\$ 63,571</b>
New Life W 7pm	\$ 100	\$ 295	Sundown W 7pm		\$ 422	<b>Total Contributions</b>	<b>\$ 19,068</b>	<b>\$ 100,159</b>

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# profit and loss statement: July 2010

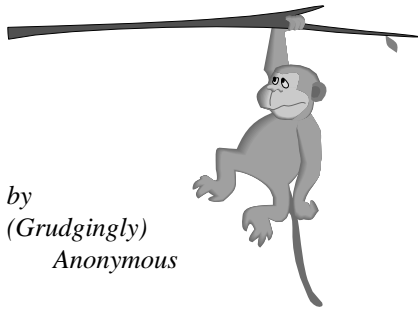
	Jul 10	Budget	Jan-Jul 10	Budget		Jul 10	Budget	Jan-Jul 10	Budget
Ordinary Income/Expense					Computer Consulting	150		375	562
Income					Total Professional Fees	\$150		\$375	\$562
Contributions from Groups					Bank Charges	13		15	
Group Contributions	19068	16541	99680	86239	Postage				
Honors	0		379		Non-Bulk Postage	0		188	126
Contributions from Groups - Other	0		100		Bulk Mail	231		431	492
Total Contributions from Groups	\$19,068	\$16,541	\$100,159	\$86,239	Total Postage	\$231		\$619	\$618
Contributions from Individuals					Rent - Office	4493	4493	31452	31451
Individual - Unrestricted	151	403	8651	3960	Rent - Other	0		450	450
Faithful Fiver	975	771	7326	5822	Access Expenses	104	666	1859	4662
Honorary Contributions	247	95	3061	1282	IFB Literature				
Total Contributions from Individuals	\$1,373	\$1,269	\$19,038	\$11,064	Sunshine Club	0		0	180
Gratitude Month					IFB Literature - Other	0		56	
Gratitude Month - Groups	10		3998		Total IFB Literature	\$0		\$56	\$180
Gratitude Month - Individual	0		200		PI/CPC	0		70	360
Gratitude Month - Other	0		0	3139	Filing/Fees	0		0	118
Total Gratitude Month	\$10		\$4,198	\$3,139	Insurance	0		1740	901
Sales - Bookstore	9531	9290	65750	62456	Internet Expense	63	119	704	833
Newsletter Subscript.	11	59	225	302	Office Supplies	263	170	1704	1190
Total Income	\$29,992	\$27,159	\$189,369	\$163,200	Paper Purchased	220	208	1887	1456
Cost of Goods Sold					Software Purchased	0		0	192
Cost of Books Sold - Shipping	12	16	246	167	Shipping	-268	21	-219	147
Cost of Books Sold	6431	6410	43359	43095	Equipment Lease	0		3123	3092
Credit Card Processing Fees	249	238	1955	1599	Repair & Maintenance	262	226	1728	1825
Total COGS	\$6,691	\$6,664	\$45,561	\$44,861	Security System	0		236	202
Gross Profit	\$23,301	\$20,495	\$143,809	\$118,339	Payroll Expenses	4	5	29	35
Expense					Telephone	0	256	1720	1792
Inventory Adjustments	0		-192		Phone Book Listings	0	84	606	588
Sunshine Club	0	500	20	638	Travel	421	22	446	22
Archives Committee	140		140		Training	0		0	20
IFB Sponsored Events	-177	-922	834	1025	Bad Checks	0		7	12
Reconciliation Discrepancies	0		-179		Miscellaneous Expense	0		0	
Employee Expenses					Total Expense	\$16,369	\$17,310	\$137,382	\$132,583
Deferred comp expense	0		9158		Net Ordinary Income	\$6,932	\$3,185	\$6,427	-\$14,244
Wages & Salaries	9158	9403	63399	64683	Other Income/Expense				
Employer Tax Expenses	743	776	6352	6548	Other Income				
Health Benefits	548	1283	9242	8981	Interest Income	\$233	\$271	\$1,621	\$1,897
Total Employee Expenses	\$10,449	\$11,462	\$88,151	\$80,212	Total Other Income	\$233	\$271	\$1,621	\$1,897
Professional Fees					Net Other Income	\$233	\$271	\$1,621	\$1,897
					Net Income	\$7,165	\$3,456	\$8,047	-\$12,347

**Central Office, 1821 Sacramento St., San Francisco, CA 94109**

**Write to THE POINT! — The Point Committee values your input**

**Or e-mail us at: [thepoint@aasf.org](mailto:thepoint@aasf.org)**

# The Twelve Steps of Non-recovery



by  
(Grudgingly)  
Anonymous

1. We admitted we were powerless over nothing and no one, and that we would manage our lives perfectly and everyone else's too.
2. Came to believe there was no power greater than us and the rest of the world was insane.
3. Made a decision to have our loved ones and friends turn their will and their lives over to our care.

4. Made a searching moral and immoral inventory of everyone we knew.
5. Admitted to the whole world the exact nature of everyone else's wrongs.
6. Were entirely ready to make others straighten up and do right.
7. Demanded others to either shape up or ship out.
8. Made a list of all persons who had harmed us and became willing to go to any length to get even with them all.
9. Got direct revenge on such people whenever possible, except when to do so would cost us our lives, or at the very least a jail sentence.

10. Continued to take inventory of others, and when they were wrong promptly and repeatedly told them about it and made them admit it.
11. Sought through prayer, medication, complaining and nagging to improve our relations with others as we couldn't understand them, asking only that they knuckle under and just f\*\*\*ing do it our way already.
12. Having had a complete physical, emotional and spiritual breakdown as a result of these steps, we promptly got into a relationship, blamed it on others and tried to get sympathy and pity in all of our affairs.



## Is Cross-Talk A Ritual?

by Lucy J.

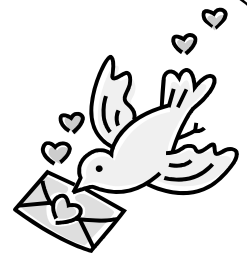
Last Sunday, I went to a meeting where the woman secretary had 24 years sober and talked in detail about her child sexual abuse experience, but never talked about recovery. Then, when the meeting was open to discussion, the others shared about how important it was to talk about specifics like that. I try to only go to meetings where steps, recovery and the Big Book are discussed. Some meetings get off into tangents about boundaries and their inner child. I avoid those meetings like the plague.

I go to another weekly discussion-only meeting. It's different because

you can cross-talk. This really leads to some beautiful discussions and it's one of my favorite meetings. I feel we're able to offer good advice to newcomers, and I find myself talking about things that I don't talk about at other meetings. It becomes very intimate.



Letters



to the Editor

Dear Editor,

I just got a copy of the September issue of *The Point*.

It is excellent. I really love all the graphics and illustrations.

PLUS I really love the editing job someone did on my story, "When Twins Fly Away."

I would like to hire them for when I write my book!

Kathleen C.

# October 2010

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