

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2010 **11**
November

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

1821 Sacramento Street

San Francisco, CA 94109-3528

San Francisco (415) 674-1821

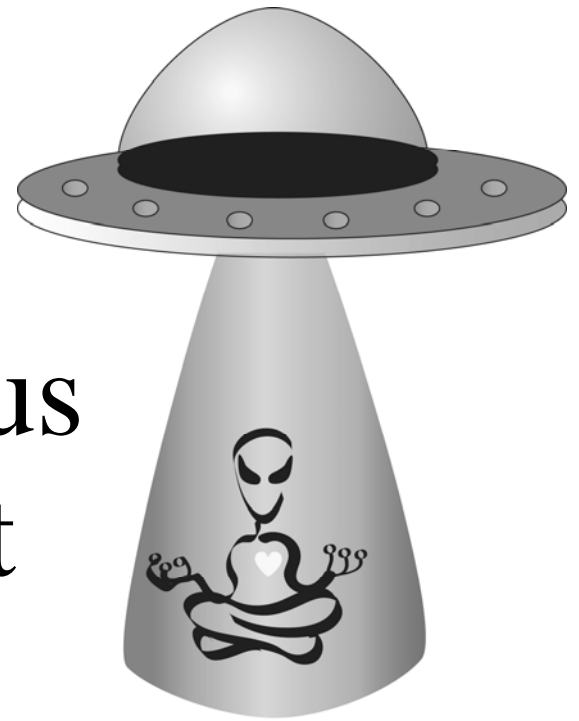
Marin (415) 499-0400

Fax (415) 674-1801

www.aasf.org

thepoint@aasf.org

Conscious Contact



Close Encounters of the 11th Step Kind

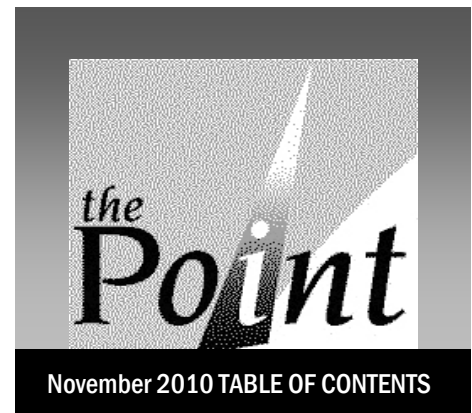
-
- 6** The New Author
 - 7** Lingering Anger
 - 10** Changing the Landscape
 - 11** When the Bridge Beckoned

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.

November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2 <u>FIRST TUE</u> Access Committee Central Office 6pm	3 <u>FIRST WED</u> Intercounty Fellowship Board Annual Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
7	8 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	9 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 6:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm	10 <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
14	15 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	16 <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	17
21 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	22	23 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	24
28	29	30	

THURSDAY	FRIDAY	SATURDAY
4	5	6 CNCA Fall Assembly See Secretary Insert or go to www.aasf.org for information
11 Holiday Central Office Closed	12	13 San Francisco Unity Day See flyer page 4
18 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm Please send any ?'s you have about group service to tsw@aasf.org	19	20
25 Thanksgiving Holiday Central Office Closed	26	27 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma 12:30pm



F.Y.I.

Calendar	2
Meeting Changes	4

DEPARTMENTS

From the Editor	5
Tradition Eleven	8
Survey of Service	9
Help@aasf.org	12
Meet the Meeting	13

BUSINESS

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

Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate was sufficient to make the approach and to effect a contact with Him.

Alcoholics Anonymous, Pg. 46



Meeting Changes

New Meeting:

Mon-Fri	9:00am	Cathedral Hill	COFFEE WITH BILL, Cafe, 842 Geary St/Hyde St (SD)
Mon-Fri	12:00pm	Cathedral Hill	LUNCH WITH BILL, Cafe, 842 Geary St/Hyde St (SD)
Mon-Fri	6:00pm	Cathedral Hill	DINNER WITH BILL, Cafe, 842 Geary St/Hyde St (SD)
Thu	6:30am	Financial	THURSDAY DOWNTOWN, Church, 566 Bush St/Grant St (BK, DI, WH)

No Longer Meeting:

Mon-Sat	8:30am	Tenderloin	SOBER ACROSS THE BOARD, 160 Eddy St/Mason St
Sun	5:00pm	San Rafael	FIRESIDE 3RD STEP MEETING, 424 Mission Ave/Mary St
Tue	6:30pm	Novato	TUESDAY TWELVE STEP, 1180 Lynwood Dr/Midway Blvd (Looking for New Location)
Fri	12:00pm	Hayes Valley	BIG BOOK MINI-MEETING, S.F. Alano Club, 1748 Market St/Octavia St.
Sat	12:00pm	San Rafael	CLIMBING OUT THE GUTTER, 424 Mission Ave/Mary St

Please Note: Central Office occasionally receives reports that meetings listed in our schedules are not there. Sometimes these reports turn out to be mistaken—and sometimes not. If you know *anything* about a meeting that has disbanded, please call the Central Office immediately: (415) 674-1821. *Thanks for your help in keeping the schedule accurate!*



San Francisco General Service & Intercounty Fellowship Board

Presents

UNITY DAY 2010

November 13, 2010 10am–4pm

St. Mark's Urban Life Center—San Francisco, CA
1101 O'Farrell Street (at Franklin)

(Public transit: accessible by the 38 Geary bus line.)

Join us for a full day of food & fellowship and
learn how to connect with service committees in your area



Persons requiring reasonable accommodations,
including sign language interpreters, assistive listening devices or
print materials in alternative formats should
contact the SF/Marin County Central Office at (415) 674 - 1821
no later than November 6, 2010.



Alcoholics Anonymous Mission Fellowship



Thanksgiving Day Alcothon

AA Meetings every even hour

First Meeting Starts at 8am

Last Meeting Starts at 10pm

(All day open snack table; Please
bring your favorites to share with others.)

2900 24th Street @ Florida, San Francisco



This month, we look at practicing Step Eleven, “Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

Ah, the God thing. In A.A. meetings and elsewhere, we often hear how mention of God in the program is a huge stumbling block. To many, God conflates with either childhood exposure to guilt-laden religion or personal experience with self-appointed protectors of societal shibboleths (“wrong clothes,” for example, or “wrong sexuality”). Early A.A. struggled with the stumbling block notion, too, and added “as we understood Him” as a modifier to soften the requirement for surrender to something outside our paramount selves.

For someone like me when I came into the program – supremely rational, not “encumbered” by religion (except for drinking religiously every day) – the God thing presented quite a challenge. Hadn’t I put away childish things like supernatural deities, when I left

home and moved thousands of miles away? Maybe, like me, becoming acquainted with God or a Higher Power required you to suck up your certainty about how the world works and get humble about knowing it all. Others have never faltered in a belief in God, but struggle with other aspects of conscious contact.

So take a look at the varieties of spiritual experience in this issue – “A New Author” on page 6, “Changing the Landscape” on page 10, and “When the Bridge Beckoned” on page 11. Also, there is a light-hearted look at a pesky character defect on page 7 (“Lingering Anger”) and our usual features, Meet the Meeting, Tradition Eleven, and Survey of Service (did you even know we *have* an Outreach Committee?).

Finally, I regret to announce that Chuck L. is leaving *The Point* committee due to competing demands on his time. He is a spark plug of energy and ideas, and we are fortunate to retain his considerable writing aptitude in our stable of contributors. Thank you, Chuck, for your efforts on the committee, and good luck in your latest endeavors.



The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

(This is a summary; for the full editorial policy, please go to www.aasf.org.)



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

Alejandro D.	Kevin S.
Andrea C.	Kristina F.
Andrew Z.	Kurt P.
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.
Carole K.	Mabel T.
Caroline A.	Marit L.
Casey L.	Mark A.
Celia H.	Mark O.
Charles D.	Martha S.
Charlie O.	Mary C.
Chris H.	Maryellen C.
Chris L.	Matt S.
Craig G.	Michael P.
Dan & Sherry T.	Michael W.
David J.	Michael Z.
David P.	Mily T.
David S.	Mike M.
Dennis & Lucy O.	Mike & Steffie M.
Dick F.	Mitch R.
Ed H.	Molly G.
Eileen M.	Nancy W.
Eric P.	Pat P.
Evan K.	Patrick M.
Fay K.	Paul M.
Frances L.	Peg L.
Gloria G.	Pene P.
James M.	Penelope & Robert
James W.	Phyllis S.
Jane K.	Ralph A.
Janet B.	Ralph P.
Jeanne C.	Rick H.
Jeff B.	Ron H.
Jodie S.	Sara D.
John G.	Scott C.
John M.	Sheila H.
John V.	Steve A.
Karen C.	Steve F.
Karen K.	Susan G.
Kate R.	Terry H.
Kathleen C.	Thomas H.
Kathryn M.	Tim M.
Kathy M.	Tracy F.

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

The New Author

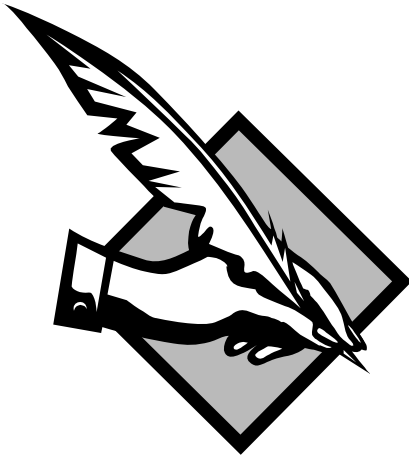
Meeting God on the Page

by Kristen E.

When I was 18 years old, I sat in my college dorm room one night with a razor blade held to my wrist. Earlier that year, I had been diagnosed with bipolar depression, put on a cocktail of medications, and sent off to college with instructions not to drink while I was on them. Like any good alcoholic, I dismissed those instructions almost before my doctor was done delivering them.

As I prepared myself to make the cut, I heard a voice. It was in my head, not something I heard outside myself. It sounded like me, but somehow it wasn't me.

"You can't die," it said. "You have something you are supposed to do here." It said a few more things to me, and then it stopped. In every silent syllable I heard, there was



love: love for me that I was not capable of giving to myself, love I had never before experienced.

I got off my bed and put my razor blade away, and the next day I got help.

The help I got at that time was temporary. I continued to struggle with depression – and continued to attempt to drink my way out of it – for another 17 years. Finally, at the age of 36, I found two things: one was the courage I needed to begin to take my writing seriously. The other was Alcoholics Anonymous.

As my sober months in A.A. marched on, I struggled with the concept that

it was as if someone had grabbed the pen from my hand and begun writing with it

a Higher Power – particularly the male, Christian one named "God" that the Big Book seemed to reference in only a thinly veiled way – was supposed to be the solution to all my problems. I listened to people in meetings say things like, "Reliance on my Higher Power has saved my life," and I both envied them and pitied them.

Then one day, when I had about six months sober, I was venting about my problems in my journal. Suddenly it was as if someone had grabbed the pen from my hand and begun writing with it. The new author began to comment on what I had written, and answered certain questions I had about what was going on in my life.

I took the pen back. "Who are you?" I wrote.

And it answered: *I am God and I am not God. I am your conception of God and I am not such a thing. I am both created by you and I create you. I am. And you find it hard to understand that. You will not*

understand me with your mind, but you are capable of understanding me with your heart....

Over the last four years, "it" has continued to speak/write to me. It does not always tell me what I want to hear. Sometimes, in fact, the advice is maddeningly simple: "Sit still," it says, when what I want is an exact roadmap of the future. When I am hopeless, it speaks to me of faith.

When I struggle, it speaks to me of surrender. When I feel useless, it speaks to me of purpose. When I

feel lost and abandoned, it says, *I am here. I am always and only here.*

Recently, while I was standing at the sink doing the dishes, I found myself suddenly covered in goose bumps. In that moment I knew, unmistakably, that the voice that had been writing to me in my sobriety was the same voice that had spoken to me all those years ago when I was on the verge of suicide.

I've also come to understand that this relationship with my Higher Power – that's as good a name for it as any – is a *two-way* relationship. I have to do my part. If I don't ask, I don't receive. If I don't listen, I won't hear. If I assume I already know the answer, I can't be given the answer I don't know.

I have no idea *what* this "Higher Power" is, or if any name will ever accurately describe it. But I *do* know that the more I listen to what that voice tells me, the happier and more peaceful I become.



Lingering Anger

You Make Me So Damned Entirely Willing

by Suzan C.

Eskimos speaking Yupik have 32 words to describe the occurrence or quality of snow. How many words do Americans have for being angry? Well, for starters, we have: acrimonious, angry, affronted, annoyed, antagonized, bitter, chafed, choleric, convulsed, cross, displeased, enraged, exasperated, ferocious, fierce, fiery, fuming, furious, galled, hateful, heated, hostile, hot, huffy, ill-tempered, impassioned, incensed, indignant, inflamed, infuriated, irascible, irate,



ireful, irritable, irritated, livid, maddened, nettled, offended, outraged, perturbed, petulant, piqued, pissed, provoked, raging, resentful, riled, sore, splenetic, storming, sulky, sullen, tumultuous, turbulent, uptight, vexed, wrathful and the ever-popular “bent out of shape.”

It is no wonder that “anger issues” are some of the most common character defects that alcoholics

discover when they start examining their lives. The Twelve and Twelve (at page 90) says that alcoholics have a unique relationship with anger: “Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely.” Throughout A.A. literature and within the fellowship, there is a clear message that alcoholics cannot engage in controlled anger any more than they can engage in controlled drinking. Both are poison.

So much of American pop psychology tells us that we need to “make friends with our anger” or “release it in healthy ways.” I once went to a

*Five years into sobriety,
most people had no idea I detested them.*

writing retreat in a small town in Sonoma. The conference center and dormitories were dotted among large shady oaks along a cheerful ambling creek. That weekend, there were two gatherings at the center. One was my writing workshop. The other was an anger therapy group. I learned to walk on the far southern portion of the grounds. On the north side, as I walked past the buildings, I heard the most blood-curdling, hair-electrifying screams and curses I have ever encountered. I am sure these people went home hoarse and perhaps deaf. But less angry?

In early sobriety, I was angry pretty much all the time. I no longer had the magical balm of alcohol to smooth over my prickly personality. I was seeing a psychologist who specialized in recovery. She said, “You might find that you are experiencing some

anger.” I said, “Oh, like wanting to remove people from their driver side windows by their shirts and slam their heads into the pavement?”

Three years into sobriety it was somewhat better. I had hardly become the Dalai Lama, but I was not berating strangers or verbally assaulting my husband, at least in public. Five years into sobriety, most people had no idea I detested them. I was like Ted Bundy in a skirt – very charming. But, if there were anything that made me feel that A.A. owed me a partial tuition refund, it was the lingering anger. It really pissed me off.

I began to ask my sponsor, and other friends in the program, “Why am I still angry? I’ve done all the steps, especially being willing on this anger thing, and I have prayed my ass off, and I’ve still got it.” They would nod politely and say, “Time takes time” or “God still needs you to have this defect.” Really, why is that? Does he want to maintain order on public transportation so he needs me to ride the 5 Fulton for him? But I waited, and waited. Finally, about seven years into sobriety, the anger was lifted. Of course, if someone blocks my driveway or a bike messenger pounds the hood of my car, I might get a tad ruffled. After all, the Big Book tells me I am not among the “more balanced people” in this world. Besides, what’s it to ya?



by Charley D.

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

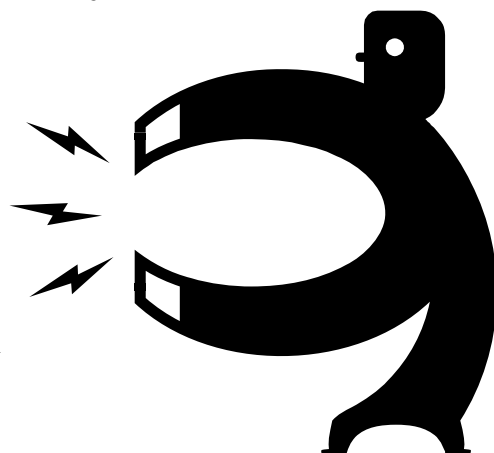
At the train station every morning on the way to work, I run a gauntlet of smiling, well-dressed missionaries flaunting pamphlets and brochures. They'll shove them into the hand of any patron who lingers in passing for even a fraction of a second. Stopping once to check my watch, I ended up with a collection of doom-saying, scripture-thumping bumpf that made for an amusing train ride. As I read, I kept thinking, "Can they really believe what they're selling?" I confess I dislike "salesmanship" in all its manifestations. The religious variety rankles me the most. Tradition Eleven therefore comes easily to me: I don't like selling and I don't like being sold.

Even I can't deny that salesmanship works. They say, "If you've got a better mousetrap, the world will beat a path to your door." Maybe that's true sometimes. Most of the time, though, the mousetrap-improver has to sell the world on the value of the innovation. The history of business shows, time and again, that the inventor gets little or nothing, while the promoter, who knows how to sell the idea, gets rich. So if salesmanship works and if, as Tradition Five states, our purpose is to carry A.A.'s message to the alcoholic who still suffers, why not "sell" A.A. to suffering alcoholics? Although some like me may find selling of any kind distasteful, what's wrong with a little promotion? If it helps even

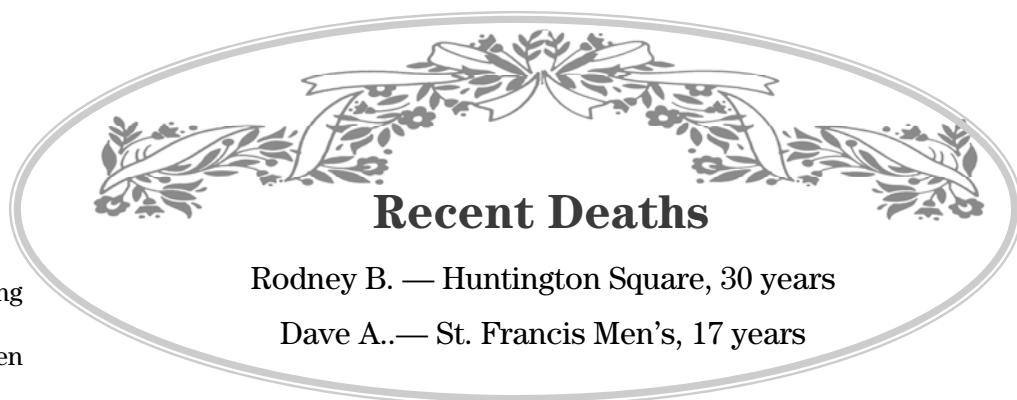
one alcoholic who wouldn't otherwise get the message, wouldn't it be worth it?

Even if the "promotional" approach might reach some alcoholics, it would leave many more, including this one, completely cold. I didn't need to be "sold" on the need to stop drinking. I'd vacillate between trying to stop through sheer will power and telling myself I didn't really have a problem. Sometimes, I think I entertained both notions simultaneously. But whenever someone tried to "sell" me on my need to stop drinking, I always chose the path of denial. And when I finally found A.A., I didn't need anyone to sell me on the program. I could tell I'd found what I needed. From that first meeting, I've found A.A. powerfully attractive.

It's not as if attraction is some aberrant, untried way of "selling." Example can be a powerful – maybe the *most* powerful – "sales" tool. How often do we purchase something – an automobile, entrée at a restaurant, or pair of shoes – because a friend has tried and recommended the item highly? In an earlier, perhaps less sensitive era, the proud, but now defunct Packard Motor Company sold



millions of cars with the slogan, "Ask the man who owns one." Today, an insurer urges prospective customers to talk to their neighbors in deciding which auto policy to buy. It so happens this is the nation's largest auto insurer, making it more likely the prospective customer's neighbor will already be a policy holder. What does A.A. say? "If you have decided you want what we have and are prepared to go to any length to get it, then you are prepared to take certain steps." (p. 58, *Alcoholics Anonymous*) Twelve steps, to be exact. The key is for the suffering alcoholic to *see* and *want*. Pitching, promoting, or haranguing won't make that happen with most alcoholics. They have to experience it themselves to feel the powerful attractive force of a free and happy sober life. **AP**





by Julio B.

Last year, the IFB took a group inventory. Among the questions posed were, “Is the IFB attracting representatives and participation from groups throughout the two-county area?” and “What more can the IFB do to carry our message to the groups in Marin and San Francisco Counties?”

To the first question, the IFB *does* have participation from groups in San Francisco and Marin. But, since all groups can have representatives on the IFB and only a relatively small number of groups actually have IFB reps, there is a huge opportunity for increased participation. I don't think anyone disagreed that more can and should be done to carry the IFB message.

For whatever reason, there was no Outreach Committee at the time. After the group inventory, Michael P. suggested that Central Office meeting records might be helpful to focus outreach efforts. So I volunteered to help with sifting through the database to identify meetings without IFB reps. Not only did we find groups without IFB reps, there were more than a hundred meetings in San Francisco and Marin that had no registered trusted servants, no record of group contributions and, therefore, no way of knowing whether the groups were still meeting. So that took us from the

computer screen into the streets to verify meetings. What a great reason to visit meetings I never would have attended otherwise. Thanks to a year's work by several volunteers, the information is now reasonably accurate.

the IFB is a community treasure of A.A. in San Francisco and Marin

Today, there is an Outreach Committee, with Charlie O. at the helm. The committee is working to realize its mission of fostering relationships, promoting awareness and increasing participation among A.A. groups in San Francisco and Marin, Central Office and the Intercounty Fellowship – all while having a good time.

Check out *The Buzz* [new email publication – sign up at aasf.org] for highlights of Intercounty Fellowship news, events and service opportunities. More outreach plans are on the drawing board and should be rolling out over the next several months – maybe sooner if we had more help. The Outreach Committee could always use more support and your good ideas. Consider this your invitation.

So, why promote the IFB anyway? Because the IFB is a community treasure of A.A. in San Francisco and Marin. Groups pooled their resources

and pitched in to provide mutually beneficial services that would have been impossible to build and sustain from the group level. The Central Office staff, volunteers, and the IFB committees keep it going and growing. The IFB provides basic stuff that we all rely on, like the bookstore and meeting schedules in print and online. Also,



services to newcomers and others in need: work done by the Access committee, 24/7 teleservice, the Twelfth Step Committee and the Sunshine Club. And projects that enrich our experience of sobriety, like the aasf.org website, the Archives Committee materials, and of course this publication, *The Point*.

I can't imagine what A.A. would be like here without these things.



I would like to subscribe to *The Point*

\$12.00 for one year — 12 issues!!!

PLEASE MAKE CHECK PAYABLE TO: The Intercounty Fellowship of A.A.

MAIL CHECK TO: Central Office with this request for subscription to *The Point* — 1821 SACRAMENTO ST., SF CA 94109

Changing the Landscape

How Recovery Gave Me New Eyes

by Ed K.

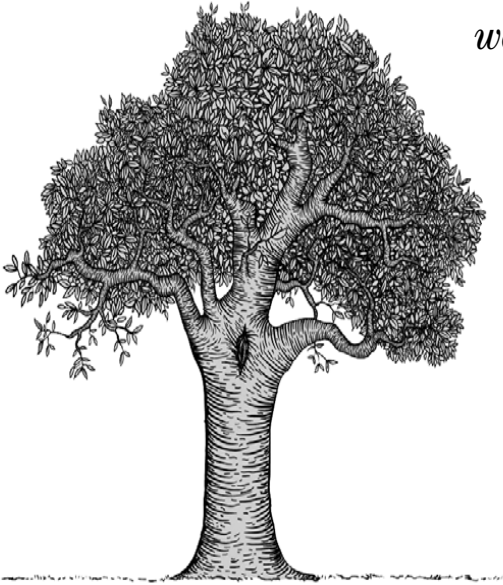
Several days a week, I get out of bed early, practice my morning meditation and pedal my bicycle over the hill behind my home to my favorite 7AM meeting. The hill is somewhat steep, but I keep going, and I always make it to the top. Arriving a few minutes early to where my A.A. group meets, I enjoy some quiet time, savoring a cup of tea

alternatives,” the authors state. “One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.”

Perhaps these words can be taken to mean that we had a choice between accepting spiritual help, and living in spiritual Hell. For me, spiritual Hell

that a large oak tree obstructed my line of sight. In this scenario, I could implore that something or someone come along and dispose of the tree. Perhaps the Spirit of the Universe could, and even would, answer my prayers by sending a lightning bolt, a hurricane, a plague of wood-devouring insects, or some lumberjacks with sharp saws.

I began to grasp the idea that my Higher Power was not in the business of changing the world around me



while reading a few pages from my Big Book. In this way, almost every morning feels like Christmas morning, with a present given to me from between the covers of the basic text of Alcoholics Anonymous.

There are many such gifts of wisdom in those pages. Not long ago, I took a few moments to consider the thoughts expressed near the bottom of page 25. “We had but two

meant being deeply absorbed into a life mired in resentments. If times were bad, I resented those times. If times were good, I resented them even more, for they weren’t good enough, or they weren’t around to last. Lying in bed at night, instead of appreciating the people in my life, I would let my thoughts run wild with ideas of who might be fixing to do me wrong, of how others could improve themselves to better suit me.

After getting sober, going to meetings for a while, working with my sponsor and reading the Big Book, I began to grasp the idea that my Higher Power was not in the business of changing the world around me, but rather could help change my attitude toward that world.

I imagined what it might be like to live in a house where I could stand in my living room and gaze out the big picture window that offered sweeping views of the ocean and sky: a perfect view, except for the fact

However, wouldn’t it make more sense that I pray my Higher Power direct my thinking so that I appreciate the majesty and beauty of the oak tree, rather than resent its interference with my view? This, I believe, is what the Universe wants from me: to love all that is in the world around me, and, whenever appropriate, to show others how I strive to achieve that end. By creating my own definition of a Guiding Force, I assume the power to give myself the strength to overcome any obstacle.

My conception of a Higher Power is such that I feel confident, when asking for proper direction to my thinking, that the results are nothing less than guaranteed. There is nothing in my life that needs to change – other than my attitude, at certain times, towards certain people and things. Cresting the hill on my bicycle on my way to the 7AM meeting, I can coast along with that certain knowledge.



When the Bridge Beckoned

Saved by Conscious Contact

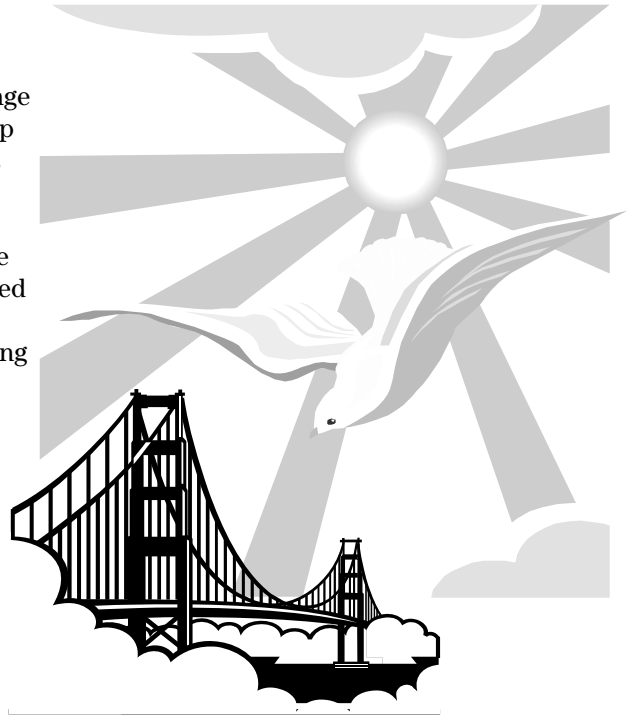
by Michael W.

Step Eleven (“improve our conscious contact with God”) is one of the most beautiful steps possible. We get to keep developing this relationship in our recovery. When I came into A.A., hearing the word “God” made me feel physically ill. I thought God required religion. For most of my life, I have had a serious aversion to organized religions. I prefer empirical science, mathematics and quantum physics; I was convinced if things could not be defined with a linear equation, they were not factual. I was completely unable to grasp the higher power concept, and I certainly could not find nor contact this power. I remember reading at page 44 in our Big Book’s “We Agnostics,” the sentence stating “To be

doomed to
an alcoholic
death or to

live on a
spiritual basis are not always easy
alternatives to face.” I began to see that nothing else *can* save us, except this power. For two years I came in and out of A.A.; most days I was unable to grasp the concept of a higher power, and thus was unable to stay sober. I tried to use “the group,” but I was praying to nothing in my head. Without a higher power, an alcoholic like me continues to drink and to die; those were the worst two years of my disease. On a warm evening in May 2000, I was walking across the Golden Gate Bridge; I was in a very bad place. I had lost my home, family and sponsor – everything I owned and cared for. My visit to the bridge that night was not for pleasure

but in desperation. I watched the sun setting across the ocean: big orange and violet rays hit the deep blue ocean and then night fell with an almost full moon. It occurred to me how vast and powerful the ocean is. I also remembered witnessing Hurricane Andrew right before moving to California; that storm was serious power. For some reason, looking across the water that night was like finding the final missing piece in a giant puzzle in my mind. The Pacific Ocean solved my Step Two puzzle, and I was also able to



the Pacific Ocean solved my Step Two puzzle

undertake my first contact with this power (Step Eleven). It was on this day – May 18, 2000 – I realized the ocean is a power greater than me, I connected to it, I was humbled beyond words and a whole new world opened up.

Over the years, conscious contact has expanded; I see it in a child’s smile, a newcomer getting 24 hours, helping others, a sunset, a long run, an A.A. meeting in another country, showing up for difficult events, or a simple, quiet prayer. I was so grateful to embrace the word “God.” I could finally say the Serenity Prayer and address this newly found power. Over time, I have come to see beauty not

only in God, but also in the goodness contained in so many religions. The Big Book tells us spirituality is different than religion and that we can contact this power anytime. Today, I have no problem sinking to my knees and thanking this power for keeping me sober. On really good recovery days, I am able to unconditionally turn my entire life over to it.

Recently I was at a Step Eleven meeting in North Lake Tahoe at Commons Beach (May to September only), sitting at a picnic table, overlooking Lake Tahoe vistas. Nature and the water always center me in the simplicity of the higher power concept. We are so lucky to live in a state of such natural beauty.





This month's column features a query from a grieving man about whether A.A. is an appropriate support group.

Dear Help,

I'm not an alcoholic. I'm a middle-aged man suffering through the loss of my fiancée and the resulting grief, loneliness, insecurity and sadness that won't go away. A friend of mine, a long-time A.A. member, suggested to me that A.A. would be a good place where I could develop strong and enduring friendships within the context of a universally admired support group setting. After all, we're all working though some set of problems at any given time. While this sounds appealing and potentially beneficial, I wish to respect the intent of A.A. and I want to be sensitive and respectful of members who attend for reasons more closely aligned with A.A.'s mission. Is it appropriate for me to attend A.A.?

Thank you,

Grieving

Dear Grieving,

I'm so sorry to hear of your loss and I appreciate your friend's suggestion. As a long time member of Alcoholics

Anonymous, I've often thought the rest of the world could truly benefit through learning to live life as A.A. teaches. Many A.A. meetings in and around San Francisco are "open" meetings, that is, meetings anyone may attend. The *only* requirement for membership in A.A. is the desire to stop drinking – but that is not what you're looking for. I admire your sensitivity in wishing to be respectful of A.A.'s mission, and I'm afraid you might well run into people who would be resentful of your presence, which would not serve either you or them well.

I wish I had some other suggestions for you, but I can only tell you of my own experience. Having lost both my mother (13 years ago) and a daughter (10 years ago), I think I know some of the grief you're experiencing. It was truly awful and my grief lasted for a long time. I don't suppose it will ever really leave me. Had it not been for the love and support I found in Alcoholics Anonymous, I don't think I could have gotten through it; certainly I'd not have been able to maintain my sobriety. I also sought help from a therapist and from a grief support group, which was not easy to find and took a lot of phone calls to various organizations. You may also be able to find solace in other spiritual or religious groups. I wish you health and happiness: just know that it will take time.

I leave you with a quote from Anne Morrow Lindbergh that I found especially helpful in my grieving: "It isn't for the moment you are struck that you need courage, but for the long uphill climb back to sanity and faith and security." It won't be easy, but it is possible.

E-volunteer

Dear E-volunteer,

Thank you for your kind and thoughtful reply. My gut told me A.A. is an inappropriate forum for my situation and your note confirms this. I appreciate your candid guidance – I will stay away.

I'm sorry to hear about your terrible losses. I love the quote you sent – thanks! I'm sure I'll refer to it often as a source of strength and inspiration.

With gratitude,

Grieving

P.S. My father is an alcoholic. Unfortunately, he lacked the courage and resolve to work on his affliction until he had lost most of what mattered most to him: namely, the lasting love of his family and friends. I wish he had pursued A.A. affiliation when he needed it. Who knows how his life and ours would have been improved?



Meet THE MEETING

Looney Toons

by Bree L.

What motivated you to get clean?

How does the energy of prayer feel to you?

When you got sober, did things get worse before they got better?

What do you do to get out of your head when it starts tripping out?

An experience with death or a close call or being close to death is supposed to be a great changer. How did it change you?

Where'd you get that hat?

This is a sample of the questions presented to the speaker Evan S. at a recent Looney Toons meeting at the Mission Fellowship. The hat question came up because Evan wore a distinctive fisherman's hat that he proudly reported was a Stetson. Evan stressed a commitment to daily meetings. "Ninety-in-ninety is really just the beginning. I believe in a morning and evening prayer. Saying them on my knees demands humility." He also recites an evening St. Francis Prayer (page 99 of *Twelve Steps and Twelve Traditions*). He says this prayer addresses just about

everything a person might run into during the day.

Looney Toons is one of only two meetings that meet in the late evening on Tuesdays. If you are looking for something around this time, there's Looney Toons and another one at the Dry Dock on the other side of town in the Marina.

This meeting has two secretaries, usually one male and one female, and they both attend every meeting but switch roles. One acts as secretary while the other introduces the speaker and coordinates questions from the audience. The format is that one co-secretary introduces the speaker who shares for five minutes of qualifying time. The co-secretary then asks the speaker questions for ten to fifteen minutes. A basket with pencil and papers is circulated during this time, and returned to the co-secretary. Then the speaker is hit with the audience questions.

This meeting is surprisingly well attended for a weeknight; many live close by. Atticus M., the GSR for the meeting, says he's been coming for about two years or pretty much since

the meeting started. This is his home group and he compared it to another meeting called Dark Secrets that had a similar format.

Those attending might be categorized as a younger crowd, although there is an abundance of strong sobriety present. Mark S. says he likes the young, honest sharing as opposed to a usual drunk-a-log of war stories. He says, "People honestly talk about what is going on in their lives."

"Different meetings have different personalities and no other meeting is set up this way," says Thomas A. The unique format allows for a different perspective, while the questions elicit a broad scope of audience participation.

Looney Toons meets at the Mission Fellowship at 2900 24th St (at Florida Ave.) at 10:00 PM Tuesday nights. Street parking is freely available and the Mission Fellowship is a short two-block walk from Potrero Avenue where several Muni bus lines run.



Sagittarius (Nov 22 - Dec 21)

Drinking style: In vino veritas – and, for Sagittarius, in booze blurtiness: When buttered, they'll spill all your secrets and many of their own. Tactlessness aside, Sagittarius is just plain fun to drink with. This is a sign of serious partying (what else would you expect from the sign of Sinatra, Keith Richards, the Bush twins and Anna Nicole Smith?).

They're the people who chat up everyone in the room, then persuade the entire crowd to travel somewhere else – like a nightclub, or a playground, or Cancun. Good-natured hi-jinks are sure to ensue (including a high possibility of loopy groping; spontaneous Sag is a brilliant booty call).

IFB meeting summary – October 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

Artists and Writers	Each Day a New Beginning	High Sobriety	Reality Farm	Sunset 9'ers (Sun.)	Women's Promises
Back to Basics	Each Day a New Beginning (Sun)	Huntington Square	Saturday Easy Does It	They Stopped In Time	
Beginner's Meeting	Early Start	Join the Tribe	Sesame Step	Thursday Thumpers	<i>General Service San Francisco</i>
Bernal New Day	Fireside Chat	Live & Let Live	Sober 5150's	Tiburon Men's Stag	<i>General Service San Mateo</i>
Blackie's Pleasure	Gratitude Group	Men's Gentle Touch	Some Are Sicker Than Others	Tuesday Chip	<i>General Service Marin</i>
Blue Book Special	Haight Street Blues	Miracles (Way) Off 24th St.	Steppin' Up	Valencia Smokefree	<i>H & I</i>
Came to Park	High Noon (Monday)	Noon Smokeless	Sunday Night Castro SD	Walk of Shame	<i>Marin Teleservice</i>
Come 'N Get It	High Noon (Thursday)	On Awakening	Sunday Rap	Waterfront	
Doing the Deal	High Noon (Tuesday)	Parent Trap 2	Sunset 9'ers (Sat.)	Women Who Drank. . .	

This is an unofficial summary of the October 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 that individual groups cannot provide.

The monthly IFB meeting was held on Wednesday October 6, 2010 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA. Next month's meeting will be Wednesday, November 3, 2010 St. Andrew Presbyterian Church, 101 Donahue St., Marin City, CA.

Announcements:

Archives Committee: 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.

Trusted Servants Workshop Commit-

tee: The next TSWC will be at the SF Unity Day event. Time and agenda TBA.

IFB Reports

Chair Report: Our goal is to have a registered trusted servant for each meeting in San Francisco and Marin. Check if groups are registered online by clicking on the meetings location on our website.

Treasurer's report: Complete report and financials available on line. We'll be starting the preliminary budget for 2011. Send requests for special considerations and submit committee budgets, etc. to the Treasurer soon.

Central Office Manager's Report: Report available online. New SF meeting schedules have been printed. Special on these schedules are; buy five and get one free. Gratitude Month in November. Good time to start talking with groups is now to decide if groups are going to participate. Many groups pass a special or second basket with the announcement that money will go directly to Central Office. Intergroup Seminar in St. Louis; Recurring theme was technology and being online.

IFB Liaisons Reports

Spirit of San Francisco, presents "In Our Own Words": Final performances on Sunday, October 17 at 2:00 and 6:00 PM, at the Janet Pomeroy Center, 207 Skyline Blvd., San Francisco.

SF General Service: Unity Day is Saturday, Nov. 13. Volunteers needed.

Marin Unity Day: Included great discussion about keeping meetings safe, espe-

cially for young people.

General Service San Mateo: Bridging the Gap Forum on Saturday, November 9 in Belmont. Purpose is to connect people who are leaving institutions with meetings in AA.

Marin Teleservice: Commitments for 2010 are turning over at end of year. If interested in filling a position please come to one of the next couple of meetings, held every 4th Tuesday of the month at Marin Alano Club.

H & I: H & I needs a chair person for correctional facilities. Experience requires first-hand knowledge of a coordinator's position. Next H & I Committee meeting is 8:00, October 28 (last Thursday of the month). November 13 is alternative meeting day for that month due to holiday. There is a need for male and female volunteers.

Unfinished Business

Ad hoc committee to place plaque for first meeting in SF and West Coast at 51 Potomac, Bruce K.: The Committee met Wednesday evening, October 6 and is in process of locating the owner of the house. On October 30 they are to go as a committee to talk with owners about getting permission to do this. If granted will work on a plaque or equivalent to go on building.

New Business

IFB is hosting All Groups on Friday, 10/29.

The Point: Considering email/electronic delivery as an option for paid subscrip-

Individual Contributions

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

ONGOING MEMORIALS

Steven D., Conrad G., Dick O'L., Lyle W.

ANNIVERSARIES

Tuesday Chip: Martha S. 46 years

Firefighters & Friends: Denise H. 25 years

Work in Progress: Marit L. 23 years

Come 'N' Get It: Andrea S. 20 years

tions. If subscription is for a group then would continue to get paper version.

Central Office Seminar

AAWS announced literature sales have declined, though contributions holding. AAWS planning to sell lit online to individuals, which is expected to have a dramatic impact on local office lit sales. A new staff position has been created at GSO, director of staff services, to serve as layer of management between the General Manager and the other staff positions. AA Grapevine is adding Pay-pal and eCheck, soon launching digital subscription at \$20/year. Facing significant losses this year, Grapevine announced the need to add an additional 10-20K subscribers worldwide per year to meet current costs, along with current subscriber renewal. They are not considering shutting down existing publications. Newest publication: *Spiritual Awakenings II*. An interesting statement I heard during the seminar: "the Traditions are personal sacrifices we make for the good of AA as a whole." With regard to anonymity, it means keeping ours at the level of press, radio and film. And, of course, the internet! With regard to self-support, it means contributing to the AA meetings one attends and to the service entities that carry out much of the 12th step work and certainly lay a foundation for all of it. And perhaps more importantly, step up for service. We are a volunteer organization and when we do not have volunteers to carry out 12th Step work we are failing in our primary purpose and in our ultimate mission.

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.

November is Gratitude Month



Gratitude is an Action!

"Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and our bills are paid." (Bill W., 1957)

Many groups pass a second basket to support our Central Office at each meeting in November.

Some also make Gratitude Month a time to focus attention on AA's Twelve Traditions.

Treasurers: Please note "Gratitude Month" on your contributions so that they may be properly recorded.

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

Needs Chair 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. tsww@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	Aug. '10	YTD	Marin Contributions	Aug. '10	YTD	San Francisco Contributions	Aug. '10	YTD
Anonymous		\$ 500	Morning Attitude Adjustment	\$ 128	\$ 228	10am Step Study M 10am		\$ 78
Brisbane Breakfast Bunch	\$ 40	\$ 214	Nativity Monday Night Big Book M 8pm		\$ 200	130 PM Dry Dock Fellowship 5D		\$ 117
Contribution Box	\$ 67	\$ 640	Newcomers Step M 730pm	\$ 322	\$ 629	330 PM Dry Dock Fellowship 7D		\$ 117
Deer Park Discovery Group	\$ 15	\$ 30	Noon Hope F 12pm		\$ 189	330 Smokeless W	\$ 28	\$ 28
From the Start to the Finish		\$ 120	Novato Basics Tu 8pm		\$ 350	515pm Smokeless Tu	\$ 8	\$ 8
Gay & Lesbian Friday Nights		\$ 20	Novato Monday Stag M 8pm		\$ 300	515pm Smokeless W	\$ 30	\$ 30
Gay Newcomers Group		\$ 20	Off Broadway Book Th 730pm		\$ 6	6am Dry Dock 7D		\$ 53
General Service District 11		\$ 19	On Awakening 7D 530am		\$ 525	6am Dry Dock Sa		\$ 165
H&I (Marin)	\$ 160	\$ 160	Pathfinders Tu 12pm		\$ 364	6am Dry Dock Th	\$ 35	\$ 35
IFB	\$ 66	\$ 860	Primary Purpose W 830pm		\$ 280	6am Dry Dock W		\$ 412
MCYPAA		\$ 250	Quitting Time MWF 530pm		\$ 100	7am As Bill Sees It Fri	\$ 19	\$ 105
Pax West M 12pm		\$ 243	Refugee Th 12pm	\$ 60	\$ 340	7am Living Sober W 7am		\$ 71
San Francisco Young People in A.A.		\$ 800	Reveille 5D 7am		\$ 900	7am Smokeless Sa 7am		\$ 43
Serenity House	\$ 150	\$ 1,050	Rise N Shine Sun 10am		\$ 542	7am Speaker Discussion Th 7am		\$ 211
Sunset Group (Napa)		\$ 18	San Geronimo Valley Book Study F 8pm		\$ 140	830am Smokeless F 830am		\$ 455
Total Fellowship Contributions	\$ 498	\$ 4,943	San Geronimo Valley M 8pm		\$ 73	830pm Smokeless W 830pm	\$ 20	\$ 20
			Saturday Women's Speaker Sa 6pm		\$ 240	A is for Alcohol Tu 6pm		\$ 53
Marin Contributions	Aug. '10	YTD	Sausalito 12 Step Study Group		\$ 196	A New Start F 830pm	\$ 447	\$ 1,127
12 & 12 Study Sa 815am		\$ 557	Serendipity Sa 11am	\$ 61	\$ 282	A Vision for You (SF) Su 630pm		\$ 100
7am Urgent Care Group 7D 7am		\$ 500	Serenity Sun 6pm		\$ 71	AA Step Study Su 6pm	\$ 71	\$ 129
A Vision for You (Fairfax) Su 730pm		\$ 63	Sisters In Sobriety Th 730pm (M)		\$ 55	Acceptance Group M 530pm		\$ 101
Attitude Adjustment 7D 7am	\$ 317	\$ 1,782	Six O'Clock Sunset Th 6pm		\$ 466	Afro American Beginners Sat 8pm		\$ 41
Awakenings Sa 830am		\$ 86	Sober & Serene F 7pm		\$ 531	Afro American F 8pm		\$ 35
Awareness/Acceptance M 1030am		\$ 155	Spiritual Testost. Sun Men's Stag Su 830a		\$ 460	After Work M 6PM		\$ 180
Be Still AA Su 12pm		\$ 46	Steps to Freedom M 730pm		\$ 144	All Together Now Th 8pm		\$ 38
Beginners & Closed Tu 7pm & 830pm		\$ 410	Steps To The Solution W 715pm		\$ 304	Alumni W 830pm		\$ 295
Blackie's Pasture Sa 830pm		\$ 296	Stinson Beach Fellowship Th 8pm		\$ 100	Artists & Writers F 630pm		\$ 554
Caledonia Sun 8pm		\$ 250	Streelfighters Sa 9am		\$ 43	As Bill Sees It Sat 8pm		\$ 102
Closed Women Step Study Tu 330pm		\$ 324	Sunday Express Sun 6pm		\$ 350	As Bill Sees It Th 6pm	\$ 455	\$ 455
Cover to Cover W 800pm		\$ 197	Sunday Friendship Sun 7pm		\$ 200	As Bill Sees It Th 830pm		\$ 143
Creeside New Growth Sun 7pm		\$ 186	Sunday Night Corte Madera Sun 8pm		\$ 200	As Bill Sees It Tu 1210pm	\$ 60	\$ 133
Crossroads Sun 12pm		\$ 1,288	Sunlight of the Spirit Th 7pm		\$ 150	Ass in a Bag Th 830pm		\$ 478
Day At A Time 7D 630am		\$ 702	T.G.I.F. F 6pm		\$ 309	Be Still AA Su 12pm		\$ 256
Downtown Mill Valley F 830pm		\$ 343	Terra Linda Group Th 830pm		\$ 250	Beginner Big Book Step Th 630pm		\$ 77
East San Rafael Big Book	\$ 130	\$ 130	The Fearless Searchers F 8pm		\$ 38	Beginners 12 x 12 F 7pm		\$ 720
Experience, Strength & HopeSa 6pm		\$ 50	There is a Solution Tu 6pm		\$ 199	Beginners Meeting Sat 6pm		\$ 706
Four Horsemen Thu 7pm		\$ 25	Thursday Night Book Club Th 7pm	\$ 32	\$ 107	Beginners' Step Study Sat 630pm		\$ 434
Freedom Finders F 830pm		\$ 321	Thursday Night Speaker Th 830pm		\$ 2,052	Beginner's Warmup W 6pm	\$ 81	\$ 126
Friday Night Book F 830pm		\$ 247	Tiburon Beginners & Closed	\$ 505	\$ 505	Bernal Big Book Sat 5pm		\$ 190
Friday Night Gay Men's Stag F 830pm		\$ 96	Tiburon Haven Sun 12pm	\$ 216	\$ 474	Bernal New Day 7D	\$ 316	\$ 1,822
Girls Night Out W 815pm		\$ 125	Tiburon Women's Candlelight W 8pm		\$ 148	Big Book Basics F 8pm		\$ 298
Gratitude Tu 8pm		\$ 700	Tuesday Twelve Step Tu 630pm		\$ 60	Big Book Beginners F 105pm		\$ 79
Greenfield Newcomers Sun 7pm		\$ 790	Unidentified Group		\$ 98	Big Book Study Su 1130am	\$ 103	\$ 379
Happy Destiny F 7pm		\$ 83	We, Us and Ours M 650pm		\$ 260	Blue Book Special Su 11am	\$ 90	\$ 307
Happy Hour (Marin) Th 6pm		\$ 50	Wednesday Night Candlelight W 8pm		\$ 296	Buena Vista Breakfast Su 12pm		\$ 129
Happy, Joyous & Free 5D 12pm		\$ 1,250	Wednesday Night Speaker Disc.	\$ 32	\$ 32	Came To Believe Su 830am		\$ 183
High & Dry W 12pm		\$ 285	Wednesday Sundowners W 6pm		\$ 126	Came to Park Sat 7pm	\$ 313	\$ 866
Intimate Feelings Sa 10am		\$ 223	What's It All About F 12pm		\$ 200	Castro Discussion (Show Of Shows)		\$ 415
Inverness Sunday Serenity Su 10am		\$ 140	Women For Women W 12pm		\$ 100	Castro Monday Big Book M 830pm		\$ 115
Island Group Th 8pm	\$ 77	\$ 244	Women on Monday M 7pm		\$ 85	Chips Ahoy Tu 12pm		\$ 106
Living in the Solution F 6pm		\$ 267	Women Who Drank Too Much	\$ 219	\$ 219	Closed Women Step Study Tu 330pm		\$ 139
Marin City Groups 5D 630pm		\$ 278	Women's Big Book Tu 1030am		\$ 605	Cocoanuts Su 9am	\$ 36	\$ 60
Marin Young People F 830pm		\$ 30	Women's Meeting Su 430pm		\$ 142	Code Blue Big Book Study W 7pm		\$ 232
Mill Valley 7D 7am		\$ 2,218	Women's Step Study Group M 12pm		\$ 200	Common Welfare Th 8pm		\$ 151
Mill Valley Discussion W 830pm		\$ 361	Working Dogs W 1205pm		\$ 906	Cow Hollow Men's Group W 8pm		\$ 481
Monday Blues M 630pm		\$ 432	Marin Total	\$2,098	\$ 34,040	Dark Secrets F 10pm		\$ 71
Monday Night Stag (Tiburon) 8pm		\$ 905	San Francisco Contributions	Aug. '10	YTD	Design for Living Sat 8am		\$ 401
Monday Night Women's M 8pm		\$ 501	10 AM Dry Dock Fellowship 7D	\$ 52	\$ 119	Diamond Heights Tu 830pm	\$ 258	\$ 258
Monday Nooners M 12pm		\$ 743				Doin' the Deal Sun 10pm		\$ 86

San Francisco Contributions	Aug. '10	YTD	San Francisco Contributions	Aug. '10	YTD	San Francisco Contributions	Aug. '10	YTD
Each Day a New Beginning F 7am		\$ 1,898	Miracle (Way) Off 24th St W 730pm		\$ 268	Sunday Silence Su 730pm		\$ 50
Each Day a New Beginning M 7am		\$ 541	Mission Terrace W 8pm		\$ 60	Sundown W 7pm		\$ 422
Each Day a New Beginning Su 8am	\$ 903	\$ 903	Monday Beginners M 8pm		\$ 400	Sunrise Sunset Women's Step Th 6pm		\$ 236
Each Day a New Beginning Th 7am		\$ 804	Monday Men's Meeting M 8pm		\$ 485	Sunset 11'ers F		\$ 100
Each Day a New Beginning Tu 7am		\$ 748	Monday Monday M 1215pm		\$ 171	Sunset 11'ers Sa		\$ 397
Each Day a New Beginning W 7am		\$ 299	Moving Toward Serenity W 830pm		\$ 376	Sunset 11'ers W		\$ 204
Early Start F 6pm		\$ 1,205	New Life W 7pm	\$ 50	\$ 345	Sunset 9'ers M		\$ 72
Embarcadero Group 5D 1210pm		\$ 1,359	Newcomers Tu 8pm		\$ 667	Sunset 9'ers Sa		\$ 78
Eureka Step Tu 6pm		\$ 165	No Reservation M 12pm		\$ 1,103	Sunset 9'ers Su		\$ 571
Eureka Valley Topic M 6pm		\$ 577	Noon Smokeless F 12pm	\$ 11	\$ 279	Sunset 9'ers Th	\$ 49	\$ 133
Excelsior "Scent" Free for All Sa 8pm	\$ 72	\$ 252	Noon Smokeless M 12pm	\$ 29	\$ 29	Sunset 9'ers Tu		\$ 2
Extreme Makeover M 730pm		\$ 169	Noon Smokeless W 12pm		\$ 255	Sunset 9'ers W		\$ 238
Faith, Hope & Charity F 12pm		\$ 168	Off Broadway Book Th 730pm		\$ 66	Sunset Speaker Step Sun 730pm		\$ 219
Federal Speaker Su 12pm		\$ 244	One Liners Th 830pm		\$ 447	Surf Tu 8pm		\$ 601
Fell Street F 830pm		\$ 137	One, Two, Three, Go! W 1pm		\$ 10	Ten Years After Su 6pm		\$ 1,483
Fell Street Step Su 8pm	\$ 169	\$ 169	Our Morning Meditations Sa 715am		\$ 25	The 12 Schleppers Th 8pm		\$ 80
Firefighters & Friends Tu 10am		\$ 588	Parkside Th 830pm	\$ 201	\$ 457	The Lads Fr 730pm	\$ 207	\$ 307
Fireside Chat Group Th 8pm		\$ 204	Pax West M 12pm		\$ 650	The Parent Trap 2 Wed. 430pm	\$ 50	\$ 113
Fireside Chat Group Tu 8pm		\$ 176	Pax West Th 12pm		\$ 443	The Parent Trap M 1230pm		\$ 153
Friday All Groups F 830pm		\$ 569	Potrero Hill 12 x 12 M 630pm		\$ 67	The Pepper Group F 12pm	\$ 100	\$ 100
Friday at Five F 5pm	\$ 35	\$ 35	Queers, Crackpots & Fallen Women		\$ 180	They Don't Know Who We Are		\$ 225
Friday Lunchtime Step F 12pm		\$ 222	Rebound W 830pm		\$ 60	They Stopped In Time M 8pm		\$ 47
Friday Smokeless F 830pm		\$ 195	Relapses, Rebounds, Retreads & Winners		\$ 84	Thursday Morning Men's BB Study		\$ 575
Friday Smokeless F 8pm	\$ 245	\$ 245	Richmond Step Study M 730pm		\$ 86	Thursday Night Women's Th 630pm		\$ 318
Friendly Circle Beginners Su 715pm		\$ 304	Rigorous Honesty Th 1205pm	\$ 90	\$ 215	Thursday's Children Th 515pm	\$ 36	\$ 36
Full Flight From Reality Sa 1230pm		\$ 129	Room to Grow F 8pm		\$ 258	Too Early Sat 8am	\$ 259	\$ 1,823
Gold Mine Group M 8pm		\$ 325	Rule 62 W 10pm		\$ 85	Trudgers Discussion Su 7pm		\$ 180
Haight Street Blues Tu 615pm	\$ 424	\$ 424	Saturday Afternoon Meditation	\$ 260	\$ 260	Tuesday Big Book Study Tu 6pm	\$ 60	\$ 180
Haight Street Explorers Th 630pm		\$ 265	Saturday Beginners Sat 6pm		\$ 372	Tuesday Downtown Tu 8pm		\$ 64
Happy Destiny Sa 630pm		\$ 38	Saturday Easy Does It Sa 12pm		\$ 466	Tuesday Men's Pax Tu 12pm		\$ 384
Happy Hour Ladies Night F 530pm		\$ 136	Saturday Night Regroup Sat 730pm		\$ 743	Tuesday Night Step Tu 7pm		\$ 22
High Noon Friday 1215pm	\$ 60	\$ 568	Say Hey Group M, Tu, F 6pm	\$ 200	\$ 442	Tuesday Women's Tu 630pm	\$ 30	\$ 30
High Noon Saturday 1215pm		\$ 206	Second Chance Th 215pm		\$ 28	Tuesday's Daily Reflections Tu 7am		\$ 247
High Noon Sunday 1215p		\$ 60	Serenity House		\$ 150	Twelve Steps to Happiness F 730pm		\$ 71
High Noon Thursday 1215pm	\$ 60	\$ 337	Serenity in the Park W 7pm		\$ 66	Unidentified Group	\$ 16	\$ 77
High Noon Tuesday 1215pm		\$ 756	Serenity Seekers M 730pm		\$ 226	Valencia Smokefree F 6pm		\$ 325
High Noon Wednesday 1215pm		\$ 210	Sesame Step Tu 730pm		\$ 108	Veterans' Coffee Break W 1030am		\$ 9
Hilldwellers M 8pm		\$ 325	Shamrocks & Serenity M 730pm	\$ 309	\$ 895	Walk of Shame W 8pm		\$ 159
How Was Your Week? Sa 10am		\$ 1,344	Sinbar Su 830pm		\$ 264	Waterfront Sun 8pm		\$ 616
Huntington Square W 630pm		\$ 334	Sisters Circle Su 6pm		\$ 162	We Care Tu 12pm		\$ 361
Join the Tribe Tu 7pm		\$ 335	Sober 5150's W 8pm	\$ 69	\$ 69	Wednesday Morning Men's Meeting		\$ 146
Joys of Recovery Tu 8pm		\$ 29	Sober Across the Board M-Sa 830am		\$ 133	West Portal W 8pm		\$ 315
Just Alkies F 7pm		\$ 125	Sober at State MW 1210pm		\$ 15	Wharfrats Th 815pm	\$ 47	\$ 239
Keep Coming Back Sa 11am		\$ 332	Sobriety & Beyond W 7pm		\$ 90	What It's Like Now M 6pm		\$ 92
Light Brigade Discussion Su 7pm		\$ 193	Sometimes Slowly Sa 11am		\$ 531	Wits End Step Study Tu 8pm		\$ 94
Like A Prayer Su 4pm		\$ 100	Sought to Improve Th 730pm		\$ 60	Wombley's Clapboard Factory	\$ 4	\$ 4
Lincoln Park Sat 830pm		\$ 92	Sp. Founded Prog. Of Action (SFPOA)		\$ 637	Women Living Sober Sa 10am		\$ 180
Live and Let Live Su 8pm	\$ 455	\$ 1,030	Step Talk Su 830am	\$ 364	\$ 952	Women Who Drank Too Much		\$ 22
Living Proof Th 630pm		\$ 49	Steppin' Up Tu 630pm		\$ 214	Women's 10 Years Plus Th 615pm		\$ 521
Living Sober W 8pm		\$ 415	Stepping Out Sat 6pm		\$ 154	Women's Kitchen Table Tu 630pm	\$ 110	\$ 666
Living Sober with HIV W 6pm	\$ 531	\$ 671	Stonestown M 8pm		\$ 100	Women's Meeting There is a Solution		\$ 552
Luke's Group W 7pm		\$ 135	Straight Jackets Th 9am		\$ 26	Women's Promises F 7pm		\$ 492
Luke's Group W 8pm		\$ 70	Sunday Bookworms Sun 730pm		\$ 120	Work In Progress Sat 7pm	\$ 480	\$ 1,093
Lush Lounge Sa 2pm		\$ 205	Sunday Morning Gay Men's Stag	\$ 292	\$ 1,440	YAHOO Step Sa 1130am		\$ 337
Meeting Place Noon F 12pm		\$ 402	Sunday Night 3rd Step Group 5pm		\$ 1,014	Total San Francisco	\$ 9,117	\$ 72,889
Meeting Place Noon W 12pm		\$ 356	Sunday Night Castro Speaker Disc		\$ 565			
Mid-Morning Support Su 1030am	\$ 356	\$ 1,189	Sunday Rap Sun 8pm		\$ 360	Total Contributions	\$11,712	\$111,872
Midnight Meditation Sat 12am	\$ 60	\$ 122						

profit and loss statement: August 2010

	Aug 10	Budget	Jan - Aug 10	Budget		Aug 10	Budget	Jan - Aug 10	Budget
Ordinary Income/Expense					Bank Charges	0		15	
Income					Postage				
Contributions from Groups					Non-Bulk Postage	44		232	126
Group Contributions	11407	7136	111087	93375	Bulk Mail	0	246	431	738
Honors	60		439		Total Postage	\$44	\$246	\$663	\$864
Contributions from Groups - Other	245		345		Rent - Office	4493	4493	35945	35944
Total Contributions from Groups	\$11,712	\$7,136	\$111,871	\$93,375	Rent - Other	150	75	600	525
Contributions from Individuals					Access Expenses	0	666	1859	5328
Individual - Unrestricted	196	25	8847	3985	IFB Literature				
Faithful Fiver	940	1065	8266	6887	Sunshine Club	13		13	180
Honorary Contributions	229	51	3290	1333	IFB Literature - Other	14		70	
Total Contributions from Individuals	\$1,365	\$1,141	\$20,403	\$12,205	Total IFB Literature	\$27		\$84	\$180
Gratitude Month					PI/CPC	0	120	70	480
Gratitude Month - Groups	17		4015		Filing/Fees	0		0	118
Gratitude Month - Individual	0		200		Insurance	0		1740	901
Gratitude Month - Other	0		0	3139	Internet Expense	246	119	950	952
Total Gratitude Month	\$17		\$4,215	\$3,139	Office Supplies	251	170	1955	1360
Sales - Bookstore	9865	8921	75615	71377	Paper Purchased	279	208	2166	1664
Newsletter Subscript.	22	10	247	312	Software Purchased	410		410	192
Total Income	\$22,981	\$17,208	\$212,350	\$180,408	Shipping	255	21	36	168
Cost of Goods Sold					Equipment Lease	1577	1546	4700	4638
Cost of Books Sold - Shipping	16	44	262	211	Repair & Maintenance	349	226	2076	2051
Cost of Books Sold	6788	6155	50147	49250	Security System	0		236	202
Credit Card Processing Fees	314	228	2269	1827	Payroll Expenses	5	5	34	40
Total COGS	\$7,117	\$6,427	\$52,678	\$51,288	Telephone	520	256	2240	2048
Gross Profit	\$15,864	\$10,781	\$159,672	\$129,120	Phone Book Listings	173	84	779	672
Expense					Travel	115	390	561	412
Inventory Adjustments	0		-192		Training	20		20	20
Sunshine Club	0	46	20	684	Bad Checks	38		45	12
Archives Committee	0		140		Miscellaneous Expense	0		0	
IFB Sponsored Events	0	186	834	1211	Total Expense	\$19,958	\$20,882	\$157,339	\$153,465
Reconciliation Discrepancies	0		-179		Net Ordinary Income	-4094	-10101	2333	-24345
Employee Expenses					Other Income/Expense				
Deferred comp expense	0		9158		Other Income				
Wages & Salaries	9158	9403	72557	74086	Interest Income	\$756	\$271	\$2,377	\$2,168
Employer Tax Expenses	743	777	7095	7325	Total Other Income	\$756	\$271	\$2,377	\$2,168
Health Benefits	\$1,069	\$1,283	\$10,311	\$10,264	Net Other Income	\$756	\$271	\$2,377	\$2,168
Total Employee Expenses	\$10,970	\$11,463	\$99,121	\$91,675	Net Income	<u><u>-3,338</u></u>	<u><u>-9,830</u></u>	<u><u>\$4,710</u></u>	<u><u>-22,177</u></u>
Professional Fees									
Computer Consulting	38	562	413	1124					
Total Professional Fees	\$38	\$562	\$413	\$1,124					



A woman is pulled over for drunk driving. She asks, "What's the problem?"

"You were weaving," the officer replies. "Can I see your license?"

She says, "I'd give it to you but I don't have one. I lost it four years ago for speeding."

"Can I see your vehicle registration?" he asks.

"No," she says, "Can't do that. I stole the car."

"Stole it?" He asks.

"Yeah, I killed and hacked up the owner. His body parts are in plastic bags in the trunk if you want to see them."

The policeman looks at the woman, astonished, then slowly backs away and calls for back up. Within minutes, five police cars circle her car. A senior officer slowly approaches, clasping his half-drawn gun.

"Ma'am, could you step out of your vehicle please," he says.

The woman steps out of her vehicle. She asks, "Is there a problem, sir?"

The back-up officer replies, "This officer said that you stole this car and murdered the owner."

"Murdered the owner?" she asks.

"Yes, please open the trunk of

your car," he says, as he rests his hand on his gun.

The woman slowly opens her trunk, revealing an empty interior.

"You're sure this is your car?" the officer asks.

"Yes, I have the registration right here," she says.

The officer readjusts his hat and says, "This officer claims that you do not have a driver's license."

She digs into her handbag and produces her license. The officer looks puzzled.

"He also told me you stole this car, and that you murdered and hacked up the owner and put his pieces into your trunk."

"Yeah," she says, "And I bet the liar told you I was driving drunk, too."

Out of Town Visitors: An Unwelcome Ritual?



by Maria L.

There seems to be some band of people from the Peninsula who pick a meeting each week in the Bay Area and float in and are complete self-serving jerks. They completely take over a meeting and call on each other or call out on their own. They always say their full names. I've seen them twice, and they are just unbelievable.



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

November 2010

Moving?

Don't miss The Point! Please give us your new address and phone number.

NAME

NEW ADDRESS

CITY

STATE

ZIP

OLD ADDRESS

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528

You can also **email** or **phone** us with your new contact information.

thepoint@aasf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400

ISSUE 11.10

ADDRESS SERVICE REQUESTED

San Francisco, CA 94109-3528

1821 Sacramento Street

the
Point

NON-PROFIT
ORGANIZATION
U.S. Postage PAID
San Francisco CA
Permit No. 3480