

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

1 2011  
January

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the  
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of Alcoholics Anonymous  
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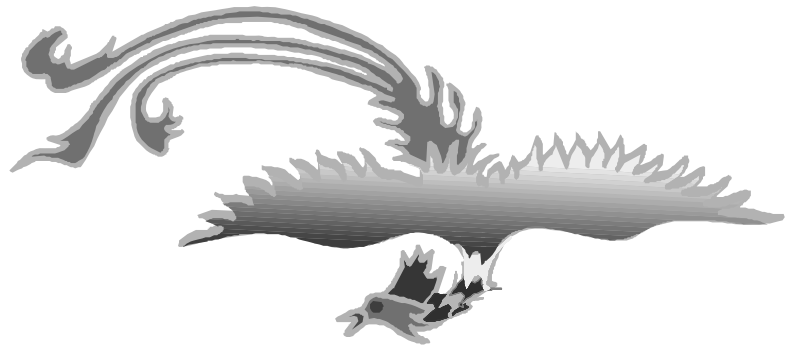
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Out of the Ashes





## New Beginnings

In A.A., We Rise

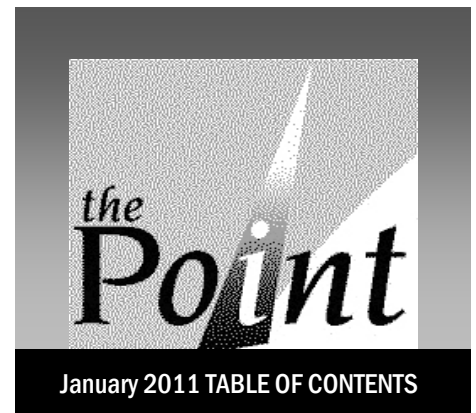
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing 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.

# January 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><i>Persons requiring reasonable accommodations at meetings of the IFB, COC, IFB committees or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</i></p> <div>     </div>			
2	3	<b>4</b> <u>FIRST TUE</u> Access Committee Central Office 6pm	<b>5</b> <u>FIRST WED</u> Intercounty Fellowship Board Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
9	10	<b>11</b> <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	<b>12</b> <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
<b>16</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	<b>17</b> Central Office Closed <b>Dr. M.L. King, Jr. Day</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	<b>18</b> <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	<b>19</b>
<b>23</b> <div>30</div>	<b>24</b> <div>31</div>	<b>25</b> <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	<b>26</b>

THURSDAY	FRIDAY	SATURDAY
		1  Happy New Year!
6	7	8
13	14	15
20 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm	21	22  Annual Meeting SF Public Information and Cooperation with the Professional Community (PI/CPC) Committee see flyer p. 5
27 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St, SF Orientation 7:15pm Committee Meeting 8pm	28	29  



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Life will take on new meaning.  
To watch people recover, to see them  
help others, to watch loneliness vanish,  
to see a fellowship grow up about you,  
to have a host of friends --  
this is an experience you must not miss.

*Big Book, p. 89*

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## Meeting Changes

### New Meeting:

Mon	10:00pm	Mission	LIKE A RAINBOW IN THE DARK, Castro Country Club, 4058 18th St/Hartford St (CH, SD)
Tue	7:30pm	Mill Valley	MILL VALLEY 11TH STEP MEETING, 118 E. Strawberry Dr/Tiburon Blvd - Loft (MD, DI)
Fri	12:00am	Marina	BRASS MIDNITE, The Dry Dock, 2118 Greenwich St/ Fillmore (CH, DI)

### No Longer Meeting:

Sun	8:00pm	Ingleside	SUNDAY RAP, 399 San Fernando Way/Ocean Ave
Tue	5:30am	Mill Valley	UPON AWAKENING, 60 Tennessee Valley Rd (Little Log Cabin - now Thursday only)
Sat	5:00pm	Hayes Valley	FOUNDERS' GROUP, SF Alano Club, 1748 Market St/Octavia Blvd
Sat	7:30pm	Hayes Valley	BIRTHDAY MEETING, SF Alano Club, 1748 Market St/Octavia Blvd

**PLEASE NOTE** Central Office occasionally receives reports that meetings listed in our schedules are no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. **If you know *anything* about a meeting that has disbanded, please call Central Office immediately: (415) 674-1821. Thank you for contributing to the accuracy of our schedule!**

### ***BROADS WITHOUT BOOZE XVII***



#### Women's Luncheon & Speaker Meeting

Sunday, January 30<sup>th</sup>, 2011  
11:30 am - Fellowship /Lunch - 12:00 pm

Open Speaker Meeting - 1:00-2:00 pm  
(Speaker: Larie C. - Campbell, CA)

*Attending meeting only?  
Please arrive no earlier than 12:45 pm  
to allow luncheon to finish. Thank you.*

United Irish Cultural Center  
2700 - 45<sup>th</sup> Avenue (near Sloat)  
San Francisco, CA

### **SPEAKERS WANTED!!**

Carry the AA message to schools, professional organizations, the medical community & drunk driving classes

**Annual Meeting - Speaker Workshop - Lunch  
Review PI/CPC 2010 activities and committee  
positions to be filled in February**

*(two years of continuous sobriety and attendance  
at one workshop per year required for speaker eligibility)*

**Saturday, January 22, 2011  
11:00 am – 1:00 pm**

ILWU Clerks Hall on Berry Street  
at 2nd and King Streets—NE corner near the ball park

for further information e-mail: [picpc@aasf.org](mailto:picpc@aasf.org)  
or contact Central Office: 415-674-1821

From the Editor

## 2011 – Jazzing It Up

by Jane K.

Last year in January, I wrote about the potential deficit at the IFB. While we aren't totally out of the woods, things don't look as bleak as they did then. Group and individual contributions have come in more strongly than expected, and for this, we are grateful. In fact, as I write this column, it's actually late November (we have a long production lag time, typical for an all-volunteer publication), and I am reflecting, personally, on my gratitude for the leadership at the IFB and the strength of our special workers and our Central Office. It is a pleasure to serve such an organization.

*The Point* has some new features in 2011. Three, in fact: Tales of Wisdom and Courage; This Month in A.A. History; and The Promises. "Tales of Wisdom and Courage" will focus on those less-emphasized parts of the Serenity Prayer: the courage to change and the wisdom to know the difference. Enough with the serenity, already.

Did you know there are twelve Ninth Step promises? Well, there are (with creative numbering), and since we covered the Steps and the Traditions

in 2009 and 2010, respectively, we thought 2011 would be nicely served by the Promises (the Twelve Concepts for World Service can wait – well, forever, in the view of some, or at least until we're ready for a Ph.D. in A.A.). And our contributors were so excited by this new series, we received *two* submissions about the first promise, and we're printing both.

"This Month in A.A. History" will provide tidbits from years gone by in A.A., with as much information as possible on local milestones. This feature will not attempt to be comprehensive, but *will* try to be illustrative and enlightening for you history buffs out there.

A big welcome to Chris S., our newest committee member who was recruited as our contributor liaison; he'll be reaching out to our regular writers for material each month. If you would like to be part of that group, email us and ask to be added to the list. And during 2011, we'll be circulating the job of writing the monthly editorial, so I won't be writing this column every month. After two years, I'm getting stale and in order to jazz things up, we'll hear from others on the committee, too.



### EDITORIAL POLICY

*The Point* is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions. (This is a summary; for the full editorial policy, please go to [www.aasf.org](http://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.
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Beverly C.	Lelan & Rich H.
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Caroline A.	Marit L.
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David S.	Molly G.
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Kathryn M.	Thomas H.
Kathy M.	Tim 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!*

# ARE THESE EXTRAORDINARY PARADOXES?

## One A.A. Member Thinks So

by Anonymous

The Ninth Step Promises could easily be renamed the Great Paradoxes. “We are going to know a new freedom and a new happiness.” The newcomer may ask: “How can resigning myself to a lifetime of drinking fizzy water be considered freedom? Isn’t it more like joining a monastery and sleeping on rocks the rest of my life?” A.A.

literature is filled with paradox. We surrender to gain power, we take it easy to do the most difficult thing we have ever done, we make amends to those who have harmed us so that we can stay sober.

The old freedom I had, when I did not have to face myself in the spotlight that A.A. shines on my reality, was like the

freedom of a toddler to kick and throw toys from one end of his room to the other during his time-out. People could tell me I had had “enough” to drink, but I had the freedom to ignore them. Like the toddler, I would rage until I passed out, and then I would wake up wondering who broke all my toys.

The freedom I have enjoyed since my first A.A. meeting has never left me. I

*Happiness means no longer being a brooding, sneering teenager impersonating a mature adult*

have been free of the need to struggle with alcohol – having enough but not too much, hiding it, buying it, finding it, guessing and wondering, does that person know? What about the other?

Will I get through this dinner without a career-ending move? The obsession with obtaining, using and doing damage control around alcohol was, in retrospect, a full-time job. Getting rid of that is the only freedom I ever expected from A.A., but I received so much more. I have been freed from many fears and character defects, damaging habits and deeply entrenched patterns of negativity.

My old happiness, the inebriated one, was very fleeting. Looking back, it wasn’t happiness at all. It was more like varying

waves of delirium, jubilation, comfortable numbness (yes, the Pink Floyd kind), self-absorption to the point of complete myopia (aka ignorance is bliss). Today I equate happiness with contentment – comfort in my own skin, confidence in my ability to calmly and courageously face whatever I need to do. Happiness means no longer being a brooding, sneering teenager impersonating a mature adult. No offense to any teens out there, I am only describing my own version of that life stage (which lasted until age 31).

These days I welcome paradox in my life, because it represents mystery – another invisible hint that I have access to intelligence and wisdom beyond that lodged in my own grey matter. When the world acts so predictably sometimes, it is nice to be reminded that life is the biggest riddle of all. When I hear the Promises read aloud at meetings, I like to follow along in my mind and say “check” after each one. *We will know a new freedom and a new happiness.* “Check.”

tP





# SURVEY OF SERVICE

## H&I Committee Rep

by Elise D.

*During 2010, SF H&I introduced the position of H&I representative in order to serve as a link to each group and to help recruit people to bring in meetings. Here is a report from one of those new reps.*

I was sick of being the treasurer. If I had to touch one more wadded up dollar bill or dig one more ancient nickel out of the basket, I was going to scream. I was sick of carrying envelopes around to the bank, writing out checks, making sure all payments were on time. So when it was my time to turn that commitment over to somebody (anybody) else, I was ready.

But I still needed some type of service commitment. I'm not the greatest A.A. member that ever lived – I tend to work too hard at my real-world job to spend as much time at meetings or with sponsees as I would like – but I need to do something to keep myself coming back to meetings. If there's no one counting on me to be there, I may just as well sleep in.

The new H&I representative position showed up, just when I needed something to fill the treasurer void. All I would have to do was make a weekly announcement at my home group, go to the monthly area committee meetings, and report back to my home group. I had never been

to any area-level meetings for any committee before, and I thought that a new fledgling committee might be the perfect place to get my feet wet.

It turns out that the area meeting wasn't scary at all, and that I was getting a front row seat to the formation of an exciting new position: representing H&I at the meeting level. I started making my announcements and passing out information for H&I orientations and meetings that desperately needed volunteers.

Month after month I have attended the area meeting, and what started out as a sprinkling of people who already had a serious interest in H&I turned into a massive group over the course of half a year. Some orientations are standing room only, and the list of meetings that desperately need help is shrinking (although don't get the idea that we've booked all the H&I commitments – that will never happen). It feels like I'm watching progress happen right in front of my eyes, and I have to say, it's thrilling.

I can't tell you how lovely it is when someone comes up to me after a meeting and asks for a copy of the H&I vacancy list, or for more information on how to get involved. H&I is really one of those things that, as I make my announcement, people look at the person sitting next to them and say, "I need to do that." We all do. Alcoholics who are incarcer-

ated or in facilities where they need meetings brought in need our voices just as much as people living on the outside.

I realize that there are larger principles at work here, too; ones that involve our Traditions (for Group Unity) & our Concepts (for World Services). By being a group representative for H&I, I'm helping our committee to be more open, transparent, and "directly responsible to those we serve." I'm also helping to ensure that "final responsibility and ultimate authority" for the San Francisco H&I Committee "resides in the collective conscience" of our fellowship. That feels right to me, and I'm grateful to be part of it.

For more information, see [www.handinorcal.org](http://www.handinorcal.org) or attend an orientation meeting on the last Thursday of each month at 7:15 pm at 1751 Sacramento St.



## 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**





# Tales of Wisdom and Courage

## New Fuel For the Pen

by MEM

*"Grant me **Serenity** to accept the things I cannot change,*

***Courage** to change the things I can,*

*And **Wisdom** to know the difference."*

Most of us instinctively cling to the Serenity Prayer in our early, rocky days getting off booze and into the fellowship. Often those early shares include an itemization of the countless times we chanted it during a day, or sometimes only an hour, to achieve balance and stop the screaming demons in our head.

We tend to think of it as a quick shot of serenity to get us

through a rough patch—but *serenity* is only the first of the three gifts we seek when we say this prayer.

We also ask for *courage* to change the things we can. But when was the last time you heard somebody credit the Serenity Prayer in a share about finding the strength to do the right thing, make that seemingly impossible Ninth Step amends, or any of the other, often inward moves we make toward changing the things we can (ourselves being the most consistent thing we have the ability to change)?

And what about the *wisdom* to know the difference? Do we take credit often enough for receiving this gift? Not doing something doesn't usually create as dramatic a story as an act of derring-do. But as we learn to "instinctively handle

situations which used to baffle us," we are acquiring wisdom in abundance and of the type that helps us live the useful lives of purpose we seek.

Throughout 2011, we at *The Point* hope to hear your tales of wisdom and courage. Think about what we're really asking for when we recite the Serenity Prayer at nearly every meeting of Alcoholics Anonymous. Realize how these gifts, too, are ours on a daily or hourly basis as a result of our humbly asking for them. Serenity to accept the things we cannot change is an excellent place to begin, but there's more growth to come. Won't you share your thoughts in this arena by sending them to [thepoint@aasf.org](mailto:thepoint@aasf.org)? We can't do it alone!

## Letters to the Editor

Dear *Point*:

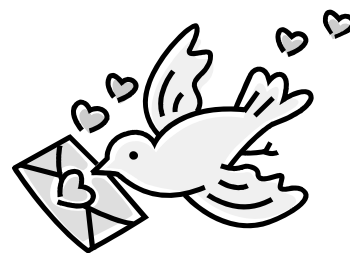
I have really appreciated the Traditions articles this year. They are pithy and well-written and help me reflect anew upon this important part of our A.A. legacy.

Regards,

Carole K.

Dear "Help@aasf.org,"

Thank you so much for your service and for printing some of the inquiries you get in *The Point*. First, because it is obviously a much needed service and you do it so well, and second, because it gives us, the fellowship and fans of *The Point*, an idea of the breadth of education and support



A.A. offers. Many of us assume the only reason to call A.A. is to find out where meetings are. Keep up the good work, and please keep showing us the results!

Jill H.



# HIGHER POWER SPEED DIAL

## An Evolution of Conscious Contact

by Suzan C.

Looking back through my sobriety, I can see I have had different degrees of “conscious contact” with my Higher Power.

**911** – When I did not believe in a Higher Power, I would sometimes resort to desperate prayers when I found myself in a real jam: “Hey, I know I probably don’t deserve this, but can we make some kind of deal here?” This is using God on a 911 basis.

**411** – After coming into the Program of A.A. and working the Twelve Steps, I began turning to God in the way it describes in the Big Book – pausing and asking for guidance. This 411 phase, asking God for information, lasted a long while, and paid big dividends.

**FYI** – After some more time in A.A., I found myself getting a bit lax, and confusing “asking for help” with letting God know my plans: “God, I’ll be quitting my job at the end of the year FYI.” It was as if a courtesy notification to my Higher Power would ensure that God would step in as necessary to promote the plan and help it materialize. I later learned the

saying “if you want to hear God laugh, make a plan.”

**CC** – Having suffered inconsistent results with the FYI program, I decided to elevate my conscious contact a notch with the CC to God approach. I would openly consult God at the time of making the plan, instead of telling God later. Well, it was not really consulting, more like involving. Well, not really involving, more like keeping God in the loop. Yes, looping God in: “Dear Self, I think it may be time to quit my job. Sincerely, Self. CC God.”

**BCC** – Unfortunately, the lessons of CC (that it offered no better results than FYI) failed to stick in my mind, and I descended even further, into BCC. This is where I acknowledge God’s potential role in my will and my life, but want to make sure nobody hears about it. Keeping God on the down low, with a BCC. The Silent Partner. The Deus Sub Rosa. Turns out God sends those communications to the Big Cheese folder.

Now I just keep God on speed dial. When the world starts tilting its head



and staring at me with a puzzled expression, I know it’s time to check in with the Big Amigo. I don’t always call right away, but I’m improving. Surprisingly, God doesn’t always answer. Sometimes it goes to voicemail. That’s why the Eleventh Step says “sought.” By asking I am reaffirming that I am the one who needs the light bulb illuminated. “Dear God, Clue me in, Humbly, Self.”



## Recent Deaths

Carlos S. — 10 years, 2900 Mission Fellowship

Marilyn P. — 34 years, A Step Beyond

Naim S. — 19 years, Tiburon Haven

# The Dilemma of No Faith

## When Sexist Language Kills

by Steve C.

Recently, I received news of the passing of Jean T. Her last years were spent alone, drinking in a small walk-up apartment. Her final days were spent in the hospital with the ravages of late-stage alcoholism. This is the story that many of us in recovery fear. We recognize this story. It may be the story that keeps us sober.

Jean tried A.A. An intelligent woman and a committed feminist, she never felt welcome in our fellowship. The male language and patriarchal image of God did not include her. She tried to create her own Women in Sobriety groups, with some success, but it's hard to create new groups and sustain them.

Jean's  
death  
makes  
me  
realize

how much easier I have it when I go meetings. I don't like the sexist language either, but I'm not actually being excluded by it. Even as a gay man, I've found a home in A.A. There is no shortage of gay meetings in my hometown, or in many cities across the country. There is a camaraderie among sober men that is a welcome change from my years of isolated drinking. Jean was not able to experience that.

Jean's death makes me realize how we need to update the language of our program. God as "he" may not be the God of each person's understanding or experience. When I was new in the program, I would sometimes on my own change the language of "How It Works," which

begins our meetings. Then an old timer gently shared how we have a process to change things, a process that helps overcome our tendencies to ego. I took his point.

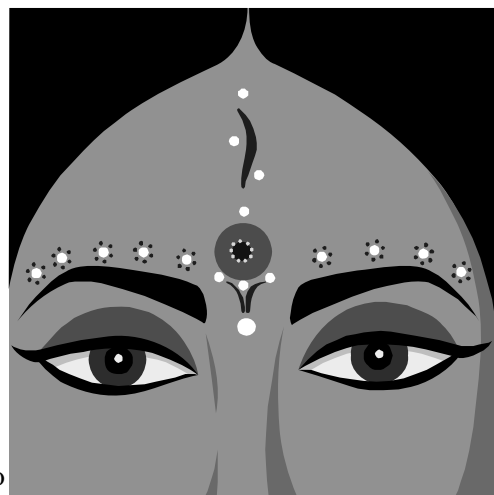
In that spirit, I urge us as a fellowship to take the bold step of changing some of our most cherished literature, if it can help one person get sober. Let what we read at the beginning of meetings really welcome *all* newcomers. Let's get this moving through the democratic process of A.A. and trust our collective wisdom.

Bill W. himself wrote of this need for A.A. to always be willing to keep our door open, especially when it comes to issues of faith:

*we need to update the language of our program*

"The phrase 'God As We Understand Him' is perhaps the most important expression to be found in our whole A.A. vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own. Scarcely less valuable to us are those supplemental expressions, 'A Higher Power' and 'A Power Greater Than Ourselves.' For all who deny, or seriously doubt a deity, these frame an open door over whose threshold the unbeliever can take his first easy step into a reality hitherto unknown to him - the realm of faith ...

"We much regret that these facts of



A.A. life are not understood by the legion of alcoholics in the world around us. ... They just don't realize that faith is never a necessity for A.A. membership...

"How to transmit this good news is one of our most challenging problems in communication, ... [a]nd within our own ranks we might well develop a more sympathetic awareness of the acute plight of these really isolated and desperate sufferers. In their aid we can settle for no less than the best possible attitude and the most ingenious action that we can muster."

"The Dilemma of No Faith,"  
*The Grapevine*, April 1961

That was 1961. This is 2010. Let us heed that call now, in our time. No one's chance of sobriety should be dependent on their gender, or race, or class when they come to a meeting. Let us settle for no less than "the most ingenious action we can muster."



Sinbar Group ♦♦♦ 38<sup>th</sup> Annual  
PIE AND ICE CREAM SOCIAL

Sunday Jan 30 - 8:00 PM



St Finn Barr Church  
415 Edna St at Hearst Ave

# January in A.A. History



by MEM

January 7, 1938: New York A.A. split from the Oxford Group.

January 4, 1939: Dr. Bob wrote in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.

January 4, 1940: First A.A. group in Detroit, MI founded.

January 15, 1941: A.A. Bulletin No. 2 reported that the St. Louis A.A. group had ten members.

January 19, 1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first A.A.

group.

January 1, 1948: First A.A. meeting held in Japan (English-speaking).

January 23, 1961: Bill W. sent a long overdue appreciation letter to Dr. Carl Jung for his contribution to A.A.

January 30, 1961: Dr. Carl Jung answered Bill's letter with "spiritus contra spiritum."\*

January 24, 1971: Bill W. died in Miami, FL.

\* "You see, 'alcohol' in Latin is 'spiritus' and you use the same word for the highest religious experience as

well as for the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum*." "His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God." - C.G. Jung

And from Answers.com: "A literal translation is 'breath against breath.' But friends of Bill W. take it slightly differently considering the many possible meanings of *spiritus* (breath, spirit, breathing, alcohol). This 'formula' is generally taken to describe the importance of a spiritual experience in conquering alcoholism."



## The Benefits of Cabernet Sauvignon

Do you have feelings of inadequacy?

Do you suffer from shyness?

Do you sometimes wish you were more assertive?

If you answered "yes" to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to feel better and more confident about yourself and your actions.

It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regular regimen, you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had.

Stop hiding and start living!

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Side effects may include: dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing,

headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.

### WARNINGS:

\* The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.

\* The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.

\* The consumption of Cabernet Sauvignon may cause you to think you can sing.

\* The consumption of Cabernet Sauvignon may make you think you can converse enthusiastically with members of the opposite sex without spitting.

\* The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.





*This month, one mental health professional responds to another.*

Hi,

**I am writing from the [substance abuse program, local hospital], seeking information about A.A. meetings for mental health professionals/therapists. I have seen several individuals recently who want support to stay sober, but are reluctant to attend regular meetings because they are concerned about running into patients. I have heard that A.A. has meetings specifically for targeted professional groups (lawyers, doctors, etc), but am not sure whether mental health professionals are included in this list, and if so, how to locate the appropriate meetings.**

**Any information you could provide would be greatly appreciated.**

Thanks,

**Mental Health Professional**

Dear MHP,

San Francisco's A.A. Central Office reached out to me in response to your inquiry.

My own experience is that an important tenet of recovery is the necessity to be a "drunk among drunks" and right-sized (as opposed to different from or lesser or greater than others in recovery). This concept was actually very helpful

and relieving to me in my early recovery, and essential to my sobriety.

The question of whether and/or how to interface with patients with whom one may cross paths typically reveals itself on a case-by-case basis, and is, as we say, "grist for the mill." Likewise, I determine how to participate in such meetings on a case-by-case basis (typically preferring to listen rather than actively participate if patients are in the meeting). And as with any other form of self-disclosure or potential boundary issue, I do get consultation on this matter as needed.

Further, my experience is that it was only in my early recovery that this issue of my presence at meetings was of any tangible concern for me (mostly because of my shame). That said, an essential component of early recovery is surrendering oneself fully to the program; that is, admitting one's powerlessness over the disease of alcoholism.

For all these reasons, I believe that separating A.A. meetings for mental health professionals is potentially problematic – and however well-intentioned, may inadvertently be utilized to manage, manipulate and control the conditions of one's sobriety which, in my view, is the antithesis of the twelve-step recovery model.

I would like to add that overall, I perceive my recovery to be a

tremendous asset to my professional life. I am able to "smell" and "feel" substance issues, long before a patient is typically prepared to discuss them openly. Moreover, being able to speak the language of recovery with my patients has often been profoundly helpful to them – and even if they don't run into me at meetings, or I don't otherwise formally disclose my sobriety, it is typically evident from my use of that shared language. (Only an "insider" can really talk the talk, in my experience).

All that said, I do think that a professional support or consultation group for mental health professionals in recovery may be a very useful forum to further support our recovery, as are other forms of "outside help" (the A.A. term for psychotherapy, medical intervention, etc). In my view, such a group would be more appropriate as an adjunct to A.A. than would separate twelve step meetings for mental health professionals.

Of course, I speak for myself and from my own experience only, and not for the program per se. I hope this is helpful and would be pleased to discuss this with you further.

In sobriety,

Fellow  
MHP



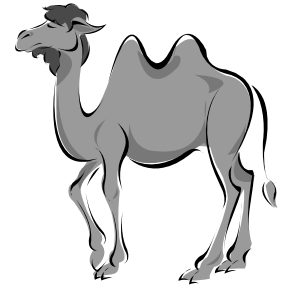
# Meet THE MEETING

by Bree L.

This Mission location has made a gigantic transition from earlier days when the Hell's Angels occupied 1449 Stevenson. The healing probably began when Steve G. moved in. A Viet Nam veteran, he fought in one war but lost a second battle to cancer. During that time his sponsee, Pauli G., moved in to assist with hospice care and help Steve. One thing that Steve initiated was a meditation meeting and when he passed, Pauli wanted to continue Steve's holistic environment. A little over a year ago Pauli, Niko S. and Bernie H. started the Koo Koo Hump Day meeting with thoughts of honoring Steve's legacy.

The Koo Koo Hump Day meeting is held in the Koo Koo Faktory artists studio. It is one of the few remaining Mission district warehouses. The Faktory is now Pauli's residence along with other renters. The place has an artist/loft/early Goodwill ambiance. Niko tells of the early meetings with sparse attendance when they moved the couches into a circle or met around the kitchen table. Attendance now is larger and

## Koo Koo Hump Day



there are many donated folding chairs. Also, along the back wall is a dentist's chair as well as a beauty shop chair complete with the hooded hair dryer for folks to sit in.

The format is as distinctive as the location: speaker/meditation/discussion. Niko says that they tossed around many ideas before landing on the present format. Literature was important but they couldn't decide on what literature. Then was born the idea of having the speaker open the Big Book at random and point to any place in the opened book and then read the passage and speak for fifteen minutes on that passage. Another change was to reduce the thirty-minute meditation that Steve favored, as it was too long. They didn't see newcomers taking to it easily, but five seemed doable. The last part of the meeting was designated for sharing.

Please be aware, the meeting is at a residence with people living on the premises. There is an inclination to hang around for fellowship afterwards, which folks do. However, it is requested for folks to move on by 8 PM. This is the time when the

fellowship moves to a second gathering spot.

Finding 1449 Stevenson can be difficult, as Stevenson Street is one of those unexpected, hidden locations between Mission and Valencia. It is easily reached by turning onto Fourteenth Street from either Mission or Valencia. Parking is hit or miss. Once there, the door is open with the signifying A.A. sign on the front. Follow the path to the back of the building until you see the chairs. Tea and sweets are available in the kitchen. (There is also a Monday night After Work Big Book meeting at 6 PM in the same place.)

The atmosphere of the Mission is reflected in the meeting's philosophy, in that all views are strongly welcomed, with few restrictions on what is shared. As Pauli said, stressing their attitude of acceptance, "It's about recovery."

*Koo Koo Hump Day meets Wednesday at 6 PM, 1449 Stevenson Street. near 14<sup>th</sup> Street. It is a meditation/speaker/discussion meeting.*



by Bill W.

We will know a new freedom and happiness. A promise kept, at least in my experience.

## A New Freedom And A New Happiness

Recently while on a business trip in Texas, I checked into a wonderful old hotel. Supposedly haunted, it was full of history – embossed copper ceilings, mahogany walls and beautiful pieces of Wild West art.

Tired from the long trip, I called the local central office and found a meeting. I had the directions memorized

but didn't get the street address – he only mentioned the cross streets, and that it was near a café. Upon arrival I walked around, unsure of the location. I came upon a coffee shop called Strange Brew. It seemed out of place in Texas, and more like

*(Continued on page 19)*

# IFB meeting summary – December 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

Agnostics and Freethinkers	Each Day a New Beg (M-F)	Huntington Square	On Awakening	Sunday Rap	Tuesday Chip
Artist and Writers	Each Day a New Beg (Sun)	Join the Tribe	Queers/Crackpots/Fallen Women	Sunset 9'ers (Sat.)	Valencia Smokefree
Back to Basics	Early Start	Keep It Simple	Reality Farm	Sunset 9'ers (Sun.)	Walk of Shame
Bernal New Day	Fireside Chat	Live & Let Live	Saturday Easy Does It	Sunset Speaker Step	Waterfront
Blue Book Special	Gratitude Group	Living Sober with HIV	Say Hey	Ten Years After	Wharf Rats
Came to Believe	Haight Street Blues	Marina Discussion	SFPOA	They Don't Know Who...	Women Who Drank Too...
Castro Discussion	High Noon (Sunday)	Men's Gentle Touch	Sober 5150's	They Stopped In Time	Women's Promises
Come 'N Get It	High Noon (Thursday)	Mid Morning Support	Step Talk	Thursday Thumpers	
Cow Hollow Men's	High Noon (Tuesday)	Miracles (Way) Off 24th St.	Steppin' Up	Tiburon Haven Group	Marin General Service
Design for Living	Home Group	Noon Smokeless	Sunday Night Castro SD	Tiburon Men's Stag	San Mateo General Service

This is an unofficial summary of the December 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, December 1, 2010 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA

Announcements: see also <http://aasf.org/ifbinfo.cfm>

Naim S. has returned! Bion H. is moving away An updated pamphlet about Service Opportunities is now available. Box 459, our General Service Office newsletter, (available on [www.aa.org](http://www.aa.org)) lists details for announcements, positions open and info. re: what is happening in AA as a whole.

**Central Office Manager:** full report online .Thanks everyone who came to our

Volunteer appreciation party. Come to the next one if you missed this year's very nice party! Central Office inventory count coming up December 18th, be sure to get in your Central Office Bookstore shopping in early CO will be closed 12/24, 12/31, with Teleservice volunteers covering phones. If any members know of meetings/groups that are changing or cancelled (for holidays or ever) please notify Central Office so the web listing can be updated. See alcohons in San Francisco, Marin and San Mateo County on [aasf.org](http://aasf.org) for updates. Request from General Service Office: 2010 conference recommendation to develop a pamphlet to reflect the wide range of spiritual experiences of AA members, wish to include stories that reflect the experiences of atheistic or agnostic members.

**Treasurer's Report**, full report online <http://aasf.org/ifbinfo.cfm>. Actual financials in a slightly different format due to requests for more detail. Won't need to go into prudent reserve. Overall rating: Fair

## Liaison Reports

**SF Unity Day:** Hosted by SF General Service on Nov. 6, included committees with orientations, panel and meeting at the end of the day.

**District 5 General Service, San Mateo,** Frank S.; Hosting NCCAA conference. Marathon Meetings planned for the holidays

**Marin GS,** Naim S.: Lots of alcohons just went on. Elected new officers for GS. Continuing to get word out to get more Marin

groups in attendance at IFB

**Committee Focus:** Each month we feature some of the committees associated with IFB

**Sunshine Club:** Carole P., David C. Different from H&I, 12 Step and Access Committee in that the Sunshine Club deals specifically with AA members who can't get out to meetings due to a temporary illness or injury. Many meetings held in hospitals, nursing homes, etc. Finding a lot of AA members sober a long time, who are very hungry for meetings, without support network. Example is a woman with 34 years of sobriety, though had gone for two years without a meeting. She was very grateful to have a real meeting happen in her home. Sunshine Club was formed about four years ago. Circumstances common to members in need; long sobriety, undergoing care, not in contact with members during the day. For new committee members requirement is 1 year of sobriety, attendance at orientation. Varying circumstances may make these meetings difficult for new AA members. Committee members will ask requesting members what kind of meeting they want. After the arranged meeting everyone knows they've been to a real meeting of A.A.. Marin has its own Sunshine Club. Contact [marinsunshineclub@aasf.org](mailto:marinsunshineclub@aasf.org). Email also for additional information: [sunshine@aasf.org](mailto:sunshine@aasf.org)

**Archives Committee,** Tracy F. Researches and preserves SF/Marin/Northern California local AA history. Standing request to include date and year on all fliers

# Individual Contributions

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

## ONGOING MEMORIALS

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

## ANNIVERSARIES

Barbara M. 53 years, Chris W. 32 years, Dennis O. 17 years

**New York City:** Patty M. 19 years

**Bernal Big Book:** Jill H. 22 years

**High Noon:** Ben A. 2 years, Bernie 8 years, Eric M. 12 years  
Wayne 16 years, Phil M. 32 years

**Sober Saturday:** Jodie S. 28 years

**Marin Fellowship:** Maryellen O. 27 years

**Too Early:** Kristina F. 10 years

for current events. Reason for reconstruction of many of the older records was a fire on May 28, 1981 SF Alano Club on Grant St, many of the archives were lost. Question: Can members see the archives? Come to an AC meeting, see also the tab online at: <http://aasf.org/archives.cfm>

**Central Office Committee,** Margaret J. The COC is the executive board for the non-profit organization for Central Office that performs employee performance reviews, administers salaries and benefits, puts out budget every year, and files appropriate paperwork when necessary. Special projects (examples; a couple of years ago there was the Central Office remodel, current would be to establish online literature and sales) Different than other committees; Nominating committee process for candidate selection. Various/diverse skills among members desired, (examples; budgeting, accounting, HR, non-profit experience or skills.). Elected position, 2 year term. We learn much about how the organization works, people who contribute.

**Next Month Committee Focus:** PICPC

### Unfinished Business

Bruce K.: Plaque Committee. Have received permission from owners of the building in which the first SF AA meeting was held to put up a plaque commemorating. Wording on plaque as written by committee to date: "In December of 1939 the first meeting of Alcoholics

Anonymous on the west coast of the United States was held in the upstairs kitchen of 51 Potomac." (Circle and Triangle to be placed on the plaque.) Will take the proposed wording back to the owners of 51 Potomac to confirm.

### New Business

Central Office Committee member replacement, Third Legacy Vote. Roll Call read for IFB member availability to the position. Steven E., Mary W. announce availability. Both have a chance to talk about their qualifications and what they would bring to the C.O.C. Steve receives 33 votes, the required 2/3 count for Third Legacy, and is elected to Central Office Committee

**Proposed Budget for 2011:** Goal was to balance the budget. Main increases are in employee expenses, (health care, annual review, etc.) Dashiell provides a basic explanation of the columns represented, noting the dollar and % change from previous year. David: Is 5% increase across the board based on historical trends? Dashiell: Numbers for 2011 are closer to what we used in 2008, before the current decrease in contributions. Motion by Celia H. to accept the proposed 2011 budget, seconded by Tracy F. All in favor, no objections, the motion passes.

Next IFB Meeting:

Wednesday, January 5, 2010, 7 - 9PM  
First Unitarian Universalist Church  
1187 Franklin at O'Farrell, San Francisco, CA

## 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)

#### 12th STEP COMMITTEE

Gloria E. [12thstep@aasf.org](mailto:12thstep@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 BUZZ

Celia H. & Li L. [thebuzz@aasf.org](mailto:thebuzz@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	Oct. 10	YTD	Marin Contributions	Oct. 10	YTD	Marin Contributions	Oct. 10	YTD
Anonymous		\$ 500	Island Group Th 8pm		\$ 244	Tuesday Twelve Step		\$ 60
Artists & Writers F 630pm	\$ 954	\$ 954	Living in the Solution F 6pm		\$ 267	Unidentified Group		\$ 98
Brisbane Breakfast Bunch	\$ 36	\$ 290	Marin City Groups 5D 630pm		\$ 278	We, Us and Ours M 650pm	\$ 50	\$ 310
Contribution Box	\$ 148	\$ 851	Marin Young People F 830pm		\$ 30	Wednesday Night Candlelight		\$ 296
Deer Park Discovery Group		\$ 30	Mill Valley 7D 7am	\$ 316	\$2,533	Wednesday Night SD W 7pm		\$ 32
From the Start to the Finish		\$ 120	Mill Valley Discussion W 830pm	\$ 89	\$ 450	Wednesday Sundowners W 6pm		\$ 126
Gay & Lesbian Friday Nights		\$ 20	Monday Blues M 630pm		\$ 432	What's It All About F 12pm		\$ 500
Gay Newcomers Group		\$ 20	Monday Night Stag	\$1,050	\$1,955	Women For Women W 12pm		\$ 100
General Service District 11		\$ 19	Monday Night Women's M 8pm	\$ 177	\$ 677	Women on Monday M 7pm		\$ 85
H&I (Marin)		\$ 160	Monday Nooners M 12pm		\$ 743	Women Who Drank Too Much		\$ 219
IFB		\$ 961	Morning Attitude Adjustment		\$ 228	Women's Big Book Tu 1030am		\$ 1,005
MCYPAA		\$ 250	Nativity Monday Night BB	\$ 100	\$ 300	Women's Meeting Su 430pm		\$ 142
Pax West M 12pm		\$ 243	Newcomers Step M 730pm		\$ 629	Women's Step Study M 12pm		\$ 200
SFYPA		\$ 800	Noon Hope F 12pm		\$ 465	Working Dogs W 1205pm		\$ 1,156
Santa Rosa Fellowship	\$ 14	\$ 14	Novato Basics Tu 8pm		\$ 450	Young People's Chopsticks		\$ 61
Serenity House	\$ 150	\$1,350	Novato Monday Stag M 8pm		\$ 300	<b>Marin Total</b>	<b>\$4,964</b>	<b>\$41,468</b>
Sunset Group (Napa)		\$ 18	Off Broadway Book Th 730pm		\$ 6			
TSWC		\$ 55	On Awakening 7D 530am		\$ 525	<b>San Francisco Contributions</b>	<b>Oct. 10</b>	<b>YTD</b>
<b>Fellowship Total</b>	<b>\$1,303</b>	<b>\$6,656</b>	Pathfinders Tu 12pm	\$ 301	\$ 665	10 AM Dry Dock Fellowship		\$ 119
			Primary Purpose W 830pm	\$ 140	\$ 420	10am Step Study M 10am		\$ 78
<b>Marin Contributions</b>	<b>Oct. 10</b>	<b>YTD</b>	Quitting Time MWF 530pm		\$ 100	130 PM Dry Dock Fellowship		\$ 117
12 & 12 Study Sa 815am		\$ 557	Refugee Th 12pm	\$ 60	\$ 400	330 PM Dry Dock Fellowship		\$ 117
7am Urgent Care Group 7D 7am		\$ 500	Reveille 5D 7am		\$ 900	330 Smokeless W		\$ 28
A Vision for You Su 730pm		\$ 63	Rise N Shine Sun 10am		\$ 692	515pm Smokeless Tu		\$ 8
Attitude Adjustment 7D 7am	\$ 554	\$2,336	San Geronimo Valley BS		\$ 140	515pm Smokeless W		\$ 30
Awakenings Sa 830am		\$ 86	San Geronimo Valley M 8pm		\$ 138	6am Dry Dock 7D		\$ 53
Awareness/Acceptance M 1030am		\$ 155	Saturday Women's Speaker		\$ 240	6am Dry Dock Sa		\$ 165
Be Still AA Su 12pm		\$ 46	Sausalito 12 Step Study Group		\$ 196	6am Dry Dock Th		\$ 35
Beginners & Closed Tu		\$ 410	Serendipity Sa 11am		\$ 282	6am Dry Dock W	\$ 124	\$ 536
Blackie's Pasture Sa 830pm	\$ 165	\$ 461	Serenity Sun 6pm		\$ 71	7am As Bill Sees It Fri		\$ 155
Caledonia Sun 8pm		\$ 250	Sisters In Sobriety Th 730pm		\$ 55	7am Grab Bag M 7am		\$ 46
Closed Women SS Tu 330pm	\$ 117	\$ 441	Six O'Clock Sunset Th 6pm	\$ 169	\$ 635	7am Living Sober W 7am		\$ 71
Cover to Cover W 800pm		\$ 197	Sober & Serene F 7pm		\$ 531	7am Smokeless Sa 7am		\$ 43
Creekside New Growth Sun 7pm		\$ 186	Spiritual Testost. Sun Men's Stag		\$ 460	7am Smokeless Su 7am	\$ 51	\$ 51
Crossroads Sun 12pm		\$1,288	Steps to Freedom M 730pm	\$ 141	\$ 285	7am Speaker Discussion Th		\$ 211
Day At A Time 7D 630am		\$ 702	Steps To The Solution W 715pm	\$ 103	\$ 407	7am Step Discussion Tu 7am		\$ 46
Downtown Mill Valley F 830pm		\$ 343	Stinson Beach Fellowship Th 8pm		\$ 100	830am Smokeless F 830am	\$ 89	\$ 543
East San Rafael Big Book		\$ 130	Streetfighters Sa 9am		\$ 43	830pm Smokeless W 830pm		\$ 20
Experience, Strength & Hope		\$ 50	Sunday Express Sun 6pm	\$ 200	\$ 550	A is for Alcohol Tu 6pm		\$ 132
Four Horsemen Thu 7pm		\$ 25	Sunday Friendship Sun 7pm		\$ 200	A New Start F 830pm		\$ 1,127
Freedom Finders F 830pm	\$ 303	\$ 624	Sunday Night Corte Madera		\$ 200	A Vision for You (SF) Su 630pm		\$ 100
Friday Night Book F 830pm		\$ 247	Sunlight of the Spirit Th 7pm		\$ 150	AA Step Study Su 6pm		\$ 129
Friday Night Gay Men's Stag		\$ 96	T.G.I.F. F 6pm		\$ 309	Acceptance Group M 530pm		\$ 101
Girls Night Out W 815pm		\$ 125	Terra Linda Group Th 830pm		\$ 250	Afro American Beginners Sat 8pm		\$ 41
Gratitude Tu 8pm		\$ 700	The Fearless Searchers F 8pm		\$ 38	Afro American F 8pm		\$ 35
Greenfield Newcomers Sun 7pm	\$ 385	\$1,175	There is a Solution Tu 6pm		\$ 199	After Work M 6PM	\$ 50	\$ 230
Happy Destiny F 7pm	\$ 50	\$ 133	Thursday Night Book Club Th 7pm		\$ 107	Agnostics & Freethinkers Su 630pm		\$ 157
Happy Hour (Marin) Th 6pm		\$ 50	Thursday Night Speaker Th 830pm		\$2,914	All Together Now Th 8pm		\$ 38
Happy, Joyous & Free 5D 12pm		\$1,250	Tiburon Beginners & Closed		\$ 505	Alumni W 830pm		\$ 295
High & Dry W 12pm		\$ 285	Tiburon Haven Sun 12pm		\$ 474	Artists & Writers F 630pm		\$ 554
Intimate Feelings Sa 10am	\$ 100	\$ 323	Tiburon Women's Candlelight		\$ 148	As Bill Sees It Sat 8pm		\$ 102
Inverness Sunday Serenity		\$ 140	Tuesday Chip Meeting Tu 830pm	\$ 394	\$ 394	As Bill Sees It Th 6pm		\$ 455

(Continued on page 19)

San Francisco Contributions	Oct. 10	YTD	San Francisco Contributions	Oct. 10	YTD	San Francisco Contributions	Oct. 10	YTD
As Bill Sees It Th 830pm		\$ 143	Friday Lunchtime Step F 12pm		\$ 222	One Liners Th 830pm		\$ 447
As Bill Sees It Tu 1210pm		\$ 133	Friday Night Women's Meeting		\$ 52	One, Two, Three, Go! W 1pm		\$ 10
Ass in a Bag Th 830pm		\$ 478	Friday Smokeless F 830pm		\$ 195	Our Morning Meditations Sa 715am		\$ 25
Be Still AA Su 12pm		\$ 256	Friday Smokeless F 8pm	\$ 91	\$ 335	Parkside Th 830pm		\$ 457
Beginner Big Book Step Th 630pm		\$ 77	Friendly Circle Beginners Su 715pm		\$ 340	Pax West M 12pm		\$ 650
Beginners 12 x 12 F 7pm	\$ 486	\$1,206	Full Flight From Reality Sa 1230pm		\$ 129	Pax West Th 12pm		\$ 443
Beginners Meeting (Old Sutter St)		\$ 706	Gold Mine Group M 8pm		\$ 325	Potrero Hill 12 x 12 M 630pm		\$ 67
Beginners' Step Study Sat 630pm		\$ 575	Haight Street Blues Tu 615pm	\$ 57	\$ 481	Queers, Crackpots & Fallen Women		\$ 180
Beginner's Warmup W 6pm		\$ 126	Haight Street Explorers Th 630pm		\$ 265	Rebound W 830pm		\$ 60
Bernal Big Book Sat 5pm		\$ 190	Happy Destiny Sa 630pm		\$ 38	Relapses/Rebounds/Retreads/Winners		\$ 428
Bernal New Day 7D	\$ 572	\$2,394	Happy Hour Ladies Night F 530pm		\$ 136	Richmond Step Study M 730pm		\$ 86
Big Book Basics F 8pm	\$ 261	\$ 558	High Noon Friday 1215pm		\$ 568	Rigorous Honesty Th 1205pm	\$ 60	\$ 275
Big Book Beginners F 105pm		\$ 79	High Noon Saturday 1215pm		\$ 206	Room to Grow F 8pm		\$ 258
Big Book Study Su 1130am		\$ 379	High Noon Sunday 1215p		\$ 60	Rule 62 W 10pm		\$ 85
Blue Book Special Su 11am		\$ 307	High Noon Thursday 1215pm	\$ 72	\$ 409	Saturday Afternoon Meditation		\$ 260
Buena Vista Breakfast Su 12pm		\$ 129	High Noon Tuesday 1215pm		\$ 820	Saturday Beginners Sat 6pm	\$ 283	\$ 655
By the Book Sa 10am		\$ 22	High Noon Wednesday 1215pm		\$ 210	Saturday Easy Does It Sa 12pm		\$ 466
Came To Believe Su 830am		\$ 183	High Sobriety M 8pm		\$ 388	Saturday Night Regroup Sat 730pm		\$ 958
Came to Park Sat 7pm		\$ 866	Hilldwellers M 8pm		\$ 325	Say Hey Group M, Tu, F 6pm	\$ 56	\$ 498
Castro Discussion (Show Of Shows)		\$ 415	How Was Your Week? Sa 10am		\$1,344	Second Chance Th 215pm		\$ 28
Castro Monday Big Book M 830pm		\$ 115	Huntington Square W 630pm	\$ 531	\$ 865	Serenity House		\$ 150
Chips Ahoy Tu 12pm		\$ 106	Join the Tribe Tu 7pm		\$ 575	Serenity in the Park W 7pm		\$ 66
Closed Women Step Study Tu 330pm		\$ 139	Joys of Recovery Tu 8pm		\$ 29	Serenity Seekers M 730pm		\$ 226
Cocoanuts Su 9am		\$ 60	Just Alkies F 7pm		\$ 175	Sesame Step Tu 730pm	\$ 322	\$ 430
Code Blue Big Book Study W 7pm		\$ 232	Keep Coming Back Sa 11am		\$1,163	Shamrocks & Serenity M 730pm	\$ 132	\$1,027
Common Welfare Th 8pm		\$ 151	Light Brigade Discussion Su 7pm		\$ 193	Sinbar Su 830pm		\$ 264
Cow Hollow Men's Group W 8pm	\$ 576	\$1,057	Like A Prayer Su 4pm		\$ 100	Sisters Circle Su 6pm		\$ 162
Dark Secrets F 10pm		\$ 71	Lincoln Park Sat 830pm	\$ 115	\$ 207	Sober 5150's W 8pm		\$ 69
Design for Living Sat 8am		\$ 581	Live and Let Live Su 8pm		\$1,030	Sober Across the Board M-Sa 830am		\$ 133
Diamond Heights Tu 830pm		\$ 258	Living Proof Th 630pm		\$ 49	Sober at State MW 1210pm		\$ 55
Doin' the Deal Sun 10pm	\$ 77	\$ 283	Living Sober W 8pm		\$ 415	Sobriety & Beyond W 7pm		\$ 90
Each Day a New Beginning F 7am		\$1,898	Living Sober with HIV W 6pm		\$ 671	Sometimes Slowly Sa 11am		\$ 707
Each Day a New Beginning M 7am	\$ 265	\$ 805	Luke's Group W 7pm	\$ 85	\$ 220	Sought to Improve Th 730pm	\$ 60	\$ 120
Each Day A New Beginning Su 8am	\$ 396	\$1,299	Luke's Group W 8pm		\$ 70	SFPOA Th 7pm		\$ 637
Each Day a New Beginning Th 7am	\$ 260	\$1,064	Lush Lounge Sa 2pm		\$ 205	Step Talk Su 830am		\$ 952
Each Day a New Beginning Tu 7am	\$ 214	\$ 963	Meeting Place Noon F 12pm		\$ 402	Steppin' Up Tu 630pm	\$ 179	\$ 393
Each Day a New Beginning W 7am		\$ 299	Meeting Place Noon W 12pm	\$ 213	\$ 569	Stepping Out Sat 6pm		\$ 154
Early Start F 6pm		\$2,339	Mid-Morning Support Su 1030am		\$1,189	Stepping Stone Step Study M 7pm	\$ 21	\$ 21
Embarcadero Group 5D 1210pm		\$1,359	Midnight Meditation Sat 12am		\$ 122	Stonestown M 8pm		\$ 210
Eureka Step Tu 6pm		\$ 165	Miracle (Way) Off 24th St W 730pm		\$ 268	Straight Jackets Th 9am		\$ 26
Eureka Valley Topic M 6pm		\$ 835	Mission Terrace W 8pm		\$ 60	Sunday Bookworms Sun 730pm		\$ 244
Excelsior "Scent" Free for All Sa 8pm		\$ 252	Monday Beginners M 8pm		\$ 400	Sunday Morning Gay Men's Stag		\$1,440
Extreme Makeover M 730pm		\$ 169	Monday Men's Meeting M 8pm		\$ 485	Sunday Night 3rd Step Group 5pm		\$1,014
Faith, Hope & Charity F 12pm		\$ 168	Monday Monday M 1215pm		\$ 171	Sunday Night Castro SD Su 730pm		\$ 134
Federal Speaker Su 12pm		\$ 244	Moving Toward Serenity W 830pm		\$ 376	Sunday Night Castro SD Su 8pm		\$ 431
Fell Street F 830pm		\$ 137	New Life W 7pm		\$ 345	Sunday Rap Sun 8pm		\$ 360
Fell Street Step Su 8pm		\$ 169	Newcomers Tu 8pm		\$ 667	Sunday Silence Su 730pm		\$ 90
Firefighters & Friends Tu 10am		\$ 588	No Reservation M 12pm	\$ 87	\$1,190	Sundown W 7pm	\$ 352	\$ 774
Fireside Chat Group Th 8pm		\$ 204	Noon Smokeless F 12pm		\$ 279	Sunrise Sunset Women's Step		\$ 236
Fireside Chat Group Tu 8pm	\$ 104	\$ 280	Noon Smokeless M 12pm		\$ 29	Sunset 11'ers F		\$ 100
Friday All Groups F 830pm		\$ 569	Noon Smokeless W 12pm		\$ 255	Sunset 11'ers Sa		\$ 397
Friday at Five F 5pm		\$ 35	Off Broadway Book Th 730pm	\$ 38	\$ 119	Sunset 11'ers W		\$ 284

# profit and loss statement: October 2011

	Oct 10	Budget	Jan - Oct 10	Budget		Oct 10	Budget	Jan - Oct 10	Budget
Ordinary Income/Expense					Computer Consulting	263		675	1124
Income					Total Professional Fees	\$ 263		\$ 675	\$ 2,124
Contributions from Groups					Bank Charges	0		15	
Group Contributions	13687	11984	134204	116383	Postage				
Honors	0		439		Non-Bulk Postage	0		232	126
Contributions from Groups - Other	0		345		Bulk Mail	200		631	738
Total Contributions from Groups	\$13,687	\$11,984	\$ 134,988	\$116,383	Total Postage	\$ 200		\$ 863	\$ 864
Contributions from Individuals					Rent - Office	4493	4493	44932	44930
Individual - Unrestricted	250	327	9372	4423	Rent - Other	0		675	675
Faithful Fiver	795	1050	10456	8703	Access Expenses	90	666	1949	6660
Honorary Contributions	146	136	3730	1554	IFB Literature				
Total Contributions from Individuals	\$ 1,191	\$ 1,513	\$ 23,558	\$ 14,680	Sunshine Club	0		151	180
Gratitude Month					IFB Literature - Other	0	6	163	6
Gratitude Month - Groups	0		4015		Total IFB Literature	\$ -	\$ 6	\$ 314	\$ 186
Gratitude Month - Individual	0		200		PI/CPC	0	120	70	600
Gratitude Month - Other	0		0	3139	Filing/Fees	0		0	118
Total Gratitude Month	\$ -		\$ 4,215	\$ 3,139	Insurance	0		1740	901
Sales - Bookstore	7395	10277	91808	88898	Internet Expense	55	119	1157	1190
Newsletter Subscript.	11	20	279	342	Office Supplies	85	170	2192	1700
Total Income	\$22,284	\$23,794	\$ 254,849	\$223,442	Paper Purchased	219	208	2385	2080
Cost of Goods Sold					Software Purchased	0		410	288
Cost of Books Sold - Shipping	23		327	223	Shipping	-21	21	66	210
Cost of Books Sold	5155	7057	61481	61305	Printing	0		38	
Credit Card Processing Fees	286	262	2857	2274	Equipment Lease	0		4700	4638
Total COGS	\$ 5,464	\$ 7,319	\$ 64,665	\$ 63,802	Repair & Maintenance	254	437	2585	2714
Gross Profit	\$16,819	\$16,475	\$ 190,184	\$159,640	Security System	0		354	377
Expense					Payroll Expenses	5	5	44	50
Inventory Adjustments	0		-192		Telephone	258	256	2498	2560
Sunshine Club	0	46	20	730	Phone Book Listings	87	84	865	840
Archives Committee	0		140		Travel	30	651	1168	1156
IFB Sponsored Events	225	450	1059	1661	Training	450		470	20
Reconciliation Discrepancies	0		-179		Bad Checks	0		45	12
Employee Expenses					Miscellaneous Expense	0		0	
Deferred comp expense	0		9158		Total Expense	\$17,662	\$19,194	\$ 193,429	\$192,795
Wages & Salaries	9158	9403	90873	92892	Net Ordinary Income	\$ (843)	\$ (2,719)	\$ (3,244)	\$ (33,155)
Employer Tax Expenses	743	776	8580	8980	Other Income/Expense				
Health Benefits	1069	1283	12970	12830	Other Income				
Workers Comp Ins.	0		792	809	Interest Income	67	271	2509	2710
Total Employee Expenses	\$10,970	\$11,462	\$ 122,373	\$115,511	Total Other Income	\$ 67	\$ 271	\$ 2,509	\$ 2,710
Professional Fees					Net Other Income	\$ 67	\$ 271	\$ 2,509	\$ 2,710
Accounting	0		0	1000	Net Income	\$ (776)	\$ (2,448)	\$ (735)	\$ (30,445)

(Continued from page 13)

something I would find in San Francisco – like a cafe in the Mission, awash in deep colors and dark coffee.

I went inside and struck up a conversation with the man behind the counter. He noticed my California accent and asked why I was in town. Without thinking, I said I was here on business, and currently looking for an A.A. meeting.

“Oh, that’s two doors down. It begins in a few minutes.”

I stopped and smiled. “Are you . . . ?”

He nodded. “Ten months. Best thing that ever happened to me.”

I bought a coffee, walked over to the meeting, and found a seat. They had an unusual format – they chose shares like a lottery, based on the seats. It was different, but the issues and answers were the same. I returned to my hotel room, relaxed and calm.

Business the next day involved high stakes – a competitor was trying to take our business – but we were able to make our case with integrity and honesty. It was a successful outcome, but it had been five long hours, and I was ready to go home.

As I drove back to the airport, I noticed my ankle was sore. When I got on the plane, I began to experience chills and a fever. I arrived back home and went straight to the hospital. The doctors were calm, but their concern was evident – I had been bitten by some form of spider. They had me in and out of the hospital for five days. The condition was slowly getting better, but the doctors were still discussing hospitalization. I sighed. What was the point of all this?

I began to leave messages for my sponsees, letting them know I’d be in

bed that weekend and unable to attend my home group. One of them called back, and said they had already prepared to bring me a meeting. I was touched. In my twenty years of A.A., I had done so for many others, but had never required the same myself.

That Saturday night they came by, along with my sponsor. One by one, we all had a chance to share that language of the heart. I felt the warmth in the room, and in me, as these sober

men expressed their challenges and solutions. Something shifted, and I felt calm and peaceful again. For that hour, I was surrounded by love and support. And as they all left, I felt a profound freedom and a new happiness.

It seems odd that some feel this freedom comes at a price – turning your life over to a force that will manage all your dreams and outcomes. But it is nothing more than a new paradigm, one we slowly become accustomed to as the gifts arrive in strange and beautiful wrapping. It only requires acceptance, and a simple surrender of will.



(Continued from page 17)

San Francisco Contributions	Oct. 10	YTD
Sunset 9'ers F	\$ 12	\$ 12
Sunset 9'ers M		\$ 72
Sunset 9'ers Sa		\$ 78
Sunset 9'ers Su	\$ 54	\$ 625
Sunset 9'ers Th		\$ 133
Sunset 9'ers Tu		\$ 2
Sunset 9'ers W		\$ 238
Sunset Speaker Step Sun 730pm	\$ 265	\$ 484
Surf Tu 8pm		\$ 706
Ten Years After Su 6pm		\$ 1,483
The 12 Schleppers Th 8pm		\$ 80
The Lads Fr 730pm	\$ 106	\$ 413
The Parent Trap 2 Wed. 430pm	\$ 47	\$ 160
The Parent Trap M 1230pm		\$ 153
The Pepper Group F 12pm	\$ 56	\$ 156
They Don't Know Who We Are Sat 7pm		\$ 225
They Stopped In Time M 8pm		\$ 47
Thursday Morning Men's BB Study		\$ 825
Thursday Night Women's Th 630pm		\$ 626
Thursday's Children Th 515pm		\$ 36
Too Early Sat 8am	\$ 289	\$ 2,112
Trudgers Discussion Su 7pm		\$ 180
Tuesday Big Book Study Tu 6pm		\$ 180
Tuesday Downtown Tu 8pm		\$ 64
Tuesday Men's Pax Tu 12pm		\$ 384
Tuesday Night Step Tu 7pm		\$ 22
Tuesday Women's Tu 630pm		\$ 30
Tuesday's Daily Reflections Tu 7am		\$ 247
Twelve Steps to Happiness F 730pm		\$ 71
Unidentified Group		\$ 77
Valencia Smokefree F 6pm		\$ 518
Veterans' Coffee Break W 1030am		\$ 9
Walk of Shame W 8pm		\$ 159
Waterfront Sun 8pm		\$ 811
We Care Tu 12pm		\$ 361
Wednesday Morning Men's Meeting		\$ 146
West Portal W 8pm		\$ 315
Wharfrats Th 815pm	\$ 21	\$ 285
What It's Like Now M 6pm		\$ 245
Wits End Step Study Tu 8pm		\$ 94
Wombly's Clapboard Factory		\$ 4
Women Living Sober Sa 10am		\$ 240
Women Who Drank Too Much		\$ 22
Women's 10 Years Plus Th 615pm		\$ 521
Women's Kitchen Table Tu 630pm		\$ 671
Women's Meeting There is a Solution	\$ 291	\$ 843
Women's Promises F 7pm		\$ 717
Work In Progress Sat 7pm		\$ 1,093
YAHOO Step Sa 1130am		\$ 337
San Francisco Total	\$ 7,420	\$ 86,865

YTD	\$13,687	\$134,989
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# January 2011

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