

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

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

# The Point

2011 **2**  
**February**

A publication  
of the Intercounty Fellowship  
of Alcoholics Anonymous

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## *The Point*

is published monthly to inform  
A.A. members about business and  
meeting affairs in the Intercounty  
Fellowship of Alcoholics  
Anonymous (San Francisco and  
Marin Counties). *The Point's* pages  
are open to participation by all  
A.A. members. Nothing published  
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by A.A. as a whole, the Intercounty  
Fellowship Board, the Central  
Office, or *The Point* Editorial  
Committee. Letters and articles to  
help carry the A.A. message are  
welcomed, subject to editorial  
review by *The Point* Committee.

## What's Love Recovery



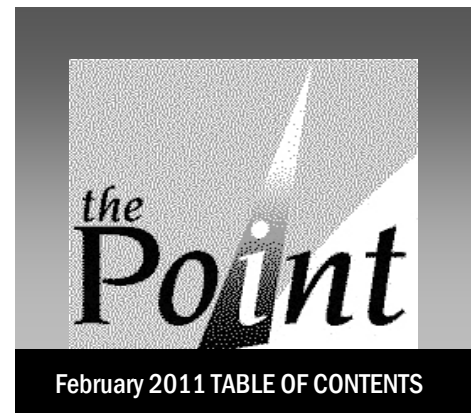
Got To Do With It?

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# February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1</b> <u>FIRST TUE</u> Access Committee Central Office 6pm	<b>2</b> <u>FIRST WED</u> Intercounty Fellowship Board 101 Donahue, Marin City (St Andrew Presbyterian Church) Orientation 6pm Meeting 7pm
<b>6</b>	<b>7</b>	<b>8</b> <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm <b>SF Bridging the Gap</b> 1111 O'Farrell St 6:30pm <b>Marin H&amp;I</b> 1360 Lincoln San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St 8pm	<b>9</b> <u>SECOND WED</u> <b>12th Step Committee</b> Central Office 6:30pm <b>Marin Bridging the Gap</b> 1360 Lincoln Ave San Rafael Alano Club 6:30pm
<b>13</b>	<b>14</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	<b>15</b> <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	<b>16</b>
<b>20</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	<b>21 Central Office Closed</b> <b>Presidents' Day</b> <u>THIRD MON</u> <b>SF Teleservice</b> Central Office 6:30pm <b>Marin General Service</b> 9 Ross Valley Rd San Rafael 8pm	<b>22</b> <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm <b>Marin Teleservice</b> 1360 Lincoln Ave San Rafael Alano Club 7:30pm	<b>23</b>
<b>27</b>	<b>28</b>		

THURSDAY	FRIDAY	SATURDAY
3	4	5
10	11	12
17 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm	18	19
24 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St Orientation 7pm Committee Meeting 8pm	25	26 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N McDowell Petaluma Business Meeting 12:30pm
<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>		



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We alcoholics are sensitive people.  
It takes some of us a long time  
to outgrow that serious handicap.

*Alcoholics Anonymous, p. 125*

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## Meeting Changes

### New Meeting:

Sat 8:30am Mill Valley SATURDAY WEEKEND WARRIOR, 118 E Strawberry Dr/Tiburon Blvd (ME, SD)

### Meeting Changes:

Wed	8:00pm	Mission	MISSION TERRACE, Mission Fellowship, 2900 24th St/ (was 1021 Sanchez St)
Wed	8:30pm	San Rafael	LOS RANCHITOS, 240 Channing Way/Professional Center Parkway (was 1411 Lincoln Ave)
Thu	8:00pm	Castro	CASTRO DISCUSSION (SHOW OF SHOWS), 100 Collingwood St (was Wednesday)
Sat	10:00am	Castro	KEEP COMING BACK, 100 Collingwood St (was 11am)

### No Longer Meeting:

Sun 6:00pm Richmond LOTS OF PARKING, 301 14th Ave/Clement

**PLEASE NOTE:** We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. **If you know *anything* about a meeting that has relocated or disbanded — even if only temporarily — please call Central Office immediately: (415) 674-1821.** This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. ***Thank you for contributing to the accuracy of our schedule!***

## Sober Atheists and Agnostics Wanted!

### Deadline: February 15, 2011

The National A.A. Trustees Committee on Literature is looking for stories from atheists and agnostics who are successfully sober in A.A. The Committee is looking for stories that reflect the wide range of spiritual experiences of A.A. members and how members with any belief or

non-belief have found a solution for the concept of spirituality and sobriety in A.A.

Manuscripts should be 500-800 words, double-spaced. On a separate sheet, please include your name, address, telephone number, and email address as well as the

project you are submitting your story for. The anonymity of all authors will be observed, whether or not their story is selected for publication. Please send your sharing by February 15, 2011 to [literature@aa.org](mailto:literature@aa.org)

From the Editor

# Love

by Charley D.

Nothing seems clearer or more convincing than love. When you're in love, you know the other person must be the one. You want that person more than anything, more than life itself. One famous and riveting portrayal of alcoholism, *Drinking: A Love Story*, by Caroline Knapp, convincingly makes the case that the alcoholic literally falls in love with alcohol. When we were drinking, we felt we must have that next drink, that it alone would fulfill us. Like a true lover, disappointment and even destruction of our lives didn't deter us from pursuit of our beloved.

But we know now our great love in life has let us down. Seemingly the solution to our fears, drinking only made them worse and still more terrifying. We thought alcohol would help us "loosen up" and make us more approachable, less shy in our relationships with others. Instead, we ended up even more withdrawn and alone.

With this broken love affair affecting our minds and hearts, small wonder that love should be a challenge for most of us in recovery. In this issue, we explore the heart of the alcoholic in the month of Valentine's Day. Suzan C. tells of her experience and struggles with sober love, likening it to learning a new language. Judy G.'s take on love is that it's an addiction – not like alcohol, more like food – something we can't do without but in which we tend to overindulge. A

Sober Woman tells how love and marriage went wrong for her yet still she remained sober.

As your guest editor for this month, I can't resist sending a public Valentine of my own to our *real* Editor in Chief, Jane K., who usually writes the feature you're reading now. From the moment she welcomed me to *The Point*, Jane has shown consummate kindness, endless patience, and a ready laugh, but never the derisive kind. She makes our committee meetings an event to which I look forward. I missed two in row recently and really felt out of sorts. A whole month without Jane and the rest of our merry band? How bleak. Her cheerful, selfless service inspires me and I hope you, too.

"Valentine" derives from the same root as "valor." According to legend, St. Valentine, a priest, bravely performed Christian marriages in defiance of the law of the Roman Empire. For this, Emperor Claudius II put him to death. Today, a new debate about legal marriage rages with San Francisco as its epicenter. On this, like other outside issues, A.A. takes no position. Still, the legend can remind us that love and bravery remain two fundamental tenets of our program. Alcoholism usually has its roots in fear. With the loving understanding and support of our fellow alcoholics, we gain a reprieve from addiction. With their help, we can face and overcome the fear at the bottom of our addiction. Above all, we must never be afraid to love. Happy Valentine's Day to all. **TP**

## EDITORIAL POLICY

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

*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.



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:

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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!

# A.A. Marriage Gone Wrong

## A Bad Boat Does Not An Unsafe Harbor Make

by A Sober Woman

Coming in to A.A., if we do it in a state of full surrender, is like entering a safe harbor. It is a place to dock our battered vessel. We're still shattered by the path we've chosen and the storms we met there, but now our life choices are whittled down to their simplest form: Sit in meetings. Listen for the similarities. Don't drink. Surrender. Reach out. Take stock – of the quality of our honesty, our faith, our intention, our faults, our past. Invite whatever Higher Power we have driven away from us, through fear or rage or disbelief or stubbornness, to reveal itself.

I did not come to A.A. so much as A.A. came to me. I did not think, "I have a drinking problem" so much as "I'm unraveling." I interviewed a candidate for a position at my company, and when I did that I unknowingly interviewed A.A., too. That candidate was in the program, and began twelve-stepping me almost immediately. And when I hired him I hired A.A., too, because shortly after that I had my moment of clarity, saw myself in a speeding car (I dreamt frequently then of being inside a speeding car, blind-folded, unable to take my foot off the gas pedal and no longer in control of the steering wheel) and woke up right before it went over the cliff. "Enough," I said.

I wanted very much to believe in the safety of the harbor that was A.A. I watched the faces around me, seated on top of their folding metal chairs. But they seemed like zombies. They mouthed A.A. slogans and talked

endlessly about how the program had "saved" them and I thought they seemed like the people who used to show up on our doorstep in Virginia, convinced that God had saved them (and would save me, too, if only I would be a proper Christian and listen).

But God would not save *me*. I was convinced of that. I was too smart, you see – I knew, in a way they didn't, that God did not magically produce parking spaces, or keep people from getting run over by cars, or reward them with fancy houses

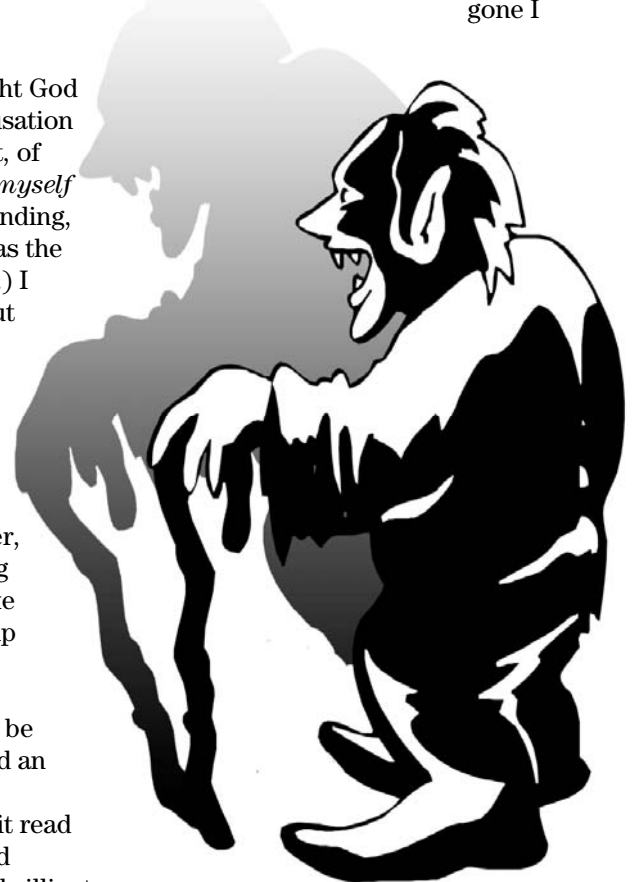
*He thumped the Big Book until it read like Dostoyevsky.*

for their good deeds. I thought God was a fiction assigned to causation by deluded people. (I did not, of course, see that I had made *myself* the God of my own understanding, nor that my own delusion was the more powerful because of it.) I *wanted* to believe. I tried. But as I tried, my early recovery grew a shadow. The face of that shadow was one I recognized, and one I *could* believe in. It was a shadow not made up of my drinking itself but of something darker, the thing *behind* the drinking – the *ism* in the alcohol, I like to say. My shadow showed up in the shape of a man old enough to be my father, and brilliant and cruel enough to be my father. This man mouthed an A.A. I could understand. He thumped the Big Book until it read like Dostoyevsky. He dripped slogans like poetry. He gave brilliant,

profound, humble-sounding speeches. He said of himself, "I have been sober almost 20 years, look at me!" and he said to me, "Nothing you have to say is worth anything. You're a *newcomer*." After a while, he said, "You're worthless." And after a while, I believed him.

I married the shadow, my own shadow, the one I had carried with me ever since my father's death, the one that lurked at the bottom of every blood-red glass of cabernet.

My shadow almost killed me. The police had to cut him out of our brief marriage like a cancer. After he was gone I



(Continued on page 10)

# Roses Are Red, Violets Are Blue

## Are You My Partner Or Am I Better Than You?

by Suzan C.

What does it mean to have a “true partnership” with another human being, as Bill W. describes? In a business partnership, both parties share profits and losses and work together to advance their mutual goals. Personal partnerships have an analogous definition, where happiness and security represent profits, and sadness and misfortune represent loss. What makes for a true personal partnership is commitment to putting the other person’s happiness and security at least on the same level as our own, plus a willingness to bear the burdens of hard times, shoulder to shoulder. A business partnership that dissolves after a month or two of bad sales reports cannot really be considered a going concern. The same holds true for a personal partnership. We either have a partnership or we do not – by definition this does not change with life’s

constant  
ups and  
downs.

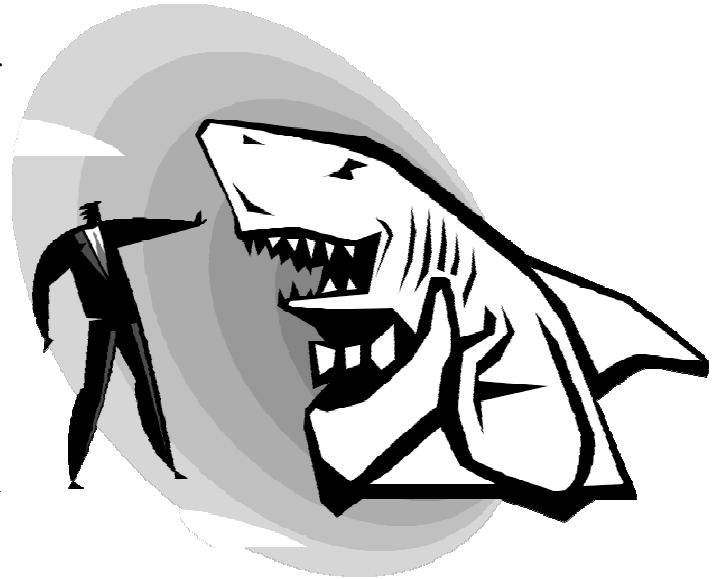
True partnership cannot exist when one or more of the partners views the relationship in a different dynamic, particularly one that is marked by keeping score. A partner may keep score in any number of ways. An obvious one is the “what have you done for me lately” mentality, where the other party seems to deserve only so much support as they have recently earned with actions that have benefitted the scorekeeper. The theory is that this carefully meted out love will ensure that the partner stays on his or her toes at all times.

Another way of keeping score is to assign an overall power ranking in the relationship. One partner is viewed as the prize and the other partner is viewed as the one who is lucky to have earned a relationship with the prize. There are many variations of this ranking, based on wealth, attractiveness, intelligence, earning power, health, personal “baggage” or lack thereof.

Regardless of when or how I drank, there was one universal, guaranteed effect: my awareness of other people and the world around me dimmed, and the focus of my attention and interest turned inward. Even if I was thinking about people

*Even if I was thinking about people and things outside of myself,  
I was only thinking of them in relation to myself.*

and things outside of myself, I was only thinking of them in relation to myself (how can I get some of that, does he think I’m smart). Even between drunks and hangovers, the fact that I was an alcoholic without the tools of A.A. made me unable to approach relationships in any way other than my overall approach to life and people in general: What’s in it for me? How do I make sure I don’t get stabbed in the back by this person? Love felt like swimming with sharks. It was scary, but manageable, as long as I made sure not to get a scrape.



Relationships in sobriety have felt like trying to speak a new language while having another one playing at full volume in my head. How do I say, “I want to understand what you are saying, can you please explain it a

different way”  
when in my  
head I am  
hearing  
“nothing you  
have to say

matters, because we all know what you really want is to screw me over completely”? But one baby step at a time, I do believe that sobriety has led me to a place of true partnership. In this place, fear subsides, even after the occasional stumble. Trust born of commitment to another human being in the deepest sense transcends the petty betrayals perceived by the last person to unload the dishwasher. (It was me, by the way).



# The Many-Splendored Thing

## Can't Live with It; Can't Live without It

by Judy G.

Love. It's a many-splendored thing. It's been the inspiration for probably ninety percent of all songs and a heck of a lot of poetry. It's what we are all searching for: our one true love, our soul mate, that special person we want to spend the rest of our lives with.

But where there is light, there is shadow. The pain and suffering we endure when love goes sour – when our hopes and dreams are crushed by rejection, infidelity, violence, and even, in the most extreme cases, murder.

We in Alcoholics Anonymous struggle with addiction to alcohol. We talk about the causes of our alcoholism. We look at the behaviors that we demonstrated when we were active in our disease, and the demons we still struggle with in our sobriety.

We hear people talk in meetings about how, once we put down the drink, we realize that we are addicted to other things. Food is a big one. Many people in A.A. talk about issues with food. I heard one man say at a meeting, "When I got sober, I realized I'm a food addict."

The problem with food addiction is that we have to eat. We can't just put down the food and deal with it like we do with sobriety, by never

touching the stuff. We have to learn a healthy way to eat, and there are Twelve Step programs to help with this.

The longer I am sober, the more I realize that love can be an addiction, just like food, shopping, and so many other things in our daily lives that we may develop an unhealthy relationship with. We all need love. It is a primal need. Babies can literally die if they don't get enough physical affection and love.

Many of us in A.A. come from completely dysfunctional families

*that feeling of new love is what drugs were created to imitate*

where our parents and siblings struggled with their own addictions. Many alcoholics talk about the loneliness and despair we suffered before we came into the program. We talk about our "God-sized hole" that we are learning to fill with a higher power.

It is so easy to look to another person to fill that hole. We want to feel the euphoria of new love. I always say, that feeling of new love is what drugs were created to imitate.

When we become honest with ourselves, we admit that we are powerless over alcohol and our lives



have become unmanageable. Our lives can become just as unmanageable over love. If we are honest with ourselves, we know when our romantic or sexual relationships are unhealthy and when our lives become unmanageable over it. But like food, we need love in our lives. We can't just put it down and totally abstain. So what do we do when we feel that our relationships have an addictive quality? We work our program around it. We work the steps, talk to our sponsor, don't start a new relationship during our first year of recovery, and apply the A.A. program to all our affairs.

Little by little, as we work our program, we manage to keep our love relationships right-sized in our lives, and hopefully get to experience the true joy of healthy love.



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# We Will Not Regret The Past Nor Wish To Shut The Door On It.

by Bree L.

My sponsor, Debbie, reminds me that everything that has happened to me got me to where I am today, and that when I'm in pain, that's what makes me

grow.  
Looking  
into the  
past

absolutely goes against my disease which tells me to quickly forget with as little regret as possible.

My first foray into looking at the past was presented when this guy at our morning meeting talked on forever. I figured it was nothing to call my sponsor about as he was just talking too much. However, this bozo talked and talked and talked, monopolizing *my* meeting. No one had a chance to speak. I was livid as he continued to dominate, going along in his sweet-assed way, "Blah, blah, blah." Once or twice, I stomped out in the midst of his pontification, pounding my heels into the hardwood floor making an exit statement. Surely he'd get the point, but he didn't. The yakety, yakety, yakety continued. This was *my* meeting; I didn't know what to do short of killing him. At last, in desperation, I called my sponsor (light bulb moment) who suggested a Fourth Step. She said to give it a try and see what came up. Personally, I saw no benefit. He was the diarrhea of the mouth schmuck. I was just a poor, unfortunate alcoholic who happened

to be in his path. What part could I possibly have in this?

Well, the Fourth Step revealed that my father was a teacher and an orator *par excellence* and an alcoholic. Much of my childhood was spent as the silent

*Pretend it didn't happen, take a trip, not take a trip, anything to cut off the thought*

recipient of his lectures/tirades. Protesting meant a "licking I'd never forget." It dawned on me that the meeting fellow who blathered on was not my father and I could pray for him and slip off into my own meditation during his "sharing." That was such a gift. My anger evaporated into gratitude – for he had given me a keyhole peek into my past.

The way I used to deal with untoward occurrences was to turn the page, forget, try harder, do better next time, erase any memory, pretend it didn't happen, take a trip, not take a trip, anything to cut off the thought. Consequently, a lot of baggage collected in my brain's storage unit. I had jumbled memory boxes stacked one on top of the other, disorganized and helter-skelter. A.A. provided a way to open those boxes in my mind's storage unit. Slowly my messed-up life gained focus.

Today, my long-term memory is alive and well, while my short-term memory takes frequent vacations. The upshot

is that things crop up from time to time. I have been putting a big blanket of compassion around such incidents. I know that "acceptance truly is the key to all my problems," and along with acceptance comes the knowledge of powerlessness as I work the First Step, bringing me to the A.A. protocol:



the algorithm of the Twelve Steps. My path is to compassionately pray about it, and then if it doesn't leave of its own accord, I'll do a Tenth Step and call my sponsor, and if it *still* sticks, that means it's time for a full-on Fourth. The steps of today pave the way to tomorrow.

TP



A real man is a woman's best friend. He will never stand her up and never let her down. He will

## What Is A Man? (A Straight Valentine)

reassure her when she feels insecure and comfort her after a bad day. He will inspire her to do things she never thought she could do: to live without fear and forget regret. He will enable her to express her deepest emotions and give in to her most intimate desires.

He will make sure she always feels as though she's the most beautiful woman in the room and will enable her to be the most confident, sexy, seductive, invincible ...

No wait ... I'm thinking of wine.

(Continued from page 6)

crept back inside my house and stayed there. I drifted like a leaf to the bottom of my world and did not get up for a long time.

"Go to a meeting," said my friend, the person I'd hired to bring me to A.A. And I did. I did go to a meeting, even though every time I went to a meeting I wondered whether I would find this man again, this Mouth of A.A., sitting in one of the folding metal chairs.

I went anyway. I started the steps over again. I got a sponsee. I read the book. I held commitments. And slowly, I climbed back into my life. I wrote. I looked for a job. I made critical life decisions. I grew closer and closer to my family.

And I stayed sober.

Then, not long ago, a man in my home group announced himself as a newcomer. He had been sober almost 18 months, he said, and had become disillusioned with A.A. He didn't see good people here. He saw deluded

people. *Bad* people. *Stupid* people. He drifted away, stopped going to meetings, and after a while he picked up. "A.A. is for people with an average IQ range," he said to me after the meeting. "Between 90 and 120, it works for you. Above that, it doesn't."

It was one of the best things I've ever heard. Seeing him convinced that he was too smart for A.A., watching the suffering on his face that was arrogance masking fear, disdain masking grief and betrayal, was like seeing my own A.A. face for the very first time.

"You don't have to know *why* coming to A.A. works," I heard myself say. "It doesn't matter why. It just *does*."

And it was only when I heard myself say it that I realized I, too, had been drifting. While I was sponsoring I was drifting. While I was writing my gratitude lists I was drifting. While I was nursing my resentment I was drifting. And I see now that the face of A.A. had become, in spite all of my efforts to make it otherwise, the face of that shadow the police took away.

My safe harbor had become my nightmare, and I did not, in any deep way, believe that it could keep me safe anymore.

But what we *think*, and even what we *believe* about A.A., does not matter. What we *do* matters – and whether we are in the first flush of early sobriety or wallowing in disillusionment, we need to *do it anyway*. Without A.A., I would be dead. I know that all the way down in my newly-modified, alcohol-free DNA. Without A.A., I would not have survived to stop running and face my shadow.

It matters that we show up here and participate, and are honest enough to give others a chance to see themselves in our faces. It matters that we walk through our steps, and do our work even when we don't believe the promises are on the other side. My friend says, "You are an alcoholic. A.A. is your medicine. Take your medicine."

And that is what I'm doing.





## ORIENTATION COMMITTEE

by Bion

What does Central Office do and how does it do it all with only two special workers and a truckload of volunteers? As part of the IFB Orientation Committee, this is what I hope we answer for new members of the Intercounty Fellowship Board.

Central Office provides services to members and groups that individual groups couldn't otherwise provide for themselves. For instance, how would you find a meeting without a meeting list or the website? Central Office regularly updates and prints a current list of meetings and maintains one of the most informative and accessible websites in all of A.A. What about the drunk, desperate to stop drinking, who calls the A.A. phone number? The Central Office phone lines are open five days a week during regular office hours and during off hours, the volunteers of teleservice answer the phone, ensuring that when someone reaches out for help, at any time, day or night, the hand of A.A. will always be there. All these responsibilities and functions obviously need some stewardship, and that comes from our Intercounty Fellowship Board.

The pioneering groups of A.A. in our area founded the Central Office of San Francisco and Marin Counties as a nonprofit in 1945. And, although the IFB is not a governing body, it does set policy for our Central Office. I found this concept a little confusing when I first joined the IFB. I thought, "How does Central Office function if it doesn't have leadership and why do we have a board of directors if they

aren't the boss?" Thankfully, my experience as a member of the IFB and the IFB Orientation Committee has sparked or, more accurately, *mandated* an interest in learning about what I've come to see as one of the most beautiful traditions in the A.A. canon: Tradition Nine, "A.A., as such, ought never be organized."

In A.A., our organization and direction comes from the individual member through the groups. It's a counter-intuitive power structure, but it is the only one that could possibly work for us unruly alcoholics who often squirm under authority. Therefore, the responsibility of the IFB representative is twofold. The rep acts as the messenger of the group's conscience to Central Office, using the faith placed in them by the group as a trusted servant to inform debate and make decisions at IFB meetings. The IFB rep also reports back to the group all that's happening at Central Office and A.A. in San Francisco and Marin. It's simple but not always easy.

Like the bulk of my experience in A.A., I've gained the most from those things that I found difficult and didn't want to do. But as a result of showing up to my commitment at the IFB, I

have come to appreciate the foresight of our founders in setting up this simple and egalitarian form of organization. How fortunate we are that our recovery and the recovery of those yet to come have this resource as a result. I'd like to thank the members of the IFB and especially Maury and Peter in Central Office for the education they've provided me and for their incredible dedication to making A.A. so accessible in our area. I would encourage anyone with an interest (or perhaps *disinclination*) in learning more about how A.A. works beyond the group level to join



the Intercounty Fellowship Board. We meet the first Wednesday of the month at 7:00 pm with an orientation for new members at 6:00 pm prior to the regular meeting. And if service alone isn't incentive enough, we also serve a tasty dinner before the meeting.





*This month's column features questions about A.A. from a university student writing an article about alcoholism.*

**Dear Help,**

**I am a senior at Cal State University East Bay. I am writing a story about alcoholism. I have interviewed several students about their experiences concerning alcohol. I am writing to see if you would answer a few questions for my article. Would it be okay to quote you? If so, please take the time to fill out the following questions. Feel free to forward my e-mail on to any A.A. participants/employees as well. The more people I interview about this important topic, the better. Thank you in advance.**

**- Name/Job Title**

**-What are A.A. meetings all about? Who attends them? What is discussed? What is the purpose?**

**-About how many people attend A.A. meetings in San Francisco? What about in Marin County?**

**-What are some of the most common effects of alcohol?**

**-Anything else that you would like to add (contact information, any stories, etc.)**

**Serious Student**

Dear SS,

I am a volunteer for Central Office, which oversees some administrative functions for A.A. groups in San Francisco and Marin. How wonderful that you've chosen to write about alcoholism! First, let me stress that A.A. is truly an anonymous program so if you decide to quote me on anything, please do not use anything other than my first name and last initial and expunge my email address.

Second, alcoholism is an equal opportunity destroyer, so those who attend can be anyone from bankers to bikers. Most meetings in the Bay Area are "open meetings" which means anyone who wishes to may attend them. Closed meetings are for alcoholics only and those are for people who identify themselves as alcoholics. Since I assume you are in the East Bay, you can find information on meetings there through [eastbayaa.org](http://eastbayaa.org). You may find it useful to attend a few open meetings yourself just for the experience. At just about any meeting, you will have the opportunity to purchase literature and collect free A.A. pamphlets.

Web resources for finding out about alcoholism in general include A.A. World Services at [www.aa.org](http://www.aa.org) where you can access a variety of pamphlets about A.A. and common effects of alcohol, including "44 Questions" and "Is A.A. for Me?" You

might also refer to the National Council on Alcoholism, which has useful information, too.

There are no statistics kept by A.A. on how many people attend meetings. The primary purpose of A.A. membership is to stay sober and help other alcoholics to achieve sobriety. The only requirement for membership is a desire to stop drinking.

In San Francisco and Marin counties, there are over 700 meetings a week, not counting the Spanish speaking meetings. Meetings usually follow a fairly standard format and typically last one hour. Meeting size varies from a few to a few hundred. I attend about six meetings a week, mostly in the range of 25-40 attendees.

Typically, meetings are either speaker meetings, where a speaker shares his or her experience, strength and hope regarding his or her disease, or book meetings where a portion of one of the A.A. books is read. After the speaker or book reading, people may share from the floor for a few minutes, relating to the speaker or the reading and confining their words to their experience with alcohol.

I have been a sober member of A.A. for nine years. In addition to attending lots of meetings, I work the steps with a sponsor and do a lot of service in and out of A.A., including sponsoring other women and helping them work the steps. Answering

*(Continued on page 13)*

# Meet THE MEETING

by Bree L.

Tuesday Downtown is one of the oldest meetings in the city. Tracy F. of the Archives Committee reports that the very first meeting was in April 1947. The occasion was noted in the June 1947

*Grapevine.*

This meeting is 63 years young.

One member, Billie B., says she has been coming for more than 27 years. She saw A.A. as the only way left (she was headed for the asylum when she first came in). She realized early on that it was not her hair color or skin type or boyfriend that would save her, but the A.A. way of life.

Billie says this meeting has always been well attended. There were times when four to five hundred people attended, and there were long lines for receiving chips. Getting a chip from Tuesday Downtown was a rite of passage. Now, attendance hovers between one and two hundred. "This is still impressive," she says. "I never cease to see how important it is just to show up, greet the newcomers and carry the message."

The meeting has certainly had its ups and downs. Perhaps this is best reflected in its many location changes. It moved across the street

from St. Mary's to the Urban Life Center; in between, there were meetings at the Grace Cathedral, then St. Mary's again, then on to the Urban Life Center, where the meeting is currently held. Billie B. says, "Controversy will either kill a

meeting or put it on the map. People will leave because they don't like the dissension or they'll show up to watch the action." Even with all its trials, Tuesday Downtown has survived and done well.

Billie talks about the value of experiencing a big meeting such as Tuesday Downtown. She notes the benefit of realizing we have a large A.A. family. Many of us come from a small family, with its sacrosanct family secrets and ensuing isolation. It is a revelation to attend a convention or a Tuesday Downtown meeting and see that we are not alone. Standing as part of that very large circle at the end and realizing the scope of support we had not known before is encouraging. Along with that are all our A.A. community-building events: the potlucks, camping, even our local conventions and marathons. At Tuesday Downtown, newcomers are welcomed and recognized as the most important people in a worldwide group.

## Tuesday Downtown

"Newcomers get to see the larger vision," Billie says. "They can see what they want to grow up to be."

When we first come in, we really have little sense of who we are. We might have some set ideas, but they

pale next to the broad highway that is A.A. – and which includes those who have

been around for a while. As Billie says, "Newcomers are the future of A.A. If we don't let them into our past, we will have no future."

*Tuesday Downtown meets on Tuesdays at 8PM, at the Urban Life Center, 1101 O'Farrell St at Franklin.*

**tP**



(Continued from page 12)

emails such as yours and answering phones at Central Office are other ways I do service. Carrying the

message to alcoholics is the Twelfth Step of our 12-step program.

If you have further questions, you may contact us again by email or telephone, or contact A.A. in a

location closer to your home. You are also welcome to visit our office.

Sincerely,  
e-Volunteer

# IFB meeting summary – January 2011

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

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

A is for Alcohol	Come 'N Get It	High Noon (Monday)	Noon Smokeless	Sunday Rap	Walk of Shame
Agnostics and Freethinkers	Cow Hollow Men's	High Noon (Sunday)	On Awakening	Sunset 9'ers (Sat.)	Waterfront
Any Lengths	Design for Living	High Sobriety	Parent Trap 2	Sunset 9'ers (Sun.)	Wharf Rats
Attitude Adjustment	Doing the Deal	Home Group	Reality Farm	Ten Years After	Women Who Drank Too Much
Back to Basics	Each Day a New Beginning	Join the Tribe	Saturday Easy Does It	They Don't Know Who We Are	Women's Promises
Beginner's Meeting	Early Start	Keep It Simple	Say Hey	They Stopped In Time	
Bernal New Day	Embarcadero Group	Live & Let Live	Sober Saturdays	Thursday Thumpers	<i>Spirit of SF</i>
Blue Book Special	Fireside Chat	Lush Lounge	Step Talk	Tiburon Men's Stag	<i>ICYPAA</i>
Came to Park	Friday All Groups	Marina Discussion	Steppin' Up	Tuesday Newcomers	<i>SF H&amp;I</i>
Castro Discussion	Friendly Circle Beginners	Mid Morning Support	Sunday Night Castro SD	Valencia Smokefree	<i>SF BTG</i>

This is an unofficial summary of the January 2011 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, January 5, 2011 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA.

## Announcements

**Access Committee:** A scheduled ASL meeting will start on January 14, 2011 with the Let It Be Now group held at SF Alano Club, Fridays 6:00 PM.

New items on Archives Committee web page, see newsletters, fliers and an article on ASL from the 1980s <http://aasf.org/archives.cfm>.

We're trying to get more trusted servants from groups signed up; see online trusted

servant registration. (Now easier on iPhone.)

See additional Committees and Service Opportunities as of January 5, 2011 online at <http://aasf.org/ifbinfo.cfm>.

## IFB Officer Reports

**Treasurer's report:** Projected a deficit for 2010, though coming out ahead of earlier projections. Dashiell finishing up final budget for 2011.

**Central Office Committee report:** Discussion at last meeting dealt with finishing up 2010. Exciting to see how groups responded to our financial situation earlier in the year. Looking forward to final projections for 2011 budget with expenses vs. contributions to gauge what we can expect for the coming year.

## Committee Focus

**PI/CPC**, (Public Information and Cooperation in the Professional Community), Glen R., Chair. Purpose is to inform the general public about the AA program, advise third parties involved with active Alcoholics, and communication with members and groups so that message of AA may be carried more effectively. Provides information on AA at a glance to schools, DUI classes, conventions. Next annual meeting will be on Saturday January 22, 11:00 AM – 1:00 PM at Union Hall, 4 Berry St, SF) followed by the speaker workshop for new volunteers. Great need for public information committee is for younger folks to go into schools. There is a two year continuous

sobriety requirement to volunteer, plus workshop completion. Email: [picpc@aasf.org](mailto:picpc@aasf.org) to request information, Glen will reply. Workshops are currently quarterly, but may become bi-monthly or even monthly in near future.

## Liaison Reports

**Spirit of San Francisco:** Fundraisers in progress, next is on March 26. Website is <http://www.spirit-sf.org>. Committee on the SF Convention of Spirit of SF that hosts fundraisers throughout the year. Meetings are held 1st Mondays, 7:00 PM at 777 Brotherhood Way, SF.

**ICCYPAA 53rd host committee:** SF, Labor day weekend, 2011. Annual conference to celebrate YP getting sober. Would like other groups to attend. Next event is February 26 with Spirit of California YPAs from all over CA. See [www.BAYPAA.org](http://www.BAYPAA.org) for additional info.

**H&I:** Orientation, January 22, 7:00 PM at Old First Church. Scott B. is rotating out of Chair position, will have third legacy election January 22 for new Chair. See also website at <http://www.handinorcal.org>. Financial statements are available. Still need volunteers. Training is available.

**Bridging the Gap:** Bridging the Gap is service to people getting out of jails, where they can be met by volunteers and taken to meetings. Orientation is on 2nd Tuesday of each month at St. Mark's Church, Gough and O'Farrell.

# Individual Contributions

to Central Office were made through January 15, 2011  
honoring the following members:

## ONGOING MEMORIALS

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

## ANNIVERSARIES

Lucy O. 27 years, Dan T. 25 years, David J. 28 years,

**Cocoanuts:** "Teddy Bear" J.C. 26 years

**Too Early:** Kevin C. 24 years

**Thursday Night Women's:** Linda L. 27 years

**High Noon:** Luis M. 7 years, **Valencia Smokefree:** Richard L. 21 years

**Sunday Express:** Sara D. 17 years, **Saturday Beginners:** Nancy W. 5 years,  
William T. 5 years, **Steppin' Out:** John V. 40 years

### Unfinished Business

Plaque Committee: A plaque commemorating the meeting place of the first AA group on the West Coast is to be placed at 51 Potomac, SF. Current agreement on wording of text:

In December of 1939 the first meeting of the first group of AA on the West Coast of United States was held in the kitchen of 51 Potomac St.

Plaque to be mounted on the steps of the property.

### New Business

We will be having a 3rd legacy vote for IFB Vice Chair next month. Responsibilities include:

Attendance at COC meeting  
Liaison to PICPC and Teleservice

If interested in February through June position contact Michael P. or Maury P.

Rules for employee benefits for small businesses have become more complicated, and we need advice. See Margaret J. if available.

### Bylaws

Would like assistance from anyone with previous experience. Proposed amendments must be read at three consecutive meetings, prior to a vote. Would like to create a regular, smaller board, rather than larger, as issues with anonymity and larger board occur in state non-profit listing.

### Meet the Meeting

**Saturday Easy Does It,** David P. Meets at 12 noon Saturdays, Pierce and Clay. Started Spring of '83 by Gail D. Several meetings also started at the location, at one time eight groups operating that have since moved to other locations or disbanded. Speaker/Discussion format. A lot of people with long term sobriety.

**Each Day a New Beginning,** Joel B. Meets Sunday, 8am, 45 Castro St at Duboce, (Davies Medical Center). Originally started as seven day/week meeting at 7am, 8 on Sat and Sun, sometime in early 90s. Format is based on As Bill Sees It reading followed by a discussion. Round robin introductions of everyone there. Sun. Meeting is separate from the M-F meetings, though has many of the same attendees. Largely gay and lesbian, though all are welcome.

**Cow Hollow Men's Meeting,** David S. Wed 8 pm, Episcopal Church of St. Mary Union/Steiner. In the first couple of months there were to 20-30 men, now about 60-70. Meeting starts with topic, share or issue going on with member followed by discussion around the room clockwise. 2-5 minute shares. Most attendees in 20s-40s. Strong fellowship aspect outside of meeting. Strong sponsorship ties within membership.

Next IFB Meeting: Wednesday, February 2, 2011, St. Andrew Presbyterian Church, 101 Donahue St., Marin City, CA, 7-9PM. Call Central Office, 415-674-1821, or email aa@aasf.org, for additional information.

## 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

#### 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

Gloria E. 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 BUZZ

Celia H. & Li L. thebuzz@aasf.org

#### THE POINT

Charley D. thepoint@aasf.org

#### ACCESS COMMITTEE

Muriel P. access@aasf.org

#### TRUSTED SERVANTS

#### WORKSHOP COMMITTEE

Ted R. tsw@aasf.org

#### WEBSITE COMMITTEE

David S. website@aasf.org

#### PI/CPC COMMITTEE

Glen R. picpc@aasf.org

#### SF TELESERVICE COMMITTEE

Seth H. sfteservice@aasf.org

# aa group contributions

Fellowship Contributions	Nov. 10	YTD	Marin Contributions	Nov. 10	YTD	Marin Contributions	Nov. 10	YTD
Anonymous		500	Intimate Feelings Sa 10am		323	Tiburon Beginners & Closed Tu 7pm & 830pm		505
Artists & Writers F 630pm		954	Inverness Sunday Serenity Su 10am	100	240	Tiburon Haven Sun 12pm		474
Brisbane Breakfast Bunch	56	346	Island Group Th 8pm		244	Tiburon Women's Candlelight W 8pm		148
Contribution Box	66	918	Living in the Solution F 6pm		267	Tuesday Chip Meeting Tu 830pm		394
Deer Park Discovery Group		30	Marin City Groups 5D 630pm		278	Tuesday Twelve Step Tu 630pm		60
From the Start to the Finish		120	Marin Pacific Group Tu 730pm	84	84	Unidentified Group		98
Gay & Lesbian Friday Nights		20	Marin Young People F 830pm		30	We, Us and Ours M 650pm		310
Gay Newcomers Group		20	Mill Valley 7D 7am		2,533	Wednesday Night Candlelight W 8pm		296
General Service District 11		19	Mill Valley Discussion W 830pm		450	Wednesday Night Speaker Discussion W 7pm		32
H&I (Marin)		160	Monday Blues M 630pm		432	Wednesday Sundowners W 6pm		126
ICYPAA	22	22	Monday Night Stag (Tiburon) 8pm		1,955	What's It All About F 12pm		500
IFB	178	1,139	Monday Night Women's M 8pm		677	Women For Women W 12pm		100
MCYPAA		250	Monday Nooners M 12pm		743	Women on Monday M 7pm		85
Pax West M 12pm		243	Morning Attitude Adjustment MTuF 7am Sa 8		228	Women Who Drank Too Much M 730pm		219
San Francisco Young People in A.A.		800	Nativity Monday Night Big Book M 8pm		300	Women's Big Book Tu 1030am		1,005
Santa Rosa Fellowship		14	Newcomers Step M 730pm		629	Women's Lunch Bunch F 12pm	280	280
Serenity House	150	1,500	Noon Hope F 12pm		465	Women's Meeting Su 430pm		142
Spirit of San Francisco	381	381	Novato Basics Tu 8pm		450	Women's Step Study Group M 12pm		200
Sunset Group (Napa)		18	Novato Monday Stag M 8pm	189	489	Working Dogs W 1205pm		1,156
Sunshine Club	29	29	Off Broadway Book Th 730pm		6	Young People's Chopsticks Sa 1030pm		61
TSWC		55	On Awakening 7D 530am		525	<b>Total Marin Contributions</b>	<b>\$1,814</b>	<b>\$43,283</b>
<b>Total Fellowship Contributions</b>	<b>\$881</b>	<b>\$ 7,537</b>	Pathfinders Tu 12pm		665			
			Primary Purpose W 830pm		420	<b>San Francisco Contributions</b>	<b>Nov. 10</b>	<b>YTD</b>
<b>Marin Contributions</b>	<b>Nov. 10</b>	<b>YTD</b>	Quitting Time MWF 530pm		100	10 AM Dry Dock Fellowship 7D 10am	67	52
12 & 12 Study Sa 815am		557	Refugee Th 12pm	60	460	10am Step Study M 10am		78
7am Urgent Care Group 7D 7am		500	Reveille 5D 7am		900	130 PM Dry Dock Fellowship 5D	67	50
A Vision for You (Fairfax) Su 730pm		63	Rise N Shine Sun 10am		692	330 PM Dry Dock Fellowship 7D	67	50
Attitude Adjustment 7D 7am		2,336	San Geronimo Valley Book Study F 8pm		140	330 Smokeless W		28
Awakenings Sa 830am		86	San Geronimo Valley M 8pm		138	515pm Smokeless Tu		8
Awareness/Acceptance M 1030am	184	339	Saturday Women's Speaker Sa 6pm		240	515pm Smokeless W		30
Be Still AA Su 12pm		46	Sausalito 12 Step Study Group		196	6am Dry Dock 7D		53
Beginners & Closed Tu 7pm & 830pm		410	Serenity Sa 11am	75	357	6am Dry Dock Sa		165
Blackie's Pasture Sa 830pm		461	Serenity Sun 6pm		71	6am Dry Dock Th		35
Caledonia Sun 8pm		250	Sisters In Sobriety Th 730pm (M)		55	6am Dry Dock Tu	53	53
Closed Women Step Study Tu 330pm		441	Six O'Clock Sunset Th 6pm		635	6am Dry Dock W		536
Cover to Cover W 800pm		197	Sober & Serene F 7pm		531	7am As Bill Sees It Fri		155
Creekside New Growth Sun 7pm		186	Spiritual Testost. Sun Men's Stag Su 830a		460	7am Grab Bag M 7am		46
Crossroads Sun 12pm		1,288	Steps to Freedom M 730pm		285	7am Living Sober W 7am		71
Day At A Time 7D 630am		702	Steps To The Solution W 715pm		407	7am Smokeless Sa 7am		43
Downtown Mill Valley F 830pm		343	Stinson Beach Fellowship Th 8pm		100	7am Smokeless Su 7am		51
East San Rafael Big Book		130	Streetfighters Sa 9am	30	73	7am Speaker Discussion Th 7am		211
Experience, Strength & Hope(Marin) Sa 6pm		50	Sunday Express Sun 6pm		550	7am Step Discussion Tu 7am		46
Four Horsemen Thu 7pm		25	Sunday Friendship Sun 7pm		200	830am Smokeless F 830am		543
Freedom Finders F 830pm		624	Sunday Night Corte Madera Sun 8pm		200	830pm Smokeless W 830pm		20
Friday Night Book F 830pm	132	379	Sunlight of the Spirit Th 7pm		150	A is for Alcohol Tu 6pm		132
Friday Night Gay Men's Stag F 830pm		96	T. G. I'm Sober M 6pm	45	45	A New Start F 830pm		1,127
Girls Night Out W 815pm		125	T.G.I.F. F 6pm		309	A Vision for You (SF) Su 630pm		100
Gratitude Tu 8pm		700	Terra Linda Group Th 830pm		250	AA Step Study Su 6pm		129
Greenfield Newcomers Sun 7pm		1,175	Terra Linda Thursday Men's Stag 8pm	500	500	Acceptance Group M 530pm		101
Happy Destiny F 7pm		133	The Fearless Searchers F 8pm		38	Afro American Beginners Sat 8pm		41
Happy Hour (Marin) Th 6pm		50	There is a Solution Tu 6pm		199	Afro American F 8pm		35
Happy, Joyous & Free 5D 12pm		1,250	Thursday Night Book Club Th 7pm		107	After Work M 6PM		230
High & Dry W 12pm	135	421	Thursday Night Speaker Th 830pm		2,914	Agnostics & Freethinkers Su 630pm		157



San Francisco Contributions	Nov. 10	YTD	San Francisco Contributions	Nov. 10	YTD	San Francisco Contributions	Nov. 10	YTD
All Together Now Th 8pm		38	Fireside Chat Group Th 8pm		204	No Reservation M 12pm	203	1,394
Alumni W 830pm		295	Fireside Chat Group Tu 8pm		280	Noon Smokeless F 12pm		279
Artists & Writers F 630pm		554	Friday All Groups F 830pm		569	Noon Smokeless M 12pm		29
As Bill Sees It Sat 8pm		102	Friday at Five F 5pm		35	Noon Smokeless W 12pm		255
As Bill Sees It Th 6pm		455	Friday Lunchtime Step F 12pm		222	Off Broadway Book Th 730pm		119
As Bill Sees It Th 830pm		143	Friday Night Women's Meeting F 630pm		52	One Liners Th 830pm	458	905
As Bill Sees It Tu 1210pm		133	Friday Smokeless F 830pm		195	One, Two, Three, Go! W 1pm		10
Ass in a Bag Th 830pm		478	Friday Smokeless F 8pm	111	447	Our Morning Meditations Sa 715am		25
Be Still AA Su 12pm		256	Friendly Circle Beginners Su 715pm		340	Parkside Th 830pm		457
Beginner Big Book Step Th 630pm		77	Full Flight From Reality Sa 1230pm		129	Pax West M 12pm		650
Beginners 12 x 12 F 7pm		1,206	Gold Mine Group M 8pm		325	Pax West Th 12pm		443
Beginners Meeting (Old Sutter St) Sat 6pm		706	Haight Street Blues Tu 615pm		481	Potrero Hill 12 x 12 M 630pm		67
Beginners' Step Study Sat 630pm		575	Haight Street Explorers Th 630pm		265	Queers, Crackpots & Fallen Women		180
Beginner's Warmup W 6pm		126	Happy Destiny Sa 630pm		38	Rebound W 830pm		60
Bernal Big Book Sat 5pm		190	Happy Hour Ladies Night F 530pm		136	Relapses, Rebounds, Retreads & Winners Tu		428
Bernal New Day 7D	2,394		High Noon Friday 1215pm	75	643	Richmond Step Study M 730pm		86
Big Book Basics F 8pm		558	High Noon Saturday 1215pm		206	Rigorous Honesty Th 1205pm		275
Big Book Beginners F 105pm		79	High Noon Sunday 1215p		60	Room to Grow F 8pm		258
Big Book Study Su 1130am		379	High Noon Thursday 1215pm	144	553	Rule 62 W 10pm		85
Blue Book Special Su 11am		307	High Noon Tuesday 1215pm	95	914	Saturday Afternoon Meditation Sat 5pm		260
Buena Vista Breakfast Su 12pm		129	High Noon Wednesday 1215pm		210	Saturday Beginners Sat 6pm		655
By the Book Sa 10am		22	High Sobriety M 8pm		388	Saturday Easy Does It Sa 12pm		466
Came To Believe Su 830am		183	Hilldwellers M 8pm		325	Saturday Night Regroup Sat 730pm	190	1,148
Came to Park Sat 7pm		866	How Was Your Week? Sa 10am		1,344	Say Hey Group M, Tu, F 6pm		498
Castro Discussion (Show Of Shows) W 8pm		415	Huntington Square W 630pm		865	Second Chance Th 215pm		28
Castro Monday Big Book M 830pm		115	Join the Tribe Tu 7pm		575	Serenity House		150
Chips Ahoy Tu 12pm		106	Joys of Recovery Tu 8pm		29	Serenity in the Park W 7pm		66
Closed Women Step Study Tu 330pm		139	Just Alkies F 7pm		175	Serenity Seekers M 730pm		226
Cocoanuts Su 9am		60	K.I.S.S. M 6pm	104	104	Sesame Step Tu 730pm		430
Code Blue Big Book Study W 7pm		232	Keep Coming Back Sa 11am		1,163	Shamrocks & Serenity M 730pm		1,027
Common Welfare Th 8pm		151	Koo Koo Hump Day W 6pm	106	106	Sinbar Su 830pm		264
Cow Hollow Men's Group W 8pm	1,057		Light Brigade Discussion Su 7pm		193	Sisters Circle Su 6pm	159	320
Dark Secrets F 10pm		71	Like A Prayer Su 4pm		100	Sober 5150's W 8pm		69
Design for Living Sat 8am		581	Lincoln Park Sat 830pm		207	Sober Across the Board M-Sa 830am	45	178
Diamond Heights Tu 830pm		258	Live and Let Live Su 8pm	203	1,233	Sober at State MW 1210pm		55
Doin' the Deal Sun 10pm		283	Living Proof Th 630pm		49	Sobriety & Beyond W 7pm		90
Each Day a New Beginning F 7am	436	2,335	Living Sober W 8pm		415	Sometimes Slowly Sa 11am	363	1,070
Each Day a New Beginning M 7am		805	Living Sober with HIV W 6pm		671	Sought to Improve Th 730pm		120
Each Day A New Beginning Su 8am		1,299	Luke's Group W 7pm		220	Sp. Founded Prog. Of Action (SFPOA)Th 7pm		637
Each Day a New Beginning Th 7am		1,064	Luke's Group W 8pm		70	Step Talk Su 830am		952
Each Day a New Beginning Tu 7am		963	Lush Lounge Sa 2pm		205	Steppin' Up Tu 630pm		393
Each Day a New Beginning W 7am		299	Meeting Place Noon F 12pm		402	Stepping Out Sat 6pm		154
Early Start F 6pm		2,339	Meeting Place Noon W 12pm		569	Stepping Stone Step Study M 7pm		21
Embarcadero Group 5D 1210pm	270	1,629	Mid-Morning Support Su 1030am	260	1,449	Stonestown M 8pm		210
Eureka Step Tu 6pm		165	Midnight Meditation Sat 12am		122	Straight Jackets Th 9am		26
Eureka Valley Topic M 6pm		835	Miracle (Way) Off 24th St W 730pm		268	Sunday Bookworms Sun 730pm		244
Excelsior "Scent" Free for All Sa 8pm		252	Mission Terrace W 8pm		60	Sunday Morning Gay Men's Stag Su 930am		1,440
Extreme Makeover M 730pm		169	Monday Beginners M 8pm		400	Sunday Night 3rd Step Group 5pm		1,014
Faith, Hope & Charity F 12pm		168	Monday Men's Meeting M 8pm		485	Sunday Night Castro Speaker Disc Su 730pm		134
Federal Speaker Su 12pm		244	Monday Monday M 1215pm		171	Sunday Night Castro Speaker Disc Su 8pm		431
Fell Street F 830pm		137	Moving Toward Serenity W 830pm		376	Sunday Rap Sun 8pm		360
Fell Street Step Su 8pm		169	New Life W 7pm		345	Sunday Silence Su 730pm		90
Firefighters & Friends Tu 10am		588	Newcomers Tu 8pm		667			

(Continued on p. 19)

# profit and loss statement: November 2010

	Nov 10	Budget	Jan-Nov 10	Budget		Nov 10	Budget	Jan-Nov 10	Budget
Ordinary Income/Expense					Computer Consulting	675		1350	1124
Income					Total Professional Fees	\$1,689		\$2,364	\$2,124
Contributions from Groups					Bank Charges	0		15	
Group Contributions	8213	8306	142417	124689	Postage				
Honors	75		514		Non-Bulk Postage	20		251	126
Contributions from Groups - Other	0		345		Bulk Mail	185	246	816	984
Total Contributions from Groups	\$8,288	\$8,306	\$143,276	\$124,689	Total Postage	\$205	\$246	\$1,068	\$1,110
Contributions from Individuals					Rent - Office	4664	4673	49596	49603
Individual - Unrestricted	25	1291	9397	5714	Rent - Other	75	75	750	750
Faithful Fiver	1135	903	11591	9606	Access Expenses	0	666	1949	7326
Honorary Contributions	236	326	3966	1880	IFB Literature				
Total Contributions from Individuals	\$1,396	\$2,520	\$24,954	\$17,200	Sunshine Club	0		151	180
Gratitude Month					IFB Literature - Other	22	194	185	200
Gratitude Month - Groups	1096		5111		Total IFB Literature	\$22	\$194	\$336	\$380
Gratitude Month - Individual	670		870		PI/CPC	3		73	600
Gratitude Month - Other	0	476	0	3615	Filing/Fees	60	76	60	194
Total Gratitude Month	\$1,766	\$476	\$5,981	\$3,615	Insurance	0		1740	901
Sales - Bookstore	7766	7107	99575	96005	Internet Expense	118	119	1275	1309
Newsletter Subscript.	11	20	290	362	Office Supplies	0	170	2192	1870
Total Income	\$19,227	\$18,429	\$274,076	\$241,871	Paper Purchased	0	208	2385	2288
Cost of Goods Sold					Software Purchased	0		410	288
Cost of Books Sold - Shipping	12	12	338	235	Shipping	-108	21	-43	231
Cost of Books Sold	5462	4904	66943	66209	Printing	39		76	
Credit Card Processing Fees	247	182	3104	2456	Equipment Lease	207	1546	4907	6184
Total COGS	\$5,721	\$5,098	\$70,386	\$68,900	Repair & Maintenance	254	234	2839	2948
Gross Profit	\$13,506	\$13,331	\$203,691	\$172,971	Security System	0		354	377
Expense					Payroll Expenses	5	5	49	55
Inventory Adjustments	0		-192		Telephone	242	256	2740	2816
Sunshine Club	0		20	730	Phone Book Listings	87	84	952	924
Archives Committee	0		140		Travel	0		1168	1156
IFB Sponsored Events	225	681	1284	2342	Training	0		470	20
Reconciliation Discrepancies	0		-179		Bad Checks	0		45	12
Employee Expenses					Miscellaneous Expense	0		0	
Deferred comp expense	0		9158		Total Expense	\$18,235	\$20,710	\$211,663	\$213,505
Wages & Salaries	9158	9403	100031	102295	Net Ordinary Income	(\$4,728)	(\$7,379)	(\$7,973)	(\$40,534)
Employer Tax Expenses	743	770	9322	9750	Other Income/Expense				
Health Benefits	548	1283	13518	14113	Other Income				
Workers Comp Ins.	0		792	809	Interest Income	\$145	\$271	\$2,655	\$2,981
Total Employee Expenses	\$10,449	\$11,456	\$132,821	\$126,967	Total Other Income	\$145	\$271	\$2,655	\$2,981
Professional Fees					Net Other Income	\$145	\$271	\$2,655	\$2,981
Accounting	1014		1014	1000	Net Income	(\$4,583)	(\$7,108)	(\$5,318)	(\$37,553)

# February in A.A. History

by MEM

February 22, 1842: Abe Lincoln addressed the Washington Temperance Society in Springfield, IL.

February 21, 1939: 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists and others for comment. This was the "multilith" Big Book.

February 8, 1940: Bill W., Dr. Bob and six other A.A.s asked 60 rich friends of John D. Rockefeller, Jr. for money at the Union Club in New York. They got \$2,000.

February 5, 1941: The Pittsburgh *Telegram* ran a story on the first A.A. group's Friday night meeting of a dozen "former hopeless drunks."

February 16, 1941: The Baltimore Sunday *Sun* reported the city's first

A.A. group, begun in 1940, had grown from three to 40 members, with five being women.

February 2, 1942: Bill Wilson paid tribute to Ruth Hock, A.A.'s first paid secretary, who resigned to get married. She had responded to approximately 15,000 letters from people asking for help.

February 18, 1943: A.A.s were granted the right to use cars for Twelfth Step work in emergency cases, despite gas rationing.

February 1943: San Francisco *Bulletin* reporter Marsh Masline interviewed Ricardo, a San Quentin Prison A.A. group member.

February 12, 1945: World War II paper shortage forced reduction in size of the Big Book.



February 15, 1946: A.A. *Tribune* in Des Moines, Iowa, reported 36 new members since Marty Mann had been there.

February 1959: A.A. granted "Recording for the Blind" permission to tape the Big Book.

February 1981: First issue of *Markings*, the A.A. Archives Newsletter, was published, "to give the Fellowship a sense of its own past and the opportunity to study it."



(Continued from page 17)

San Francisco Contributions	Nov. 10	YTD	San Francisco Contributions	Nov. 10	YTD	San Francisco Contributions	Nov. 10	YTD
Sundown W 7pm		774	The Parent Trap M 1230pm		153	Walk of Shame W 8pm	112	270
Sunrise Sunset Women's Step Th 6pm		236	The Pepper Group F 12pm		156	Waterfront Sun 8pm		811
Sunset 11'ers F		100	They Don't Know Who We Are Sat 7pm		225	We Care Tu 12pm		361
Sunset 11'ers Sa		397	They Stopped In Time M 8pm		47	Wednesday Morning Men's Meeting 6am		146
Sunset 11'ers W		284	Thursday Morning Men's BB Study Th 6am		825	West Portal W 8pm		315
Sunset 9'ers F		12	Thursday Night Women's Th 630pm		626	Wharfrats Th 815pm	6	290
Sunset 9'ers M		72	Thursday's Children Th 515pm		36	What It's Like Now M 6pm		245
Sunset 9'ers Sa		78	Too Early Sat 8am	216	2,328	Wits End Step Study Tu 8pm	86	180
Sunset 9'ers Su	61	686	Trudgers Discussion Su 7pm		180	Wombley's Clapboard Factory W 6pm		4
Sunset 9'ers Th		133	Tuesday Big Book Study Tu 6pm		180	Women Living Sober Sa 10am		240
Sunset 9'ers Tu		2	Tuesday Downtown Tu 8pm		64	Women Who Drank Too Much Tu 615pm		22
Sunset 9'ers W		238	Tuesday Men's Pax Tu 12pm		384	Women's 10 Years Plus Th 615pm		521
Sunset Speaker Step Sun 730pm		484	Tuesday Night Step Tu 7pm		22	Women's Kitchen Table Tu 630pm	87	758
Surf Tu 8pm		706	Tuesday Women's Tu 630pm		30	Women's Meeting There is a Solution W 6pm		843
Ten Years After Su 6pm	712	2,195	Tuesday's Daily Reflections Tu 7am		247	Women's Promises F 7pm	185	902
Terra Linda Group Th 830pm	500	500	Twelve Steps to Happiness F 730pm		71	Work In Progress Sat 7pm		1,093
The 12 Schleppers Th 8pm		80	Unidentified Group		77	YAHOO Step Sa 1130am		337
The Lads Fr 730pm		413	Valencia Smokefree F 6pm	301	819	<b>San Francisco Total</b>	<b>\$ 5,593</b>	<b>\$ 92,257</b>
The Parent Trap 2 Wed. 430pm	53	212	Veterans' Coffee Break W 1030am		9	<b>YTD</b>	<b>\$ 8,288</b>	<b>\$ 143,276</b>

# February 2011

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