

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2011 **3**
March

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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A Time For Peace and Serenity



6 A Saint Patrick's
Day To Remember

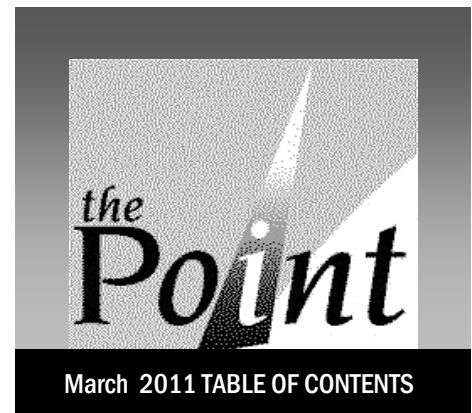
10 Comprehension, Knowledge
and Amnesia

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.

March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 <u>FIRST TUE</u> Access Committee Central Office 6pm Fellowship Committee Central Office 7:45pm	2 <u>FIRST WED</u> Intercounty Fellowship Board Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
6	7	8 <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	9 <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
13 Trusted Servants Workshop Central Office 11— 1pm More info: aasf.org	14 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	15 <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm Fellowship Committee Central Office 7pm	16
20 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	21 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	22 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	23
27	28	29	30

THURSDAY	FRIDAY	SATURDAY
3	4	5
<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>		
10	11	12
		SF General Service Agenda Topics Sharing Urban Life Center 1pm More info: aasf.org
17	18	19
<u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm		
24	25	26
31		
<u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7:pm Committee Meeting 8pm		



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Years later, this tough
 Irish customer liked to say,
 "My sponsor sold me one idea,
 and that was sobriety."

Twelve & Twelve, p. 154



Meeting Changes

Meeting Changes:

Sun	8:00pm	Ingleside
Fri	5:30pm	Financial
Fri	6:00pm	Hayes Valley

SUNDAY RAP, 399 San Fernando Way (*Doors are locked & No One Admitted after 8:10pm*)
 NEW 86 GROUP, 660 California St/Grant (*was 6:00pm*)
 LET IT BE NOW, SF Alano Club, 1748 Market St/Octavia Blvd (*add ASL*)

No Longer Meeting:

Sun	11:00am	Hayes Valley
Tue	8:00pm	Novato
Wed	5:00pm	Hayes Valley
Thu	6:30am	Financial
Sat	9:00am	Pacific Heights

HEAR THE MESSAGE, SF Alano Club, 1748 Market St/Octavia Blvd
 NOVATO BASICS, Church, 1180 Lynwood Dr.
 THANKS GOD, SF Alano Club, 1748 Market St/Octavia Blvd
 THURSDAY DOWNTOWN, Church, 566 Bush St/ Grant Ave
 BUSHWACKERS, Clay St/Pierce St

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!***

THE FELLOWSHIP COMMITTEE

Fun & Service

Help Plan

Founders' Day 2011

Tuesday March 1st 7:15pm

Tuesday March 15th 7pm

Central Office

1821 Sacramento Street

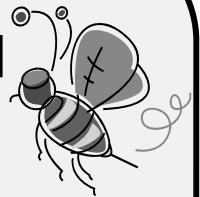
for more information email
foundersday@aasf.org



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 San Francisco & Marin AA

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From the Editor

Peace and Serenity

by Kristen E.

Peace and serenity are two (closely related) states of being that we alcoholics have known little of during the course of our illustrious drinking careers. The desire to want *more* of whatever we consider pleasurable, and *less* of what we find painful is innately human and hardly unique to alcoholics; yet in us it seems to take an exaggerated form. We run from insults (imagined or real); we run from resentment, and from the pain that our own sense of entitlement or disappointment in life brings us. We run from the deep fear that somehow we aren't "good enough"; we run from "a hundred forms of fear." And we run *toward* the obliteration of those painful states, which all of us have believed at some point existed in the bottom of a bottle. It seems to me that ultimately we run from *ourselves*, which, as we find in the process of recovery, we are so incredibly full of.

All this running is, of course, the antithesis of serenity. In the course of my own recovery I've been struck by how

simple serenity actually is when it finally arrives – how *effortless*, how unplanned. It seems to me that it really has nothing to do with us; in fact, it is the *absence* of the very self we have been running from. We don't *acquire* it so much as we are *blessed* with it. And as Suzan C. notes in "Comprehension, Knowledge and Amnesia" (p. 10), she finds serenity in "a moment in time, not looking backward or forward." It's an extraordinary thing to realize that peace and serenity is, always was, and always will be only *here*, in the present moment.

I am immeasurably grateful for our passionate, funny, dedicated and hard-working *Point* committee members; but at the moment I feel called to thank those of you who are reading this right now, and those of you who submit and share your stories with us. *You* are the reason this little newsletter exists, after all – and the experience, strength and hope you share with us is a gift. Please, please keep it coming: thepoint@aasf.org.

May all of you find peace and serenity in this very moment.



EDITORIAL POLICY

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

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



Faithful Fivers 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 Saint Patrick's Day To Remember

My Sobriety Birthday

by John W.

For over 35 years, nearly daily drinking had not convinced me I had a problem with alcohol. Neither had two DUIs nor the six-month separation from my soon-to-be (although I did not then know it) ex-wife in the summer. Although I had grudgingly started attending A.A. meetings the following winter, I clearly didn't "get it," for I was hung over at every 7 AM meeting for months.

At first, Christmas would be the day I stopped for good, then my eldest's birthday, New Year's Eve, then New Year's Day, then the anniversary of my father's death, my birthday, and even Valentine's Day, but each target was missed. So on March 8th, my deceased father's birthday arrived and my ex said she had finally had enough, she was filing for divorce forthwith; you would have thought that would have caused me to stop – you would have been wrong.

As I whined about my misfortune, hung over again, the next day at 7 AM something different happened. While sympathy was offered by several, one guy just looked me in the eye and said, "I can't say enough about the not-drinking part of this program!"

I don't know how it happened, because I didn't stop that day or even the next, but I did find myself in my favorite bar on my favorite day, St. Patty's Day, not long thereafter. I had my newest favorite drink, soda with a splash of OJ, not once but twice, and was heading back to the house when it hit me. I

realized that for the first time in as long as I could remember, not only had I not had a drink yet that day, I had not even *thought about* having a drink that day, I had not even *wanted* a drink that day. I began to cry – just as I am now as I remember that moment almost six years ago.

At my 7 AM meeting the next morning I reported in that I hadn't had a drink the day before. My

"mentor," a lovely woman with sixteen years at the time who was to die of cancer, sober, before her seventeenth birthday, gave me a big hug and said that St. Patrick's Day was a great sobriety birthday, so I had to be sure not to drink in the day ahead.

Not realizing how I was tempting fate and being a creature of habit, I returned that day again to my favorite watering hole. Again it was soda with a splash of OJ, then on to

the house from which I was soon to be kicked out by the court. While driving home, I was struck by the fact that I had not thought of or wanted a drink for two consecutive days; that was a World Record or at

least a Personal Best.

Not long thereafter I got a sponsor and

I was hung over at every 7 AM meeting for months.

starting working the steps. The family broke up, the divorce happened, the three children were alienated and did not want to be with their dad, the job got worse and my world seemed to implode around me, but I didn't drink. And time began to pass for me, as it does for all of us, in the wonderful way time passes in this program, one day at a time.

As the days without drinking slowly turned into months and then years without drinking, marvelous things began to happen to me. The children started to want to be with their dad again; not in the same way or all at once, but to be with him nonetheless. A new relationship with a woman in A.A., herself with double-digit sobriety, blossomed. Other problems persisted or resolved, but I had found a way to get through them without drinking, at least for that day.

Too many St. Patrick's Days past were forgotten due to blackouts or the manner in which I had comported myself, but the one which appears on my license plate, 3 17 05, daily recalls to me "A St. Patrick's Day To Remember."





CENTRAL OFFICE PHONE SHIFT VOLUNTEER

Getting Calls from Wet Drunks

by Michele F.

Being a Central Office phone shift volunteer is cool because you get calls from wet drunks. And from moms and husbands and friends of wet drunks. And from outraged former A.A.s who have stopped attending meetings because of [insert reason/person/G-word here]. And from current A.A.s who want to know when the next H&I orientation is. And from persons curious to know if A.A. has an opinion on the woman who wrote that book on drinking moderately who then got drunk and killed two people while driving. And from visitors who want to know when there's a meeting downtown. Or in the Haight. Or at the beach, there's a sunrise one, isn't there? Or is that sunset? You get calls from A.A.s who want to talk to Peter, or Maury, or some guy who's a regular at some meeting in Marin. Or is it Mill Valley? You get callers who want to go to meetings in Estonia or Burlingame or Seattle. You get callers who hang up.

Most of these people can be helped quite easily – by finding the meeting time and place; by passing them on to Peter, or Maury (no clue about that guy in Marin); or by giving them the number for another Central Office, or the National Council on Alcoholism, or GSO, or Al-Anon. But the calls that are not so easy – the wet drunks – are the reason I volunteer.

Briefly, a phone shift volunteer shows up at A.A.'s Central Office on Sacramento Street to field telephone calls. It's a weekly two- or three-hour gig between 10 AM and 6 PM, Monday through Friday. The volunteer has to

have one year of continuous sobriety, and has to be oriented so that he or she will know where to properly direct callers. Occasionally, there are other tasks as well – folding wallet cards or copies of *The Point*; calling other volunteers to see if they can sub; restocking literature – but the volunteer's primary purpose is to be present for phone calls.

"How do you stop?" That was the question I – wasted – asked over eleven years ago when I called 415-674-1821, and it began my journey of sobriety. As soon as my head cleared enough to realize I could give back in kind, I signed up for both Teleservice and Central Office volunteer shifts. Answering phones allows me the honor of putting the responsibility statement into action, which is not only enjoyable but also ... sobering. I had a shift at the old Central Office on Market Street on 9/11, and it felt like I was living that slogan: *We don't drink no matter what*. When a wet drunk calls, whether they've got an ounce of willingness or a thousand excuses, I am reminded of just how absurd, pathetic, and living-death-like the disease of alcoholism can be. And I am also reminded of what a gift I enjoy every single day, just because I've been graced with the willingness (okay, maybe desperation) to stick around and follow a few suggestions. One of which was, "Be of service."

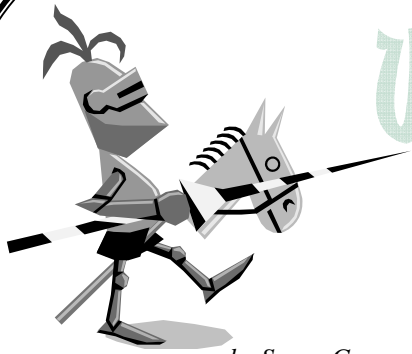
What's great about this commitment is: it keeps me on the front lines; it's a *social* commitment (there is always another volunteer, Peter, Maury, possibly some *Point* volunteers, and a steady stream of literature-

purchasers) that this loves-to-isolate alcoholic needs; and I learn, one call at a time, about the traditions and structure so vital to A.A. (no, A.A. has no opinion on the woman who wrote that book). I also get a glimpse of all the behind-the-scenes work that makes A.A. – not just the meetings, but also the literature, and the service work performed by the committees – so readily available to all its members (and believe me, after having spent a year in rural Connecticut, where the only "Intergroup" was a P.O. Box, I



know how lucky we are here in SF!). Fair warning, however, as a Central Office phone volunteer, you may also have to take out the trash! And Peter might interrupt your email check with a request – what?!? – to unpack boxes of books. Such brutal, hard labor is all worth it, though. Just when you are sitting there cursing yourself for having given up two whole hours of thinking-about-yourself time, the phone rings. "I was wondering," a shaky voice begins, "do I need to sign up to attend a meeting?"





by Susan G.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

From the very earliest days of my sobriety, this prayer has been my guiding principle. Seeking serenity was my driving force for years, and I didn't have much when I arrived. Nor did I have a belief that God was active in my life. The best I could do was recognize that I wasn't in charge of the universe (despite my best efforts) so there must be some power greater than me; otherwise, I was lost. Consequently, for a long time I avoided the direct address, "God." Gradually, I was able to accept the anagram for Group Of Drunks.

The unmanageability of my life was best reflected in the absence of serenity of any kind. I had been seeking serenity – peace – through spirituality for a very long time. This prayer as a beginning was full of hope for me. Every time I said it, which was multiple times a day, I felt a glimmer of hope. It would be a while before I began to get what it meant to accept the things I cannot change: to realize that accepting what *is* does not mean agreeing with or validating it.

Tales of Wisdom and Courage

The Evolution of My Serenity

Acceptance is simply that – to not struggle against the reality that I cannot change other people and situations because I do not like them. Acceptance that it is raining today is recognizing what is so, without taking a position on it.

The courage to change the things I can was also a learning experience for me. I had to learn that courage is an inside job. Courage is not about making a lot of noise and challenging the world around me.

How do I decide when to take a stand and when to let go and let God?

Courage is quiet. It comes from a willingness to stand firm in my sense of myself, what is right for me. Standing firm in my beliefs does not require that I correct someone else or inform them of right and wrong. Rather, it is about me living my beliefs and values honestly. Such courage gives me a clearer view of reality as multifaceted, with room for other perspectives that have as much validity as my own. In that context, I can *choose to consider* other views that may or may not work for me. Ultimately, I can only change me.

Then comes the most difficult of all – the wisdom to know the

difference. How do I decide when to take a stand and when to let go and let God? For me, this has been the direct result of checking my ego first. When my reaction to any situation or issue feels fueled by anger, especially "righteous" anger, my anger is running the show. My judgment of the other is governing my thoughts and directing my behavior. I am caught up in being right, which means that someone else must be wrong. When this is my drive, it is a good idea to take a

moment and inquire, did anyone ask for my opinion? Then I ask my higher power for

guidance. I do not always know, as my wisdom, like the rest of me, is a work in progress. My next right thing may be to be still and wait for clarity. Then my actions can be helpful, not demanding. When I focus on what I can do to either help or exacerbate the situation, then I can choose to be of service.



One Man's Train Ride Past a Drink

"We will comprehend the word serenity and we will know peace."

by David M.

When I had about four to five months in A.A. and was just beginning to feel somewhat grounded, I had to go to Monterey for a conference. Since I didn't have a car, I took the train. Everything was wonderful – until the return trip to the Bay Area.

It was a night trip, which suited me fine, as I knew I could get a few hours of much-needed sleep. Everything was going well, with the exception of a very large family of children traveling with their mother. The kids were running up and down the aisle and making quite a bit of noise. "Don't they know who I am?" I kept asking myself. The train was pretty full, so the seating options were scant. I tried my usual trick of putting on earphones and watching a movie, then listening to music, but the noise kept intruding and their running up and down the aisles was really getting on my nerves.

The thought of going to the snack car for a few drinks entered my mind, and I was sorely tempted. Good ol' Johnnie Walker was beckoning! So, I got up and went to get a drink to make those brats "go away." On the way to the car, I could see that the mother was getting really frustrated with all her kids and was not at all happy, but I kept going. I started hearing a conversation in my head:

good guy / bad guy, drink /no drink. The idea of calling my sponsor from the train popped into my head, but the train was a dead zone. Luckily, I'd had just enough A.A., and heard just enough relapse stories, that I understood I didn't want to go there.

On my way back with my Diet Coke, I could see the mother was still having trouble with her brood. This really irritated me and I thought I'd give her a piece of my mind, but my HP told me to keep moving. Back at my seat, things finally calmed down and bit and I started getting sleepy. Then it happened!

*The train came to a halt
in the middle of nowhere
in the pitch dark.*

pitch dark. After about five minutes, the conductor announced over the loudspeaker that there had been a small earthquake in the area and the train would not be able to continue until all the tracks and bridges had been checked. Damn! And here I was, stuck in the middle of nowhere, with no cell service and that bunch of screaming brats. At that moment, I

remembered I had my mini Big Book in my briefcase and thought I'd put it to the test, so I started to thumb through it. We had been told that the train would have to remain stopped for several hours, and the conductors

were passing out bottles of water and a limited supply of blankets. The train lights were then turned off, so the only light was coming from individual reading lights at

passenger seats. Serenity was flying out the door.

I was carrying the chip I'd gotten on my first day of sobriety, and felt for it in my left pocket. I'm not sure what power it had over me, but just knowing it was there was a comfort. I repeated the Serenity Prayer quite a bit. As I was beginning to drift off into a fitful sleep, I felt a tug on my sleeve. I opened my eyes and beheld the biggest set of beautiful brown eyes I had ever seen. There stood a little girl, looking at me. She told me she was scared of the dark and couldn't find her mother. I thought she might have been part of that same group of kids in the car. I took her by the hand and led her in the direction of

(Continued on page 19)



The train came to a halt in the middle of nowhere in the

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Comprehension, Knowledge and Amnesia

The Serenity Cocktail

by Suzan C.

"If I want peace and serenity, it won't be reached by getting thinner or fatter."

- Elle Macpherson

Why do the Ninth Step Promises only assure us that we will "comprehend" the word serenity, and that we will "know" peace? Why doesn't it say "you will be struck serene and peaceful and grin with rapture the rest of your life"? Perhaps extreme intoxication is the only state that can produce such profound contentment. Perhaps alcoholics, with their fragile egomania, hypersensitivity, hyper-criticism and perfectionism are relegated to only fleeting glimpses of tranquility.

If I "comprehend" something, or "know" it, there is no guarantee that it will take up residence in my home. But if I am at least familiar with a thing's characteristics, I am more likely to recognize it when it lands on my head. How is it possible that I have lived these great many years (including a period of complete sobriety through kindergarten) and never managed to comprehend serenity or know peace?

It is true that for many years, peace meant getting what I wanted, and serenity meant just the right buzz produced by a careful balance of ingredients. The jeans fit today, the cute one asked me out, I just got my paycheck, tap-tapping a fresh pack of smokes. This is the stuff that

sublime tranquility was made of. All was right with the world.

My early experiences of peace and serenity were remarkably fragile, rapidly extinguished by something as trivial as a sneer from the fast food server. It seemed almost easier to remain in a prolonged state of upset. At least then I had stability, and there was the added benefit of deterring others from approaching or speaking to me, which helped alleviate a good dose of daily annoyance.

Of course, I was subjected to periodic reminders that monks, yoga practitioners and various gurus could achieve altered states of "true" peace, and that I should strive toward such experiences for mental clarity and overall health. I did find this information mildly interesting, and spent some time researching it,

My early experiences of peace and serenity were remarkably fragile

but no amount of time actually practicing it.

Very early sobriety was hardly serene or peaceful. The change from practicing alcoholic to sober, functioning adult was physically and emotionally chaotic. It was all I could do to get up each day and face the world. As I started reading A.A. literature, hearing the experience of other alcoholics and working the steps, periods of calm and ease started to break through the anguish. Yet I did not really "comprehend" the



word serenity, or "know" peace, until I embarked on the Ninth Step.

After I had used the steps to exorcise the ghosts living in the dark recesses of my memory, I found that I could stand in a moment in time, not looking backward or forward, just remaining still, free of anger, fear or shame. I was complete from within. I understood what it meant to be serene.

My experience of peace has come through knowing that I have righted my wrongs as much as humanly possible. It has also emerged from nurturing a relationship with my Higher Power. To have peace in a world where grievous tragedies could loom around every corner, I need to know that my Higher Power will show me how to give my life meaning in all circumstances. Today, serenity and peace are a working part of my emotional vocabulary, despite my lingering character defects (and occasional amnesia).



MARCH IN A.A. HISTORY



by MEM

March 1, 1941: Jack Alexander's article on A.A. in the *Saturday Evening Post* creates a national sensation, resulting in a 6,000-member increase over the next year to reach a total of 8,000 members.

March 14, 1941: New Haven, CT group is founded.

March 1941: First prison A.A. group formed at San Quentin.

March 5, 1945: *Time* magazine reports on Detroit's WWJ radio station's pioneering broadcast by A.A. members, the first radio broadcast of its kind in the U.S.

March 31, 1946: A.A. film "The March of Time" is made by the New York A.A. office.

March 11, 1947: A priest in St. Paul, Minnesota founded Calix International. Alcoholics in his parish met after Saturday morning mass to discuss readings for the upcoming Sunday and how their faith melded with the Twelve Steps of Alcoholics Anonymous.*

March 30, 1947: A.A. started in England.

March 22, 1951: Dr. William Duncan Silkworth died at Towns Hospital.

March 21, 1996: Bill W.'s sponsor, Ebby T., died sober.

March 22, 1984: Clarence S., founder of Cleveland A.A. and author of "Home Brewmeister," dies at age 81, 46 years sober.

*A visit to their website calixsociety.org highlights this quotation from William J. Montroy (founder): "A.A. restores your health and keeps you from an early grave. Calix saves your soul and puts you on the road to heaven." Their motto: "Substituting the cup that stupefies with the one that sanctifies." Their credo includes: "Calix is an association of Catholic alcoholics who are maintaining their sobriety through affiliation with and participation in the Fellowship of Alcoholics Anonymous."



Two women were sitting next to each other at a bar. After a while, one looks at the other and says, "I can't help but think, from listening to you, that you're from Ireland."

The other woman responds proudly, "Yes, I sure am!"

The first one says, "So am I! And where about in Ireland are ya from?"

The other woman answers, "I'm from Dublin, I am."

The first one responds, "So am I! And what street did you live on in Dublin?"

The other woman says, "A lovely little area. I lived on Warbury Street in the old central part of town."

The first one says, "Faith, and it's a small world. So did I! So did I! And what school did ya go to?"

The other woman answers, "Well now, I went to Holy Heart of Mary, of course."

The first one gets really excited and says, "And so did I! Tell me, what year did you graduate?"

The other woman answers, "Well, now, let's see. I graduated in 1964."

The first woman exclaims, "The

Good Lord must be smiling down upon us! I can hardly believe our good luck at winding up in the same pub tonight! Can you believe it? I graduated from Holy Heart of Mary in 1964 me self!"

About this time, Michael walks into the bar, sits down, and orders a beer.

Brian, the bartender, walks over to Michael, shaking his head and mutters, "It's going to be a long night tonight."

Michael asks, "Why do you say that, Brian?"

Brian answers, "The Murphy twins are drunk again."

Rants & Raves



by Charley D.

Like many an alcoholic, I steered clear of A.A. for years because of what I perceived as its religious bent. I knew I needed help but didn't want it with the trappings of organized religion, telling me what was right, what I had to do, and what would happen to me if I didn't. It therefore came as a real relief that all A.A. recommended (not required) was that I accept a higher power of my own understanding. That higher power, they said in my first meeting, needn't conform to anyone else's conception but my own. In particular, this higher power didn't have to match the idea and characteristics of "God" espoused by any organized religion. That helped. While I didn't have a clear picture of my higher power (who does?), I knew I didn't want to get trapped into some program of religion that didn't square with my feelings about the world, life and what, if anything, lies beyond it.

That approach, everyone told me, would work just fine. My higher power shouldn't be a single other individual (although treating the A.A. group as my power would be okay) or myself. Other than that, I could embrace whatever higher power suited me. It all sounded great – until I began to get

What's God Got to Do With It?

more familiar with A.A. literature – especially the Big Book. Don't get me wrong. I've taken a lot of strength from the wisdom of this work. Still, its subtle, almost sneaky, way of trying to sell me a "God" different from my own understanding rankled me from the beginning and bothers me still.

In Chapter One of the Big Book, "Bill's Story," we learn Bill W. always "had little doubt that a mighty purpose and rhythm underlay all." (Big Book, p.10) I've never had that certainty. To me the world seems largely a discordant, purposeless place. A.A. provides refuge from that world but doesn't change its chaotic reality. The Big Book attracted me with its laissez-faire, do-it-yourself higher power. I soon found, however, this entity was my "Creator" and "the Father of Light," that we live in "God's universe," and are all his "children." (Big Book, pp. 13, 14, 25, 28) Bill W. clearly

*Forgive me if I suspected
someone was trying to sell me
the standard Christian dogma.*

subscribed to the oft-refuted "intelligent design" proof of God's existence. "[W]e found ourselves thinking, ... on a starlit night, 'Who, then, made all this?'" (Big Book, p.46) Imagining Bill W.'s God on a starlit

night can be easy. What about, say, in the starvation, devastation and death following a Haitian earthquake? Uh oh. Forgive me if I suspected someone was trying to sell me the standard Christian dogma that didn't work for me the first several times I tried it.

So what do I do about it? Bill W. may,



in the end, have had a traditional Christian view of God that worked for him. Like any good salesman, he tried to sell us something he believed in. He didn't let the salesman in him get carried away, however. All we need is some concept of a higher power to whom we can turn over our insoluble problem – alcoholism. Give it a try, the Big Book says. Believe in as much of that higher power as your understanding allows. At this point, all I know is my higher power keeps me sober. Beyond that, I know nothing. But, believe it or not, that's enough. For today.



Meet THE MEETING

SFPOA

(Spiritually Founded Program of Action)

by Bree L.

Six non-drinking police officers originally started this meeting, initially closed to all but law enforcement, in 1984. Al M. first attended when he got out of rehab in 1991. Leaving rehab, he was told to go to meetings, not drink in between, find a home group and a sponsor. He found this to be one of the sickest meetings and surmised that being sober would be no fun. Members came to dump, complain and do Fifth Steps on everyone they hated, but he accepted the status quo as he was just out of rehab and knew no other way. At one point his sponsor, who had not had a drink for 32 years, lost his home and moved out of the country. Al in turn sought a different meeting in Concord and there he ran into Don B. who told him the solution was in the Big Book.

Don rhetorically asked Al what his problem was, and Al replied, "Alcohol." Don then said, "How can alcohol be your problem if you haven't had a drink in seven years? The solution is about finding God." Al, facing termination from his work at the time, says he broke down and started to work with Don, doing a quick Fourth and Fifth Steps. He realized that "getting right with God" was the best way.

Al in turn brought the program back to the policemen's meeting and began to sponsor Fred C. and eventually the rest of the group. They soon realized that they needed to open their doors to others and within one month that small group had expanded to forty. As Al said, they moved from arresting drunks to

canvassing the city and seeking candidates for their meeting.

Fred C. also talks of not drinking and going to meetings for two and a half years before Al come along. They had a mutual friend who came to those early meetings and ate a whole cigar during every meeting. Later he told of putting a gun to his head. This friend worked the steps and became a changed person. Fred traveled to Concord to work the steps with Al and he noticed upon his return that as he reached the Caldecott Tunnel, he felt better. At one point he went home to Chicago and made amends. He was willing not only to say he was sorry as he'd done in the past, but actually admit he was wrong. He also took on new sponsees.

Sean S. was one of Fred's sponsees who arrived in 1992. Sean stresses that he wanted what the first 100 got, and today he uses the Twelve Steps as a recipe. As Sean says, "This is not a do-it-yourself program." He reports that the name of the meeting was taken from page 42 of the Big Book, that this is a "program of action." He in turn works with sponsees and among these was Tonus A.

Tonus says he first came to the POA meeting against advice. He was warned that all they talked about in the meeting was the Big Book, but he found that he actually liked it. He also saw that relapse didn't have to be a part of recovery. He defines relapse as a "repetitive lapse in one's contact with God." He tells of seeing people "really messed

up that had a light come on in a short time and that happened to a bunch of people."

The format of this meeting is to have one person read a passage from the first 164 pages and then comment. This is followed by discussion. This meeting meets in a large room and it is very well attended, so it is best to get there early. Street parking is readily available after 7 PM.

By the way, those original six policemen who started this meeting are all still sober and working their program.

SFPOA meets at 270 6th Street at Folsom, Gene Friend Recreation Center, on Thursday evening at 7:30 PM.



IFB meeting summary – February 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	Each Day a New Beg. (Sun)	Huntington Square	SFPOA	Tiburon Haven	H & I
Attitude Adjustment	Early Start	Join the Tribe	Sober Saturdays	Tiburon Men's Stag	ICCYPAA
Back to Basics	Embarcadero Group	Lush Lounge	Step Talk	Tuesday Chip	Marin Teleservice
Blue Book Special	Fireside Chat	Marina Discussion	Steppin' Up	Tuesday Newcomers	San Mateo GS
Came to Park	First Place	Mid Morning Support	Sunday Rap	Valencia Smokefree	Spirit of San Francisco
Castro Discussion	Friday All Groups	Mission Terrace	Sunset 9'ers (Sun.)	Waterfront	
Cow Hollow YP	Haight Street Blues	Noon Smokeless	Ten Years After	Women's Promises	
Each Day a New Beg. (M-F)	High Noon (Monday)	On Awakening	Thursday Thumpers		

This is an unofficial summary of the February 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.

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, February 2, 2011 at St. Andrew Presbyterian Church, 101 Donahue St., Marin City, CA

Announcements

Access Committee: New ASL interpreted AA meeting in San Francisco; Let it be, Friday 6-7 PM the SF Alano Club. Come support Deaf/HOH members!

Archives Committee: Will be meeting the 4th Sunday, February 27, 2011, 2 PM at Central Office. if you are interested in learning about local AA history we encourage you to join us.

Founder's Day Committee Service Opportunity: The Founders Day committee is looking for folks to get involved in

the planning and the day of events. Fun for all! Contact Blu 415 571 1582

The Buzz Service Opportunity: The Buzz is the online newsletter of AA San Francisco & Marin. The Buzz Committee is looking for new committee members to help work on the newsletter. If you are interested, please see either Celia or Li or email thebuzz@aasf.org.

IFB Officer Reports

Treasurer's Report: Contributions in 2010 were better than 2009, though below projections. Operating expenses were in line. Net Surplus for December just over \$2000, with YTD deficit of \$3000 (budgeted deficit for 2010 was over \$20,000). Proposed changes for 2011 Budget based on year-end actuals. IFB voted to approve changes. See current 2011 budget at aasf.org under IFB Information.

Central Office Committee Report: January meeting focused on changes to the budget. IRS requiring use of longer filing form. 2011 Budget is optimistic. Lease for Central Office is to be renewed. Have begun annual performance Reviews for Central Office special worker / manager.

Central Office Manager's Report: Looking for a volunteer to help with the CD Lending Library. We need someone to continue converting tape to Audio, making master copies.

Liaison Reports:

Marin Teleservice: One position still open! Regular meeting on 4th Tuesday of each month at 8:00, Marin Alano Club.

Orientation meeting continues, 7:00, before the monthly meeting. Spaghetti feed coming up in April!

Spirit of San Francisco: There will be a St. Patty Cake breakfast March 26 at the Janet Pomeroy Center, 207 Skyline Blvd., SF. Committee meets first Monday, Feb 7, 7:00, 777 Brotherhood way, SF

ICYPAA Host Committee: (Int'l Conference of Young People in AA) Conference to be held at SF Marriott on Labor Day Weekend. Spirit of California conference to be held in Fresno February 26, 9am-12am Fresno Co. Fairgrounds. interested in having representation contact ICYPAA via the website at www.icypaa.org

H&I: There is need for group reps from SF and Marin: 34 group reps currently on the committee . New Brochure for H&I.

Unfinished Business

Plaque Committee: Continues search for the right kind of plaque to be mounted at location of first West Coast group of AA, 51 Potomac, SF. Plans to have an AA Meeting at Dolores Park in celebration of completion of the process.

New Business

Third Legacy Election for IFB Vice Chair : Joseph M. elected to fill post left by Naim S., who passed away in December.

Twelve Step Committee: Bringing Meetings to the Elderly: Sunshine Committee and 12th Step Workshop have been receiving requests from longer term homebound members. Normally services

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

SF Fellowship: Ted R. 26 years
Irvine, CA: Doug P. 20 years
Living Sober with HIV: Alejandro D. 8 years
William T. 5 years

are for temporarily homebound or ill. The committee is discussing how to provide that service on a longer term basis. Meets 2nd Wednesdays, Central Office.

Fellowship Committee: Founder's Day planning: Starting the planning for next Founder's Day. First meeting is 7:00 Tuesday, Feb 8. Looking for anyone interested in doing a bit more service for next few months

Committee Focus

Liaison for District 5 (San Mateo) General Service: The AA Service Guide is featured reading, which is compared at how it reflects the organization overall,

and reflects on what GS does. One example of community action has been placement of signs on Samtrans Busses.

Meet the Meeting

Mid Morning Support, Celia H. Meets at 10:30, Sunday mornings at CPMC. Has been around 37-38 years. Started in basement of Children's Hospital, possibly originating with a detox facility. Lots of old-timers, newcomers, newbies. Good meeting particularly if one has a disability.

On Awakening Group, Bob W. Corte Madera, 5:30 am every day. Literature based: M-F step, Tues story, Wed Traditions, Thurs Big Book, Sat Grapevine, Sunday living sober. Chip meeting, (heavy metal chips, 24 hours to 30 years)

Tiburon Men's Stag, Ted R. Monday nights, 6:00 pm in Tiburon. Step study, then 8-9 pm Speaker/Discussion. Very strong on service and the traditions.

Join The Tribe, Thayer W. Men's meeting on Tuesdays, 7:00 PM, 7th and Geary. Started between 14-17 years ago at Bill R's house as a Big Book meeting. Tradition of Step 6 and ½ where all get up and shake hands around the room. A lot of long term sobriety and good fellowship.

Next IFB Meeting to be March 2, 2011 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA

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

Joseph M. vicechair@aasf.org

TREASURER

Dashiell T. treasurer@aasf.org

RECORDING SECRETARY

Thayer W. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

Margaret J. coc@aasf.org

12th STEP COMMITTEE

Gloria E. 12thstep@aasf.org

ARCHIVES COMMITTEE

Tracy F. archives@aasf.org

ORIENTATION COMMITTEE

Blu F. orientation@aasf.org

FELLOWSHIP COMMITTEE

Michelle A. 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

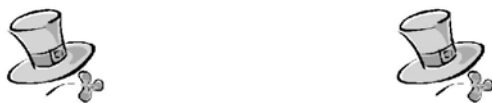
David S. website@aasf.org

PI/CPC COMMITTEE

Glen R. picpc@aasf.org

SF TELESERVICE COMMITTEE

Seth H. sfteleservice@aasf.org



THE SPIRIT OF SAN FRANCISCO

ST. PADDY CAKES

PANCAKE BREAKFAST

Saturday March 26th

10:00 am - Breakfast mmm...Pancakes
Gluten free pancakes also available

12:00 pm - AA Speaker Meeting
Patrick O. from Pleasanton

Tickets \$10.00

Available at the door or online at

www.spirit-sf.org

Additional info, email info@spirit-sf.org

Janet Pomeroy Center
207 Skyline Blvd.
San Francisco, CA



aa group contributions

Fellowship Contributions	Dec. 10	YTD	Marin Contributions	Dec. 10	YTD	Marin Contributions	Dec. 10	YTD
Anonymous		\$500	Girls Night Out W 815pm	\$96	\$221	Sunday Express Sun 6pm		\$550
Artists & Writers F 630pm		\$954	Gratitude Tu 8pm		\$700	Sunday Friendship Sun 7pm		\$200
Brisbane Breakfast Bunch	\$30	\$376	Greenfield Newcomers Sun 7pm		\$1,175	Sunday Night Corte Madera Sun 8pm		\$200
Contribution Box	\$57	\$974	Happy Destiny F 7pm		\$133	Sunlight of the Spirit Th 7pm		\$150
Deer Park Discovery Group		\$30	Happy Hour (Marin) Th 6pm		\$50	T. G. I'm Sober M 6pm		\$45
Fellowship Contribution	\$21	\$21	Happy, Joyous & Free 5D 12pm		\$1,250	T.G.I.F. F 6pm		\$309
From the Start to the Finish		\$120	High & Dry W 12pm		\$421	Terra Linda Group Th 830pm		\$250
Gay & Lesbian Friday Nights		\$20	Intimate Feelings Sa 10am		\$323	Terra Linda Thursday Men's Stag		\$500
Gay & Lesbian Newcomers	\$17	\$17	Inverness Sunday Serenity Su 10am		\$240	The Barnyard Group Sa 4pm	\$135	\$135
Gay Newcomers Group		\$20	Island Group Th 8pm		\$244	The Fearless Searchers F 8pm		\$38
General Service District 11		\$19	Living in the Solution F 6pm		\$267	There is a Solution Tu 6pm		\$199
H&I (Marin)		\$160	Marin City Groups 5D 630pm		\$278	Thursday Night Book Club Th 7pm		\$107
ICYPAA	\$22	\$43	Marin Pacific Group Tu 730pm		\$84	Thursday Night Speaker Th 830pm		\$2,914
IFB	\$102	\$1,241	Marin Young People F 830pm		\$30	Tiburon Beginners & Closed Tu		\$505
Marin Teleservice	\$409	\$409	Mill Valley 7D 7am		\$2,533	Tiburon Haven Sun 12pm	\$100	\$574
MCYPAA		\$250	Mill Valley Discussion W 830pm		\$450	Tiburon Women's Candlelight W 8pm		\$148
Pax West M 12pm		\$243	Monday Blues M 630pm		\$432	Tuesday Chip Meeting Tu 830pm		\$394
SFYPA		\$800	Monday Night Stag 8pm		\$1,955	Tuesday Twelve Step Tu 630pm	\$125	\$185
Santa Rosa Fellowship		\$14	Monday Night Women's M 8pm		\$677	Unidentified Group		\$98
Serenity House	\$150	\$1,650	Monday Nooners M 12pm		\$743	We, Us and Ours M 650pm		\$310
Spirit of San Francisco		\$381	Morning Attitude Adjustment		\$228	Wednesday Night Candlelight W 8pm		\$296
Sunset Group (Napa)		\$18	Nativity Monday Night Big Book M 8pm		\$300	Wednesday Night SD W 7pm		\$32
Sunshine Club		\$29	Newcomers Step M 730pm		\$629	Wednesday Sundowners W 6pm		\$126
TSWC		\$55	Noon Hope F 12pm		\$465	What's It All About F 12pm		\$500
Fellowship Total	\$807	\$8,544	Not a Glum Lot Group Fr 800pm	\$40	\$40	Women For Women W 12pm		\$100
Marin Contributions	Dec. 10	YTD	Novato Basics Tu 8pm		\$450	Women on Monday M 7pm		\$85
12 & 12 Study Sa 815am		\$557	Novato Monday Stag M 8pm		\$489	Women Who Drank Too Much M 730pm		\$219
7am Urgent Care Group 7D 7am		\$500	Off Broadway Book Th 730pm		\$6	Women's Big Book Tu 1030am	\$325	\$1,330
A Vision for You Su 730pm		\$63	On Awakening 7D 530am		\$525	Women's Lunch Bunch F 12pm		\$280
Attitude Adjustment 7D 7am	\$334	\$2,670	Pathfinders Tu 12pm		\$665	Women's Meeting Su 430pm		\$142
Awakenings Sa 830am		\$86	Primary Purpose W 830pm		\$420	Women's Step Study Group M 12pm		\$200
Awareness/Acceptance M 1030am		\$339	Quilting Time MWF 530pm		\$100	Working Dogs W 1205pm		\$1,156
Be Still AA Su 12pm		\$46	Refugee Th 12pm		\$460	Young People's Chopsticks Sa 1030pm		\$61
Beginners & Closed Tu 7pm & 830pm		\$410	Reveille 5D 7am		\$900	Marin Total	\$1,936	\$45,219
Blackie's Pasture Sa 830pm		\$461	Rise N Shine Sun 10am	\$219	\$911	SF Contributions	Dec. 10	YTD
Caledonia Sun 8pm		\$250	San Geronimo Valley Book Study	\$131	\$271	10 AM Dry Dock Fellowship 7D 10am		\$119
Closed Women Step Study Tu 330pm		\$441	San Geronimo Valley M 8pm	\$118	\$256	10am Step Study M 10am		\$78
Cover to Cover W 800pm		\$197	Saturday Women's Speaker Sa 6pm		\$240	130 PM Dry Dock Fellowship 5D 130pm		\$117
Creekside New Growth Sun 7pm		\$186	Sausalito 12 Step Study Group		\$196	330 PM Dry Dock Fellowship 7D 330pm		\$117
Crossroads Sun 12pm		\$1,288	Sausalito Sober Sisters Th 330pm	\$32	\$32	330 Smokeless W		\$28
Day At A Time 7D 630am	\$110	\$812	Serendipity Sa 11am		\$357	515pm Smokeless Tu		\$8
Downtown Mill Valley F 830pm		\$343	Serenity Sun 6pm		\$71	515pm Smokeless W		\$30
East San Rafael Big Book		\$130	Sisters In Sobriety Th 730pm	\$150	\$205	6am Dry Dock 7D		\$53
Experience, Strength & Hope Sa 6pm		\$50	Six O'Clock Sunset Th 6pm		\$635	6am Dry Dock Sa		\$165
Fairfax 12 & 12 Tu 730pm	\$22	\$22	Sober & Serene F 7pm		\$531	6am Dry Dock Th		\$35
Four Horsemen Thu 7pm		\$25	Spiritual Testost. Sun Men's Stag		\$460	6am Dry Dock Tu		\$53
Freedom Finders F 830pm		\$624	Steps to Freedom M 730pm		\$285	6am Dry Dock W		\$536
Friday Night Book F 830pm		\$379	Steps To The Solution W 715pm		\$407	7am As Bill Sees It Fri	\$121	\$276
Friday Night Gay Men's Stag F 830pm		\$96	Stinson Beach Fellowship Th 8pm		\$100	7am Grab Bag M 7am		\$46
			Streetfighters Sa 9am		\$73			

SF Contributions	Dec. 10	YTD	SF Contributions	Dec. 10	YTD	SF Contributions	Dec. 10	YTD
7am Living Sober W 7am		\$71	Cow Hollow Men's Group W 8pm		\$1,057	Join the Tribe Tu 7pm		\$575
7am Smokeless Sa 7am		\$43	Dark Secrets F 10pm		\$71	Joys of Recovery Tu 8pm		\$29
7am Smokeless Su 7am		\$51	Design for Living Sat 8am		\$581	Just Alkies F 7pm		\$175
7am Speaker Discussion Th 7am		\$211	Diamond Heights Tu 830pm		\$258	K.I.S.S. M 6pm		\$104
7am Step Discussion Tu 7am		\$46	Doin' the Deal Sun 10pm		\$283	Keep Coming Back Sa 11am		\$1,163
830am Smokeless F 830am		\$543	Each Day a New Beginning F 7am		\$2,335	Koo Koo Hump Day W 6pm		\$106
830am Smokeless Th 830am	\$24	\$24	Each Day a New Beginning M 7am		\$805	Light Brigade Discussion Su 7pm		\$193
830pm Smokeless W 830pm		\$20	Each Day A New Beginning Su 8am		\$1,299	Like A Prayer Su 4pm		\$100
A is for Alcohol Tu 6pm		\$132	Each Day a New Beginning Th 7am		\$1,064	Lincoln Park Sat 830pm		\$207
A New Start F 830pm		\$1,127	Each Day a New Beginning Tu 7am		\$963	Live and Let Live Su 8pm		\$1,233
A Vision for You (SF) Su 630pm		\$100	Each Day a New Beginning W 7am		\$299	Living Proof Th 630pm		\$49
AA Step Study Su 6pm		\$129	Early Start F 6pm		\$2,339	Living Sober W 8pm		\$415
Acceptance Group M 530pm	\$30	\$131	Easy Does It Tu 6pm	\$61	\$61	Living Sober with HIV W 6pm		\$671
Afro American Beginners Sat 8pm		\$41	Embarcadero Group 5D 1210pm		\$1,629	Luke's Group W 7pm		\$220
Afro American F 8pm		\$35	Eureka Step Tu 6pm	\$176	\$341	Luke's Group W 8pm		\$70
After Work M 6PM		\$230	Eureka Valley Topic M 6pm		\$835	Lush Lounge Sa 2pm		\$205
Agnostics & Freethinkers Su 630pm		\$157	Excelsior "Scent" Free for All	\$102	\$354	Meeting Place Noon F 12pm		\$402
All Together Now Th 8pm		\$38	Extreme Makeover M 730pm		\$169	Meeting Place Noon W 12pm		\$569
Alumni W 830pm		\$295	Faith, Hope & Charity F 12pm		\$168	Mid-Morning Support Su 1030am		\$1,449
Any Lengths Sat 930am	\$1	\$1	Federal Speaker Su 12pm	\$180	\$424	Midnight Meditation Sat 12am		\$122
Ariana Cafe Group M - F	\$100	\$100	Fell Street F 830pm		\$137	Miracle (Way) Off 24th St W 730pm		\$268
Artists & Writers F 630pm		\$554	Fell Street Step Su 8pm		\$169	Mission Terrace W 8pm		\$60
As Bill Sees It Sat 8pm		\$102	Firefighters & Friends Tu 10am		\$588	Monday Beginners M 8pm		\$400
As Bill Sees It Th 6pm		\$455	Fireside Chat Group Th 8pm		\$204	Monday Men's Meeting M 8pm		\$485
As Bill Sees It Th 830pm		\$143	Fireside Chat Group Tu 8pm		\$280	Monday Monday M 1215pm	\$193	\$363
As Bill Sees It Tu 1210pm		\$133	Franciscan Noon Disc. M 12pm	\$25	\$25	Moving Toward Serenity W 830pm		\$376
Ass in a Bag Th 830pm		\$478	Freethinkers Th 630pm	\$60	\$60	New Life W 7pm		\$345
Be Still AA Su 12pm	\$326	\$582	Friday All Groups F 830pm		\$569	Newcomers Tu 8pm		\$667
Beginner Big Book Step Th 630pm		\$77	Friday at Five F 5pm		\$35	No Reservation M 12pm		\$1,394
Beginners 12 x 12 F 7pm		\$1,206	Friday Lunchtime Step F 12pm		\$222	Noon Smokeless F 12pm		\$279
Beginners Meeting Sat 6pm		\$706	Friday Night Women's Meeting F 630pm		\$52	Noon Smokeless M 12pm		\$29
Beginners' Step Study Sat 630pm		\$575	Friday Smokeless F 830pm		\$195	Noon Smokeless W 12pm		\$255
Beginner's Warmup W 6pm		\$126	Friday Smokeless F 8pm		\$447	Off Broadway Book Th 730pm	\$16	\$135
Bernal Big Book Sat 5pm		\$190	Friendly Circle Beginners Su 715pm	\$281	\$620	One Liners Th 830pm		\$905
Bernal New Day 7D	\$360	\$2,754	Full Flight From Reality Sa 1230pm		\$129	One, Two, Three, Go! W 1pm		\$10
Big Book Basics F 8pm		\$558	Gold Mine Group M 8pm	\$352	\$678	Our Morning Meditations Sa 715am		\$25
Big Book Beginners F 105pm		\$79	Haight Street Blues Tu 615pm		\$481	Parkside Th 830pm		\$457
Big Book Study Su 1130am		\$379	Haight Street Explorers Th 630pm		\$265	Pax West M 12pm		\$650
Blue Book Special Su 11am	\$82	\$389	Happy Destiny Sa 630pm		\$38	Pax West Th 12pm		\$443
Buena Vista Breakfast Su 12pm		\$129	Happy Hour Ladies Night F 530pm	\$79	\$215	Potrero Hill 12 x 12 M 630pm		\$67
By the Book Sa 10am		\$22	High Noon Friday 1215pm		\$643	Queers, Crackpots & Fallen Women		\$180
Came To Believe Su 830am	\$63	\$246	High Noon Saturday 1215pm	\$208	\$414	Rebound W 830pm		\$60
Came to Park Sat 7pm		\$866	High Noon Sunday 1215p	\$389	\$449	Relapses/Rebounds/Retreads/Winners		\$428
Castro Discussion (Show Of Shows)		\$415	High Noon Thursday 1215pm		\$553	Richmond Step Study M 730pm		\$86
Castro Monday Big Book M 830pm		\$115	High Noon Tuesday 1215pm	\$39	\$954	Rigorous Honesty Th 1205pm		\$275
Chips Ahoy Tu 12pm		\$106	High Noon Wednesday 1215pm		\$210	Room to Grow F 8pm	\$124	\$382
Closed Women Step Study Tu 330pm		\$139	High Sobriety M 8pm		\$388	Rule 62 W 10pm		\$85
Cocoanuts Su 9am		\$60	Hilldwellers M 8pm		\$325	Saturday Afternoon Meditation Sat 5pm		\$260
Code Blue Big Book Study W 7pm		\$232	How Was Your Week? Sa 10am	\$136	\$1,480	Saturday Beginners Sat 6pm		\$655
Common Welfare Th 8pm		\$151	Huntington Square W 630pm		\$865			

continued on p. 19

profit and loss statement: December 2010

	Dec 10	Budget	Jan-Dec 10	Budget		Dec 10	Budget	Jan-Dec 10	Budget
Ordinary Income/Expense					Rent - Office	4,664	4,673	54,260	54,276
Income					Rent - Other	150	150	900	900
Contributions from Groups					Access Expenses	0	666	1,949	7,992
Group Contributions	10,066	13,924	152,483	138,613	IFB Literature				
Honors	0		514	0	Sunshine Club	0		151	180
Contributions from Groups	0		345	0	IFB Literature - Other	0		185	200
Total Group Contributions	10,066	13,924	153,342	138,613	Total IFB Literature	0	0	336	380
Contributions from Individuals					IFB Sponsored Events	140	18	1,424	2,360
Individual - Unrestricted	2,202	8,873	11,599	14,587	PI/CPC	48	120	121	720
Faithful Fiver	1,435	1,232	13,026	10,838	Sunshine/12th Step	62	45	82	775
Honorary Contributions	262	357	4,228	2,237	Archives Committee	0		140	
Total Individual Contributions	3,898	10,462	28,852	27,662	Filing/Fees	0		60	194
Gratitude Month					Insurance	0		1,740	901
Gratitude Month - Groups	6,497	10,295	11,608	13,910	Internet Expense	118	119	1,394	1,428
Gratitude Month - Individual	100		970	0	Office Supplies	138	170	2,223	2,040
Total Gratitude Month	6,597	10,295	12,578	13,910	Paper Purchased	214	208	2,599	2,496
Sales - Bookstore	9,201	7,700	108,775	103,705	Software Purchased	0	96	410	384
Newsletter Subscript.	55	99	345	461	Shipping	(36)	21	(79)	252
Total Income	29,816	42,480	303,892	284,351	Printing	0		76	
Cost of Goods Sold					Equipment Lease	1,577		6,484	6,184
Cost of Books Sold	6,575	5,313	73,518	71,522	Repair & Maintenance	254	455	3,093	3,403
Inventory Adjustments	(3,969)		(4,161)		Security System	118	94	472	471
CoBS - Shipping	12	73	350	308	Payroll Expenses	5	5	54	60
Credit Card Processing Fees	225	197	3,330	2,653	Telephone	253	256	2,992	3,072
Total COGS	2,843	5,583	73,037	74,483	Phone Book Listings	87	84	1,038	1,008
Gross Profit	26,973	36,897	230,855	209,868	Travel	0		1,168	1,156
Expense					Training	0		470	20
Employee Expenses					Bad Checks	0		45	12
Wages & Salaries	9,158	9,403	109,189	111,698	Total Expense	20,127	19,061	231,875	232,566
Employer Tax Expenses	1,954	633	11,277	10,383	Net Ordinary Income	6,847	17,836	(1,020)	(22,698)
Health Benefits	1,069	1,283	14,587	15,396	Other Income/Expense				
Deferred comp expense	0		9,158		Other Income				
Workers Comp Ins.	0		792	809	Interest Income	(79)	271	2,576	3,252
Total Employee Expenses	12,181	11,319	145,003	138,286	Total Other Income	(79)	271	2,576	3,252
Professional Fees					Other Expense				
Accounting	0		1,014	1,000	Amortization Expense				
Computer Consulting	0	562	1,350	1,686	Software	56		56	0
Total Professional Fees	0	562	2,364	2,686	Total Amortization Expense	56	0	56	0
Bank Charges	0		15		Gain/Loss Sale of Fixed Assets	31		31	0
Reconciliation Disc.	154		(25)		Depreciation Expense				
Postage					Total Depreciation Expense	4,566	1,400	4,566	1,400
Non-Bulk Postage	0		251	126	Total Other Expense	4,653	1,400	4,653	1,400
Bulk Mail	0		816	984	Net Other Income	(4,733)	271	(2,078)	1,852
Total Postage	0		1,068	1,110	Net Surplus/(Deficit)	2,114	18,107	(3,098)	(20,846)

(Continued from page 9)

the family and, yes, I was correct. I left the girl there and returned to my seat to contemplate the long night ahead.

Silence dropped over the entire scene. All I could hear was deep breathing and some whimpering in the direction of all those kids. Sleep came in fits and spurts for me. At some point I became aware of someone leaning against me. It was that little girl. She had a blanket with her, which she wrapped around

herself. Then she curled up in a ball next to me, put her head on my lap, and fell sound asleep.

I can remember looking down at this child, sleeping so soundly, and feeling a profound sense of peace and serenity roll over me. It's one of those moments I'd love to have sealed in amber.

I have no idea what the child's name was or where she lived, but that evening was clearly a sign from my HP that a power so much greater than this drunk was, and is, watching

over me – *if* I let it. That little girl has become my default so many times since then. Those beautiful brown eyes materialize at the most amazing times. She is my angel bringing me peace and serenity when I need it most.



TP

(Continued from page 17)

SF Contributions	Dec. 10	YTD	SF Contributions	Dec. 10	YTD	SF Contributions	Dec. 10	YTD
Saturday Easy Does It Sa 12pm		\$466	Sundown W 7pm		\$774	Tuesday Big Book Study Tu 6pm	\$66	\$246
Saturday Night Regroup Sat 730pm	\$170	\$1,318	Sunrise Sunset Women's Step Th 6pm		\$236	Tuesday Downtown Tu 8pm		\$64
Say Hey Group M, Tu, F 6pm		\$498	Sunset 11'ers F		\$100	Tuesday Men's Pax Tu 12pm	\$436	\$820
Second Chance Th 215pm		\$28	Sunset 11'ers Sa		\$397	Tuesday Night Step Tu 7pm		\$22
Serenity House		\$150	Sunset 11'ers Th	\$55	\$55	Tuesday Women's Tu 630pm		\$30
Serenity in the Park W 7pm		\$66	Sunset 11'ers W		\$284	Tuesday's Daily Reflections Tu 7am		\$247
Serenity Seekers M 730pm		\$226	Sunset 9'ers F		\$12	Twelve Steps to Happiness F 730pm		\$71
Sesame Step Tu 730pm		\$430	Sunset 9'ers M		\$72	Unidentified Group		\$77
Shamrocks & Serenity M 730pm	\$294	\$1,321	Sunset 9'ers Sa		\$78	Valencia Smokefree F 6pm	\$275	\$1,093
Sinbar Su 830pm		\$264	Sunset 9'ers Su	\$52	\$738	Veterans' Coffee Break W 1030am		\$9
Sisters Circle Su 6pm		\$320	Sunset 9'ers Th	\$42	\$175	Walk of Shame W 8pm		\$270
Sober 5150's W 8pm		\$69	Sunset 9'ers Tu		\$2	Waterfront Sun 8pm		\$811
Sober Across the Board M-Sa 830am		\$178	Sunset 9'ers W		\$238	We Care Tu 12pm	\$211	\$572
Sober at State MW 1210pm		\$55	Sunset Early Morning W 7am	\$314	\$314	Wednesday Morning Men's Meeting W 6am		\$146
Sobriety & Beyond W 7pm		\$90	Sunset Speaker Step Sun 730pm		\$484	West Portal W 8pm		\$315
Sometimes Slowly Sa 11am		\$1,070	Surf Tu 8pm		\$706	Wharfrats Th 815pm	\$11	\$301
Sought to Improve Th 730pm		\$120	Ten Years After Su 6pm		\$2,195	What It's Like Now M 6pm		\$245
Sp. Founded Prog. Of Action (SFPOA)		\$637	Terra Linda Group Th 830pm		\$500	Wits End Step Study Tu 8pm		\$180
Step Talk Su 830am	\$315	\$1,267	The 12 Schleppers Th 8pm		\$80	Wombley's Clapboard Factory W 6pm		\$4
Steppin' Up Tu 630pm		\$393	The Lads Fr 730pm	\$80	\$493	Women Living Sober Sa 10am		\$240
Stepping Out Sat 6pm		\$154	The Parent Trap 2 Wed. 430pm		\$212	Women Who Drank Too Much	\$5	\$27
Stepping Stone Step Study M 7pm		\$21	The Parent Trap M 1230pm	\$306	\$459	Women's 10 Years Plus Th 615pm		\$521
Stonestown M 8pm		\$210	The Pepper Group F 12pm		\$156	Women's Kitchen Table Tu 630pm	\$236	\$994
Straight Jackets Th 9am		\$26	They Don't Know Who We Are Sat 7pm		\$225	Women's Meeting There is a Solution W 6pm		\$843
Sunday Bookworms Sun 730pm		\$244	They Stopped In Time M 8pm		\$47	Women's Promises F 7pm		\$902
Sunday Morning Gay Men's Stag		\$1,440	Thursday Morning Men's BB Study Th 6am		\$825	Work In Progress Sat 7pm		\$1,093
Sunday Night 3rd Step Group 5pm	\$425	\$1,439	Thursday Night Women's Th 630pm	\$93	\$719	YAHOO Step Sa 1130am		\$337
Sunday Night Castro Speaker Disc		\$565	Thursday's Children Th 515pm		\$36	San Francisco Total	\$7,322	\$99,579
Sunday Rap Sun 8pm		\$360	Too Early Sat 8am	\$391	\$2,719	YTD	\$10,066	\$153,342
Sunday Silence Su 730pm	\$20	\$110	Trudgers Discussion Su 7pm		\$180			

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