

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

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

The Point

2011 **4**
April

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous





1821 Sacramento Street
San Francisco CA 94109-3528
(415) 674-1821
Fax (415) 674-1801
aa@aa-san-francisco.org


Our Experience Can Benefit Others

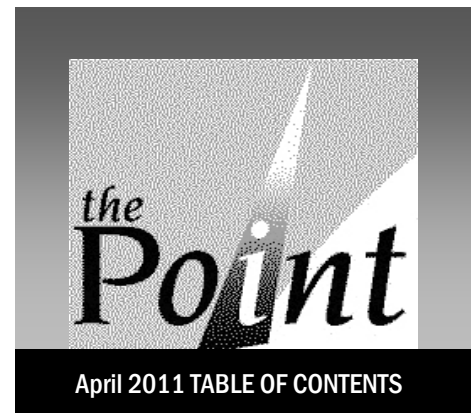


-
- 6** Offering Strength and Hope
 - 10** Wreckage and Salvation
 - 19** Gift from the Core

April 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><i>Persons requiring reasonable accommodations at meetings of the IFB, COC, IFB committees or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</i></p> <div>     </div>			
3	4	5 <u>FIRST TUE</u> Access Committee Central Office 6pm	6 <u>FIRST WED</u> Intercounty Fellowship Board Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
10 CNCA General Service Pre-Conference Assembly Ferndale, CA More info: cnca06.org	11 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	12 <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	13 <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
17 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	18 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	19 <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	20
24	25	26 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
	1	2
7	8	9 CNCA General Service Pre-Conference Assembly Ferndale, CA More info: cnca06.org
14	15	16 SF PI/CPC Speaker Workshop Central Office 10am
21 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm	22	23
28 <u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7pm Committee Meeting 8pm	29	30 



F.Y.I.

Calendar	2
Meeting Changes	4

DEPARTMENTS

From the Editor	5
Survey of Service	7
Tales of Wisdom and Courage	8
The Promises	9
April in A.A. History	11
Help@aasf.org	12
Meet the Meeting	13

BUSINESS

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

Having had the experience yourself,
you can give him much practical advice.

Big Book, p. 96



Meeting Changes

New Meetings:

Wed	8:00pm	Castro	CASTRO STEPS & TRADITIONS, Castro Country Club, 4058 18th St/Hartford St (CL, ST)
Sat	8:15am	Marina	SATURDAY MORNING LIVE, Buchanan St/Marina Blvd (BG, BK, DI, WH)

Meeting Changes:

Tue	7:30pm	Mission	SESAME STEP, Women's Building, 3543 18th St, 2nd Floor (was Noe Ministry, 1021 Sanchez)
-----	--------	---------	---

No Longer Meeting:

Wed	7:00pm	Presidio	SERENITY IN THE PARK, Veteran's Academy, 1030 Girard Rd/Gorgas Ave
Thu	6:00pm	Hayes Valley	END OF ISOLATION, SF Alano Club, 1748 Market St/Octavia Blvd
Thu	8:30pm	Hayes Valley	LIVING SOBER WITH HEPATITIS C, SF Alano Club, 1748 Market St/Octavia Blvd
Fri	6:00pm	Mission	FRIDAY BIG BOOK STUDY, 3550 Cesar Chavez St/Valencia 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!***

11th Anniversary



2900 Mission Fellowship



Saturday, April 16th

Desserts and
Potluck Dishes
Welcomed



50/50
Raffle

Potluck
5:00—6:30pm

Meeting
6:30—7:30pm

2900 24th Street at Florida

Get The Buzz



The Information You Need

AA's Events and Service Opportunities

delivered by email

All The Current News
San Francisco & Marin AA

www.aasf.org/thebuzz

Sign up for a free subscription at aasf.org

From the Editor

Up and Down the Scale

by Mike M.

This issue is dedicated to the fifth promise in the series: “No matter how far down the scale we have gone, we will see how our experience can benefit others.” This promise should prove attractive to those who might fret they only had a “high bottom” which led them into A.A. Emphatically Bill says, “No matter!” Alcohol caused each of us to realize our lives had become unmanageable. There is no objective rating system for such experience. It’s strictly sliding scale, pay what you can afford until you can’t afford to pay one more cent for another drink and the hell that comes with it.

The Point is grateful to those writers in this issue who have had the courage to come forward in the spirit of service and share their personal experience. That stalwart of Central Office service, Abby L., shares her very deeply personal and poignant

story. Jamie M. rates himself on the scale, but moves on to explore the real work of service in A.A. and how his experience in sobriety can benefit others. “Wreckage and Salvation” gives another thoughtful look beyond the facts to the process. Mark S. wraps up the theme with his grateful acknowledgment of the baby steps that have led him into a fulfilling life.

I have been proud to serve on The Point Committee since June of 2008, and I still get goose bumps when I read an issue filled with so many strong and positive voices. Our committee often struggles for themes and ideas to attract writers. David C. gives us some nice feedback and positive reinforcement in his letter to the editor. Seasoned with a good look at the work of the Twelfth Step Committee, a little humor, and some history, this issue is another we present with deep gratitude to all who contributed.



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:

Alejandro D.	Kurt P.
Andrea C.	Laura B.
Andy Z.	Lauren H.
Ann & Denise	Laurie & Richard L.
Ardella H.	Layne S.
Arthur A.	Lelan & Rich H.
Barbara L.	Leo H.
Barbara M.	Linda L. & Kevin C.
Beverly C.	Lisa M.
Braden B.	Lisa S.
Brian O.	Liz & Aiden D.
Bruce S.	Mabel T.
Carole K.	Marit L.
Caroline A.	Mark A.
Casey L.	Martha S.
Catherine S.	Mary C.
Charles D.	Maryellen O.
Charlie O.	Mia M.
Chris H.	Michael P.
Chris L.	Michael W.
Chuck S.	Michael Z.
Craig G.	Mike M.
Dan & Sherry T.	Mike & Steffie M.
David J.	Mily T.
David S.	Mitch R.
David S.	Molly G.
Dennis & Lucy O	Nancy W.
Ed H.	Pat P.
Eric P.	Patrick M.
Erin S.	Paul M.
Esther R.	Peg L.
Evan K.	Pene P.
Fay K.	Penelope & Robert
Frances L.	Phil M.
Gloria G.	Ralph A.
Herman B.	Rich G.
James W.	Rick H.
Jane K.	Robert C.
Janet B.	Robert W.
Jeanne C.	Ron H.
Jeff B.	Sara D.
Jodie S.	Sheila H.
John G.	Steve A.
John M.	Steve F.
John V.	Stu S.
Karen C.	Susan G.
Karen K.	Terry H.
Kathleen C.	Thomas H.
Kathryn M.	Tim M.
Kevin S.	Tracy F.

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

Offering Strength and Hope

My Experience Can Benefit Others – Sometimes Slowly

by Abby L.

The line in The Promises that I quote most often is, “No matter how far down the scale we have gone, we will see how our experience can benefit others.”

That line has a real meaning for me and I usually say it every time I bring an A.A. meeting into the jail. It can ease some of the shame people feel about their drinking and the pain it caused others.

If I know that I can empathize with someone who’s done what I’ve done, felt what I’ve felt and lived as I’ve lived and still can stand tall to share about those embarrassments, then I can feel a little less alone, isolated, and ashamed. What I did and how I can convey that to another person might benefit that other person. To me that is a beautiful sentiment!

I drank and used drugs every day during my pregnancy. I do not say that because I am proud of what I did or think it was the right thing to do. I only say it so that my experience might give another woman the courage to admit the truth regarding her disease. This, too, takes some of the power out of the words, deeds,

and feelings and may help that woman get over her deep desire to escape the reality of her actions. For myself, this is why I drank: I just could not face what I had done to my life and the lives of those around me.

It can ease some of the shame people feel about their drinking and the pain it caused others.

When I had five years sober, I was involved with a man who did not have much time in the program. After about a year, he began to shoot heroin in front of me. This was a very painful time and I realized I was totally powerless over his addiction. I had lots of help from CODA during this obsessive period in my sobriety. Much later, when I asked him why he had done that, he responded, “So that your experience could benefit someone else.”

He presently has over 14 years clean and sober. But he was right about what he had said: I have been able to tell that story to other sponsees when a similar situation arises for them. So I am convinced that the Ninth Step Promises have come true for me.

The part in The Promises that reads, “They are being fulfilled among us” amazes me. I never could imagine that I would have anything in common with Bill Wilson, the greatest social architect of our time.

But when I was rereading Bill’s Story with a sponsee, I

realized that I had worked on Wall Street in New York City for over five years! There are so many lessons in A.A. I find it a real miracle when our literature relates to the similarities rather than the differences. It certainly doesn’t happen in my time – only in God’s time. Trying to reason with an alcoholic when they are not ready to hear it is like trying to push back the waves in the ocean. So I will keep on sharing my experience, strength and hope with others, knowing that I will be able to reach some of the sufferers out there – sometimes quickly, sometimes slowly.

AP



Letter to the Editor

Dear Editor,

Last week, we had a Sunshine Club meeting that was originally planned as a *Grapevine* meeting. However when we arrived, our host had found an interesting and inspiring article in *The Point* and requested that we read

it instead and then have a discussion. I’ve been to meetings with a myriad of formats, but for me, this was my first *The Point* A.A. meeting. I thank you for that, and I have a feeling that thanks to your hard work and dedication I may have the pleasure of par-

ticipating in more *The Point* meetings in the future. Thanks for putting another tool into my spiritual toolbox. By the way, it was a *great* meeting.

Blessings,

David C.



TWELFTH STEP COMMITTEE

Cruising for Service

by D.W.

Twelfth Step work is classic A.A. service. "Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs." Going out and finding drunks in order to deliver the message of Alcoholics Anonymous is not the same as it was in the early days. Today, people actually ask for the help of A.A. because of our relative success. The Twelfth Step Committee provides a structure for working the Twelfth Step.

There are several levels of involvement. At the most basic level, the "Twelfth Step List" is a roster of people who may be contacted by front line phone volunteers when they encounter someone who needs more help than the front line volunteer can provide at the moment. (You must attend an orientation before your name is placed on the list.) Once on the list, you are required to do only what you feel comfortable doing – some people are willing to talk on the phone or meet people at meetings; some people are willing to go to any lengths.

For example, Alan K. does a lot of Twelfth Step work and recounted some hair-raising experiences. Once, he got a 3AM call to an apartment where he and his partner (you don't do a visit without a partner) found this guy lying in his own filth with empty bottles and drug paraphernalia all around, and a hungry dog not fed for three days. They fed the dog, cleaned up the guy, got him off the

mattress; he ultimately got sober. Another time, a famous performer who had a show the next day was scared and drinking himself to death at a fancy hotel. Alan and a partner drove him around, took him to a meeting, talked to him about alcoholism as a disease, and got him something to eat. They never heard from him again, but the performance wasn't a disaster. Alan says there was a terrific Twelfth Step volunteer named Ben who would get in his Jaguar any time of day or night to do a call; even when he couldn't find the guy who had called, Ben loved driving at night in his Jag with the wind in his hair, sober.

Lynn D. has taken several meetings into the hospital where she works – in particular, to the transplant unit. Staff at hospital transplant units often tell candidates for liver transplants that they need to have meetings while hospitalized to demonstrate their commitment to sobriety. Even though this is A.A. under duress, it's an opportunity to help the alcoholic still suffering. Lynn observed a real outpouring of love when out-of-

town parents at the hospital caring for a dying child called Central Office for a meeting. With only a couple hours notice, over 30 people showed up to support them, thanks to the contacts made by our special workers.

The Twelfth Step Committee is currently considering how to provide meetings to elderly homebound or institutionalized members who can't get out to a meeting. This is an area of growing need, as our population ages. If you have an interest in planning how to achieve this goal, or if you think this is a service task you would like to do, then contact the committee at 12thstep@aasf.org or simply attend a regular committee meeting, held at Central Office on the second Wednesday of every month, at 6:30 PM. The committee needs many different skills in order to provide "the helping hand of A.A."

P





Tales of Wisdom and Courage

Grant Me Major Stumbling Blocks

by Anonymous

I once heard that God answers prayers in one of three ways: Yes ... No ... or "Well, if you insist." I think the last one explains why "the wisdom to know the difference" in the Serenity Prayer covers a concept that otherwise seems to be missing: what to do about the things I can change but *really* shouldn't.

It is no accident that A.A. has a lot to say about an alcoholic's will. We may not be a glum lot, but we sure are a willful one. Before I looked up "juggernaut" in the dictionary, I presumed it meant some kind of barbed medieval weapon. That would be a good description of my will: a heavy iron instrument useful for bludgeoning. Thus, the phrase "the things I cannot change" inspires me to say, "Watch me."

Here are some examples of things I changed even though I shouldn't have: a) blurting things out because it seemed so important that someone discontinue their blissful ignorance of a damaging fact; b) causing

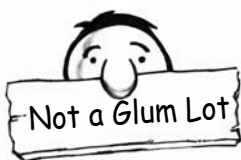
someone to be fired from their job only to find out I have to rely on their services daily in a completely unrelated setting where they have found a new job; c) insisting on changing to a different hotel room hoping to get a free upgrade and finding myself unable to sleep all night due to unending romantic encounters in the room next door.

Sometimes I am so determined to make an ill-advised change that God needs to step in with some Major Stumbling Blocks. We have all had these – inexplicable equipment failure just at the time we tried to execute the dubious deed; prolonged difficulty reaching the person to whom we desperately want to deliver our important message; becoming lost and driving around in the dark in strange neighborhoods before we reach our destination.

In the height of the Dot Com (bomb, con, gone) boom, I became persuaded to give up 20 years of hard-won self-employment in exchange for a job at a software

company with a long commute and a promise of an IPO or acquisition that would make me rich, rich, rich in less than a year. In my final interview for the job, the Human Resources Director became very angry that I wanted extra stock options because she herself did not have that many, and she brought my candidacy to a screeching halt. Six months later that company went out of business. I am now eternally grateful to the H.R. Director – I believe her name was Ms. Major Stumbling Block.

When God answers "Well, if you insist ..." it often results in a harmless but sharply painful stumble down whatever rocky path I am determined to march. If God wants the experience to be extra memorable, it might include a boyfriend or girlfriend who cleans out our bank account or wrecks our car. In any case, the prize we receive for the force of our will is a gift that keeps on giving until finally, wisdom arrives and rests upon our vanquished ego's throne.



LIVING WILL

Last night, my adult kids and I were sitting in the living room and I said to them, "I never want to live in a vegetative state, dependent on some machine and fluids from a bottle.

If that ever happens, just pull the plug."

They got up, unplugged my computer and threw out my wine!



by Jamie M.

HOW OUR EXPERIENCE CAN BENEFIT OTHERS

***No Matter How Far Down The Scale We Have Gone,
We Will See How Our Experience Can Benefit Others.***

How has my experience benefited others? Some days, I wonder. When I consider the part that says, "No matter how far down the scale we have gone," my first thought is that I'm not a particularly low bottom drunk. As a drama-loving alcoholic, I have to confess that I take an almost prurient interest in the stories of people who were homeless, had alcoholic seizures, and went to umpteen rehabs before getting sober. There's some going-far-down-the-scale for you!

But then I think about a few of my own moments. I lived in a college town and didn't have the momentum to leave after graduation, so I was in my early 20s and was a "lower companion" role model for local high school kids who wanted to be loadies. I could give details, but our stories only need to disclose "in a general way" what I used to be like, and I'm not sure what the statute of limitations is on some of those things.

But then I think of how my experience with *sobriety* can benefit others. For whatever reasons, I was incredibly willing when I first hit the rooms. I went to my first meeting on a Wednesday and never drank again. By the Saturday of that week I met my

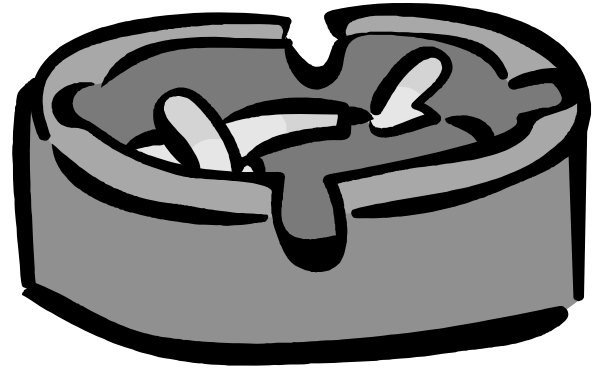
sponsor for the first time and discovered that using drugs other than alcohol wouldn't fit with a program of recovery (imagine telling a guy you've been doing cocaine with that you can't drink because you're going to A.A.) and was working the steps by the following week. I quickly got into service at the suggestion of my sponsor, read the book, emptied

*I'm not sure what the statute of limitations is
on some of those things.*

ashtrays (yes, I got sober that long ago), put away chairs, got a coffee-maker commitment, went to a step meeting, ultimately served as a secretary, treasurer, greeter, literature person, and later did H&I, teleservice, General Service, and what is known today as Bridging the Gap. I've visited wet drunks in the Tenderloin and people sober many years in the hospital where they were awaiting surgery for life-threatening conditions. And I have not had to drink again since I first came to A.A. The steps and traditions of

Alcoholics Anonymous have prevented me from going any farther down the scale, even when my alcoholic brain told me that it would be good for my humility (*cunning*, baffling, powerful) if I went out drinking to improve my "boring" story before coming back.

So my experience is that the A.A. program as written in the book and experienced by those who went before – or alongside – me really works. Come to think of it, I'm glad my story isn't any more exciting than it is – but as an alcoholic,



I'm apt to confuse serenity with boredom, I guess. So I'd better keep coming back and working on that character defect. Thank God I've got the tools to do it.



I would like to subscribe to *The Point*

\$12.00 for one year — 12 issues!!!

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

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

Wreckage and Salvation

Guiding the Newcomer

by Suzan C.

“Where shame is, there is also fear.”

—John Milton

In A.A., we bring a dubious form of “experience” to our interactions with others. Rather than badges of honor or doctorate degrees, our “qualifications” consist of wrecked cars, near-death experiences, jail time and week-long blackouts. Imagine if sponsors were interviewed about their A.A. resumes: “I see here you jumped off a bridge in your underwear . . . tell me how you see this experience contributing to our work together.”

I once complained to my sponsor about how frustrated I was with myself, my lack of progress, my unrelenting character defects. I will always remember her response: “Your perfection is not what is attractive to a newcomer – they are drawn to the fact that you are flawed and struggling, getting up every day and working your program despite it all.” In that same vein, most alcoholics undertaking a Fifth Step would not be eager to march out all of their past indiscretions in front of Miss Manners.

On the other end of the spectrum, a sponsee does not really benefit from playing Immorality Olympics with a sponsor seeking to top every disclosure with a more egregious or grotesque experience. It doesn’t really matter how much lower we went than the newcomer – there is no trophy for that achievement. How

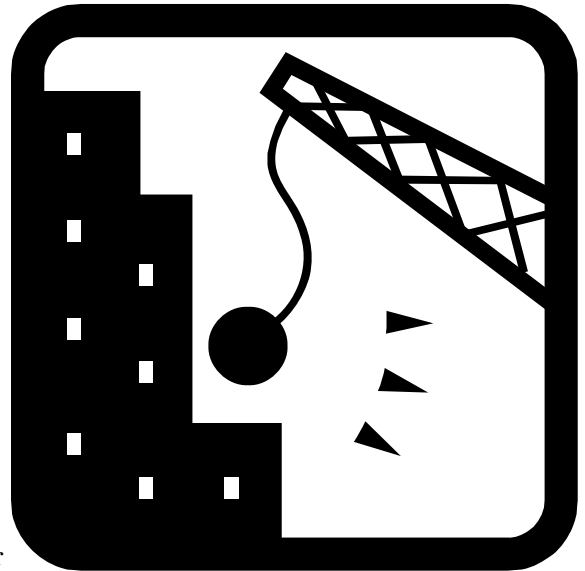
does our experience benefit others beyond creating a discourse on depravity where any sinner would feel welcome? It is not just that we all have done bad things and carried around a lot of guilt about them. Our experience benefits others because we know how to get from there to here, from A to Z.

A sober alcoholic who is working the program has experience in identifying and carrying out the long-term work that needs to be done when “the exact nature of our wrongs” has been set out in writing and read aloud to our Higher

If you can do it, maybe I can do it, too.

Power and another person. “How our experience can benefit others” lies in knowing what to do with all the broken bits strewn about when a Fifth Step is complete. While a newcomer does feel relief in knowing that he is not judged when he shares his darkest secrets, there is more work to be done, more help that he requires.

Given the assortment of harm an alcoholic has done to herself and others, it is not an easy task to identify which are “character defects,” which require amends and which should be left alone. From the sponsee’s perspective, it is just a big mess. The thought of trying to right our wrongs and admit our failings



can be very overwhelming. The fact that we have experience in getting past the first look at the mountain ahead, that we have come out the other side alive and remarkably well – these are sign posts to the newcomer. If you can do it, maybe I can do it, too. That is the essential message A.A. challenges me to deliver.

Even when my Fourth Step sits in a locked cabinet, pages fading slowly to yellow, I remember what is written there. Even after I have made amends, cleared my wreckage and earned the respect of my family, friends, and community, I remember who I was before and how I lived my life. Sometimes, though it is all swept up and tied with a bow, I remember this and I shudder. When the cold draft of the past casts a chill in my heart, I hear the fourth promise: “No matter how far down the scale we have gone . . . “

TP

APRIL IN A.A. HISTORY

by MEM

April 11, 1938: The Alcoholic Foundation held its first meeting. (It was the precursor to the General Service Board of A.A.)

April 10, 1939: First ten copies of the Big Book arrived at Central Office (New York).

April 11, 1939: Marty Mann attended her first meeting at Bill and Lois Wilson's home in Brooklyn.

April 1940: The word "honest" was dropped from "an honest desire to stop drinking" in the A.A. Preamble.

April 1940: The first A.A. pamphlet was published, entitled simply: "A.A."

April 16, 1940: A sober Rollie Helmsley caught the only opening day no-hitter in baseball history since 1909.

April 23, 1940: Dr. Bob wrote the

Trustees to refuse Big Book royalties, but Bill W. insisted on them for Dr. Bob and Anne.

April 7, 1941: Ruth Hock reported 1,500 letters asking for help as a result of Jack Alexander's *Saturday Evening Post* article.

April 1946: Bill W. first published the Twelve Traditions in the *Grapevine*, writing: "Nobody invented Alcoholics Anonymous. It grew. Trial and error has produced a rich experience. Little by little we have been adopting the lessons of that experience, first as policy and then as Tradition."

April 25, 1951: A.A.'s first General Service Conference was held.

April 1960: Bill W. refuses to be on the cover of *Time* magazine.

April 4, 1960: Father Edward Dowling, the Jesuit priest who helped start the first A.A. group in St. Louis, died at age 62.



April 1, 1966: Sister Ignatia, who worked with Dr. Bob in treating many early A.A. members at St. Thomas Hospital in Akron, died at age 77.

April 1973: Dr. Jack Norris, Chairman of A.A. General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

April 1984: 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.

April 30, 1989: The film *My Name is Bill W.*, a Hallmark Hall of Fame presentation, was broadcast on ABC.



THINGS THAT ARE DIFFICULT TO SAY WHEN DRUNK:

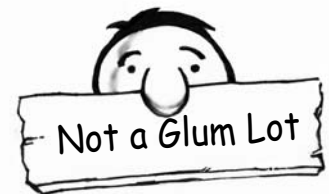
1. Innovative
2. Preliminary
3. Proliferation
4. Cinnamon

THINGS THAT ARE VERY DIFFICULT TO SAY WHEN DRUNK:

1. Specificity
2. Anti-constitutionalistically
3. Passive-aggressive disorder
4. Transubstantiate

THINGS THAT ARE DOWNRIGHT IMPOSSIBLE TO SAY WHEN DRUNK:

1. No thanks, I'm married.
2. Nope, no more booze for me!
3. Sorry, but you're not really my type.
4. No thanks, I'm not hungry.
5. I'm not interested in fighting you.
6. Thank you, but I won't make any attempt to dance. I have no coordination and I'd hate to look like a fool!
7. I must be going home now as I have to work in the morning.





This month, our inside look at the requests Central Office receives at our "help" email address returns, with a query from a beginner and one from a meeting treasurer.

Hi,

I'm at the point where I realize my drinking has become something I can't control and is ruining my life. I'd like to try A.A., but I don't know where to start. I live in Bernal Heights and would like to find meetings in my area and I'm wondering if being a beginner, I need to go to a certain type of meeting or if I should just show up at any one?

Is there a beginner path I need to follow? A specific type of meeting?

Any help would be most greatly appreciated. Thank you.

Bernal Betty

Dear B.B.,

How lucky you are to have come to the realization that alcohol is ruining your life. It actually means you've taken the first step: We admitted we were powerless over alcohol – that our lives had become unmanageable.

If you go back to our web site you'll find there are quite a few meetings in Bernal Heights as well as all over the city. Although we do have meetings labeled "beginners" meetings, there is absolutely no reason for you to limit

yourself. Anyone who identifies as an alcoholic is welcome at any meeting (except women's meetings of course are not open to men attending and vice versa). The most important thing is that you *go*. Especially in the beginning, I found it important to go to a lot of different meetings until I found the ones I was most comfortable in. We also suggest that you go to 90 meetings in 90 days so you get a wide range of experience.

This is probably the bravest thing you will ever do in your life – and I promise you, it will make your life worth living. So just show up at a meeting. Most meetings ask newcomers to identify themselves. You do not have to do this, but it will mean that people will come up to you and offer to help in your recovery.

There is so much more I could say but I'll leave it at *go* and begin to reclaim your life. If you have more questions or just want to speak with another alcoholic, feel free to phone our hotline 415-674-1821. It's answered 24/7 by volunteers who will be happy to speak with you.

Best of luck on your new journey.

e-Volunteer

Hello Central Office,

I'm the treasurer for [generic group name] on [day of the week and time]. I haven't mailed in the gratitude month check and was wondering who I make the check

out to. Sorry that it's so late. Do I have the mailing address correct?

1821 Sacramento Street

San Francisco, CA 94109

Thanks so much for your time.

Meeting treasurer

Dear MT,

Better late than never!! Yes, that's the correct mailing address. You should make the check out to "Central Office."

For future reference, you can go to <http://www.aasf.org/GroupContributions.cfm> for complete information about where to send group contributions to which service entities, including H&I.

In sobriety,

e- Volunteer



Meet THE MEETING

by Bree L.

This Sunday evening, closed, speaker/discussion meeting takes to heart the sentence about “thoroughly” following the path. The format adheres strictly to the original Akron format as written in the late 1930s. Each meeting is exactly the same as one that might have been held at Dr. Bob and Anne’s house. The differences are reviewed at the start of every meeting. Changes include a statement that foul language makes people uncomfortable, and that also discourages responses to introductions or clapping to show recognition. Lastly, the Serenity Prayer is recited in its original format (without the “keep coming back” at the end). Two full pages of Chapter 11 from the Big Book, “A Vision for You,” are also read at the end of the meeting. The benefits of this format include a quieter atmosphere with ample contemplative time and, as one hears unfiltered sharing, a reminder of the reason why we alcoholics come together.

This meeting was established in 1998 by Mike R. and Alex G. Mike, who is Alex’s sponsor, discovered the format in England and brought it back to the United States. Mike has since moved to Petaluma and Alex continues to maintain the meeting. There are few places that this format has been adopted. It is used in Akron, Ohio, London and Sydney,

Australia and here in San Francisco. Mike and Alex quickly realized how much our meetings today have adopted cult responses from places like treatment centers that are far removed from the original plan. Today this meeting is thought to be more old style A.A.

The format is protected with a charter and a core group of six members committed to maintaining the format. These members rotate the one-year long secretary position. Alex G explains, “Alcoholics are rebellious by nature,” as a reason for people’s desire to put their stamp on a meeting format. He cited business meetings of other groups where an individual comes forth, presses an issue and the group votes in a new rule that no one had heard before because advocated by the new person. Then that person is not seen again. “This meeting has been going strong for almost thirteen years,” says Alex, and they have never had money problems. They maintain a prudent reserve and periodically increase their rent and always manage to easily remain viable.

“There’s all sorts of rah-rah stuff that’s not A.A.,” says Rich S. who recently returned to this meeting. He remembers the depiction of an A.A.

meeting from a 1964 film and how similar it was to this “Vision for You” meeting. There was no clapping and no “my name is” or “Hi, my name is.” “That’s not what A.A. is about,” he says. “There are a lot of trendy things



that expect certain responses and that’s not A.A.” (At this meeting, one simply states one’s name and then says “alcoholic.” No one responds, “Hi, So and So.”)

This 6:30 PM Sunday meeting is at 650 Parker, near Fulton Street, on the University of San Francisco campus, in the Pedro Arrupe Room in the basement of St. Ignatius Church. There is ample parking along Parker. Look for the Greeter toward the back of the basilica and he or she will offer directions to the entrance, the second door around the back.

TP



MARIN TELESERVICE SPAGHETTI FEED

Saturday, April 30th

doors open 5pm—meeting starts 6pm

St. Isabella

One Trinity Way, San Rafael

Please bring dessert to share



IFB meeting summary – March 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	Cow Hollow Men's	Haight Street Blues	Miracles (Way) Off 24th St.	Sunday Night Castro SD	Tuesday Newcomers
Agnostics and Freethinkers	Cow Hollow Young People	High Noon (Monday)	Mission Terrace	Sunday Rap	Valencia Smokefree
Any Lengths	Design for Living	High Noon (Sunday)	Monday Beginners	Sunday Speaker Step	Walk of Shame
Artist and Writers	Doing the Deal	High Sobriety	Noon Smokeless	Sunset 9'ers (Sat.)	Waterfront
Attitude Adjustment	Each Day a New Beg. (M-F)	Home Group	On Awakening	Sunset 9'ers (Sun.)	Wharf Rats
Back to Basics	Each Day a New Beg. (Sun)	Huntington Square	Reality Farm	Ten Years After	Women Who Drank Too Much
Beginner's Meeting	Early Start	Join the Tribe	Saturday Easy Does It	They Don't Know Who We Are	Women's Promises
Bernal New Day	Embarcadero Group	Keep It Simple	Say Hey	They Stopped In Time	
Blackie's Pleasure	Fireside Chat	Live & Let Live	Sesame Step	Thursday Thumpers	ICYPAA
Blue Book Special	First Place	Living Sober with HIV	SFPOA	Tiburon Haven	Marin H&I
Came to Believe	Friday All Groups	Lush Lounge	Sober 5150's	Tiburon Men's Stag	Marin Teleservice
Came to Park	Friendly Circle Beginners	Marina Discussion	Sober Saturdays	Too Early	San Mateo GS
Castro Discussion	Girl's Night Out	Mid Morning Support	Step Talk	Tues Night Cow Hollow YP	SF H&I
Come 'N Get It	Gratitude Group	Mill Valley 7am	Steppin' Up	Tuesday Chip	Spirit of San Francisco

This is an unofficial summary of the March 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, March 2, 2011 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA

Announcements:

Access Committee: Seeks anyone wanting to explore how technology and the internet can carry the message to members with disabilities. Access Committee meeting every first Tuesday of the month at Central Office, 7:30 PM.

Archives Committee: Standing request to

date all fliers with the year for historical record keeping. Send them in!

Teleservice: Several shifts open. Contact sfteleservice@aasf.org

Trusted Servants Workshop: Workshop on March 13th, 2011, 11-1PM. (See Committee Focus below)

Annual elections: Held in July. Half of Central Office Committee positions will open, IFB Chair, Vice Chair, Recording Secretary and Treasurer.

See announcements for March, 2011 online at aasf.org under IFB Information

Treasurer's Report: Contributions for Jan slightly below budget. Gratitude month income \$3800 below budget. Bookstore sales over, but cost of goods sold were higher than usual. Operating expenses were about \$1600 under budget. Overall we had a net Surplus of \$6950. See full budget report at aasf.org under IFB Info.

COC report: Central Office has exercised its option to renew lease for another 5 yrs. Discussed ways to handle lease renegotiation and will seek an attorney to work with Landlord attorney. Moving forward with the purchase of D&O Insurance (Directors and Officers) coverage which provides coverage for IFB members. Changing health care providers due to large premium increases in order to maintain adequate coverage at lower cost. IRS require-

ments necessitate a move to the Form 990 v. 990EZ along with need for additional polices. Proposals for policies will be distributed next month. Welcome Joseph M. as new member to COC, (Vice Chair, IFB).

CO Manager's Report: Maury just had her 22 year sobriety anniversary, and Friday, March 4 will be 9 years as CO Manager. IFB to elect new treasurer in July. Requires financial background. Not necessary to be an AA member though that has been the tradition. Northern California Central Office Manager's meeting; San Jose. Discussions included: Mental health issues and patrons of Central Offices in the Bay Area, online sales of literature by AAWs and how this would affect local literature sales.

IFB Liaisons Reports

Spirit of SF: St. Paddy Cakes Pancake Breakfast - Saturday, March 26 at 10AM, at Janet Pomeroy Center, 207 Skyline Blvd, SF (between SF Zoo and Lake Merced)

Marin Teleservice: Teleservice Spaghetti Feed Sat., April 30, 6PM St. Isabella, 1 Trinity Way, San Rafael.

53rd ICYPAA, (International Conference on Young People in AA): In SF on Labor Day Weekend at Marriott Marquis. Broom Ball at Belmont Iceland coming up. Will be holding events at AA meetings every month preceding conference. See <http://>

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

Sober Saturday: Dan T. 25 years, **Tuesday Downtown:** Beverly C. 31 years
Marin Fellowship: Veronica M. 30 years
Sunset 9ers: Pat P. 16 years, **Ten Years After:** Jeffrey S. 15 years
Valencia Smokefree: Karen C. 24 years, **High Noon:** Andre 16 years,
Pete M. 5 years, Nikki F. & Rory K. 4 years
Big Book Basics: Yvonne D. 24 years, Sue L. 7 years

www.icypaa.org/ for more info.

GS District 6, SF: Andy T. introduced himself as new liaison.

GS District 5, San Mateo: Oyster Point Crew having 32nd anniversary celebration, March 17, 4:30 PM. Seeking chair for PICPC (San Mateo Co.) Hosting Northern California Council of AA, Foster City; good speakers, see flier. Hotel will be Crown PZ Foster City, \$112/nt.

H & I Liaison: New Brochures are out. Group Reps up to 34 members. Meetings in need down to 9 from 30! Speaker CDs to be available. Keep "Pink Cans" moving at the meetings, (separate from 7th tradition), as they support speaker CDs and other literature for Hospitals and Institutions.

Unfinished Business - Plaque Committee: Goal is to place a plaque on the house at 51 Potomac, near Duboce Park, where first group is known to have convened in December, 1939. Plan to have an event when plaque is placed, (May or June, 2011) in Duboce Park.

Committee Focus

12th Step Committee: Held orientation on Feb 19th with 30 people in attendance. Discussed meetings for homebound/convalescent members (longer term support for meetings at such locations).

Fellowship Committee, Founder's Day: AA's 76th anniversary coming up. Meeting next Tuesday, March 15 at CO. Event will be on Saturday June 11, 12-4 PM. If interested in a service commitment for the next few months come the next committee meeting.

Trusted Servant Workshop: Next work-

shop focus on Guide to Group Service and group commitments. TSW tries to get some unity and consistency in how meetings are run by their trusted servants, (such as secretaries and treasurers). The next workshop will be the following weekend at the ACYPAA conference, March 17-20.

Public Information for Cooperation with the Professional Community: New set of coordinators and officers. Went through volunteer list to validate list of about 40 active volunteers. Need for young folks to work with schools. Committee will have tables at ACCYPAA event. Next Speaker Workshop on Saturday, April 16 at Central Office, 10-12noon. See PICPC@aasf.org

Meet the Meetings

First Place, Seth H.: Located at Jones and Ellis, several meetings throughout the day. Many attendees of morning meetings are people on their way to work in financial district. Several opportunities to be of service, meeting secretaries for example.

Sober Saturday, Richard G.: Saturdays, 8:30 AM at Urban Life Center, Fireside Room. Originally wanted to get into big book and actually read it. Bring your own book. Started January 1, 2010, and just finished first round of BB reading. Discussion emphasizes staying on topic.

Next Month's featured meetings: Monday Beginners,; Tuesday Chip; Cow Hollow Young People's Group; Wharf rats ; Valencia Smoke Free.

Next IFB Meeting: Wednesday, April 6, 2011 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell in San Francisco

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

aa group contributions

Fellowship Contributions	Jan. 11	Feb. 11	San Francisco Contributions	Jan. 11	Feb. 11	San Francisco Contributions	Jan. 11	Feb. 11
Brisbane Breakfast Bunch		\$54	6am Dry Dock Th		\$72	Mission Terrace W 8pm		\$28
Contribution Box		\$76	7am Grab Bag M 7am	\$84		Monday Beginners M 8pm		\$205
IFB	\$95	\$75	7am Living Sober W 7am		\$14	Newcomers Tu 8pm		\$118
Fellowship Total	\$95	\$205	7am Speaker Discussion Th 7am	\$136		No Reservation M 12pm	\$208	
			7am Step Discussion Tu 7am	\$60		Off Broadway Book Th 730pm		\$55
Marin Contributions	Jan. 11	Feb. 11	830am Smokeless Tu 830am		\$169	Pax West Th 12pm	\$552	
12 & 12 Study Sa 815am	\$273		A is for Alcohol Tu 6pm	\$85		Progress Not Perfection Tu 830pm	\$65	
Attitude Adjustment 7D 7am		\$748	Afro American Beginners Sat 8pm	\$304		Reality Farm Th 830pm	\$367	
Bolinas Step Study W 8pm		\$71	Alumni W 830pm	\$202		Rigorous Honesty Th 1205pm		\$60
Closed Women SS Tu 330pm	\$119		Ariana Cafe Group M - F		\$100	Saturday Afternoon Meditation 5pm	\$177	
Cover to Cover W 730pm	\$337		Artists & Writers F 630pm	\$618		Saturday Beginners Sat 6pm		\$380
Downtown Mill Valley F 830pm	\$386		As Bill Sees It Th 6pm	\$540		Saturday Easy Does It Sa 12pm	\$534	
East San Rafael Big Book		\$80	Beginner's Warmup W 6pm		\$47	Say Hey Group M, Tu, F 6pm	\$135	
Freedom Finders F 830pm	\$186		Bernal Big Book Sat 5pm	\$327		Serenity House	\$150	\$150
Friday Night Book F 830pm		\$79	Bernal New Day 7D	\$344		Serenity Seekers M 730pm	\$380	
Happy Destiny F 7pm		\$145	By the Book Sa 10am	\$29		Sinbar Su 830pm	\$127	
Intimate Feelings Sa 10am		\$154	Came to Believe 830am M 830am	\$60		Sisters Circle Su 6pm		\$100
Island Group Th 8pm	\$126		Castro Discussion Th 8pm	\$466		Sober at State MW 1210pm		\$250
Living in the Solution F 6pm	\$168		Castro Nooners F 12pm	\$85		Sober Saturday Sa 830am	\$80	\$0
Marin City Groups 5D 630pm	\$250		Cocoanuts Su 9am		\$281	Sobriety & Beyond W 7pm	\$62	
Mill Valley 7D 7am	\$654		Common Welfare Th 8pm	\$104		Sought to Improve Th 715pm		\$60
Monday Blues M 630pm	\$250		Each Day a New Beginning M 7am	\$699		SFPOA Th 7pm	\$371	
Monday Night Madness M 6pm	\$150		Each Day a New Beg. Th 7am	\$227		Spirit of San Francisco	\$90	
Monday Night Stag (Tiburon) 8pm		\$874	Each Day a New Beg. W 7am	\$591		Sunday Bookworms Sun 730pm	\$154	
Monday Night Women's M 8pm	\$211		Embarcadero Group 5D 1210pm	\$70	\$150	Sunday Night Castro SD Su 730pm	\$5	
Nativity Monday Night BB M 8pm	\$100		Excelsior "Scent" Free for All Sa 8pm		\$48	Sunday Silence Su 730pm	\$25	
Newcomers Step M 730pm		\$330	Extreme Makeover M 730pm	\$51		Sunset 11'ers Tu		\$83
Noon Hope F 12pm		\$24	Firefighters & Friends Tu 10am	\$140		Sunset 9'ers Sa	\$145	
Noon Small Room 5D 12pm	\$130		Fireside Chat Group Tu 8pm	\$37		Sunset Big Book SS Sa 730pm	\$74	
Novato Monday Stag M 8pm	\$15		Friday All Groups F 830pm		\$149	Ten Years After Su 6pm	\$583	\$420
On Awakening 7D 530am		\$347	Friday at Five F 5pm		\$24	The Drive Thru W 1215pm	\$339	
Primary Purpose W 830pm	\$98		Friday Lunchtime Step F 12pm	\$114		The Dry Dock Fellowship		\$119
Quitting Time MWF 530pm	\$100		Friday Night Women's Mtg. 630pm	\$42		The Parent Trap 2 Wed. 430pm	\$27	
Refugee Th 12pm		\$50	Friday Smokeless F 8pm		\$72	The Pepper Group F 12pm	\$48	
Sausalito 12 Step Study Group	\$225		High Noon Friday 1215pm		\$26	There is a Solution Tu 6pm	\$214	
Serendipity Sa 11am	\$55		High Noon Monday 1215pm		\$94	Thursday Thumpers Th 7pm	\$100	
Six O'Clock Sunset Th 6pm	\$92		High Noon Sunday 1215p	\$101		Too Early Sat 8am	\$137	\$286
Spiritual Testost. Sun Men's Stag		\$395	High Noon Tuesday 1215pm	\$66		Trudgers Discussion Su 7pm	\$180	
Steps to Freedom M 730pm	\$117		High Noon Wednesday 1215pm	\$25		Tuesday Downtown Tu 8pm		\$5
Sunday Express Sun 6pm	\$150		Hilldwellers M 8pm	\$160		Tuesday's Daily Reflections Tu 7am		\$87
Tiburon Beginners & Closed Tu	\$500		Join the Tribe Tu 7pm	\$303		Waterfront Sun 8pm	\$122	
Tiburon Women's Candlelight W 8pm		\$753	Keep Coming Back Sa 11am	\$228		Wednesday Noon Steps W 12pm		\$37
We, Us and Ours M 650pm		\$100	Like A Prayer Su 4pm		\$199	Wits End Step Study Tu 8pm		\$89
Wednesday Night Candlelight 8pm	\$56		Live and Let Live Su 8pm	\$63		Women Living Sober Sa 10am		\$60
Working Dogs W 1205pm	\$250		Living Sober W 8pm	\$61		Women's 10 Years Plus Th 615pm	\$429	
Young People's Chopsticks Sa 1030pm		\$44	Lots Of Parking Su 6pm	\$20		Women's Kitchen Table Tu 630pm		\$43
Marin Total	\$4,996	\$4,194	Luke's Group W 7pm	\$60		Women's Promises F 7pm		\$407
			Meeting Place Noon F 12pm	\$209		Work In Progress Sat 7pm		\$450
San Francisco Contributions	Jan. 11	Feb. 11	Meeting Place Noon W 12pm	\$161		YAHOO Step Sa 1130am	\$155	
6am Dry Dock 7D		\$150	Mid-Morning Support Su 1030am	\$171		San Francisco Total	\$13,130	\$5,156
6am Dry Dock F	\$53		Midnight Meditation Sat 12am		\$69	All Contributions YTD	\$18,222	\$9,555

SPEAKERS WANTED!!

Carry the AA message to schools, drunk driving classes, community organizations, the medical community, and other professionals who work with alcoholics. We are in particular need of speakers 30 years old and under to carry the message into schools. If you are interested, please join us for the next—

PI/CPC WORKSHOP

(Requirement: two years of continuous sobriety in AA)

Saturday, April 16, 2011, 10am

**Central Office—1821 Sacramento Street
(Between Van Ness and Franklin)**

A.A. Public Information/Cooperation with the Professional Community has the same goal as every A.A. group and service committee: to carry the message to the alcoholic who still suffers.

PI/CPC attempts to reach the alcoholic in three ways:

- A. Informing the general public about the A.A. program;*
- B. Informing the "third party," whose work may be involved with the active alcoholic;*
- C. Keeping the fellowship well informed so that members and groups may carry the message more effectively.*

San Francisco's AA PI/CPC Committee meets the second Monday of every month at the Central Office— 1821 Sacramento St—at 7PM.

For further information, call Central Office: 674-1821

profit and loss statement: January 2011

	Jan 11	Budget	YTD	Budget		Jan 11	Budget	YTD	Budget
Ordinary Income/Expense					Filing/Fees	20	40	20	40
Income					Insurance	1678	1,678	1678	1,678
Group Contributions	18222	15,500	18222	15,500	Internet Expense	118	120	118	120
Individual Contributions	2171	2,510	2171	2,510	Office Supplies	53	185	53	185
Gratitude Month	3168	7,000	3168	7,000	Paper Purchased	0	210	0	210
Sales - Bookstore	10331	9,530	10331	9,530	Shipping	0	-	0	-
Cost of Books Sold	-7726	(6,747)	-7726	(6,747)	Equipment Lease	0	-	0	-
Total Income	\$26,165	\$27,793	\$26,165	\$27,793	Repair & Maintenance	356	262	356	262
Expense					Security System	0	-	0	-
Employee Expenses	11571	11,958	11571	11,958	Payroll Expenses	5	39	5	39
Professional Fees	0	50	0	50	Telephone	237	250	237	250
Postage	244	200	244	200	Phone Book Listings	87	87	87	87
Rent - Office	4664	4,664	4664	4,664	Travel	0	20	0	20
Rent - Other	0	75	0	75	Training	0	-	0	-
Access Expenses	0	675	0	675	Bad Checks	0	15	0	15
IFB Literature	0	50	0	50	Total Expense	\$19,033	\$20,633	\$19,033	20,633
IFB Sponsored Events	0	20	0	20	Net Operating Surplus/(Deficit)	\$7,131	\$7,160	\$7,131	7,160
PI/CPC	0	20	0	20	Interest Income	148	170	148	170
Sunshine Club/12th Step	0	15	0	15	Depreciation/Amortization	-378	(378)	-378	(378)
Archives Committee	0	-	0	-	Net Surplus/(Deficit)	\$6,902	\$6,952	\$6,902	\$6,952

Seeking Intercounty Fellowship Board Treasurer

Please announce this at meeting and encourage anyone with the skills and time to apply.

This is an elected, volunteer service position with a two-year term that can be extended for another two years.

The IFB treasurer oversees the accounting procedures for Central Office, reports to the IFB on financial matters, prepares the annual budget, initiates outside audits and serves as

a member of the Central Office Committee. Knowledge of QuickBooks is necessary.

A more detailed position description is available from the Central Office Manager.

It is not required that the IFB Treasurer be a member of the Fellowship. However, if the applicant is an A.A. member it is suggested that he or she have a minimum of one-year of continuous sobriety.

The job requires a minimum of 10 hours a month.

Position available July 2011.

Interested applicants can send a resume and cover letter to:
Central Office Committee
1821 Sacramento St.
San Francisco, CA 94109

Or email it to aa@aasf.org.

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

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

Or e-mail us at: thepoint@aasf.org

Gift from the Core

Work It Like You're Working Out

by Mark S.

I wandered for years in and out of reality thinking I was “on the right track” in the wrong set of shoes. Nothing ever fit, panned out, or felt like it had reached a satisfactory conclusion. I spun for years around the idea that I could wrest satisfaction out of life if I just managed better. I

*I have a primordial desire to contain nothing,
and to give everything.*

could climb any mountain without any training or course. It didn't work. I crashed. That's how I got here. In A.A. I didn't ask for it. I didn't pray for it, and I didn't intend it, but lo and behold, if I'm writing this, then I am here ...

We don't choose this, just as we don't get to choose how sober we are or how successful we will be in life's varied endeavors. Being here in A.A. confirms that, and we agree as a term of attendance that we are powerless.

I have been there (and back) and have felt the love of strangers when I could give nothing. I have heard the words of someone else like me whom I could never have listened to, except in complete loneliness when I alone (and a greatly diminished sense of my higher power) sat in darkness, waiting for the miracle.

The miracle for me was seeing that, despite my old ideas, at my core was a truth. That truth is I have a primordial desire to contain nothing, and to give everything. Before, I would morbidly reflect on my “lot,” and why I

don't get “a lot.” In the fellowship of my Twelve Step program, I have learned I have (and have always had) everything I need, and if I can start to release even just the easy stuff, over time it starts to become second nature, and eventually I found I could give more of myself.

If I simply say hi to someone as they are walking into the rooms, off the

est layer.

It's kind of like working out. I start off lifting a little weight, just a few reps. It's painful at first, thinking of the drudgery, not ready to accept this will always need to happen in order for it to actually work. But over time, I have worked up to a good regimen that keeps me fit. One day at a time. Going to meetings, working with a sponsor and sponsees, and working the steps are my treadmill.

If this is a cliché analogy, so be it. But I think it's true, and in my experience, to show up and try a little each



street, perhaps in their last moment of desperation, looking for anywhere that will accept the wretched (remember that day?), then I am actually starting the practice. A smile or a handshake or “let me get you a chair.” These are simple ways of saying, “I've been there” and “I love you just the same.” Two things we could not say with a straight face, and yet knew existed within us at our deep-

day, one day at a time, has actually worked far better than my old idea of lifting the heaviest weight all at once, running endlessly and overcoming all my defects right now. I can't overcome them, but I can accept them with the knowledge I have been provided by others who came before me that I can be imperfect and still enjoy the ride.



April 2011

ISSUE 04.11

ADDRESS SERVICE REQUESTED

1821 Sacramento Street
San Francisco CA 94109-3528



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