

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2011 **5**  
May

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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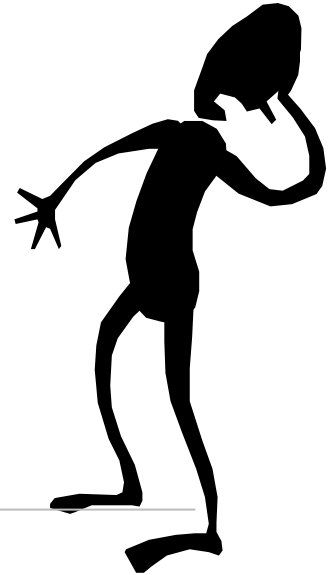
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## That Feeling of Uselessness & Self-Pity



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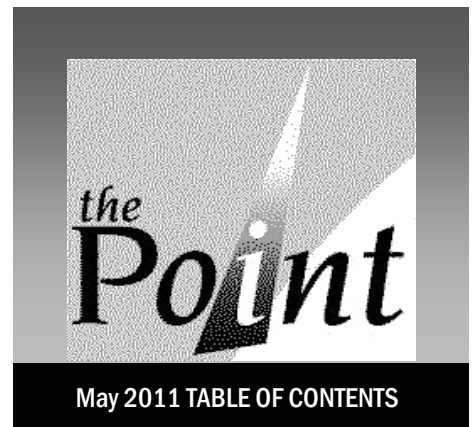
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, the Intercounty Fellowship Board, the Central Office, or The Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

# May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office 6pm	4 <u>FIRST WED</u> Intercounty Fellowship Board 101 Donahue, Marin City (St Andrew Presbyterian Church) Orientation 6pm Meeting 7pm
8	9 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	10 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm  Marin H&I 1360 Lincoln San Rafael 6:15pm  SF Bridging the Gap 1111 O'Farrell St 6:30pm  SF General Service 1111 O'Farrell St 8pm	11 <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm  Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
15 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	16 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm  Marin General Service 9 Ross Valley Rd San Rafael 8pm	17 <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	18
22	23	24 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm  Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	25
29	30 Central Office Closed Memorial Day	31	

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14
<b>19</b> <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm Please send any questions you have about group service to tsw@aasf.org	20	<b>21</b> Post Conference Assembly Contra Costa Fairgrounds Antioch, CA More info: www.cnca06.org
<b>26</b> <u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7pm Committee Meeting 8pm	27	<b>28</b> <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma 12:30pm

*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.*



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"For when harboring such feelings we  
shut ourselves off from the  
sunlight of the Spirit."

Big Book, p. 66

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## Meeting Changes

### New Meetings:

Sat 10:00pm Mission THE PLAYERS CLUB, 2900 24th St/Florida St (SR)

### Meeting Changes:

Tue 7:30pm Mission SESAME STEP, Womens Building, 3543 18th St/Guerrero St (was Ministry, 1021 Sanchez St)

### No Longer Meeting:

Sun 7:00pm	Sunset	LIGHT BRIGADE DISCUSSION. 1400 Judah St/19th Ave
Wed 7:00pm	Presidio	SERENITY IN THE PARK 1300 Girard Rd/Gorgas Ave
Fri 8:30am	Castro	WILLING & ABLE 4058 17th St/Hartford St
Sat 9:00am	Bayview	STAYING SOBER 1601 McKinnon/3rd 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!***



Intercounty Fellowship of Alcoholics Anonymous  
serving San Francisco and Marin Counties

## FOUNDERS DAY 2011

Saturday—June 11th  
12—4pm

Lunch, Music and Entertainment  
A.A. Speaker Meeting  
and a Pie Social

Urban Life Center  
St. Mark's Church

1101 O'Farrell (at Franklin Street)

Entertainment includes a brand new history play by the  
writer and director of "In Our Own Words" the hit  
Grapevine play of the 13th International Convention



Volunteer/Service Opportunities

[fellowship@aasf.org](mailto:fellowship@aasf.org)

[foundersday@aasf.org](mailto:foundersday@aasf.org)



## THE SPIRIT of San Francisco

Potluck  
Picnic



GOLDEN GATE PARK—SHARON MEADOWS

SUNDAY - MAY 22

BBQ—11am

A.A. Speaker Meeting—2pm

Bring something to throw on the grill  
a side dish & a drink

Clean up at 4pm



From the Editor

## Uselessness and Self-Pity

by Bree

"It takes a village," states the old adage. Sometimes we don't realize all those we affected with our drinking and subsequent recovery. These are the ones we might have felt useless around, with more than a decent share of self-pity and perhaps even a couple resentments.

*The Point* for May brings together those we affected, that "village" we might have wanted to move away from or drank over. There were children in many lives. Kathleen C. tells us how her daughters moved away and now are returning home. "Help@aasf" answers questions from a parent who wants to bring a child to meetings. Suzan tells us about early destructiveness ("The Promises," p. 9); when she talks of the furniture, I thought of my family and how it was easier to see the scars on the furniture than it is to see the emotional scars on my children who, like Kathleen's, moved quickly away, probably for their own survival, like I had when I married and moved to California from the

East Coast. Kristen tells of her father's parenting skills and the great dangers of harvesting self-pity: sort of the John Wayne school for emotional survival and the effect this had on her family. Charley movingly tells of a relationship with his ex-wife and all the freedoms that come with a Ninth Step. I remember my own painful Ninth with an ex-husband.

"A.A. in History" told me that Dr. Paul died in May of 2000. I was a fledgling alcoholic when I heard him and his wife Max speak in Oxnard. I still appreciate and repeat his "Acceptance is the key" (p. 407 in the Big Book). Back then, I was grappling with being an alcoholic, a big step in accepting.

All in all, this month's publication represents what our "village" is about: a cross-sectional, multigenerational, many faceted hodgepodge. It represents my own conglomeration which all began to come together when I said, "My name is Bree and I'm an alcoholic."



### EDITORIAL POLICY

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

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



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

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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!*

# The Mother's Day Blues

## When Children Live Far, Far Away

by Kathleen C.

It's almost Mother's Day and I am really feeling down. Hopeless, tired, like in one of those TV commercials for antidepressants with the blobby sighing cartoon characters or the letters drifting back and forth to represent brain chemicals that aren't connecting. Poor me, my kids live in Buenos Aires – 6500 miles from their mom in San Francisco. They've been there for four years. *Four years!* That's why I'm feeling sort of wimpy and teary. No real reason to be depressed. Just wallowing in the messy bog, as Bill W. would say. He would know, too. He was depressed for many years – the whole time he was writing *Twelve Steps and Twelve Traditions*, in fact. And he didn't even have any kids. But of course, that could have been another reason to feel depressed.

Never mind that my daughters call me several times a week and email or text me, too. Never mind that they ask their dad and me for advice about work and relationships. Never mind that they visit several times a year and spend many of their vacations with us. Never mind that they have good jobs doing good work, where they are valued and appreciated. Never mind that each of them has a boyfriend who loves her and whose family treats her like a daughter. Never mind that they are happy. Never mind all that; I want them right here, right now. My will be done.

Fortunately, sober time in the program, and lots of meetings, and working the steps with my sponsor and sponsees helps me get an

attitude of gratitude about my kids. Working the A.A. program helps me ask myself: What about the mothers whose sons and daughters are in Iraq or Afghanistan? What about the mothers whose sons and daughters are never coming home? What about the mothers whose sons and daughters are active alcoholics and addicts? In prison? Mentally or physically ill? It's the program of A.A. that makes me feel lucky – my kids

*It's going to be all right –  
however it turns out.*

are happy, maybe not the way I imagined back when they were little, or even when they were in high school or college. But happy on their own terms. Plus they say they plan to come home. Their boyfriends would even come with them, if they could work out all the immigration complexities. That would make me happy, I think. But then I say to myself, if it's God's will. And I know that's the way it will be anyway. And it's going to be all right – however it turns out.

**Update** – I wrote the above story a year ago and it went into *The Point's* story "bank." When I heard from the editor that *The Point* wanted to run it for the

Mother's Day issue, I emailed it to my daughters, asking if I should change anything. One thought it was fine the way it was, the other said, "Yeah, I'd make it less depressing, jeez mom!!!" So here goes – *they're coming home!!!* As of March, when I am writing this update, one daughter has already been accepted at two graduate school programs in the U.S., and is waiting to hear from the others she applied to, and the other daughter is planning to move back to San Francisco and bring her Argentine boyfriend with her. Both are looking for jobs. The daughter in grad school and her boyfriend are planning a long distance relationship for a while, due to the requirements of his job. Hopefully they can travel back and forth. Both sets of plans are not without complications, but *they're coming home!!!*

TP





## FOUNDERS' DAY

***Celebrating the 76th Anniversary of Alcoholics Anonymous***

*by Michelle A.*

Akron, Ohio – June 10, 1935. The day that Dr. Robert Smith (aka Dr. Bob) took his last drink is when most people consider Alcoholics Anonymous was founded. It was early that fateful Monday morning at 855 Ardmore Avenue when Bill Wilson handed Bob a sedative and a single beer to calm his nerves and keep his hands from shaking during a scheduled surgery. Dr. Bob returned home from the hospital operating room that afternoon a different man. He had turned his will and his life over to the care of God as he understood him. Bill Wilson and Dr. Bob pledged that day to bring A.A.'s principles to other alcoholics, one day at a time.

To honor these two men, as well as other pioneers of A.A., annual Founders' Day events are held in cities all over the world. The largest one is in Akron, known as the birthplace of A.A. There, an entire weekend is dedicated to celebrating the founding of Alcoholics Anonymous. This year's events include a Friday all-night "Alkathon," a Saturday night meeting at the University of Akron stadium which holds up to 30,000 people, and a

Sunday morning motorcade to Dr. Bob's gravesite, as well as bus tours of historic A.A. sites, A.A. and Al-Anon meetings, plays, singers, and panels throughout the entire weekend.

Dr. Bob's home is one of those historic A.A. sites, and one that I hope to visit in the near future. It is listed on the National Register of Historic Places by the U.S. Department of the Interior, and is also recognized as a state landmark. Several thousand people tour this home every year; most pass through during Akron's

### *We are still looking for volunteers*

Founders' Day weekend. Right now, the home is going through an \$80,000 renovation that is expected to be finished at the end of this month, in time for the special weekend.

Locally, our San Francisco/Marin Founders' Day 2011 will be held on Saturday, June 11th. A softball game will be played in the morning from 10am to noon (check website calendar for location). This will be followed from 12 to 4PM by a delicious lunch, great entertainment, a wonderful speaker meeting and

yummy pie potluck social at St. Mark's Urban Life Center, 1111 O'Farrell Street at Franklin.

We are still looking for volunteers to help us set up at St. Mark's in the morning, so if your sponsor is nagging – er – bugging – er – politely suggesting that you get a service commitment, then by all means, e-mail us right away at [foundersday@aasf.org](mailto:foundersday@aasf.org). We'll be happy to have you! My sponsor has always told me that 95% of life is just showing up, so if you're not in a volunteering mood, then please just *show up* at both the softball game and event and have fun!

I look forward to seeing each and every one of you there.

*The author is one of the chairs of the Fellowship committee that is heading up local Founders' Day activities.*

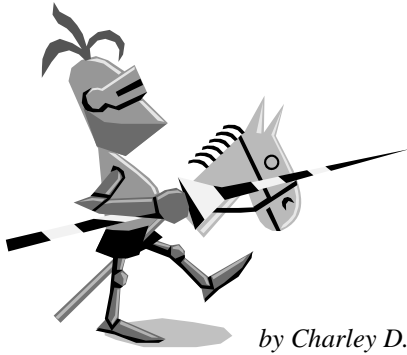


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**MAIL CHECK TO: Central Office with this request for subscription to *The Point* — 1821 SACRAMENTO ST., SF CA 94109**



by Charley D.

# Tales of Wisdom and Courage

## **The Ninth Step: Freedom at Death's Door**

"She has only about two weeks to live." It was my ex-wife's sister calling from Southern California where my ex-wife now lived. "That's what I glean from the things the doctors are saying." A trained and experienced hospice social worker, her sister was not one to push the panic button. I'd had my first inkling she was seriously ill a little more than a week earlier when she'd canceled a trip to see our son perform with his college choir. Her immune system weakened by chemotherapy for her condition – myelodysplastic syndrome, formerly known as "preleukemia" – her doctors had advised her to avoid public places like the hall where the concert would occur. I went without her and wrote her a report of the marvelous performance by our son and his choir. Her sister had told me how happy she was to get that.

I hung up the phone and sat for a long time. I remembered our time together – 25 tumultuous years. I thought of how I'd tried several times to make amends to her but could never get it done in better than a half-baked fashion. Making amends to a person with whom I'd had a long and complicated relationship seemed impossible to me. The things for which I should ask forgiveness seemed linked to things she'd done wrong, in turn linked to things I'd done wrong, linked to things she'd done wrong. Where did I start? Up to

this point, I now realized, I hadn't just wanted her to forgive me. I'd wanted her to admit she'd done wrong, too. Now, her apology didn't matter. After some more thought, I sent her an email message:

*Life is too short to waste it on anger.*

Dear L,

I'm very sorry to hear you're headed back to the hospital for more chemo treatment. Your courage, positive attitude, and ability to maintain your sense of humor through this has inspired your children, me and everyone else. Keep it up. I'm sure you'll come out of this in one piece.

As I was sitting listening to N. last weekend, I thought what a wonderful mother you've been to him and to Y. and M. I know how much joy you take in the accomplishments of our children. That also got me thinking about the times we had together - good and bad.

For a long time, I've wanted to tell you how sorry I am for all the wrongs I did you while we were married. I know now and even knew then that what I did hurt you and endangered our family. Had it not been for your insistence, I would never have gotten help for my drinking. For that, I literally owe you my life. I'm sorry I repaid your loyalty and kindness with

cruelty you didn't deserve. I hope you can find it in your heart to forgive me.

Humbly,

Charley

She wrote back later that same day.

Charley,

I got your email this morning and was enormously touched and grateful for it. It has taken me the day to process it and all it means. I also have much to apologize for and many regrets. All we can do now is be good friends and support each other and the kids. We did a great job on the kids.

I wish you much happiness and contentment. It's been a long journey getting there for both of us with many lessons learned. Forgiving is freedom. I forgave you long ago. I always knew you did not mean to do what you were doing. It was just impossible to live with and I became impossible to be lived with. So let's be happy we can put this behind us and move ahead. Life is too short to waste it on anger.

Love,

L.

It was the first time she'd signed a message with "love" since long before our divorce.

*(Continued on page 9)*





by Suzan C.

## BACK OF HAND TO FOREHEAD, COMMENCE DEEP SIGHING

***“That feeling of uselessness and self-pity will disappear.”***

In my drinking days, I defended much of my extreme behavior as authentic self-expression. Anyone lacking intensity struck me as dull and ineffectual. I couldn't even sit on a park swing without soon trying to topple the entire structure.

When I crawled through the sludge of my shame and remorse after a severe bender, I was not bland about that either. I cried while lying face down on the dining room table or while cursing myself emphatically in the bathroom mirror, one hand gripping my tangled hair. The furniture often took a beating. I was especially rough on telephones – the old princess phones with the handset that could travel halfway across a room before careening back in the other direction.

Self pity lends itself well to dramatic exhibition. It speaks the language of cataclysm: “I am finished, it's over, just kill me. *Someone*, kill me, please, now!!!” It was not even confined to blaming others. I managed to feel sorry for myself for feeling sorry for myself. This was the only self-examination I had ever known. In

retrospect, it was a highly satisfying form of self-punishment. I had an infinite repertoire for pronouncing my own stupidity, depravity and worthlessness. The most strenuous gym workout could not have duplicated the exhaustion I felt after doing laps in the pity pot for an entire evening.

It is no accident that “uselessness and self-pity” go hand in hand in the promises. The final conclusion of all my ego collapses was that I could do nothing right and had no purpose for living. Rather than face the obvious truth that I was an alcoholic trapped in an endless cycle of recklessness and remorse, I would conclude something much simpler and clearer: “I have no value and should die.”

One of the biggest lessons I have learned in sobriety, which seems to have eluded me in early childhood, is that when I mess up, I need to try and fix it. In sobriety, when I look in the mirror and see someone who just said or did something incredibly stupid, there is no need for fist shaking or operetta. I just say “Wow. That didn't

go very well.” But a deep breath takes the place of former sighs and groans. The breath says, “I will be needing some oxygen because I'm planning on staying alive and taking care of this matter.”

With program tools such as honesty and amends, action replaces self-pity. I don't need to bemoan my demise. I need to get up and clean my side of the street. The program also has an answer for my uselessness – I can put all my mistakes and failings to good use when reaching out to another alcoholic. One of my favorite quotes (source debated) is: “Learn from the mistakes of others. You can never live long enough to make them all yourself.” Even on a day that I have done everything wrong and received the short end of every stick, I can turn to a newcomer and offer the hand of A.A. Instead of wishing for my own life to end, I may be helping another person's life to start anew. Maybe less dramatic and electrifying than before, but somehow I don't think next year's Oscar has eluded me as a result.

**TP**

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(Continued from page 8)

I drove down to see her the next day. As she was weak, I'd planned to stay only for an hour. We talked of our children, friends, things we'd done together. We laughed, made tea and ended up passing the whole day together. I knew she had a boyfriend. I'd remarried. It wasn't that we were trying to revive something between

us. We were just two people who'd lived through a lot enjoying each other's company. As she'd said, “forgiving is freedom.” We reveled in that freedom for that day.

That night, she went back into the hospital. She died five days later of acute myeloid leukemia – in the company of her children, her sisters,

her boyfriend and her ex-husband. I learned from her to imagine each amends as if the person to whom I'm making it is about to die. Somehow, under those circumstances, it doesn't really matter what that person did to me. All I want is the freedom that comes with forgiving and asking for forgiveness.

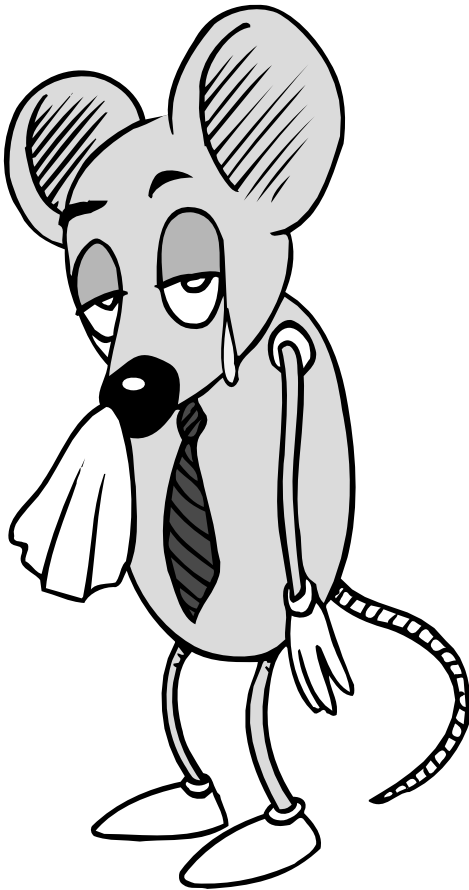
**TP**

# The Story of Self-Pity

## Discerning Our Honest Emotions

by Kristen E.

“That feeling of uselessness and self-pity will leave us.” This section of the Ninth Step promises was the one that got my attention more than any other when I first entered A.A. I had grown up with a father who believed that self-pity was a greater cause for shame than lying or stealing. Lying and stealing were *wrong*, certainly, but self-pity was unconscionable –



disgusting, even. Consequently, as a child I believed that crying for any reason whatsoever (including skinned knees, mean girls, bad math

grades and cute boys who didn't like me back) was an act of self-pity, and that committing this act literally rendered me unlovable.

When I was eleven years old my father died after a six-year struggle with leukemia. By then I believed that crying at his funeral, or crying at all, was “wallowing,” as he liked to put it. So I did not cry at his funeral. I forced myself instead to appear invincible.

I spent the next 25 years of my life trying to be someone I felt incapable of being: a strong person who did not break, someone my father would admire. And so when I first heard the

what I signed up for. It always happens to *me*. I will never find a way through this the way everyone else does. In a state of self-pity, my entire life becomes a great personal affront, and the universe is an ineffable force that wishes me ill, for no discernible reason (though I'm good at inventing one). I've come to admit that I have, in fact, suffered from a boatload of self-pity in my lifetime, and it's okay. I'm not going to be shot for it, and I'm not alone in it either: why else is it being called out at every meeting?

Becoming honest about the fact that this is one of the aspects of self I have most indulged in allows me to

*I don't buy the stories self-pity sells me  
in place of honest emotion.*

word “self-pity” read aloud in the promises it was with a distinct sense of unease. After all, the promises are described as a series of comparisons: we get *away* from our awful state *to* some new state *through* our work in the Twelve Steps. This meant to me, by default, that I must currently be *in* a state of uselessness and self-pity in order for the promises to apply to me, a newcomer who hadn't worked the steps. A feeling of uselessness I readily admitted; self-pity, I could not.

Four and a half years later, on the other side of the Twelve Steps, I know now that most of the happiness or suffering I find in a given day is up to me. I know the difference between my emotions and what my alcoholic mind will turn them into: Life isn't fair. This isn't

reclaim my own genuine emotions: grief, sadness, disappointment, anger. I believe as human beings we have a basic right to these emotions, whether we want them or not. They are an unavoidable by-product of living. But self-pity is a *story* we tell ourselves. Seeing it for what it is has allowed me to gain distance from it. “That's just my self-pity talking,” I can say now, and this allows me to have some perspective on it. I can feel sadness or grief or anger without misinterpreting it for self-pity, and I don't buy the stories self-pity sells me in place of honest emotion. To me, this is part of becoming right-sized, and when I'm right-sized, the world is a much more beautiful place.



# MAY IN A.A. HISTORY

by MEM

May 11, 1935: In the lobby near the bar of the Mayflower Hotel in Akron, Ohio, Bill W. calls Walter Tunks, who tells him to call Henrietta Seiberling, who introduces him to Dr. Bob.

May 12, 1935: Bill W. and Dr. Bob meet for the first time in Akron, Ohio, at the home of Henrietta Seiberling.

May 31, 1938: Bill W. and other A.A.s began writing the Big Book.

May 5, 1940: The *Washington DC Sunday Star* reports the first A.A. group in the nation's capital.

May 1, 1941: First Wisconsin A.A. meeting is held in a Milwaukee hotel.

May 2, 1941: A Jacksonville, FL newspaper reports the start of a new A.A. group.

May 17, 1942: The *Journal-Herald* in Dayton, Ohio runs a story on A.A. with photos of members in Halloween masks to protect their anonymity.

May 2, 1943: The *New Orleans Times* reports the founding of the first Louisiana A.A. group.

May 3, 1943: The *Democratic Chronicle* in Rochester, NY reports the first annual A.A. dinner at the Seneca Hotel, with 60 people in attendance.

May 8, 1943: An Akron, Ohio A.A. group has their eighth anniversary, with 500 attending.

May 45, 1946: Marty Mann explains Alcoholics Anonymous and the National Committee for Education on Alcoholism on the "We the People" radio show.

May 18, 1950: Dr. Bob tells Bill, "I reckon we ought to be buried like other folks," after hearing that local A.A.s wanted a huge memorial.

May 7, 1956: The first English A.A. Convention is held in Cheltenham, England.



May 8, 1971: Bill Wilson is buried in a private ceremony.

May 28, 1974: London holds the first A.A. World Service meeting outside of America.

May 19, 2000: Dr. Paul O. dies. His story was "Doctor, Alcoholic, Addict" in the Big Book.

May 14, 1998: Sybil C., first woman to enter A.A. west of the Mississippi, dies. Her date of sobriety was March 23, 1941. Her name on that date was Sybil Maxwell, though she later opened her talks by saying, "My name is Sybil Doris Adams Strattonhart Maxwell Willis C., and I'm an

AP

## Seeking Intercounty Fellowship Board Treasurer

**Please announce this at meetings 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](mailto:aa@aasf.org).



*This month, a query on etiquette regarding infants in meetings reflects changing times (not a diaper pun).*

**Dear Help,**

**Can I bring my five-month old child to meetings? He doesn't usually cry, and if he did I'd take him out. But no matter how well behaved he is, I don't want to bring him if it will be frowned upon by others. (And I am aware that there are a few meetings with childcare, but I'm asking about just holding my infant during the meetings.)**

**Thanks!**

**Lynn**

Hello Lynn,

Certainly, it's fine to bring your baby to a meeting. My suggestion is that you try to go to meetings in a large room (or where there is a lot of space). For example, at the Presbyterian Church at 1329-7th Avenue (at Irving Street), the meetings are in a large room so there would be room for you to walk around and jiggle your baby. And pretty soon he will be crawling and walking, so these next couple months are the best time for bringing him to a meeting.

Enjoy your child!

e-Volunteer #1

Hi Lynn,

I just want to add a few words to e-Volunteer #1's reply to you. I absolutely agree that it's fine to bring your baby to meetings and I agree with her suggestions. Please remember, my dear, that *no matter what*, you have a right to be there. Of course, we can't guarantee how some people may behave nor can we guarantee that there won't be a curmudgeon in the group, but your recovery is just as important as that of anyone else, and in A.A., they can't throw you out. One of the most freeing moments of my life came years ago when a woman began criticizing my share and I told her it was my story and if she didn't want to hear it she could leave. I think it was the first time in my life that I knew I had as much a right to be alive as anyone else.

By the way, I've attended a few Parent Trap meetings (1757 Waller St., Mondays at 12:30 PM and Wednesdays at 4:30 PM) and many times moms (and dads, too) have brought their babies and held them during the meeting. I don't suggest doing that at the Monday meeting, just because that one gets so crowded – but if you need a meeting, you need a meeting! And you will be a better mom for being there.

e-Volunteer #2

**Dear e-Volunteers,**

**Thanks for the support. We're heading to a meeting now. (And actually, I'm a dad so it's good to hear I wouldn't be “alone” at the Parent Trap meetings.)**

**Lynn**

Dear Lynn,

You made me laugh – and here I regard myself as an ardent feminist but I hadn't considered that you might be a dad! Oh, those old attitudes die hard. Stay sober, my friend; we all need you.

e-Volunteer #2



# Meet THE MEETING

by Bree L.

"This meeting saved my life," says Scott S. "It changed my entire being." He talks about being a gay, sober person and attending A.A. meetings. It was OK to be sober and HIV negative – but then came the news that he had to "come in" for his HIV test result. He knew what that meant. He called his sponsor, who went with him get the news and then suggested he attend this group. Scott said that admitting his HIV status was about as difficult as saying he was an alcoholic. He couldn't see coming to terms with being positive and staying sober. He says, "Within a short amount of time I was able to integrate it into my life, thanks to this meeting."

He says he felt an abundance of shame, but then someone said, "This is an epidemic and in epidemics people get sick." Scott realized he wasn't so special after all, and through this meeting he would learn how to stay sober with a chronic, life-threatening illness. Another benefit came from hearing of available healthcare services, and through this group he found Interferon treatment for Hepatitis C. He no longer has Hepatitis C.

Living Sober With HIV started in 1987. The beginning meetings were held at the Metropolitan Community Church and then moved to the St. Francis Lutheran church when the location shut down. Hank B. attended meetings during those early years. He talks of those meetings as having a lot of very sick people. "They had a hard time keeping a secretary," he says. "People would

come to the meetings and then go home to die. Sometimes we had as few as three people." Hank sees those who died as "little angels." "San Francisco is a small area and during those years 20,000 died. Many were close friends," he says. And with so many "little angels," those remaining had a hard time.

"Staying sober is a revolutionary act," says Wade P. At age 26, he was one of the youngest at the meeting in 1987. Today there aren't as many newly HIV-infected, but there are a steady number of newly sober addicts/alcoholics. Crystal meth has brought in a population of those with HIV who might not readily identify

*People would come to the meetings  
and then go home to die.*

as alcoholics. Still, this meeting continues to be a place where members can learn how HIV affects their peace of mind and serenity without judgment.

Many praised the importance of having specialty meetings such as this. "People say things and have no idea how it will impact another," Scott S. says. He'd previously seen these special meetings as existing on the fringes of A.A. Now he appreciates all they have to offer. "This meeting offers not only a place to learn how to stay sober with HIV, but a chance for support from those who have had similar experiences." There is a lot of socializing (although this is not a dating/pick-up meeting), which presents an opportunity to share and hear about medication, treatments and other offerings. Scott

points out that the alcoholic mindset of being "special and different" is always there, but that these types of groups serve to dissolve that thinking.

Living Sober With HIV is a speaker/discussion group that meets on Wednesday nights at 6:00 PM. It is best to get there early as the door is locked once the meeting starts and the doorbell is utilized for entry. Parking is available in the Safeway parking lot across the street. This is a large, well-attended meeting and people do save seats, although once the meeting starts all seats are available.

*Living Sober With HIV meets at the  
St. Francis Lutheran Church at  
152 Church Street at Market, on  
Wednesdays at 6:00 PM.*

AP



# IFB meeting summary – April 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

Any Lengths	Cow Hollow Men's	High Noon (Monday)	Reality Farm	Ten Years After	Walk of Shame
Attitude Adjustment	Each Day a New Beginning (Mon-Fri)	Huntington Square	Saturday Easy Does It	They Don't Know Who We Are	Waterfront
Back to Basics	Each Day a New Beginning (Sun)	Join the Tribe	Sober 5150's	They Stopped In Time	Women's Promises
Beginner's Meeting	Early Start	Keep It Simple	Sober Saturdays	Thursday Thumpers	ICCYPAA
Bernal New Day	First Place	Keep It Simple	Step Talk	Tiburon Haven	Marin H&I
Came to Believe	Friday All Groups	Monday Beginners	Steppin' Up	Tiburon Men's Stag	San Mateo GS
Came to Park	Friendly Circle Beginners	Noon Smokeless	Sunday Night Castro SD	Tuesday Chip	SF H&I
Castro Discussion	Girl's Night Out	On Awakening	Sunday Speaker Step	Tuesday Newcomers	Spirit of San Francisco
Come 'N Get It	Haight Street Blues	Parent Trap 2	Sunset 9'ers (Sun.)	Valencia Smokefree	

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](http://aasf.org). The purpose of the Intercounty Fellowship of Alcoholics Anonymous is to carry on the movement of Alcoholics Anonymous (A.A.) in keeping with the intent and spirit of the Fellowship as exemplified in the books Alcoholics Anonymous, Twelve Steps and Twelve Traditions, and Alcoholics Anonymous Comes of Age. The Intercounty Fellowship has been organized by, and is responsible to, the member groups of A.A. in San Francisco and Marin for the purpose of coordinating the services that individual groups cannot provide.

## Announcements:

**Access Committee:** Service opportunity for the Friday, 6pm ASL meeting at Alano Club, "Let It Be Now", where additional interpretation via paper/pen, texting/email are welcomed. Access Committee meets each Tuesday at 6:pm, Central Office.

**Fellowship Committee:** Service opportunity for volunteers to plan this year's Founder's Day. Meet Tuesday, April 19 at Central Office.

Next month's regular IFB meeting for May 4, 2011 will be in Marin City at St. Andrew Presbyterian Church, 101 Donahue St.

Don't miss June IFB meeting! This is the annual and regular IFB meetings combined, which counts as two meetings attended, (or missed!).

**Nominating committee:** To be formed in May, 2011 to review and vet candidates for upcoming elections. Up for election in July are three COC members, IFB committee chair, vice chair and recording secretary. Also, seeking a Treasurer, with a 2 year commitment. Resumes may be emailed to [aa@aasf.org](mailto:aa@aasf.org) or mailed to Central Office Committee, 1821 Sacramento St., San Francisco, CA 94109.

See full announcements and IFB info online at: <http://aasf.org/ifbinfo.cfm>

**Treasurer's report, Bob W.:** For month ended February, 2011 Contributions were about \$5,400 below budget, Gratitude Month about \$1,900 below projected, though individual contributions were up \$1,800 over budget. Total contributions about \$5K lower than last year. Condition overall is "Fair", with a "break even" trend projected for the year.

**COC Report, Margaret J.:** We finalized negotiations for our lease renewal and signed a five year lease extension that reduced rent by \$1000 per month, effective immediately. Monthly rent payments will increase anywhere from 4% to 6% on Nov. 1st of each at year based on changes in the CPI. Overall, we can expect to save \$75,000 in rent payments over the renewal period based on the new terms. COC also discussed IFB policies related to compliance with IRS 990 requirements.

**CO Manager's Report, Maury:** Click on group location information on the [AASF.org](http://AASF.org) website for information on current contributions and literature purchases by group. Contributions have been up-

dated through March, 2011. A Resent survey of Faithful Fiver Contributions since 2004 total over \$50K. It's great way to support Central Office. (See forms in The Point.)

## IFB Liaison Reports

**San Mateo General Service, District 5, Frank S.:**

Trusted Servants Workshop is ongoing in the San Mateo area. NCCAA (Northern California Council on AA) conference in Foster City went well. Next conference to be held in Stockton.

**Spirit of San Francisco, Rick P.:** Next event to be picnic in Golden Gate Park, May 22, Sharon Meadows. Bring a dish, (Potluck), no charge. See <http://www.spirit-sf.org/> for more info.

**H&I SF, Lynn D.:** Now have 37 group representatives. Reminder to all groups to elect a group rep for H&I. Recommended that new reps come to orientation, next orientation on Thursday, April 28 at Old First Church, 1751 Sacramento.

**H&I Marin, Amber A.:** Group inventory to be held next at month's meeting. Now accepted to start a meeting at a home for seniors in Greenbrae. Looking for new people for ongoing H&I programs in Marin.

**SF General Service, District 6, Andy T.:** Post-Conference Assembly to be held May 21 in Antioch. Summer Assembly to be in Vacaville, August 13.

**Old Business: Plaque Committee, Bruce K.:** Plaque committee has designed a plaque to commemorate the site of the first official

# Individual Contributions

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

## ONGOING MEMORIALS

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

## ANNIVERSARIES

**Friday Night Book:** Leslie G. 11 years

group of AA to meet in San Francisco and the west coast in 1937 at 51 Potomac St. Completion TBA.

New Business: Proposed IFB Policies due to IRS 990 filing requirements, Bob W.: The IRS has lowered the income threshold for 990 filers and now requires all organizations with annual budgets over \$200,000 to file a Form 990 (v. a 990EZ, previously filed.) More governance is also involved in filing a 990.

First Policy Item, Compensation Determination Policy: The proposed Compensation Determination Policy is copied from the Santa Clara Central Office. (See [aasf.org](http://aasf.org) under IFB Information.) Stu S., motions to accept proposed Compensation Determination Policy. Rick H., seconds. Approved.

Second Policy Item: Board review of IRS Form 990. ((See [aasf.org](http://aasf.org) under IFB Information, IFB Agenda/Reports, April 2011, scroll down to Board Review of IRS Form 990) Form 990 filing information is presently available on [Guidestar.org](http://Guidestar.org). Stu S. motions to accept. Seconded. Approved.

Committee focus

Fellowship Committee, Michelle and Shawn: Founders Day event celebrating the 76th anniversary of AA to be held on Saturday, June 11 at Urban Life Center (Franklin and O'Farrell). Email: [founders-day@aasf.org](mailto:founders-day@aasf.org) for info or volunteer opportunities.

The Buzz Committee, Li L.: The Buzz needs help putting together the article

blurbs with headers for The Buzz via email. See: <http://aasf.org/thebuzz.cfm>

PI/CPC, (Public Information for Cooperation in the Professional Community), Bruce K. The committee communicates about the AA program to outside organizations, schools, classes, etc. Speaker Workshop on April 16th, 10am.

IFB term rollover announcement: If members are rotating off in June, a request is to bring a replacement rep during June meeting for orientation.

Meet the Meetings:

Monday Beginner's Group, Mitch R.: 8:00pm, coffee at 7:30pm. St. Lukes Episcopal Church, Van Ness and Clay. Has been meeting for over 40 years. Speaker meeting. Encourages newcomers to take commitments.

Tuesday Chip, Harrison T. : Tuesdays, 8:30pm, Downtown San Rafael. Started in the basement at Henry's Burgers (San Rafael) per a member who had been attending for 27 years.

Valencia Smoke Free, Charlie O.: Fridays at 6:00pm, 2900 24th St. Started 1984 at 1010 Valencia. Speaker/Discussion meeting. Lots of long term sobriety

Next Month's Meet the Meeting : Girls Night Out, Amber A. , Tiburon Haven, Phillip L. , Haight St. Blues, Art O.

Next IFB Meeting will be Wednesday, May 4, 2011, 7:00pm at St. Andrew Presbyterian Church, 101 Donahue St., Marin City, CA

## COMMITTEE CONTACTS

The following is a list of names and email addresses for IFB Officers and for most of the IFB committees. If you are interested in doing service on a committee, or if you wish to receive more information about a committee, please email that committee at the address.

### INTERGROUP OFFICERS:

#### CHAIR

Michael P. [chair@aasf.org](mailto:chair@aasf.org)

#### VICE CHAIR

Joseph M. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### TREASURER

Dashiell T. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### RECORDING SECRETARY

Thayer W. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### CENTRAL OFFICE COMMITTEE

Margaret J. [coc@aasf.org](mailto:coc@aasf.org)

#### 12th STEP COMMITTEE

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

#### ARCHIVES COMMITTEE

Tracy F. [archives@aasf.org](mailto:archives@aasf.org)

#### ORIENTATION COMMITTEE

Blu F. [orientation@aasf.org](mailto:orientation@aasf.org)

#### FELLOWSHIP COMMITTEE

Michelle A. [fellowship@aasf.org](mailto:fellowship@aasf.org)

#### THE BUZZ

Li L. [thebuzz@aasf.org](mailto:thebuzz@aasf.org)

#### THE POINT

Charley D. [thepoint@aasf.org](mailto:thepoint@aasf.org)

#### ACCESS COMMITTEE

Muriel P. [access@aasf.org](mailto:access@aasf.org)

#### TRUSTED SERVANTS

#### WORKSHOP COMMITTEE

Ted R. [tsw@aasf.org](mailto:tsw@aasf.org)

#### WEBSITE COMMITTEE

David S. [website@aasf.org](mailto:website@aasf.org)

#### PI/CPC COMMITTEE

Glen R. [picpc@aasf.org](mailto:picpc@aasf.org)

#### SF TELESERVICE COMMITTEE

Seth H. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)



# aa group contributions

Fellowship Contributions	Mar. 11	YTD
Brisbane Breakfast Bunch	\$ 36	\$ 90
Contribution Box	\$ 106	\$ 182
IFB	\$ 104	\$ 274
<b>Fellowship Total</b>	<b>\$ 246</b>	<b>\$ 546</b>

Marin Contributions	Mar. 11	YTD
12 & 12 Study Sa 815am		\$ 273
Attitude Adjustment 7D 7am	\$ 430	\$1,178
Bolinas Step Study W 8pm		\$ 71
Closed Women SS Tu 330pm		\$ 119
Cover to Cover W 730pm		\$ 337
Creekside New Growth Sun 7pm	\$ 59	\$ 59
Downtown Mill Valley F 830pm		\$ 386
East San Rafael Big Book	\$ 80	
Freedom Finders F 830pm		\$ 186
Friday Night Book F 830pm	\$ 87	\$ 166
Happy Destiny F 7pm		\$ 145
Intimate Feelings Sa 10am		\$ 154
Island Group Th 8pm		\$ 126
Just Can't Wait 'til 8 M 630pm	\$ 125	\$ 125
Living in the Solution F 6pm		\$ 168
Marin City Groups 5D 630pm		\$ 250
Mill Valley 7D 7am		\$ 654
Monday Blues M 630pm		\$ 250
Monday Night Madness M 6pm		\$ 150
Monday Night Stag (Tiburon) 8pm		\$ 874
Monday Night Women's M 8pm		\$ 211
Morning Attitude Adjustment	\$ 90	\$ 90
Nativity Monday Night BB M 8pm		\$ 100
Newcomers Step M 730pm		\$ 330
Noon Hope F 12pm		\$ 24
Noon Small Room 5D 12pm		\$ 130
Novato Monday Stag M 8pm		\$ 15
On Awakening 7D 530am		\$ 347
Primary Purpose W 830pm		\$ 98
Quitting Time MWF 530pm		\$ 100
Refugee Th 12pm		\$ 50
Rise N Shine Sun 10am	\$ 173	\$ 173
San Geronimo Valley M 8pm	\$ 44	\$ 44
Sausalito 12 Step Study Group		\$ 225
Serendipity Sa 11am		\$ 55
Six O'Clock Sunset Th 6pm		\$ 92
Sober & Serene F 7pm	\$ 100	\$ 100
Sober Sisters Wed 12pm	\$ 149	\$ 149
Spiritual Testost. Sun Men's Stag		\$ 395
Steps to Freedom M 730pm		\$ 117
Steps To The Solution W 715pm	\$ 103	\$ 103
Stinson Beach Fellowship Th 8pm	\$ 100	\$ 100
Sunday Express Sun 6pm		\$ 150
Sunlight of the Spirit Th 7pm	\$ 150	\$ 150
Three Step Group Sa 530pm	\$ 200	\$ 200

Marin Contributions	Mar. 11	YTD
Thursday Night Book Club Th 7pm	\$ 22	\$ 22
Tiburon Beginners & Closed Tu		\$ 500
Tiburon Women's Candlelight W 8pm		\$ 753
We, Us and Ours M 650pm		\$ 100
Wednesday Night Candlelight W 8pm		\$ 56
Wednesday Night SD W 7pm	\$ 22	\$ 22
Working Dogs W 1205pm		\$ 250
Young People's Chopsticks		\$ 44
<b>Marin Total</b>	<b>\$1,855</b>	<b>\$11,045</b>

San Francisco Contributions	Mar. 11	YTD
6am Dry Dock 7D		\$ 150
6am Dry Dock F		\$ 53
6am Dry Dock Th		\$ 72
7am Grab Bag M 7am		\$ 84
7am Living Sober W 7am		\$ 14
7am Speaker Discussion Th 7am		\$ 136
7am Step Discussion Tu 7am	\$ 49	\$ 109
830am Smokeless Tu 830am		\$ 169
A is for Alcohol Tu 6pm	\$ 17	\$ 102
A Step Beyond Th 6pm	\$ 226	\$ 226
Acceptance Group M 530pm	\$ 30	\$ 30
Afro American Beginners Sat 8pm	\$ 94	\$ 398
After Work Big Book M 6pm	\$ 42	\$ 42
Alumni W 830pm		\$ 202
Any Lengths Sat 930am	\$ 325	\$ 325
Ariana Cafe Group M - F		\$ 100
Artists & Writers F 630pm		\$ 618
As Bill Sees It Th 6pm		\$ 540
Beginners' Step Study Sat 630pm	\$ 158	\$ 158
Beginner's Warmup W 6pm		\$ 47
Bernal Big Book Sat 5pm		\$ 327
Bernal New Day 7D	\$ 398	\$ 742
Big Book Study Su 1130am	\$ 236	\$ 236
Blue Book Special Su 11am	\$ 119	\$ 119
By the Book Sa 10am		\$ 29
Came to Believe 830am M 830am		\$ 60
Castro Discussion (Show Of Shows)		\$ 466
Castro Nooners F 12pm		\$ 85
Cocoanuts Su 9am		\$ 281
Common Welfare Th 8pm		\$ 104
Cow Hollow Men's Group W 8pm	\$ 180	\$ 180
Each Day a New Beginning F 7am	\$ 496	\$ 496
Each Day a New Beginning M 7am		\$ 699
Each Day a New Beginning Th 7am		\$ 227
Each Day a New Beginning W 7am		\$ 591
Early Start F 6pm	\$1,273	\$ 1,273
Embarcadero Group 5D 1210pm		\$ 220
Epiphany Group Th 8pm	\$ 40	\$ 40
Eureka Valley Topic M 6pm	\$ 213	\$ 213
Excelsior "Scent" Free for All Sa 8pm		\$ 48

San Francisco Contributions	Mar. 11	YTD
Extreme Makeover M 730pm		\$ 51
Federal Speaker Su 12pm	\$ 174	\$174
Firefighters & Friends Tu 10am		\$140
Fireside Chat Group Tu 8pm		\$ 37
Franciscan Noon Disc M 12pm	\$ 34	\$ 34
Friday All Groups F 830pm		\$149
Friday at Five F 5pm		\$ 24
Friday Lunchtime Step F 12pm		\$114
Friday Night Women's F 630pm		\$ 42
Friday Smokeless F 8pm		\$ 72
High Noon Friday 1215pm	\$ 29	\$ 55
High Noon Monday 1215pm	\$ 59	\$153
High Noon Sunday 1215p		\$101
High Noon Thursday 1215pm	\$ 120	\$120
High Noon Tuesday 1215pm		\$ 66
High Noon Wednesday 1215pm		\$ 25
Hilldwellers M 8pm		\$160
Join the Tribe Tu 7pm		\$303
Keep Coming Back Sa 11am	\$ 343	\$571
Like A Prayer Su 4pm		\$199
Live and Let Live Su 8pm		\$ 63
Living Sober W 8pm		\$ 61
Living Sober with HIV W 6pm	\$ 469	\$469
Lots Of Parking Su 6pm		\$ 20
Luke's Group W 7pm		\$ 60
Meeting Place Noon F 12pm		\$209
Meeting Place Noon W 12pm		\$161
Mid-Morning Support Su 1030am	\$ 196	\$367
Midnight Meditation Sat 12am		\$ 69
Miracle (Way) Off 24th St W 730pm	\$ 41	\$ 41
Mission Terrace W 8pm		\$ 28
Monday Beginners M 8pm		\$205
Newcomers Tu 8pm		\$118
No Reservation M 12pm		\$208
Off Broadway Book Th 730pm		\$ 55
Pax West M 12pm	\$ 505	\$505
Pax West Th 12pm	\$ 22	\$574
Potrero Hill 12 x 12 M 630pm	\$ 150	\$150
Progress Not Perfection Tu 830pm		\$ 65
Raising the Bottom W 9pm	\$ 140	\$140
Reality Farm Th 830pm		\$367
Rigorous Honesty Th 1205pm		\$ 60
Saturday Afternoon Meditation 5pm		\$177
Saturday Beginners Sat 6pm		\$380
Saturday Easy Does It Sa 12pm		\$534
Saturday Matinee Sa 2pm	\$ 20	\$ 20
Saturday Night Regroup Sat 730pm	\$ 298	\$298
Say Hey Group M, Tu, F 6pm		\$135
Second Chance Th 215pm	\$ 35	\$ 35
Serenity House	\$ 150	\$450

*continued on p. 17*





A man walks into a bar with a paper bag. He sits down, places the bag on the counter and orders a drink. The bartender brings him his drink and asks, "What's in the bag?"

The man reaches into the bag and pulls out a little man, about one foot high, dressed in tails, and sets him on the counter. He reaches back into the bag and pulls out a small piano, setting it on the bar as well. He reaches into the bag once more and pulls out a tiny piano bench, which he places in front of the piano. The little man sits down at the piano and proceeds to play a Rachmaninoff sonata so movingly, so beautifully, that tears begin streaming

down the bartender's face.

"Where on earth did you find him?" says the bartender, collecting himself.

The man responds by reaching again into the paper bag. This time he pulls out a magic lamp. He hands it to the bartender and says, "Here. Rub it."

The bartender rubs the lamp. Suddenly, in a puff of smoke, a genie appears. "I will grant you one wish. Just one wish. Each person gets only one!"

The bartender says, "You mean I can have anything I want?"

"What?" says the genie, cupping a hand to his ear.

"Do you mean I can have anything I want?" repeats the bartender.

"Oh, yeah. Anything you want."

"But just one wish?" asks the bartender.

"Huh?" says the genie.

"Do I get just one wish?"

"Oh, yeah. Just one wish," says the genie. The bartender thinks for a minute and says, "I'd like a million bucks."

"OK," says the genie, "A million ducks."

It's quiet for a moment in the bar. Then, in an instant, the room is full of a million ducks, quacking, flying, crashing into each other, wreaking havoc in the bar. The bartender and the man open all the doors and windows, finally shooing away the birds. Standing in the wreckage of the bar, the bartender turns to the man and says, "Y'know, I think your genie must be deaf. I asked for a million bucks, not a million ducks."

"Tell me about it!" says the man, "Do you think I asked for a 12-inch pianist?"

San Francisco Contributions	Mar. 11	YTD	San Francisco Contributions	Mar. 11	YTD	San Francisco Contributions	Mar. 11	YTD
Serenity Seekers M 730pm		\$ 380	Sunset 11'ers Su	\$ 100	\$ 100	Valencia Smokefree F 6pm	\$ 15	\$ 15
Shamrocks & Serenity M 730pm	\$ 347	\$ 347	Sunset 11'ers Tu		\$ 83	Waterfront Sun 8pm	\$ 106	\$ 229
Sinbar Su 830pm		\$ 127	Sunset 9'ers Sa		\$ 145	Wednesday Noon Steps W 12pm		\$ 37
Sisters Circle Su 6pm		\$ 100	Sunset Big Book SS Sa 730pm		\$ 74	Wharfrats Th 815pm	\$ 113	\$ 113
Sober at State MW 1210pm		\$ 250	Ten Years After Su 6pm		\$ 1,003	Wits End Step Study Tu 8pm	\$ 20	\$ 108
Sober Saturday Sa 830am		\$ 80	The Drive Thru W 1215pm		\$ 339	Women Living Sober Sa 10am		\$ 60
Sobriety & Beyond W 7pm		\$ 62	The Dry Dock Fellowship		\$ 119	Women's 10 Years Plus Th 615pm		\$ 429
Sometimes Slowly Sa 11am	\$ 141	\$ 141	The Parent Trap 2 Wed. 430pm		\$ 27	Women's Kitchen Table Tu 630pm	\$ 24	\$ 67
Sought to Improve Th 715pm		\$ 60	The Pepper Group F 12pm	\$ 30	\$ 78	Women's Promises F 7pm		\$ 407
SFPOA Th 7pm		\$ 371	There is a Solution Tu 6pm		\$ 214	Work In Progress Sat 7pm		\$ 450
Spirit of San Francisco		\$ 90	Thursday Thumpers Th 7pm		\$ 100	YAHOO Step Sa 1130am		\$ 155
Stonestown M 8pm	\$ 49	\$ 49	Too Early Sat 8am	\$ 262	\$ 685	<b>San Francisco Total</b>	<b>\$ 7,928</b>	<b>\$ 26,214</b>
Sunday Bookworms Sun 730pm		\$ 154	Trudgers Discussion Su 7pm		\$ 180			
Sunday Night Castro SD Su 730pm		\$ 5	Tuesday Downtown Tu 8pm		\$ 5	<b>All Contributions</b>	<b>\$ 10,029</b>	<b>\$ 37,805</b>
Sunday Silence Su 730pm	\$ 42	\$ 67	Tuesday's Daily Reflections Tu 7am		\$ 87			

# profit and loss statement: February 2011

	Feb 11	Budget	YTD	Budget		Feb 11	Budget	YTD	Budget
Ordinary Income/Expense					Internet Expense	118	120	237	240
Income					Office Supplies	619	685	672	870
Contributions from Groups	9555	15000	27776	30500	Paper Purchased	443	210	443	420
Contributions from Individuals	4306	2510	6477	5020	Software Purchased	0	0	0	0
Gratitude Month	636	2500	3803	9500	Shipping	0	0	0	0
Sales - Bookstore	8135	9530	18466	19060	Printing	0	0	0	0
Cost of Books Sold	-6310	-6747	-14037	-13494	Equipment Lease	0	0	0	0
Total Income	\$16,320	\$22,793	\$42,485	\$50,586	Repair & Maintenance	0	360	356	622
Expense					Security System	0	0	0	0
Employee Expenses	11736	11458	23307	23416	Payroll Expenses	3	39	8	78
Professional Fees	150	250	150	300	Telephone	240	250	477	500
Postage	0	43	244	243	Phone Book Listings	87	86	173	173
Rent - Office	4664	4664	9329	9328	Travel	38	20	38	40
Rent - Other	75	75	75	150	Training	0	0	0	0
Access Expenses	0	675	0	1350	Bad Checks	0	0	0	15
IFB Literature	50	15	50	65	Miscellaneous Expense	0	0	0	0
IFB Sponsored Events	40	20	40	40	Total Expense	\$18,261	\$19,005	\$37,295	\$39,638
PI/CPC	0	20	0	40	Net Operating Surplus/(Deficit)	\$ (1,941)	\$ 3,788	\$ 5,190	\$10,948
Sunshine Club/12th Step Comm	0	15	0	30	Interest Income	\$ 215	\$ 250	\$ 364	\$ 420
Archives Committee	0	0	0	0	Depreciation/Amortization Exp	-378	-378	-756	-756
Filing/Fees	0	0	20	40	Net Surplus/(Deficit)	\$ (2,104)	\$ 3,660	\$ 4,798	\$10,612
Insurance	0	0	1678	1678					

## Treasurer's Report

Contribution income for February from groups was \$5,400 below budget, Gratitude Month was \$1,900 below budget, offset by individual contributions which were \$1,900 over budget. Total contributions for the first two months of the year are \$5,000 lower than last year, reflecting a decline from the contribution levels in response to budgeted deficit for 2010.

Bookstore sales were \$1,400 under budget in February, and 3% below budget year-to-date.

Operating expenses were \$700 under

budget and mostly in-line with budget. Access committee expenses \$675 under budget, as there have been no requests from members for ASL translated meetings in 2011.

We had a net deficit of \$2,104 for February, compared to a budgeted surplus of \$3,660, or \$5,764 below budget.

Unrestricted cash balance decreased \$4,600 to \$36,000, which represents slightly less than two months of average operating expenses. The prudent reserve for 2011 was reduced \$1,770 to

\$119,320, representing a six month average of operating expenses based on 2010 actual expenses and 2011 budgeted expenses, per the Operations Policy Manual.

The computer reserve transfer in February brought the balance to \$10,000. As a new server was purchased in 2010, and no significant expenditures are anticipated this year, the monthly \$250 transfer from unrestricted cash has been suspended until the computer reserve balances decreases to \$3,000. OVERALL RATING: FAIR

**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](mailto:thepoint@aasf.org)**

# It Started at the Car Show

## International Conference of Young People in A.A.

by Jeff S.

As the 53rd International Conference of Young People in A.A. approaches, I am reflecting on how Young People in A.A. (YPAA) has impacted my recovery. For five years I was a white knuckler in A.A. The pain became too intense, so I got a sponsor. Then after a few suggestions (do the steps, get a support group, call and check in with them, get into service), I started looking for support group members. I met someone who would very quickly change my life forever: Justin was his name. He told me about a speaker meeting and car show a local YPAA was hosting. I didn't know there were young people groups in A.A., but I was impressed by Justin, so I agreed to meet him there. I showed up a little early and Justin wasn't there.

Fear struck me, almost panic; the thought of socializing with my peers had me losing my breath. The only way I could think of approaching them and avoid exposing who I was (a lost, awkward, scared, young alcoholic) was to go straight to the people running the whole thing and

ask if I could be of service. That way I could just stay busy (little did I know just *how* busy). They let me sell raffle tickets.

I came to their next business meeting and got a commitment: outreach, which became the wrecking ball to the wall of fear that kept me from reaching my hand out and meeting new people. I took my

*"this is an experience  
you must not miss"*  
*Big Book, p. 89*

service commitments very seriously and did the best I could. I began to help this YPAA group host A.A. meetings and events, scrambling to bring some of them together, and ultimately, bidding for the state conference. This was a new group and it was exploding. Six months had passed and elections came and I became the chair. It was electric. As the Big Book says on page 89, "this is an experience you must not miss." Watching people recover, the fellowship growing up around me, having a host of friends, loneliness vanishing. The result was a rocketing

effect into a new life of sponsorship, service, friends and fun I had never dreamed of.

It's been three plus years and I have been on four different YPAA committees, some at the same time. I have gained friendships that are closer than any I had before. Now I'm on the 53rd ICYPAA host committee with many of these people: my support group, my service fellows, my friends. I've never been more accepting of what God's will is for me and where I can best help others. I can't imagine having gotten to this point in my recovery if those people at the car show hadn't let me be part of what they were doing. To them, I was just taking some of the load off, but to me they were giving me a new life. How do I repay that? I can't. It was a gift. But doing the same for others is something I feel God wants from me.

*If you want to help with ICYPAA conference on Labor Day weekend in San Francisco, or with interim upcoming events, contact the author at [shootinrealstr8@gmail.com](mailto:shootinrealstr8@gmail.com).*



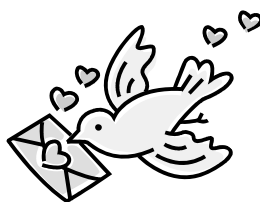
## Letters to the Editor

Dear Editors:

*The Point's* new history feature is extremely informative, adding a new angle to the publication. Indeed, the history of A.A.'s experience, strength and hope – or what it was like, what happened, and what it's like now – is illustrated through this feature. Many newcomers haven't a clue as to the

origins of A.A., let alone the "anvils of experience" brought into the meetings they attend. Thank you for adding this feature.

Sincerely,  
Michael P.



## SOFTBALL

Practice every Saturday at 2:30pm

James Rolph Field @ Cesar Chavez & Potrero

## 2011—FOUNDERS DAY GAME

June 11—10am



Location TBA

Bobby 415.724.3943

# May 2011

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