

the Point

*The Point is that We are Willing
to grow along spiritual lines.*

from Chapter Five of the book, Alcoholics Anonymous

2011
7
July

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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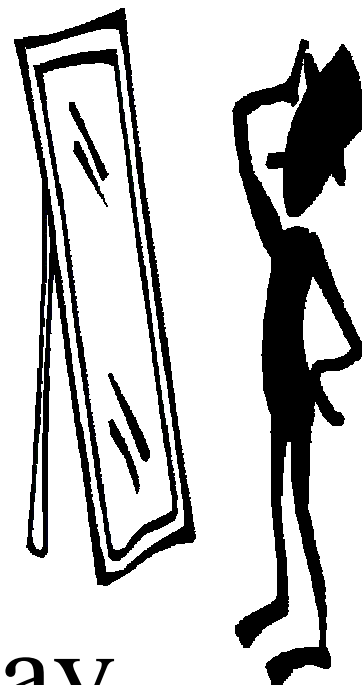
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Self-Seeking Will Slip Away







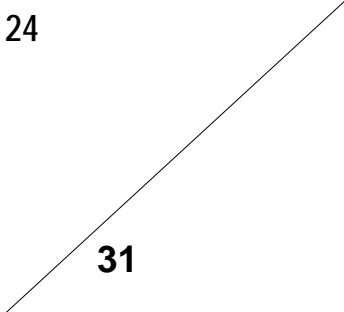
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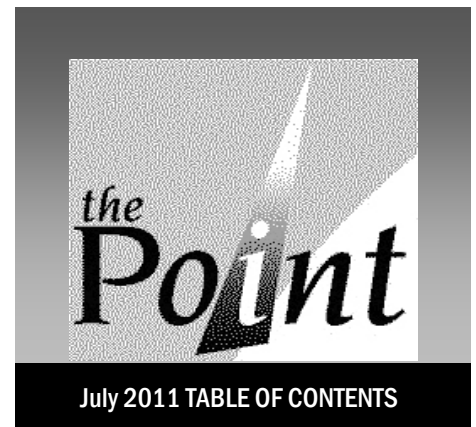
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Group Inventory

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.

July 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 Living Sober Convention See flyer on page 9	4 Independence Day Central Office Closed	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	11 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	12 <u>SECOND TUE</u> The Point 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 Marin 12th Step Workshop See flyer on page 4	20
24 <div>  31 </div>	25	26 <u>FOURTH TUE</u> The Point Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
	1 Living Sober Convention See flyer on page 9	2 Living Sober Convention See flyer on page 9
7	8	9
14 SF PI/CPC Speaker Workshop See flyer on page 4	15	16
21 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm	22	23 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma 12:30pm
28 <u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7pm Committee Meeting 8pm	29	30 



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We no longer seek fame and honor
in order to be praised.

Twelve and Twelve, p. 124



Meeting Changes

New Meetings:

Sun	8:30am	Tenderloin	SUNDAY BREAKFAST WITH BILL, Cafe, 842 Geary St/Hyde St (SD)
Sun	10:00am	Tenderloin	SUNDAY COFFEE WITH BILL, Cafe, 842 Geary St/Hyde St (SD)
Sat	5:00pm	Castro	SOBRIETY & MIRACLES, Clay St/Pierce St

Meeting Changes:

Mon	8:00pm	Castro	THEY STOPPED IN TIME, Medical Center, 45 Duboce/Castro, SB 1 & 2 (152 Church St.)
Tue	7:30pm	South of Market	BOYS NIGHT OUT, Sailor's Union, 450 Harrison St/1st St (was Garage, 1023 Mission 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!***

SPEAKERS WANTED!!

Carry the AA message
to schools, drunk driving classes,
community organizations,
the medical community, and
other professionals who
work with alcoholics.



PI/CPC WORKSHOP

(two year continuous AA sobriety Requirement)

Thursday, July 14, 2011, 7pm

Central Office – 1821 Sacramento
(between Van Ness & Franklin)

for more information call Central Office: 415.674.18321

Marin Teleservice

Presents...

A 12th Step Workshop

...we tried to carry this
message to alcoholics...

Learn best practices in
making a 12th step call

Speakers

Discussion

Q&A

Tuesday July 19, 2011 at 7:30 PM

The Marin Alano Club
1360 Lincoln Ave San Rafael



From the Editor

Recovery from Self-Seeking

by Mike M.

As we follow the Twelve Steps on our path through recovery, we are assured that many things will come to pass – including relief from self-seeking – if only we are willing to work for them. (The promises, denominated as the “Ninth Step Promises,” are actually taken from the chapter *Into Action* on pages 83-84 of the Big Book.) In this issue, Michael W. brings to us a moving tale carried back from India of an amputee’s experiences working to change his behavior and rededicate his life to the service of others. This is a glorious recap of one person’s fulfillment of the promise of release from self-seeking.

Another writer, the daughter of an alcoholic, shares her experience on page 9 with how alcohol left her trapped, alone and jobless in her apartment, with only herself and her bottle. Following the steps led her slowly but steadily out of her self-absorption and into service – repairing her relationships at home, restoring herself as a worker among

workers, and performing volunteer work both within and outside of A.A.

July’s *Survey of Service* includes an interview with Bob W., a man whose commitment to service in A.A. is apparently without limit and hopefully will inspire all those whose idea of service is confined to chair-warming at meetings. Our *Tale of Wisdom and Courage* this month comes from Stephen R., who has worked through a familiar series of struggles, including the death of a friend, to achieve the freedom to accept life on life’s terms.

We’ve got humor, history, a look at and beyond the Seventh Tradition by Tracy F., and a unique guide on how to take your own group inventory and examine how you participate in an A.A. group.

Finally, we welcome John E. as a new contributor in our *Meet the Meeting* series, where he spotlights the *Noon Reveille* meeting held every Sunday at San Rafael’s Alano Club. We look forward to more from John in the future and welcome him to *The Point* Committee.



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!

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

Alejandro D.	Kevin S.
Andrea C.	Kristina F.
Andy Z.	Kurt P.
Ann & Denise	Laura B.
Ardella H.	Lauren H.
Arthur A.	Laurie & Richard L.
Barbara L.	Layne S.
Barbara M.	Lelan & Rich H.
Beverly C.	Leo H.
Braden B.	Linda L. & Kevin C.
Brian O.	Lisa M.
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Caroline A.	Liz & Aiden D.
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Catherine S.	Marit L.
Charles D.	Mark A.
Charlie O.	Mark B.
Chris L.	Mark O.
Chris S.	Martha S.
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David S.	Mike M.
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Karen K.	Stu S.
Kate R.	Susan G.
Kathleen C.	Terry H.
Kathryn M.	Thomas H.
	Tim M.
	Tracy F.

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

Ninth Step Required

A Perspective on The Promises from India

by Michael W.

While in India a couple months back, I attended a few meetings at St Mark's Church in Bangalore. One day a man was speaking who had been drunk and lost his leg and arm; he was passed out in the street, and a rickshaw had rolled over his limbs. The man was sharing to a group of at least 50 alcoholics, and he said, "It is not until after we begin making amends that the promises really come true. Of course, we all know they are called the Ninth Step promises, not the Fourth Step promises nor the Sixth Step promises."

Inside a well-lit classroom environment in St Mark's Church, I was able to hear a man in a wheelchair talking about the Ninth Step. He seemed to mesmerize the group and also seemed to add an entirely new perspective on the promises. This gentleman stated that the Ninth Step promises come true because of changing behavior. He said that his sponsor asked him to look up the word "amends" in the English dictionary, and that the denotative definition of making amends is "changing behavior." He stated that even after losing his limbs, a consequence of his alcoholism, many fears were removed. He talked about a "new freedom and a new happiness" (Big Book, p. 83), "we will not regret the past nor wish to shut the door on it" (p. 83), "[f]ear of people and of

economic insecurity will leave us" (p. 84); the promises were coming true for him. He stated that he did get relief while working the earlier steps, but that making amends was extremely difficult, so he talked about the delays he experienced in the Ninth Step promises. He spoke about the courage he found to begin to see his own part and roles in his disease, and that he began to show up for his

the denotative definition of making amends is "changing behavior"



family and friends. He stated he did not ask his family to forgive him, but instead just began to trust his higher power and simply started to show up for others. This man moved everyone in the group, not only because of the personal challenges that he overcame in sobriety, but because he sincerely spoke about how his "whole attitude"

had changed (p. 84) and he could "comprehend the word serenity and know peace" (p. 83-84), a direct promise.

In our tradition of anonymity, this man sends emails to many folks around the world and enjoys talking about "no matter how far down the scale we have gone, we will see how our experience can benefit others" (p. 84). He is now an educator at an Indian high school. He says his most rewarding experience is helping young Indians to learn about the dangers of alcoholism, trying to carry the message, and continuing to grow spiritually.

When reading the topic for *The Point* this month, I was reminded of this A.A. story in India. Although I am so grateful to celebrate eleven years sober in May 2011, I realize time has little to do with my recovery today. Unless I am working the steps, working with others, going to meetings, and trying to do service, i.e. work, I am not confident that I will stay sober. Frankly, the Ninth Step promises come true for many of us, but then we are required to do more work to continue receiving them. To me, the most pertinent phrase in the Ninth Step promises is the final one, "[S]ometimes quickly, sometimes slowly. They will always materialize if we work for them" (Big Book, p. 84).

TP

[G]rant that I may seek
rather to comfort than to be comforted,
to understand than to be understood,
to love than to be loved.

Twelve and Twelve, p. 99



CENTRAL OFFICE VOLUNTEER EXTRAORDINAIRE

by the Drunk Whisperer

Mild, unassuming Clark Kent hid the true identity of the man of steel, and you could say the same for Bob W., the perfect foil for Super-Volunteer. His calm and quiet demeanor masks a formidable determination to improve the operations of our Central Office and the IFB. Okay, so he doesn't leap tall buildings in a single bound, but his skills, like Superman's, are the perfect match for the job he has taken on. He creates a mean spreadsheet, analyzes (and ultimately subdues!) financial data, and sees the big picture of running a nonprofit enterprise. Bob's form of X-ray vision: seeing what needs to be done and doing it.

Avoid complacency as if it were kryptonite.

When IFB treasurer Dashiell's baby arrived during his term of office, without missing a beat, Bob stepped in to help out, even without the title. Bob had time to dedicate a significant part of the first quarter of 2011 to Central Office budget, staff benefits, and other financial projects that he identified as important during his term on the Central Office Committee. (That's the group that acts as the steering committee for our "nerve center" at 1821 Sacramento St.) Volunteering 15 to 20 hours a week during those months, Bob is still a regular at Central Office on many days, working with Maury P., our Central Office manager, to identify and tame the growing amount of

paperwork required by the IRS and other government agencies to keep our nonprofit status in order. Helping the IFB to be a responsible employer, Bob also completed the important project of providing a retirement benefit for our special workers, a goal that's been languishing for a few years.

When I sat down with Bob at Central Office recently to interview him for this article, I found out that he has passed the CPA exam and has years of experience as Chief Financial Officer for both profit and nonprofit corporations. He got sober in Marin County and his first home group was Urgent Care (at 7 AM five days a

week). Now he attends On Awakening (an even *earlier* daily meeting, at 5:30 AM!); both are in Corte Madera.

Perhaps the real secret to his productivity is that he doesn't sleep.

Since getting sober in 2003, Bob has served in most of the trusted servant positions at the group level, including coffee maker, treasurer, and secretary. "More recently, my kids were graduating high school when I bumped up my service to a new level by becoming an IFB rep and then joining the Central Office Committee which was a good use of my professional skills and also something that I thought was necessary for my sobriety."

About his extraordinary service, Bob

humbly says things like, "I think it helped get us through a change in the filing requirements of the IRS that we otherwise might not have handled as well as we should have." Maury says, "He has done an amazing amount of work streamlining and organizing the job of treasurer." Our tax preparer says of Bob, "You are a jewel and your organization is fortunate to have you."

About Maury, Bob emphasizes her organizational skills and rapport with volunteers and the membership at large. About Bob, Maury says appreciatively, "He has pushed me to learn new skills and take on new tasks."

Bob is now thinking about what that next service position might be; he heeds the advice of those who have gone before, that "service keeps us sober." He also attends a meeting almost every day as insurance on his sobriety: "it may be a fear factor [fear of getting drunk], but it's worked for me."

When asked for advice to others about carving out a special service position, as he has done, Bob says, "If you have a desire to help out, you will find ways to use what skills and interests you have to help others. Every time I come in [to Central Office], I see people at the table doing one thing or another; I think one of Maury's strengths is she keeps the volunteer group pretty close and motivated and welcomed. She really has that skill at a high level."

Final words: "If you don't have a commitment, get one. When you get one, do it with full enthusiasm, don't do it as a chore." Avoid complacency as if it were kryptonite.





by Stephen R.

Tales of Wisdom and Courage

“[T]he certain trials and low spots ahead” (Big Book, p. 15) made a strong appearance in my life in 2010, and I really had to scramble to make positive adjustments while facing these tests. The lows obviously needed attention but the trials also included highs that were far more subtle.

Essentially, I had to tinker with my psyche in order to clear roadblocks in my path. I took a hard look at my positions regarding death, intimacy, finance, artistry, and health. Cruising along comfortably for years, I had little reason to review these. I now had to ask myself what *could* be changed, and what would the change be?

Death knocked on my door when I returned home from Europe and found my dear friend Danny dead on my bedroom floor. I met the forensic and familial responsibilities within the hour, and I found myself cleaning house (it was a little soupy) while the emotional magnitude set in. I knew immediately I couldn't tolerate another round of guilt and anxiety over being incomplete with the departed, as I had endured with my mother, foster mother, brother, and several close recovery friends. This time I accepted death as a clinical end result: my friend had been deteriorating for years. Only my fear of abandonment could drag me down into a depression, and I let it go. Dan and I shared intense times off

and on for thirty years and that memory was a *celebration*.

Romantic intimacy, to me, has always looked like me being in charge of sexual and sensual time in a relationship. Well, the doors were blown off that concept last year as I courted the woman I chose to spend my life with. I learned important tools in cognitive therapy following my previous relationship, which I sabotaged when faced with learning new social and domestic responsibilities. I ultimately chose to live and take advice. I learned that the suicidal emotions were the result of severely negative values associated with making mistakes and making changes (in my case, in childhood). I learned to look at the moment and experience appropriate sorrow. The breakup of my previous relationship occurred quite logically from actions taken, and not from low self-worth.

Armed with this freedom, I moved quickly and found myself little more than a year later in County Limerick, with daylight fading and my elaborate plan for a wedding proposal among beautiful ruins quickly slipping away. I changed. I asked Karen to find high ground for a view and a rest. A few moments later I fed lush green grass to red cows. Then, as we admired the hills beyond, I presented the ring. In that act I let go of a lifetime of perfectionism. (The clinical term is “scrupulosity.”) The *pasture* was perfect.

That was the easy part. Now, in full consciousness, I need the courage to

live with an assertive social being with extended family and friends. The tasks ahead are to follow the intimacy where it leads and to develop my own family and social network to bring to the marriage.

My personal finance has slowly righted itself recently, but I'm now willing to accept my partner as the primary breadwinner as my career evaporates, or as we work to build our own venture. The security of a paycheck is linked to the fear of abandonment and fear of failure; I now know how to let them go.

I acquired two terminal medical diseases about twenty-five years ago: one, I can only observe and wait for a phase change (probably a decade away); the other required active attention last year because my body has controlled it too well on its own, causing damage over time. I had long resisted medication in a vain attempt to remain unique and a rugged individualist. When I weighed that against the new medical consensus, my new social reality, the real need for study subjects in my condition, and the toll that alternative therapy was taking, I made the informed choice to stop fighting. Tonight, taking the Tenth at this writing, I ponder the first fleeting evidence of my body relinquishing control to the prescribed drugs.

My fiancée knows exactly why I'm smiling: Should we wake on the morrow, we'll immerse ourselves anew in the worldly clamor.



by Anonymous

By the grace of God I got into A.A. How in the world did I get here? I certainly did not plan on it. Quite the contrary: my father was an uncontrollable and mean alcoholic, so I never wanted to be like him. But I did end up like him – not mean, but definitely an out-of-control alcoholic.

The dictionary defines self-seeking as the seeking of one's own interest. My thesaurus says that "self-centered" is a synonym. I don't know how I became self-seeking originally, but I certainly got more and more self-centered during my drinking career. In my alcoholic years, my world shrank. I cared less and less about others, and more and more about myself. First, I no longer paid attention to anything going on in the world, then in the country or my town. I got up, had a drink, commuted for an hour and went to work. After work, I joined co-workers at the local watering hole, and then drove home with a high blood alcohol level. Eventually I passed out. (Yes, I got arrested for a DUI.)

After I was fired from my job I didn't have to worry about anything outside

"SELF-SEEKING WILL SLIP AWAY"

A Journey Back Into the World

of my apartment. I could concentrate full time on booze, and I began drinking around the clock. Nothing else mattered. I definitely did not do anything to help anyone or anything. I was in the depths of despair and I did not care about anyone but myself and my bottle. That's when I got into A.A.

When I was new in A.A. I felt horribly guilty and remorseful about my past and desperate for a drink. I felt driven by a deep and powerful resentment against my father: *he owed me an apology*. Self-seeking was still rampant in my psyche. At about one year sober, I did the Fourth and Fifth Steps. I got a large amount of relief from the desire to drink, but all of my efforts were still focused on me.

Gradually, I opened up to the outside world and began to contribute little by little. I did the Ninth Step, making some amends, and becoming less self-absorbed. After five years I made amends to my father. That was huge. My searing resentments toward him fell away, lifting a dark and heavy burden from my shoulders. This was as close to a "burning bush" experience as I ever expect to have. It enabled me to take care of my dad, who by then

had Alzheimer's, with compassion instead of hate. I got a job. I started repairing my relationship with my husband, and began volunteering for several nonprofit organizations.

The Big Book says that "self-seeking will slip away," not that it will vanish instantly. Also, it says you must work for it. That is certainly the case for me. Life is not always easy; sometimes it deals you problems. But now I can deal with the problems. I try to look out for other people who may have difficulties, not just me alone. So for me, self-seeking is slipping away. Here are a couple of examples of what I do that is not self-seeking: If at a gathering of people I see someone standing alone, I make a concerted effort to talk to him or her, doing my best to make that person feel welcome. If I see a stranger on the street who looks lost or who needs some kind of help, I offer to help.

The promises are one of my favorite parts of the program. They hold out hope that the future that awaits me will continue to be better than my unhappy alcoholic past – by the grace of God, one day at a time.



Western Roundup

Friday – Sunday, July 1-3, 2011

Wyndham Parc 55 Hotel, San Francisco

Speakers and Workshops
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for more information contact www.livingsober.org



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What does it mean to be “fully self-supporting”?

Money, Service and Rotation in the Seventh Tradition

by Tracy F.

I think there are a lot of misconceptions about Tradition Seven: “Every A.A. group ought to be fully self supporting, declining outside contributions.” It goes beyond just throwing a buck in the basket. Our research shows that members started contributing a dollar in the 1970s; that was 40 years ago! I am not sure how to adjust for inflation for 40 years, but I think two dollars should be a minimum. I remember sitting in a meeting and overhearing a comment when the basket came around that has stuck with me, “When was the last time you paid a dollar for a drink?” I have not had a drink in some time now, but I do see happy hour specials stating, “\$3, well drinks.” Just something to think about the next time the basket comes around.

If you have never been a treasurer you may not know where the money in the basket goes. First, the group ought to be self supporting, paying for rent, coffee, supplies, literature and whatever it takes to run your meeting. To be “fully” self supporting, however, means also making contributions to Central Office, General Service in New York, your local General Service and California Northern Coastal Area. It takes a lot of money and members doing service to keep Alcoholics Anonymous available to the newcomer.

That leads to the topic of service and the Seventh Tradition. Self support is more than just paying the bills; it is chairing meetings, doing setup,

greeting, making coffee, cleaning up, and managing literature. There are also plenty of ways to be of service at the area level: check with Central Office or go to aasf.org. And to be “fully” self supporting means that all members are participating, that all members are rotating through the basic functions. This is critical because a group cannot be dependent on a handful of people. The group will survive when all members are part of the management and responsibilities of the group. I have heard it said that, “ten percent of the people in AA do ninety percent of the work.” Where are you in this equation?

The following is taken from Daily Reflections, page 32. “I understand that service is a vital part of recovery but I often wonder, ‘What can I do?’ Simply start with what I have today! I look around to see where there is a need. Are the ashtrays full? Do I have hands and feet to empty them? Suddenly I’m involved! The best speaker may make the worst coffee; the member who’s best with newcomers may be unable to read; the one willing to clean up may make a mess of the bank account – yet every one of these people and jobs is essential to an active group. The miracle of service is this: when I use what I have, I find there is more available to me than I realized before.”

To the newcomer: I came into A.A. with complete financial insecurity. I could not imagine parting with a dollar at every meeting I attended; I was terrified to give what little money I had. In fact, one of my first



resentments in A.A. was that everyone walked in with Peet’s and Starbuck’s coffee and I could barely afford 7-Eleven coffee. Then everyone went out to eat afterwards and, even though I was invited, I wouldn’t go. When asked why, I would make up an excuse, not telling the real reason, which was that I had very little money and was too proud and fearful to tell anyone. That would be “asking for help,” which was a very difficult task. People did end up buying me coffee and food after I had a conversation with my sponsor, a lesson in humility for me. The only request that was made is that I do the same for the newcomer when I was able. “Giving freely what was so freely given to me.” And part of that includes digging deep when the basket goes around these days.

The author is chair of the IFB’s Archives Committee and recommends perusing The Point’s forerunner (“The Secretary’s Newsletter”) for 1985 and 1986 (posted on the website at aasf.org/archives.cfm) for a historical look at self-support within our fellowship.



JULY IN A.A. HISTORY

by MEM

July 1935: Ernie G. (A.A. #4, *The Seven Month Slip*) contacted Dr. Bob and sobered up. (He later married Dr. Bob's adopted daughter, Sue, but could not stay sober and their marriage was a disaster. Their daughter Bonna committed suicide on June 11, 1969 after taking the life of her six-year-old daughter Sandy. Ernie G. died two years later to the day.)

July 18, 1938: Dr. Richards (of Johns Hopkins) wrote in a letter that Bill W. was at that time using the name *Alcoholics Anonymous* both as the working title of the book and as the name of the Fellowship.

July 27, 1938: Dr. Silkworth wrote a letter of support for A.A. for use in fundraising for the book. The letter was incorporated into the chapter *The Doctor's Opinion*.

Summer 1939: Bill W. and Hank P. attend the first A.A. meeting in New Jersey, at Hank's house in Upper Montclair.

July 1943: First summer session of the Yale University School of Alcohol Studies occurred. Bill W. and Marty M. lectured at the school.

Summer 1944: Bill W. began twice-weekly treatment with Dr. Tiebout for

debilitating episodes of depression. Some A.A. members were outraged and castigated Bill for "not working the program," "secretly drinking" and "pill taking." Bill endured the attacks in silence.

Summer 1947: Bill W. took instructions in the Catholic faith from Monsignor (later Bishop) Fulton J. Sheen. Bill's instructions lasted for about a year, after which he lost interest.

July 14, 1949: Bill W. wrote in a letter to Rev. Shoemaker that, "So far as I am concerned, and Dr. Smith too, the Oxford Group seeded A.A. It was our spiritual wellspring at the beginning."

July 1950: A.A.'s 15th anniversary and first International Convention at Cleveland. On July 30, Dr. Bob made a brief appearance for his last talk. Part of his now famous short statement: "There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words love and service."

July 3, 1955:

At the 20th anniversary and second International Convention at St. Louis, by resolution, Bill W. and its old timers turned over the stewardship of the A.A. society to the movement. The Convention became the Guardian of the Traditions and the voice of the group conscience of the entire fellowship. The resolution was unanimously adopted by acclamation, and the G.S.C. later adopted it by formal resolution and vote.

July 22, 1980: Marty M. died at St. Vincent's Medical Center in Bridgeport, CT.

July 1985: A.A.'s 50th anniversary and 8th International Convention at Montreal, Canada. Ruth Hock Crecelius was given the five-millionth copy of the Big Book. As part of the festivities surrounding A.A.'s 50th anniversary, Stepping Stones (the Wilsons' home since 1941) was declared a New York State Historic Site.

Source: *A Narrative Timeline of A.A. History (Public Version, April 2004)*



by Anonymous

A sponsor and a sponsee have

met to pray and meditate. Suddenly, an angel appears and tells the sponsor that, in return for his unselfish and exemplary service, his Higher Power will reward him with his choice of infinite wealth, wisdom, or beauty.

Without hesitating, the sponsor selects infinite wisdom.

"Done!" says the angel, and

disappears in a cloud of smoke and a bolt of lightning.

The sponsor now sits surrounded by a faint halo of light.

After several minutes, the sponsee gets up the nerve to speak. "Say something," he says.

The sponsor sighs and says, "I should have taken the money."



This month, a student learning to be an addictions counselor asks for help identifying which steps prevent relapse. Two volunteers respond.

Hi,

I am studying to be an addictions counselor. A telephone volunteer helped me locate a meeting to attend a couple of weeks ago. I went to the one at Valencia Gardens. It was a great experience, a much larger group than I expected.

I am now studying each of the Twelve Steps separately and have been asked to identify at which steps relapse is most likely to occur. Also, to identify which steps are preparatory and which are actual treatment. I have searched internet resources for a couple of days and have found nothing that addresses these issues.

Do you have something in your literature that might address this? Many thanks for your kindness and help.

Serious Student

Dear SS,

You have stated that you have been asked to do some research and analytical tasks around the steps. Did your teacher ask you? Does this person have some ideas about how the steps work? I'm asking you this because sometimes the addiction recovery professional community

approaches these issues quite differently than does Alcoholics Anonymous.

People in A.A. work the steps in many different ways and on varying timelines. The steps are no guarantee against relapse – only not taking a drink is a guarantee against relapse. Good luck in your studies. It's great that you are interested in A.A. as part of your professional career.

e-Volunteer #1

Dear e-Volunteer #1,

I agree with you about A.A. taking a different route. The meeting I attended was a real eye-opener in many ways. A fight broke out at the beginning of the meeting between two men. As I told my teacher, trying to imagine the cumulative struggles going on in the room was mind-boggling. These are brave people. I hope to be able to help one day.

SS

Hello SS,

I am also a volunteer at the A.A. Central Office in San Francisco. All that follows is my personal opinion, not necessarily that of A.A. I believe that a relapse occurs when you decide you will do it your way. Sometimes it's when something bad happens; sometimes it's when something great happens. Often people relapse before the Fourth or Ninth Steps because they chose to

take the action of drinking rather than taking the action of doing step work (which, by the way, does not take an inordinate amount of time) or using other tools of the program.

That said, I just came back from a meeting where a man announced that he has been coming to A.A. since 1985, and today has seven days of sobriety and he just completed his Fifth Step for the first time.

If you read the steps, you will see that the first three in essence you do in your head. The rest are action steps. They require that we actually do something. The A.A. literature says that the way we manifest that we have done the first three is by doing the rest of the steps. (See *Alcoholics Anonymous*, colloquially known as the Big Book, bottom of page 63 through 64, and 88, for example). The Twelve Steps work when taken as a whole and that is how they are intended to be used. (See, for example, the book *Twelve Steps and Twelve Traditions*, page 113, among others.)

You can find A.A. approved literature at www.aa.org; on that home page, on the left, is a link for "Information on A.A." Click there and you will find information for professionals. Also, if you click "pamphlets" on the pull down menu for "Literature" (on the right), you can access pamphlets. Keep scrolling. There is one called "Twelve Steps."

Best of luck with your studies,

e-Volunteer #2

Meet THE MEETING

by John E.

The Marin Alano Club in San Rafael was filled to the brim with members on a recent Sunday afternoon. The club, founded in 1965, provides over 50 A.A. meetings a week, Twelve Step workshops, a café that serves food and that staple of any A.A. meeting: coffee; and is a great place for members to congregate in a warm and inviting atmosphere that gives one the feeling of being at a good friend's house.

Sundays at the Alano Club, the "Noon Reveille" meeting is held. It's a lively group of folk who are really passionate about A.A. There is an enthusiastic recital of "How it Works" and the greetings offered to visitors and newcomers is even more whole-hearted.

This is a speaker and discussion meeting, one of my favorite formats. I always benefit from hearing someone else's journey to A.A., and each time I am surprised at how much of my own story I hear. While it is amusing to hear the occasional story of folks coming out of a blackout only to find they were at

the controls of an F-16 in a tailspin or how they punched out an entire police department one night, I feel that most of us can relate to the more mundane and far more repetitive aspects of alcoholism. The speaker recounts countless nights of drinking alone in front of the television, fantasizing about a different life, and always resolving to change things tomorrow, but the following evening finds them back on that same couch, glass in hand, solitarily drinking the hours away and wondering how the cycle had repeated itself again. There are no tales of high-speed chases, bank robberies, or other shenanigans, only an honest and humble portrayal of an alcoholic existence.

The real message of this meeting, however, is not the dull routine of alcoholism, but the application of the Twelve Steps in all aspects of a person's daily life. The speaker touched on every step and how he made practical use of them along the way and continues to do so. There is an emphasis on the steps as a spiritual toolkit, which is laid at our feet when we joined A.A. and is

always available to anyone who is willing to pick it up and use it.

At about the 40-minute mark, the speaker is finished and provides a topic for discussion. On this particular day, the topic was "anything relating to alcoholism," which obviously allowed for a wide variety of shares. Various members of the group went on to share their experiences until the hour was up and the meeting closed in the usual fashion.

Those attending are of all ages and all ranges of sobriety time. The fellowship of the meeting is described by attendees as "very strong," and I would have to agree. There is a feeling of real camaraderie among members and a very accepting atmosphere for newcomers. The Marin Alano Club is also a wonderful facility, and I do highly recommend visiting if you are ever in the area.

The "Noon Reveille" group meets every Sunday at 12 PM at the Marin Alano Club, 1360 Lincoln Avenue, San Rafael.

JP

Letters to the Editor

History Correction to March Issue

I just read the March issue of *The Point* and wanted to comment on an item in the "History" section. March 1941 is given as the date for the first prison meeting at San Quentin, and I believe the year is actually 1942. (Not sure of the month, could indeed be March.)

Of course, there's an outside chance I'm wrong (it actually happened once before), so please let me know if you have other info. I referenced both the H&I archives and A.A. *Comes of Age*, but one needs to be open-minded.

Yours in Service,

Karen C., Area Coordinator

SF H&I Group Representatives

Thank you for your service, Karen. We apologize for the typo. 1942 is correct.



IFB meeting summary – June 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

High Noon Mo	Doing the Deal	Gratitude Group	Parent Trap 2	Sunset 9'ers Su	Walk of Shame
Any Lengths	Each Day a New Beg. (Mo-Fr)	Haight Street Blues	Saturday Easy Does It	They Don't Know Who We Are	Waterfront
Back to Basics	Each Day a New Beg. (Su)	Join the Tribe	Sober 5150's	They Stopped In Time	Wharf Rats
Beginner's Meeting	Early Start	Keep It Simple	Sober Saturdays	Thursday Thumpers	Women's Promises
Bernal New Day	Embarcadero Group	Live and Let Live	Step Talk	Tiburon Haven	
Came to Park	Fireside Chat	Live and Let Live	Steppin' Up	Tiburon Men's Stag	ICYPAA
Castro Discussion	First Place	Mission Terrace	Sunday Night Castro SD	Too Early	
Cow Hollow Men's	Friday Morning 12 Steppers	Monday Beginners	Sunday Rap	Tuesday Chip	
Cow Hollow Young People	Friendly Circle Beginners	On Awakening	Sunday Speaker Step	Tuesday Newcomers	

This is an unofficial summary of the June 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, June 1, 2011 at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA

Announcements

Access Committee: Meets on the first Tuesday of every month 6:00-7:30 PM at Central Office. Here are two new resources you can get for free from the Access Committee: "General Etiquette for Interacting with People with Disabilities", "Accessing Internet Resources for members of Alcoholics Anonymous." Email access@aasf.org to request an electronic PDF version.

Archives Committee: Message from

Tracy F; "I have been honored to be the Chair of this committee for the past 3 years. In the spirit of rotation I am rotating off the IFB after 4 years which means I can no longer be the Chair. It has been my pleasure to be of service."

Orientation Committee: Service Opportunity; Needs an additional member to help orient new members to the IFB before our monthly IFB meetings.

Teleservice Committee: Service Opportunity: Openings are 1st Monday 6-10 p.m. backup, 2nd Monday 6-10 a.m., 4th Monday 6-10 p.m. backup, 5th Thursday 6-10 a.m., 3rd Wednesday 6-10 p.m. primary. Next orientation is 6:30 p.m., Monday June 20 at 1821 Sacramento Street, Central Office.

Web Committee: Service Opportunity: Usability testing on the site's new features and functionality. Web site content review, editing, and writing opportunities are also available Announcements: In the very near future, online purchase of AA literature and donations to Central Office will also be available through the web site.

IFB Officer Reports

Chair Report, Michael P: July annual elections are coming up. If interested in an elected position in IFB, (Chair, Vice Chair, Secretary or COC), there will be an opportunity during the annual portion of the meeting tonight to make yourself (as IFB member) available for one of the positions. The Nominating Committee will then contact you to set up an interview between this week and elections of July, 2011.

Treasurer's report, Bob W.: For the month of April, group contributions were \$155 over budget, reversing a trend during the first three months of 2011. Individual contributions were \$1,600 under budget. Year-to date, total contributions are \$8,900 below budget.

Bookstore sales were \$1,300 under budget in April, and are \$600 (or 1.5%) under budget year to-date.

Operating expenses were \$2,700 under budget. Rent expense is \$1,000 under budget due to the new lease terms. Total operating expenses year to date are 5.4% under budget.

Unrestricted cash balance increased \$3,700 to \$27,100, which represents approximately three months of average operating expenses.

We're encouraging members to continue the dialogue about self-support with groups at the meeting level.

COC Report, Margaret J.: IFB Database Sharing; Discussed making available to General Service and H&I or other AA related service entities in Bay Area. Call out to those with business, non-profit or retail experience, time to offer or are interested in getting involved in Central Office Committee please make yourself available to be a COC candidate for upcoming July elections.

IFB Liaisons

ICYPAA - International Conference of Young People in AA, Jeff S.; 53rd ICYPAA Host Committee, is approaching fast!

Individual Contributions

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

ONGOING MEMORIALS

Jonathan L., Dick O'L., Matt S., Lyle W.

ANNIVERSARIES

Novato: John M. 31 years, **Guerneville, CA:** Barbara A. 30 years
The Dry Dock: Donald Ray N. 30 years
Saturday Afternoon Meditation: Carole P. 20 years
Each Day a New Beginning 7am: Fay K. 12 years
Three Step Group: Sandra S. 25 years
Sunday Night 3rd Step Group: Barbara K. 22 years
Honolulu, Hawaii: Zack A. 3 years
Saturday Matinee: Esther R. 36 years

(Sept. 2-5). Registration chair reports an expected 4000 + attendees. This ICCYPAA is the first in SF in 20 years. Information on pre-registration on the website: www.icypaa.org.

Unfinished Business

Plaque Committee, Bruce K.: In order to commemorate the first regular AA group on the West Coast, a plaque was installed at the site on Saturday, May 28, 2011. The owners of the property invited Bruce and Rick up to see the flat where the first group met. Thanks to Bruce and the Plaque committee for pushing this through!

New Business

Announcement: Next month (July) we will hold elections for IFB officers and COC members. Summarizing what is open: Chair, Vice Chair and Secretary. All three attend COC meetings, Vice Chair supports the Chair, and represents IFB in PI/CPC and SF Teleservice committees. There are 5 COC at large positions open (3 two-year, 2 one-year)

The following IFB members announced their availability during a special roll call:

Christina S., available; Margaret J., IFB Chair; Bruce K., COC; David S., COC; Jeff

M., COC; Mary W., COC; Mitch R., COC; Philip L., COC; Thayer W., IFB Secretary; Joseph M., IFB Vice Chair.

Bylaws review committee, Thomas H.: The IRS has lowered the amount of income a non-profit can receive for filing a full 990, which is a public document. A new requirement is to disclose full names of all individuals on its Board of Directors. This is inconsistent with our Tradition of anonymity and in response, the Bylaws review committee is recommending that we restructure our Board of Directors to avoid mass disclosure of member's names and in doing so, that we rewrite our Bylaws. Refer to Recommendation to rewrite the IFB bylaws under IFB Agenda/Reports for June, 2011, online at aasf.org/ifbinfo.cfm. Contacts for questions: Bob W., Michael P., David S., Margaret J. or Maury P. Motion to rewrite the Bylaws based on conditions stated, made by Stu S. Carolyn seconds. All in favor.

Adjourn the regular meeting of IFB at 7:54pm (Continue with Annual IFB Meeting)

Next IFB Meeting will be Wednesday, July 6, 2011, 7:00pm at First Unitarian Universalist Church, 1187 Franklin at O'Farrell, San Francisco, CA

COMMITTEE CONTACTS

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

INTERGROUP OFFICERS:

CHAIR

Michael P. chair@aasf.org

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

Michael P. archives@aasf.org

ORIENTATION COMMITTEE

Blu F. orientation@aasf.org

FELLOWSHIP COMMITTEE

Michelle A. fellowship@aasf.org

THE BUZZ

Li L. thebuzz@aasf.org

THE POINT

Charley D. thepoint@aasf.org

ACCESS COMMITTEE

Muriel P. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Ted R. tsw@aasf.org

WEBSITE COMMITTEE

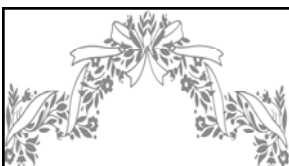
David S. website@aasf.org

PI/CPC COMMITTEE

Glen R. picpc@aasf.org

SF TELESERVICE COMMITTEE

Seth H. sfteservice@aasf.org



Recent Deaths

Marin Fellowship: Dick F. - 51 Years

aa group contributions

Fellowship	May 11	YTD	Marin Contributions	May 11	YTD	San Francisco Contributions	May 11	YTD
ACYPAA	\$ 1,674	\$ 1,674	Serendipity Sa 11am	\$ 94	\$ 149	Any Lengths Sat 930am	\$ 325	
Brisbane Breakfast Bunch	\$ 34	\$ 154	Sisters In Sobriety Th 730pm (M)	\$ 90	\$ 90	Ariana Cafe Group M - F	\$ 100	
Contribution Box		\$ 248	Six O'Clock Sunset Th 6pm	\$ 94	\$ 186	Artists & Writers F 630pm	\$ 618	
Fellowship Contribution	\$ 77	\$ 77	Sober & Serene F 7pm		\$ 100	As Bill Sees It Th 6pm	\$ 540	
IFB	\$ 70	\$ 436	Sober Sisters Wed 12pm		\$ 149	As Bill Sees It Tu 1210pm	\$ 120	
Fellowship Total	\$ 1,855	\$ 2,589	Spiritual Testost. Su Stag 830a		\$ 395	Beginners 12 x 12 F 7pm	\$ 300	\$ 300
Marin Contributions	May 11	YTD	Steps to Freedom M 730pm		\$ 225	Beginners' Step Study Sat 630pm	\$ 158	
12 & 12 Study Sa 815am		\$ 273	Steps To The Solution W 715pm		\$ 103	Beginner's Warmup W 6pm	\$ 47	
Attitude Adjustment 7D 7am	\$ 214	\$ 1,391	Stinson Beach Fellowship Th 8pm		\$ 100	Bernal Big Book Sat 5pm	\$ 284	\$ 612
Bolinas Step Study W 8pm		\$ 71	Sunday Express Sun 6pm		\$ 300	Bernal New Day 7D	\$ 348	\$ 1,090
Closed Women SS Tu 330pm		\$ 236	Sunlight of the Spirit Th 7pm		\$ 150	Big Book Basics F 8pm		\$ 307
Cover to Cover W 730pm		\$ 337	There is a Solution Tu 6pm	\$ 86	\$ 86	Big Book Study Su 1130am		\$ 236
Creskide New Growth Sun 7pm		\$ 59	Three Step Group Sa 530pm		\$ 200	Blue Book Special Su 11am		\$ 119
Downtown Mill Valley F 830pm		\$ 386	Thursday Night Book Club Th 7pm		\$ 22	Brokers Open Book Tu 130pm		\$ 102
East San Rafael Big Book		\$ 80	Tiburon Beginners & Closed Tu		\$ 700	By the Book Sa 10am		\$ 29
Freedom Finders F 830pm		\$ 263	Tiburon Women's Candlelight W 8pm		\$ 753	Came to Believe 830am M 830am		\$ 60
Friday Night Book F 830pm		\$ 166	We, Us and Ours M 650pm		\$ 100	Castro Discussion (Show Of Shows)		\$ 466
Girls Night Out W 815pm		\$ 82	Wednesday Night Candlelight W 8pm		\$ 56	Castro Nooners F 12pm		\$ 85
Gratitude Tu 8pm	\$ 118	\$ 118	Wednesday Night Speaker Disc 7pm		\$ 22	Cocoanuts Su 9am		\$ 281
Happy Destiny F 7pm		\$ 145	Women's Big Book Tu 1030am		\$ 200	Common Welfare Th 8pm		\$ 104
Happy, Joyous & Free 5D 12pm		\$ 2,500	Women's Step Study Group M 12pm		\$ 75	Cow Hollow Men's Group W 8pm		\$ 180
High & Dry W 12pm		\$ 150	Working Dogs W 1205pm	\$ 250	\$ 500	Creative Alcoholics M 630pm	\$ 195	\$ 195
Intimate Feelings Sa 10am		\$ 154	YP Chopsticks Sa 1030pm		\$ 44	Design for Living Sat 8am		\$ 218
Inverness Sunday Serenity 10am	\$ 113	\$ 113	Marin Total	\$1,531	\$17,273	Dignitaries Sympathy W 815pm	\$ 180	\$ 180
Island Group Th 8pm		\$ 126	San Francisco Contributions	May 11	YTD	Dry Dock Discussion M 830pm	\$ 10	\$ 10
Just Can't Wait 'til 8 M 630pm		\$ 125	130 Smokeless M 130pm	\$ 9	\$ 9	Each Day a New Beginning F 7am		\$ 1,140
Living in the Solution F 6pm		\$ 168	330 Smokeless Su	\$ 9	\$ 9	Each Day a New Beginning M 7am		\$ 699
Marin City Groups 5D 630pm		\$ 377	330 Smokeless W	\$ 13	\$ 13	Each Day A New Beginning Su 8am	\$ 941	\$ 941
Mill Valley 7D 7am		\$ 945	515pm Smokeless Su	\$ 13	\$ 13	Each Day a New Beginning Th 7am		\$ 586
Mill Valley Discussion W 830pm		\$ 189	515pm Smokeless W	\$ 18	\$ 18	Each Day a New Beginning Tu 7am		\$ 193
Monday Blues M 630pm		\$ 250	6am Dry Dock 7D		\$ 150	Each Day a New Beginning W 7am		\$ 591
Monday Night Madness M 6pm		\$ 150	6am Dry Dock F		\$ 53	Early Start F 6pm		\$ 1,273
Monday Night Stag (Tiburon) 8pm		\$ 874	6am Dry Dock Th		\$ 72	Embarcadero Group 5D 1210pm		\$ 640
Monday Night Women's M 8pm	\$ 165	\$ 376	6am Dry Dock W		\$ 96	Epiphany Group Th 8pm		\$ 40
Morning Attitude Adjustment		\$ 90	7am Grab Bag M 7am		\$ 84	Eureka Valley Topic M 6pm		\$ 213
Nativity Monday Night BB 8pm		\$ 200	7am Living Sober W 7am		\$ 14	Excelsior "Scent" Free for All Sa 8pm		\$ 48
Newcomers Step M 730pm		\$ 330	7am Speaker Discussion Th 7am		\$ 136	Extreme Makeover M 730pm		\$ 51
Noon Hope F 12pm	\$ 128	\$ 152	7am Step Discussion Tu 7am		\$ 109	Federal Speaker Su 12pm		\$ 174
Noon Small Room 5D 12pm		\$ 130	830am Smokeless F 830am		\$ 203	Firefighters & Friends Tu 10am		\$ 140
Noon Tu 12pm		\$ 100	830am Smokeless Tu 830am		\$ 169	Fireside Chat Group Tu 8pm		\$ 37
Novato Monday Stag M 8pm		\$ 15	A is for Alcohol Tu 6pm		\$ 157	Franciscan Noon Discussion M 12pm		\$ 34
On Awakening 7D 530am		\$ 347	A Step Beyond Th 6pm		\$ 226	Friday All Groups F 830pm		\$ 149
Primary Purpose W 830pm		\$ 151	A Vision for You (SF) Su 630pm		\$ 120	Friday at Five F 5pm		\$ 24
Quitting Time MWF 530pm	\$ 180	\$ 280	AA Step Study Su 6pm	\$ 23	\$ 23	Friday Lunchtime Step F 12pm		\$ 114
Refugee Th 12pm		\$ 50	Acceptance Group M 530pm	\$ 30	\$ 60	Friday Night Women's Mtg F 630pm		\$ 42
Reveille 5D 7am		\$ 99	Afro American Beginners Sat 8pm		\$ 398	Friday Smokeless F 8pm		\$ 72
Rise N Shine Sun 10am		\$ 173	After Work Big Book M 6pm		\$ 42	High Noon Friday 1215pm	\$ 91	\$ 146
San Geronimo Valley M 8pm		\$ 44	After Work M 6PM		\$ 160	High Noon Monday 1215pm		\$ 153
Sausalito 12 Step Study Group		\$ 225	Agnostics & Freethinkers Su 630pm		\$ 72	High Noon Saturday 1215pm	\$ 308	\$ 308
Sausalito Sober Sisters Th 330pm		\$ 79	Alumni W 830pm		\$ 202	High Noon Sunday 1215p		\$ 101
						High Noon Thursday 1215pm	\$ 146	\$ 266

San Francisco Contributions	May 11	YTD	San Francisco Contributions	May 11	YTD	San Francisco Contributions	May 11	YTD
High Noon Tuesday 1215pm	\$ 36	\$ 102	Pax West M 12pm	\$ 95		Sunday Silence Su 730pm	\$ 67	
High Noon Wednesday 1215pm	\$ 25		Pax West Th 12pm	\$ 74	\$ 764	Sunset 11'ers Su	\$ 100	
Hilldwellers M 8pm	\$ 160		Potrero Hill 12 x 12 M 630pm	\$ 150		Sunset 11'ers Tu	\$ 83	
How Was Your Week? Sa 10am	\$ 151	\$ 151	Progress Not Perfection Tu 830pm	\$ 65		Sunset 9'ers Sa	\$ 145	
Huntington Square W 630pm	\$ 491		Raising the Bottom W 9pm	\$ 140		Sunset 9'ers Tu	\$ 40	
Join the Tribe Tu 7pm	\$ 303		Reality Farm Th 830pm	\$ 367		Sunset Big Book SS Sa 730pm	\$ 74	
K.I.S.S. M 6pm	\$ 114		Rebound W 830pm	\$ 60	\$ 60	Ten Years After Su 6pm	\$ 1,303	
Keep Coming Back Sa 11am	\$ 571		Refugee Th 12pm	\$ 60		The Drive Thru W 1215pm	\$ 339	
Light Steppers Su 7pm	\$ 60	\$ 60	Rigorous Honesty Th 1205pm	\$ 60		The Dry Dock Fellowship	\$ 119	
Like A Prayer Su 4pm	\$ 199		Saturday Afternoon Med. Sat 5pm	\$ 495		The Lads Fr 730pm	\$ 164	
Live and Let Live Su 8pm	\$ 87	\$ 150	Saturday Beginners Sat 6pm	\$ 641		The Parent Trap 2 Wed. 430pm	\$ 27	
Living Proof Th 630pm	\$ 80		Saturday Big Book Sa 2pm	\$ 9	\$ 9	The Pepper Group F 12pm	\$ 78	
Living Sober W 8pm	\$ 61		Saturday Easy Does It Sa 12pm	\$ 753		There is a Solution Tu 6pm	\$ 214	
Living Sober with HIV W 6pm	\$ 469		Saturday Matinee Sa 2pm	\$ 20	\$ 40	Thursday Downtown Th 630am	\$ 62	
Lots Of Parking Su 6pm	\$ 20		Saturday Night Regroup Sat 730pm	\$ 282	\$ 581	Thursday Thumpers Th 7pm	\$ 100	
Luke's Group W 7pm	\$ 124		Say Hey Group M, Tu, F 6pm	\$ 257		Too Early Sat 8am	\$ 186	\$ 870
Meeting Place Noon F 12pm	\$ 209		Second Chance Th 215pm	\$ 35		Trudgers Discussion Su 7pm	\$ 180	
Meeting Place Noon W 12pm	\$ 161		Serenity House	\$ 150	\$ 750	TSWC	\$ 26	
Mid Week Sanity W 630pm	\$ 11	\$ 11	Serenity Seekers M 730pm	\$ 380		Tuesday Downtown Tu 8pm	\$ 14	
Mid-Morning Support Su 1030am	\$ 220	\$ 588	Shamrocks & Serenity M 730pm	\$ 347		Tuesday Night Step Tu 7pm	\$ 89	
Midnight Meditation Sat 12am	\$ 69		Sinbar Su 830pm	\$ 127		Tuesday Women's Tu 630pm	\$ 15	\$ 15
Miracle (Way) Off 24th St W 730pm	\$ 41		Sisters Circle Su 6pm	\$ 100		Tuesday's Daily Reflections Tu 7am	\$ 87	
Mission Terrace W 8pm	\$ 28		Sober at State MW 1210pm	\$ 250		Valencia Smokefree F 6pm	\$ 136	\$ 234
Monday Beginners M 8pm	\$ 205		Sober Saturday Sa 830am	\$ 80		Waterfront Sun 8pm	\$ 108	\$ 337
Monday Monday M 1215pm	\$ 120		Sobriety & Beyond W 7pm	\$ 78	\$ 139	Wednesday Noon Steps W 12pm	\$ 37	
Newcomers Tu 8pm	\$ 118		Sometimes Slowly Sa 11am	\$ 141		Wharfrats Th 815pm	\$ 113	
No Reservation M 12pm	\$ 208		Sought to Improve Th 715pm	\$ 60		Wits End Step Study Tu 8pm	\$ 108	
Noon Smokeless F 12pm	\$ 43	\$ 43	SFPOA Th 7pm	\$ 371		Women Living Sober Sa 10am	\$ 60	
Noon Smokeless M 12pm	\$ 18	\$ 18	Spirit of San Francisco	\$ 90		Women's 10 Years Plus Th 615pm	\$ 429	
Noon Smokeless Su 12pm	\$ 10	\$ 10	Step Talk Su 830am	\$ 335	\$ 335	Women's Kitchen Table Tu 630pm	\$ 67	
Noon Smokeless Th 12pm	\$ 8	\$ 8	Steppin' Up Tu 630pm	\$ 310		Women's Meeting There is a Solution	\$ 234	
Noon Smokeless W 12pm	\$ 15	\$ 15	Stonestown M 8pm	\$ 49		Women's Promises F 7pm	\$ 407	
Off Broadway Book Th 730pm	\$ 55		Sunday Bookworms Sun 730pm	\$ 154		Work In Progress Sat 7pm	\$ 450	
Once An Alcoholic Th 715pm	\$ 16	\$ 16	Sunday Morning Gay Stag 930am	\$ 470		YAHOO Step Sa 1130am	\$ 155	
One Liners Th 830pm	\$ 272		Sunday Night Castro SD Su 730pm	\$ 5		San Francisco Total	\$ 5,046	\$39,530
Parkside Th 830pm	\$ 271		Sunday Rap Sun 8pm	\$ 307		YTD	\$ 8,432	\$59,392

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



Women's Luncheon & Speaker Meeting

Sunday, July 24th, 2011

11:30 am - Fellowship

Lunch - 12:00 pm

Open Speaker Meeting - 1:00-2:00 pm
(Speaker: Diane O. Cupertino, CA)

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

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

profit and loss statement: April 2011

	Apr 11	Budget	Jan - Apr 11	Budget		Apr 11	Budget	Jan - Apr 11	Budget
Ordinary Income/Expense					Archives Committee	0	500	0	500
Income					Filing/Fees	0	0	20	40
Group Contributions	13155	13000	50960	57500	Insurance	0	0	2383	2915
Individuals Contributions	916	2510	13811	10040	Internet Expense	118	120	474	480
Gratitude Month	96	200	4032	10200	Office Supplies	127	135	830	1140
Sales - Bookstore	8261	9530	37539	38120	Paper Purchased	228	170	1482	1200
Cost of Books Sold	-6230	-6747	-27977	-26988	Equipment Lease	0	0	1577	1577
Total Income	16199	18493	78366	88872	Repair & Maintenance	262	262	1142	1146
Expense					Security System	0	0	118	118
Employee Expenses	11470	11760	55130	54344	Payroll Expenses	5	39	19	156
Professional Fees	0	55	225	430	Telephone	232	250	943	1000
Postage	200	200	488	443	Phone Book Listings	87	86	346	346
Rent - Office	3664	4664	17657	18656	Travel	0	20	48	80
Rent - Other	0	75	225	300	Bad Checks	0	15	0	30
Access Expenses	0	675	0	2700	Total Expense	16436	19131	83239	87961
IFB Literature	33	50	83	135	Net Operating Surplus/(Deficit)	-237	-638	-4873	911
IFB Sponsored Events	9	20	49	80	Interest Income	180	200	711	820
PI/CPC	0	20	0	80	Depreciation/Amortization Exp.	-1202	-378	-2336	-1512
Sunshine Club/12th Step	0	15	0	65	Net Surplus/(Deficit)	-1259	-816	-6497	219

Treasurer's Report

For the month of April, group contributions were \$155 over budget, reversing a trend during the first three months of 2011. Individual contributions were \$1,600 under budget. Year-to-date, total contributions are \$8,900 lower than budget.

Bookstore sales were \$1,300 under budget in April, and are \$600 (or 1.5%) under budget year-to-date.

Operating expenses were \$2,700 under budget. Rent expense is \$1,000 under budget due to the new lease terms, IFB sponsored events are \$500 under budget due to timing of Founder's Day facilities rent and access expenses were \$675 under budget. Depreciation expense for leasehold expenses has been adjusted to reflect the term of the lease amendment, so that the remaining leasehold improvement will be fully depreciated at end of lease. Total operating expenses year to date are 5.4% under budget

We had a net deficit of \$635 for April, compared to a budgeted deficit of \$816. Year-to-date net deficit is \$6,497.

Unrestricted cash balance increased \$3,700 to \$27,100, which represents approximately 1½ months of average operating expenses.

OVERALL RATING: FAIR

ARTISTS AND WRITERS MEETING PRESENTS THE ANNUAL:

DRUNKS ON DISPLAY

A TALENT SHOW & BENEFIT FOR CENTRAL OFFICE

A short speaker meeting followed by performances & displays by various artists



Saturday, July 30 2011

1350 Waller between Ashbury and Masonic

Doors Open: 6pm
Meeting: 6:30pm
Talent Show: 7pm - 9:30

Suggested Donation \$10
No one turned away for lack of funds!

Raffle!

See you there!

Taking My Own Personal Group Inventory

by MEM

I have heard myself sharing at several recent meetings that one of my continuing struggles is placing “principles before personalities.” Perhaps it’s my awareness of my own mental weaknesses (read *fear*), which makes me intolerant of some at our meetings who are undoubtedly suffering from mental illness. (It’s those with a repetitive psycho-share who can threaten to drive me out the door.) I keenly realize my shortcoming in this area and pray for more understanding, patience and love –

both privately and before the membership at large.

I meet weekly with my sponsor. Our current format is to read and discuss articles from *The Best of the Grapevine* (Vol. 1). Needless to say, something relevant always surfaces to guide our discussions. Appearing below is such an article (*How Group Conscious Are You?*), which we both found instructive and thought provoking. It especially spoke to my problem with “problem” people.

The article speaks for itself and I encourage you to read it slowly and

thoughtfully. It caused me to be aware of many areas in which my program is less than perfect and I need to practice the principles with more diligence. The time for spring housecleaning may have come and gone, but our need for spiritual housecleaning is not limited to any single season. Going forward, I will continue to review this list and pray for the courage to take action that is reflected in my participation in the activities of the group and A.A. as a larger whole. May each reader take something from this unique inventory format to heart, and then into action.

How Group Conscious Are You?



I believe that if a group has “a group conscience” it can take an inventory, and I am part of that inventory. My inventory includes my own behavior toward my group and each individual member, toward other groups, and toward A.A. as a whole.

I first ask myself: Am I a good A.A. member?

Then: What is my inventory as part of my group?

Do I ...

1. Attend meetings only when “I need a meeting” or feel like it?
2. Always refuse to hold any office at any time, even when I could? Shun responsibility, refuse to run errands, make coffee, wipe a cup, empty ashtrays, set up chairs, and ignore *anything* that needs doing by refusing to notice – always manage to “let somebody else do it”?
3. Neglect to talk to newcomers or, worse, listen to them? Drift off to certain little cliques of personal friends after meetings – or just “beat

it,” always with good reasons, too tired, too busy – TV more often than not?

4. Turn down, or over to someone else, all Twelfth Step calls, when I could have gone? Refuse to speak or to find someone in my place, before non-A.A. groups or students, without good reason?

5. Give up after a time or two re-contacting the sick alcoholic? Use the “not ready,” “not honest” routine? Try to carry the alcoholic instead of the message? Forget that I go to see the sick alcoholic not because he is an alcoholic (only he can say he is or isn’t) but because I am?

Do I ...

6. Make no effort to attend other meetings, help other groups get started, or give a lift to an older group? Encourage other groups to visit us, or am I (pardon the expression) a tight little island?
7. Show no interest in our Traditions, General Service, or worldwide A.A.?

Have I grown tight with my money when I do not have to be, not realizing that the pamphlets and other services to help other alcoholics “grow not on trees”?

8. Indulge in criticism, resentment, or self-pity toward the group, a member, or members? Complain of boredom, repetition, the speakers, the chairman? Am I becoming part of the problem instead of part of the solution?

9. Criticize a member to other members behind his back with no chance for him to defend himself? Criticize slippers? Take people’s moral inventory?

10. Do these things behind the group’s back without trying to help the situation in any way?

... Do I?

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July 2011

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Don't miss The Point! Please give us your new address and phone number.

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CITY

STATE

ZIP

OLD ADDRESS

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528

You can also **email** or **phone** us with your new contact information.

thepoint@aasf.org / San Francisco: (415) 674-1821 / Marin: (415) 499-0400

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