

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2011 **8**
August

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship

of Alcoholics Anonymous

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Has My Attitude and Outlook Upon Life Changed?



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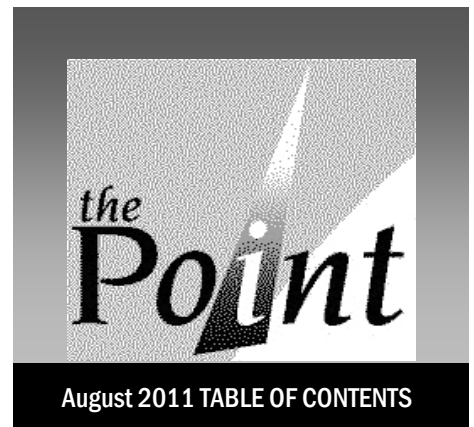
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of 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.

August 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2 <u>FIRST TUE</u> Access Committee Central Office 6pm	3 <u>FIRST WED</u> Intercounty Fellowship Board 101 Donahue, Marin City (St Andrew Presbyterian Church) Orientation 6pm Meeting 7pm
7	8 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	9 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 6:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm	10 <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
14 Trusted Servant Workshop Central Office 11am See flyer on page 9	15 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	16 <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	17
21 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	22	23 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	24
28	29	30	31

THURSDAY	FRIDAY	SATURDAY
4	5	6
11	12	13
18 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm	19	20
25 <u>LAST THU</u> SF H&I Old First Church 1751 Sacramento St SF Orientation 7:pm Committee Meeting 8pm	26	27

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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"Such a radical change in our outlook will take time, maybe a lot of time."

Twelve and Twelve, p. 92



Meeting Changes

New Meetings:

Thu	7:00pm	Mission	GIDDY UP, 1449 Stevenson St/14th St. (DI, MD, WH)
Tue	6:15pm	Corte Madera	THE 50-MINUTE HOUR, 150 Nellen Ave/Fifer Ave (BK, CL)

Meeting Changes:

Sun	10:00am	Mission	GRUPO EL SALVADOR, 2980 21st St/Folsom St (was 3009 22nd St)
Sun	3:00pm	Mission	AA-ASL WOMEN'S GROUP, 3673 20th St/Guerrero St (was SF Alano Club, 1748 Market St)
Sat	9:00am	Mission	BUSHWACKERS, Hiking Group meets at 20th St/Church St (was Clay St/Pierce St)
Sat	1:00pm	Mission	DEAF GRATEFUL, 3673 20th St/Guerrero St (was SF Alano Club, 1748 Market St)

No Longer Meeting:

Sun	8:00pm	Hayes Valley	WERK THAT TWERK THAT, SF Alano Club, 1748 Market St/Octavia Blvd
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PLEASE NOTE: We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. **If you know *anything* about a meeting that has relocated or disbanded — even if only temporarily — please call Central Office immediately: (415) 674-1821.** This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. ***Thank you for contributing to the accuracy of our schedule!***

The Trusted Servants Workshop Committee of the



Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties

is pleased to present a Panel Discussion

Guide to Group Service, Putting the Traditions into Action

Sunday, August 14, 2011

11am – 1pm

12:30pm

Potluck



Central Office, 1821 Sacramento St, SF

Muni buses 1, 49 and 47 stop nearby

information 415-674-1821 — tsw@aasf.org

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From the Editor

Change

by Charley D.

Most of us, maybe all, didn't come to A.A. to change ourselves. We wanted only to stop drinking. If we'd thought about it (and I confess I didn't), A.A.'s promise that our attitude and outlook on life will change didn't actually sound all that attractive. Please, we said, just help me stop drinking so I that I can get back to my "normal" life. I don't want to be different. I just don't want to drink.

At Step One, admitting our powerlessness over alcohol, we faced the need for a real change in outlook. In this issue, Kate S. explores how that admission lies at the base of recovery. See how an alcoholic's drinking problem can transform into a "thinking" problem, requiring her to confront her powerlessness even after she's stopped drinking.

Change came to Kristen E. in a moment of clarity that followed her last drink – a slug of cough medicine. Read how, in that moment, years of self-deception and denial fell away. For J.K. a prayer in the morning made all the difference. She turned her will over to her Higher Power and

received, not just a respite from drinking for the day, but a flower too.

Every one of these authors felt a change for the better by pursuing the A.A. program. Each A.A. member has a story like theirs. The strength to stay sober and change for the better lies before us, if we'll work to get it. A friend of mine tells how in A.A. he thought he was receiving a great gift from God. But, he says, when he unwrapped it, it was a pair of work boots. Each of our authors has taken a different path with those boots. Every one can attest, nonetheless, to a change for the better in attitude and outlook.

Finally, please enjoy Bree L.'s piece on the "Let It Be Now" meeting. This meeting features interpretation in American Sign Language for deaf members. Bree has written the "Meet the Meeting" column for many years but will shortly pass the baton to John E. Please join *The Point* editorial board in thanking Bree for her outstanding service, introducing A.A. members to meetings where they too, reluctantly or not, have set off down the road that leads to a change in attitude and outlook.



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.)



Thank You Faithful FIVERS! Thank You

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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Admission of Powerlessness

by Kate S.

Lately, Step One has been the topic of discussion at many meetings I've attended. Although I haven't yet figured out what, if any message, the universe is trying to send me, I believe it's never a bad idea to be in close touch with the idea of powerlessness. The admission of powerlessness is the foundation on which recovery is based.

Now that I've been sober for about 3.5 years – not a lot of time, but long enough to see fairly significant changes in myself (for the first time in my life, I'm happy, as opposed to being profoundly unhappy, for example) – I see that the admission



of powerlessness is a profound form of acceptance. Being able to admit that I'm powerless and that my life is unmanageable means that I've accepted the fact that I'm an alcoholic, not just someone with a drinking problem, or someone who "has a problem with alcohol." Before I got my ass into recovery, those were the phrases that I used because they seemed less final than the word "alcoholic." In my mind, the word "problem" implied that there was a solution that would allow me to keep drinking.

Much to my chagrin, there was no solution to my drinking problem, not until I came into the rooms. And then, of course, I no longer had to contend with a drinking problem, I had to contend with a thinking problem. Part of the thinking problem, in the early months at least, was being resentful about the fact that I was an alcoholic. Not drinking meant that I would never have fun again, would never date again, and would never have sex again, along with any other number of things, most of which I can't remember because, I'm delighted to be able to say, I no longer think that way. (That I no longer think that way doesn't mean that I no longer have a thinking problem, it simply means that I no longer have a thinking problem about that particular issue. Trust me, I continue to think about plenty of other ridiculous things that torment me instead. This alcoholic's thinking problem is like Whack-A-Mole: Once I push down one negative thought, another one pops up to take its place.)

Eventually I accepted the fact that I was an alcoholic. At last I could admit that having alcohol in my life meant that said life would remain

unmanageable, and if not unmanageable then boring and lonely, since my last weeks of drinking consisted of me hanging out in my bed alone, watching *Law and Order* for many hours at a time.

As time went on, however, I realized that I was not only powerless over alcohol, I was powerless over everything in my life. I was powerless over my job, over my employer, over my friends, over my weight (I gained 15 pounds in year two of sobriety and haven't yet been able to lose it), powerless over whether or not I had a boyfriend or finished the book I was writing. If that bit of truth wasn't hard enough to swallow, try this one on for size: Slowly (yes, quickly is one of the two options, but rarely has that ever been my experience) I began to understand that in order for me to have even the slightest chance of happiness, I was going to have to accept my powerlessness and learn how to live with it.

Here's the thing about acceptance, though: You don't have to do it all the time, and most likely you're not going to be able to do it all the time. Acceptance is a state of being toward which we strive, a planet we occasionally visit, but realistically, it's not a place we can move to permanently. Eventually we have to come back down to Earth, where shit annoys us, like bad driving and other people. And that's okay. Nobody's asking you to accept everything all of the time. Not even Mother Teresa (okay, I'm guessing here) could accept everything all of the time. The good news is that the longer you stay sober, the better at acceptance you become.



Enough with the Rebellious Attitude

“But the Rules Don’t Apply to Me!”

by Kathleen C.

“Our whole attitude and outlook upon life will change.” *Alcoholics Anonymous*, p. 84.

As a teenager I was proud of having a bad attitude, of being a rebel. My opinion was that I was right, and anyone who told me what to do was wrong. Drinking was part of my rebellion. I went to Catholic school and we had lots of rules, written and unwritten. One of them was that good girls shouldn’t drink or have sex. So of course I had to get drunk to have sex. I lost my virginity at a party, drunk, in bed in the dark with my boyfriend and two other couples, all also drunk and fully clothed.

Sophomore year at a Catholic women’s college, my drinking and drugging finally caught up with me. I was flunking out, I was dealing a little marijuana to my classmates, and I thought my part-time job with a radical student organization was way more interesting than class work. So I tuned in, turned on, and dropped out. Now I could devote myself full-time to rebellion against the Establishment, and even get paid for it. I didn’t last long. My body couldn’t handle nights of drinking and drugging followed by days of work. Before long I was back home in my parents’ house and then briefly in the hospital, recovering from a bout of hepatitis.

I found a part-time secretary job with some old comrades from the student organization who had found refuge at a prestigious university, a men’s college that had recently started admitting women. I talked my way in, despite my wretched grades from my

previous school. The rules didn’t apply to me; they should admit me. They did. I accepted their financial aid, but I continued to drink, skip classes, and miss deadlines.

I somehow graduated, even got a Creative Writing master’s degree, and moved to San Francisco. Now I was in the headquarters of sex, drugs and rock and roll. Everybody was a rebel of some kind. I found a job and a new boyfriend, and proceeded to make his life a nightmare with my drinking and using. He loved me enough to marry me and assume major responsibility for our twin daughters, while I pursued yet more education. However, after graduating by the thinnest margin, I couldn’t pass the qualifying exam to practice the profession that I was supposedly studying for (with a glass of white wine in one hand and a joint in the other). Flunking that exam was when I hit bottom. I finally realized that being a rebel wasn’t working any more.

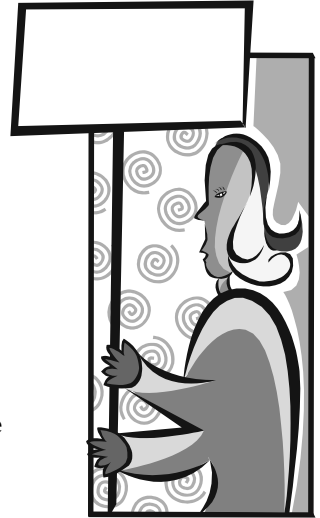
My younger sister had been sober for a few months and had started Twelfth-stepping me, dragging me to meetings in Los Angeles, where she lived. She lured me with stories of all the movie stars we would see. She was right about the movie stars, but what convinced me to give A.A. a try was the way her life had changed once she got sober. I saw her being honest toward people she had hurt, taking care of herself, and helping others. Her life looked really good to me, and I wanted what she had. I quit drinking, passed my exam, and got a job, at 90 days sober.

But I thought the rules of A.A. didn’t apply to me. I should be allowed to

work the program my own way, not like other people. I mostly practiced the program of A.A. one night a week for the first five years until a woman told

me that doing the minimum wouldn’t keep me sober. “If you’re not moving forward in your program, you’re sliding back, you’re going to drink!” I started going to more meetings and worked the steps again with my sponsor. I actually did what she suggested. I felt better. I heard things at meetings that helped me: do a Tenth Step now and then; pray and meditate; be available to the suffering alcoholic.

My A.A. life was starting to get mixed in with my “real” life. I invited my sponsor to dinner with my husband, who really liked her. I invited my family to my home group’s annual holiday potluck. My husband and I recently had a party to celebrate my retirement after 24 years at that job I got with 90 days sober, as well as my husband’s birthday, and our 30th wedding anniversary. There were a lot of A.A.s there, and a lot of our other friends too, and everybody had a great time. I hate to admit it, but following the suggestions of A.A. (I’m glad we don’t have any rules) has given me a much better life than being a rebel ever did.





From Snide and Sneering to Amazed and Amused

Despite my courageous efforts to defend my long-standing existential creed, A.A. forced a complete reversal in my attitude and outlook upon life. Rather than make the reader endure a literary tennis match, I will illustrate my metamorphosis in spreadsheet format:

Things that Happen	Then	Now
I have to wash dishes.	Somebody else should be doing this. I am far more valuable when engaged in high-level activities.	Ah, warm water on my hands. This soap smells good. Glad I sprung for the pricey dishwasher.
My boss is giving better assignments to Sam down the hall.	Must find way to thwart Sam. The bastard looks like his blind aunt dressed him this morning.	Glad Sam is getting some job security. He must be stressed with the quadruplets on the way.
Volvo cuts me off, making a right turn from the middle lane.	Honk horn with right hand while displaying middle finger of left hand and using left elbow to open window to add verbal punctuation to finger message.	Curse politely in hushed tone. Put down Blackberry.
Doctor keeps me waiting one hour in reception area.	Read magazines and bemoan my lack of resemblance to fashion models (15 min.); rehearse diatribe to physician about how his extra years in graduate school do not entitle him to impair the careers of other hard-working Americans (45 min.).	Email, Facebook, Twitter, news, text; marvel at number of nose rings in aborigine woman in National Geographic; the doctor will see you now.
Husband fails to acknowledge my repeated requests for household waste management, due to full absorption in TV sporting event.	Code Yellow: raise voice and emphasize consonants. Code Orange: suggestively tap hammer on my open palm. Code Red: inflict extensive personal property damage.	Wedge all full trashcans tightly in frame of bathroom door. Serve husband tall lemonade. Go shopping.
New bimbo receptionist at husband's work is aggressively flirting with him.	Engage her in conversation during surprise visit to office. Lose control of Vente Light Mocha. Apologize profusely. Congratulate self for successfully targeting left breast.	Tell husband that I am pleased that young attractive women are still showing an interest in him. I am heartened that a full head of hair and slim waistline are no longer the shallow prerequisites they once were.
After two weeks at a \$10,000 surf camp I have not learned to paddle in a straight line and everyone else in my class has become Duke Kahanamoku.	I arrange pieces of native plants around my bed as if recently ingested. I groan with intestinal distress. I must lay in bed the rest of the journey. No please, no doctor, just leave me, I'll be fine.	I approach a handsome, athletic local surf boy and offer him \$50 cash for private lessons. We practice a ways down the beach. Within three hours I am ready for <i>Sports Illustrated</i> .
My mother calls to borrow \$3000 because she had a bad night at the casino. Also, to relay that my cousin looked so beautiful at her wedding, so slim despite our same age. Noticed my new haircut on Facebook. Have I changed my sexual orientation?	Begin a chronological accounting of all motherly wrongs ever inflicted upon me and all persons who would attest to them if deposed. PayPal her \$3,000.	Ask mom to prepare a current financial statements. Upon analysis, I will determine the appropriate fiscal action. Congratulate my cousin for not lighting her tulle veil on fire with a joint. Comb my fingers with delight through my fresh summer hairdo.



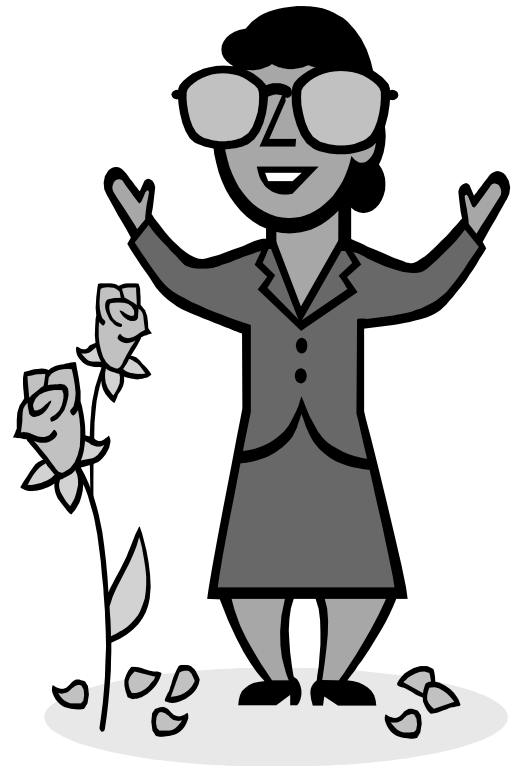
by JK (Marin Fellowship)

When I woke up this morning my house was a big mess. Boxes of clothes, books and knickknacks filled the center of my bedroom. My 25-year-old daughter had visited recently and packed up her belongings, which have been stored at my house since 2003. They would now go to the Salvation Army. I had a sink full of dishes, and handfuls of mail stacked throughout the living room. From years of experience, I recognized the signs of being disconnected from my recovery program. First, I thought, "Hmmm, this mess means depression"; and then, "Hmmm, this mess means spiritual disconnection."

I remembered I had not been praying in the mornings for the past three or four weeks. So I got down on my knees (very reluctantly, I might add), and said the Third Step prayer, out loud. "God, I offer myself to Thee, to build with me and to do with me as Thou wilt..." I recited it again, out loud. "God, I offer myself to Thee..." I felt a little better. My attitude shifted; taking a shower was now possible instead of setting the snooze

alarm. I dressed and drove to work. After I parked the car, I walked toward the hospital where I work. I recited the prayer again and smiled, feeling grateful to the A.A. meeting that used the Third Step prayer as their opening prayer, which motivated me to memorize it. As soon as I smiled, two men standing by a work truck said hello and one offered, "Would you like to have this rose?" He held one long stem red rose out to me. I answered, "Yes, I would love to have this rose and I'll put it on my desk. Thank you!" Accepting roses at 8AM is not my usual routine, and I realized immediately it was God's way of saying, "Hello, you're back, I love you."

My point is this: I am amazed at how having a little willingness to pick up a spiritual principle of our program can generate such a significant turnaround for me in my mood and outlook. I also believe that when I picked up this tool, which generated God's miraculous goodwill, it touched two workmen (who



appeared hung over) to offer me a rose. Regardless of our circumstances, God's breath was one of fresh air to us this morning – one simple breath. I am grateful.



"It is an attitude which can only be changed by a deep and honest search of our motives and actions."



Twelve and Twelve, p. 79.

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Wine Snob or Alcoholic?

A Moment of Clarity

by Kristen E.

The moment I knew I had to either stop drinking or die was one of the most powerful in my life, and yet it's also one of the hardest to explain. I was one of those drink-every-day-and-pretend-it's-social alcoholics. I didn't pass out at parties or drive somewhere in a blackout or wake up in a stranger's bed and wonder how I got there (I had at least a *vague* memory of how I had gotten there). No, my drinking was the kind that appeared to be just normal enough to lend itself to massive self-deception.

I was unraveling at an alarming rate

This is what I thought of myself: I was a wind-down-after-work drinker. A red wine snob drinker. A non-partying drinker. (I stopped the partying around age 33 and migrated to being an at-home and out-to-dinner drinker, proof of my growing maturity.) On an online dating site I listed my passions as wine-tasting and going out to dinner (at fine restaurants with lots of wine). I showed up at events after imbibing two or three glasses, drank the socially correct amount, and then finished off the night with another two or three when I got home. This, I was sure, did not make me an alcoholic. Alcoholics *couldn't stop drinking* – and they drank the hard stuff, not wine. Me? Nah. I habitually left small amounts of wine in the bottoms of my bottles to prove to myself that this wasn't the case for me. And as the years went on, I added “cut down on alcohol” to the

long list of things I needed to do to improve my life: reduce caffeine, eliminate sugar, exercise regularly. I was going to do it – just as soon as I did all those other things first.

Although my drinking did not, to my knowledge, affect my life, I did get the sense that I was unraveling at an alarming rate, and I couldn't figure out why. I was shaking all the time, and I thought it was because of my stressful job, or my latest break-up. The made-up reasons kept changing.

The unraveling didn't. It wasn't long after that I hired someone to work for me at my company who began using his finely honed Twelfth-stepping skills to bring me the solution.

There was a time after I met this man and before I had my moment of clarity that I knew I was going to stop drinking. I grieved. I walked through the wine section at Andronico's and spent a long time breathing in the oaky smell of the barrels and admiring the beautiful labels. I ordered fabulous, expensive bottles at dinner and told my friends each time that it was close to being my last.

And yet still I didn't stop, *couldn't* stop. Until one night, after making a fool out of myself with a man I truly cared for, I found myself at home, drunk and stumbling and standing in front of my kitchen sink with every



bottle of alcohol in my house. I was looking out the window, and suddenly I had the sensation that I was in a car speeding toward the edge of a cliff. I felt time slow down, then pause, and I saw myself going over the edge and all the way down. I knew without a shred of doubt that I had to leap out of that car and I had to do it *right now*. It almost felt as if some powerful force *pushed* me out.

I stood there at my sink and emptied every bottle in my house. The last drink I took was a big gulp of Nyquil before it, too, went down the drain.

More than anything else, it is this moment that has kept me sober for the last four and a half years. It cuts through the delusional crap that continues to rattle around my brain from time to time, telling me I'm not an alcoholic and I could have just one and all the other things voices like that tell us. That moment sits somewhere at the center of who I am right now; it is a polished piece of truth about myself that I can't deny, and it's saving my life.



AUGUST IN A.A. HISTORY

by MEM

August 26, 1935: Bill W. returns to NYC from Akron. Meetings were held at his house at 182 Clinton Street on Tuesday nights. His home also became a halfway house, of sorts, for drunks.

August 26, 1936: Frank Buchman and the Oxford Group experienced an international public relations disaster. A *NY World Telegram* article quoted Buchman as saying: "I thank heaven for a man like Adolf Hitler, who built a front-line of defense against the anti-Christ of Communism." Although the remark was taken out of context, it plagued Buchman for years and marked the beginning of the decline of the Oxford Group.

August 1937: Bill and Lois stopped attending Oxford Group meetings. The New York A.A.s separated from the Oxford Group.

August 11, 1938: The Alcoholic Foundation was established as a charitable trust with a board of five trustees. The board composition began a long (and later troublesome) tradition of making non-alcoholics a majority.

August 1939: Dr. Bob and Sister Ignatia (in charge of admissions) started working together at St. Thomas Hospital in Akron. On August 16, Sister Ignatia arranged for the first A.A. admission, Walter B., at the request of Dr. Bob. Bob revealed to Sister Ignatia his own problems with alcohol. Walter B. was the first of some 5,000 patients treated at the hospital over the next ten years.

August 19, 1941: First A.A. meeting in Colorado is held in Denver.

August 21, 1941: *LA Daily News*

reports on an A.A. picnic held at Griffith Park Zoo.

August 1945: The *Grapevine* carried Bill W.'s first article (titled *Modesty One Plank for Good Public Relations*), which set the groundwork for his campaign for the traditions.

August 1946: Grapevine, Inc. was legally incorporated as one of the two publishing arms of the Alcoholic Foundation.

August 1, 1946: *Washington Times-Herald* (D.C.) reports on an A.A. clubhouse but withholds the address to protect a member's anonymity.

August 1947: In his *Grapevine* Traditions essay titled *Last Seven Years Have Made A.A. Self-Supporting*, Bill W. wrote, "Two years ago the trustees set aside, out of A.A. book funds, a sum which enabled my wife and me to pay off the mortgage on our home and make some needed improvements. The Foundation also granted Dr. Bob and me each a royalty of 10% on the book *Alcoholics Anonymous*, our only income from A.A. sources. We are both very comfortable and deeply grateful."

August 1948: The *Grapevine* announced that, based on a subscriber survey, the September issue would be in a new pocket-size format.

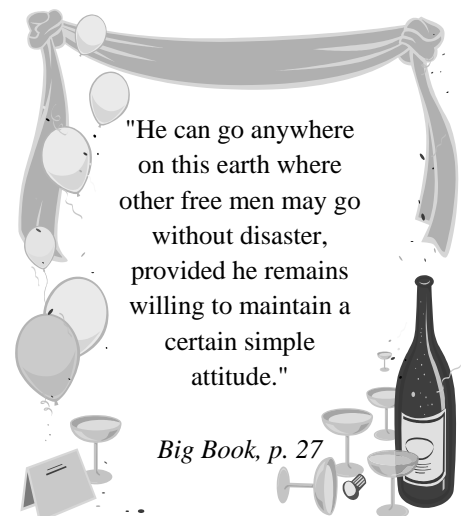
August 1950: Bill W.'s last visit to Dr. Bob in Akron. Bill advised Bob that the board would likely give its consent to the [General Service] Conference. Dr. Bob gave Bill his endorsement for the Conference. (In October, Bill issued a preliminary document titled *Your Third Legacy – Will You Accept it*, and proposed the General Service Conference.)



1954: Lillian R. (actress and nightclub singer) became the first of many celebrities to break their anonymity and announce their alcoholism and membership in A.A. Her book, *I'll Cry Tomorrow*, was a sensation. In 1955, Susan Hayward's performance as Lillian in the movie version of the book won her an Academy Award nomination. Sadly, Lillian went on to drink again.

August 29, 1956: Bill W. joined with Aldous Huxley and took LSD in California. Others who accepted the invitation to join them (in California and New York) included Father Ed Dowling, Lois Wilson, Marty M. and Helen W. (*Grapevine* editor and Bill's mistress). Bill had several experiments with LSD up to 1959, and perhaps into the 1960s.

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





Here are a couple pretty average emails that come to Central Office.

Dear Help,

I just drank for four nights in a row. I drank about six to ten drinks each night. The last drink I had was at about 10:30 last night. I have felt groggy and disoriented all day. I've also been experiencing a great deal of anxiety. I don't have the shakes or anything, but mainly a sense of doom and bouts of panic. I think knowing what I put myself through and feeling this way scares me and makes the anxiety worse. Is there anything I can or should do about this?

I'm not sure if this makes me an alcoholic but I don't plan on drinking for some time. I've definitely scared myself and I'm not sure what to do. Thanks for any insight you could provide.

Frightened

Dear Frightened,

I'm a volunteer with A.A. in San Francisco. The information that I give you is from my own experience and isn't professional.

There is a 20-question quiz developed by Johns Hopkins University that many people feel is useful for determining whether their drinking habits are problematic. You can do a

web search for "20 questions alcoholism" and find numerous websites with the quiz.

I also recommend "Frequently Asked Questions about Alcoholics Anonymous" (<http://www.aa.org/catalog.cfm?category=4&product=1>) wherein the question of determining one's own alcoholism is addressed (at Page 7 forward).

It sounds to me like you are experiencing some consequences from your drinking. At the least, you are concerned about it. That can be the first indication that you have a problem with alcohol.

Please call 415-674-1821 (if you're in San Francisco) or 415-499-0400 (in Marin) any time of day or night and you can speak with a real live human being who is an alcoholic in recovery. You can (anonymously) ask any question you might have and also find out about A.A. meetings, if you are interested. No one will ask you for your name or contact info; we're all about anonymity.

I wish you good luck and I think you are brave, starting to ask these questions. For me, getting sober was a big challenge, but also the best thing that ever happened to me.

e-Volunteer

Hello, my name is Lisa and I am an alcoholic. I am British and will be visiting San Francisco August

3rd-5th. I am three years back in the fellowship and have been sober since October 2008. This will be my first time in the U.S. and I would really love to be in touch with a couple of A.A. women before I come over to meet for coffee and take me to a meeting. Just a little safety blanket! Would you be so kind as to pass on my email and help me get in touch please? I look forward to hearing from you soon.

In light and fellowship,

Lisa

Hello, Lisa,

Welcome in advance to San Francisco (and bring a jacket, it can be cold here that time of year.)

Those of us who reply to the questions emailed to Central Office of A.A. in San Francisco are still discussing amongst us the best way to connect you with specific women to meet before your trip and with whom you can meet in person once you are here. We have a Twelfth Step list of volunteers who we sometimes mobilize to help in situations like this.

But speaking for myself as a sober person who is also a member of A.A., I would be delighted to correspond

(Continued on page 13)

Meet THE MEETING

by Bree L.

This meeting has been around for a while. Wayne E. tells of attending off and on for over twenty years, starting when they met at the Baptist Church on 15th and Dolores. The church later burned down, forcing a move to the Russian Orthodox Church on 15th and Church. They then moved to the Lutheran Church on 19th and Dolores, and finally to the Alano Club on Market, where it is now. Wayne likes this meeting because it is not what he calls “hard core A.A.” He happens to be an agnostic and he appreciates the more casual approach.

It wasn't until January 2011 that the American Sign Language (ASL) benefit was added. Muriel P. of the Access Committee summarizes how a non-hearing member of the fellowship requested some way that A.A. could reach out to our deaf community. “This was a challenge for the Access Committee,” she says. Muriel began by meeting with deaf professionals and deaf members in recovery to look into how best to serve this population. This was followed by a search for an optimal meeting, taking into consideration the time, day and available public transportation, as well as handicap considerations such as whether the

Let It Be Now (an ASL Interpretive Meeting)

location was wheelchair accessible. The Alano Club met all the criteria, and this meeting was identified as a suitable one; everything came together in January of this year for an ASL facilitator to attend the meeting on an ongoing basis.

According to Rachael H., a regular ASL interpreter, the American Sign Language (ASL) sign for the Higher Power is to spell out the “H” and “P” and elevate the letters just a tad higher than the usual place. The “H” is formed by placing the hand like a gun with the first and second fingers extended. The “P” is an upside-down peace sign. Rachael feels honored to be able to deliver such a powerful message.

Fay K. sees the ASL as adding another dimension to the meeting. She appreciates watching the signing with its beautiful expressions and seeing people's faces change as they comprehend what is being said. (She says it resembles a delayed reaction on the benefits of acceptance.)

This meeting also offers sound amplification for those less hearing challenged. This is one meeting where those in attendance are guaranteed access to everything communicated. Muriel adds that any hearing impaired person can request such assistance for any A.A. meeting

in San Francisco or Marin with a five day notice.

The topic for the meeting evolves from the first share, and the discussion can go anywhere. Annabelle D. says she likes the easy-going attitude, as she never can predict what the topic will be. She likes the up-in-the air discussions, and knows she will get something out of the meeting. She says, “This meeting is more focused on the Group Of Drunks than Good Orderly Direction.”

Let It Be Now meets at the Alano Club at 1748 Market St. (@Octavia Blvd.) in Hayes Valley on Fridays at 6PM.



(Continued from page 12)

with you over the next few months. If I am in town when you are here, I would be thrilled to meet up with

you; however, I can't guarantee I will be around at that time of the summer. But I know a lot of women in the program and could surely connect you with a few others whether or not

I am going to be around in August.

So, feel free to email me back directly [provides personal email address].

e-Volunteer



IFB meeting summary – July 2011

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

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

A Is For Alcohol	Come 'n Get It!	Huntington Square	Saturday Easy Does It	Tuesday Chip
Any Lengths	Cow Hollow Men's Group	IFB Past Chair	Sober Saturday	Valencia Smoke Free
Artists and Writers	Each Day A New Beginning (M-F)	Join The Tribe	Step Talk	Walk Of Shame
Attitude Adjustment Hour	Each Day A New Beginning (Sunday)	Marin Stag	Sunday Night Castro SD	Waterfront
Back To Basics	Embarcadero Group	Marina Discussion	Sunday Rap	Women's Promises
Bernal New Day	First Place	Mission Terrace	Sunset 9'ers (Sunday)	General Service - District 5 - San Mateo
Blackie's Pasture	Friday Morning 12 Steppers	Monday Beginners	Ten Years After	General Service District 6 - SF
Blue Book Special	Girls Night Out	Noon Smokeless	They Stopped In Time	Hospitals & Institutions - SF
Came to Park	Haight Street Blues	On Awakening Group	Thursday Thumpers	ICYPAA
Castro Discussion	High Noon (Mon)	One Liners	Tiburón Haven	SF Public Info/CPC

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

IFB Officer Reports

Chair Report, Michael P.; New committee positions available. We continue work on the IFB By-laws.

Treasurer's report, Bob W.; For the month of May, group contributions were \$3,600 under budget, continuing the trend of 2011. Individual contributions were \$100 over budget. Year-to-date, total contributions are \$12,600 lower than budget.

Bookstore sales were \$400 under budget in May, and are \$1,000 (or 2.1%) under budget year-to-date.

Operating expenses for May were \$300 under budget. Rent expense is \$1,000 under budget due to the new lease terms, IFB sponsored events are \$455 over budget due to timing of Founder's Day facilities rent, access expenses were \$675 under budget, and repairs and maintenance \$1,100 over budget due the repair to the wheelchair lift. Total operating expenses year to date are 4.7% under budget.

We had a net deficit of \$6,805 for May, compared to a budgeted deficit of \$2,698. Year-to-date net deficit is \$13,303.

Unrestricted cash balance decreased \$8,600 to \$18,500, which represents less than one month of average operating expenses.

Should the trend in overall contributions in 2011 (and for the last months of 2010) continue, the unrestricted cash balance could fall further below one month of operating expenses and require a transfer from the prudent reserve to meet operating cash requirements before the typically larger contributions in December. Communication to groups on the meaning of self support, and encouragement of the Faithful Fivers program to individuals who may have the desire to offer more financial support would be helpful in reversing the contribution trend and avoid the need to use prudent reserve funds for operations.

C.O.C. Report, Margaret J.; This month's COC meeting was the final for the year. COC discussed declining trend in contributions. Michael has finished building the online literature sales and contribution web pages for AASF.org and the project is in final testing. We also discussed transition, this year's goals, and next year's possible goals. Big focus will be on the By-laws, targeted to be done before the end of the calendar year before next tax filing. Margaret thanks everyone for allowing her to be of service.

C.O. Manager Report, Maury; Welcomes the many new people to IFB! There are open phone shifts at Central Office.

The commitment requires 1 year of sobriety and availability from 10-6 on weekdays. Elections are tonight for IFB officers and COC at-large members, the people who help Maury get work done at Central Office, larger projects such as the IFB By-Laws and on-line web sales. The participation and work is highly appreciated and Maury would like to thank the rotating members who have been of service.

IFB Liaisons Reports

GGYPAA (Golden Gate Young People in AA), Robin; GGYPA hosted ACYPAA this year. Upcoming 12th annual Campout, July 29, 30, 31.

ICYPAA – 53rd International Conference of Young People in AA host committee, Jeff S.; This ICYPAA conference, first in SF

Individual Contributions

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

ONGOING MEMORIALS

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

ANNIVERSARIES

High Noon: Lord H. 22 years,
Tanya W. 2 years, Paul M. 1 year

Too Early: Curtis V. 26 years

Rise N Shine: Carl M. 8 years

Central Office: Sandra K. 7 years

Friday Smokeless: Judy W. 4 years

Jim A. 37 years, Ben N. 31 years,

Sherry T. 23 years

Andrew Z. 26 years

in 20 years, to be held September 2-5, 2011. Information on pre-registration on the website: www.icypaahost.org. There will be main speaker events, meeting marathons, workshops and panels. Price is \$30.00 during pre-registration, more at the door.

San Mateo General Services, Frank S; SMGS Anniversary Party coming up, at the Machinists Hall, Burlingame September 4, 2011. A raffle for a trip to Hawaii is being offered.

H&I Liaison, Lynn D.; H&I Financial statement is now available. Contributions are down 21% overall, and 33% in San Francisco. The drop in contributions has become a concern for H&I. Suggestion by the committee is for groups to forward contributions at three month cycles instead of every six months. There is a new General Chair (Steve M.) and Literature Chair. Guidelines for home groups are available: Sponsoring an H&I Meeting. Encourages groups to elect an H&I sponsor.

GSR Liaison, Andy T.; Wants to thank the Founder's Day Committee for such a terrific job on Founder's Day. Recently had elections for Secretary, Chair, etc. It's the middle of the season for the area confer-

ences. A Delegate will be reporting back from the conference during the GSR meeting next week, (2nd Tuesday) 8:00, St. Marks (at O'Farrell and Franklin.)

New Business

Founder's Day Committee, Michelle A.; Event was a great success. Thanks to volunteers for their help. There was a live band, a Jackie B. play (author of "In Our Own Words"), and a stand-up comic. Estimated 450 people attended.

IFB Officer and COC Elections, 2011

Third Legacy Procedure reading: Requires clear two-thirds vote. Clarification of voting procedure for alternates and new members; must have attended orientation and at least two meetings.

Margaret J. was elected IFB Chair, Rich G. Vice Chair, Thayer W. Recording Secretary and Michelle C. Treasurer. Phil L., Mitch R., David S., and Joseph M. were elected to four of the five at-large COC positions. Another member will need to be elected next month.

Next month's meeting will be held on Wednesday, August 3, 2011 in MARIN at 7pm, St. Andrew's 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

Margaret J. chair@aasf.org

VICE CHAIR

Rich G. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Thayer W. secretary@aasf.org

COMMITTEE CHAIRS:

CENTRAL OFFICE COMMITTEE

TBD 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. sfteleservice@aasf.org

aa group contributions

Fellowship Contributions	Jun. 11	YTD	Marin Contributions	Jun. 11	YTD	San Francisco Contributions	Jun. 11	YTD
ACYPAA		\$ 1,674	Rise N Shine Sun 10am	\$ 90	\$ 263	830am Smokeless Tu 830am		\$ 169
Brisbane Breakfast Bunch	\$ 36	\$ 190	San Geronimo Valley BS F 8pm	\$ 127	\$ 127	A is for Alcohol Tu 6pm	\$ 42	\$ 200
Contribution Box	\$ 109	\$ 357	San Geronimo Valley M 8pm	\$ 96	\$ 140	A New Start F 830pm	\$ 300	\$ 300
Fellowship Group		\$ 77	Sausalito 12 Step Study Group	\$ 162	\$ 386	A Step Beyond Th 6pm		\$ 226
IFB	\$ 90	\$ 526	Sausalito Sober Sisters Th 330pm		\$ 79	A Vision for You Su 630pm		\$ 120
Fellowship Total	\$ 235	\$ 2,824	Serendipity Sa 11am	\$ 83	\$ 231	AA As You Like It Tu 530pm	\$ 88	\$ 88
			Sisters In Sobriety Th 730pm (M)		\$ 90	AA Step Study Su 6pm		\$ 23
Marin Contributions	Jun. 11	YTD	Six O'Clock Sunset Th 6pm		\$ 186	Acceptance Group M 530pm		\$ 60
12 & 12 Study Sa 815am		\$ 273	Sober & Serene F 7pm	\$ 143	\$ 243	Afro American Beginners Sat 8pm		\$ 398
Attitude Adjustment 7D 7am	\$ 254	\$ 1,645	Sober Sisters Wed 12pm		\$ 149	After Work Big Book M 6pm		\$ 42
Bolinas Step Study W 8pm		\$ 71	Spiritual Testost. Sun Men's Stag		\$ 395	After Work M 6PM		\$ 160
Closed Women Step Study Tu 330pm		\$ 236	Steps to Freedom M 730pm		\$ 225	Agnostics & Freethinkers Su 630pm		\$ 72
Cover to Cover W 730pm		\$ 337	Steps To The Solution W 715pm		\$ 103	Alumni W 830pm	\$ 100	\$ 302
Crescent New Growth Sun 7pm		\$ 59	Stinson Beach Fellowship Th 8pm		\$ 100	Any Lengths Sat 930am	\$ 212	\$ 537
Downtown Mill Valley F 830pm		\$ 386	Sunday Express Sun 6pm		\$ 300	Ariana Cafe Group M - F		\$ 100
East San Rafael Big Book		\$ 80	Sunlight of the Spirit Th 7pm		\$ 150	Artists & Writers F 630pm		\$ 618
Freedom Finders F 830pm		\$ 263	There is a Solution Tu 6pm		\$ 86	As Bill Sees It Th 6pm		\$ 540
Friday Night Book F 830pm		\$ 166	Three Step Group Sa 530pm		\$ 200	As Bill Sees It Tu 1210pm		\$ 120
Girls Night Out W 815pm		\$ 82	Thursday Night Book Club Th 7pm		\$ 22	Be Still AA Su 12pm	\$ 611	\$ 611
Gratitude Tu 8pm	\$ 28	\$ 146	Tiburon Beginners & Closed Tu		\$ 700	Beginners 12 x 12 F 7pm		\$ 300
Happy Destiny F 7pm		\$ 145	Tiburon Women's Candlelight W 8pm		\$ 753	Beginners' Step Study Sat 630pm		\$ 158
Happy, Joyous & Free 5D 12pm		\$ 2,500	We, Us and Ours M 650pm	\$ 150	\$ 250	Beginner's Warmup W 6pm		\$ 47
High & Dry W 12pm		\$ 150	Wednesday Night Candlelight W 8pm		\$ 56	Bernal Big Book Sat 5pm		\$ 612
Intimate Feelings Sa 10am		\$ 154	Wednesday Night SD W 7pm		\$ 22	Bernal New Day 7D	\$ 511	\$ 1,601
Inverness Sunday Serenity Su 10am		\$ 113	Women's Big Book Tu 1030am		\$ 200	Big Book Basics F 8pm	\$ 120	\$ 427
Island Group Th 8pm		\$ 126	Women's Step Study Group M 12pm		\$ 75	Big Book Study Su 1130am		\$ 236
Just Can't Wait 'til 8 M 630pm		\$ 125	Working Dogs W 1205pm		\$ 500	Blue Book Special Su 11am		\$ 119
Living in the Solution F 6pm		\$ 168	Young People's Chopsticks Sa		\$ 44	Brokers Open Book Tu 130pm	\$ 55	\$ 157
Marin City Groups 5D 630pm		\$ 377	Marin Total	\$1,512	\$18,785	By the Book Sa 10am		\$ 29
Mill Valley 7D 7am		\$ 945	San Francisco Contributions	Jun. 11	YTD	Came to Believe 830am M 830am		\$ 60
Mill Valley Discussion W 830pm		\$ 189	130 Smokeless M 130pm		\$ 9	Came to Park Sat 7pm	\$ 180	\$ 180
Monday Blues M 630pm	\$ 150	\$ 400	330 Smokeless Su		\$ 9	Castro Discussion (Show Of Shows)		\$ 466
Monday Night Madness M 6pm		\$ 150	330 Smokeless W		\$ 13	Castro Nooners F 12pm		\$ 85
Monday Night Stag (Tiburon) 8pm		\$ 874	515pm Smokeless Su		\$ 13	Cocanuts Su 9am		\$ 281
Monday Night Women's M 8pm		\$ 376	515pm Smokeless W		\$ 18	Common Welfare Th 8pm		\$ 104
Morning Attitude Adjustment		\$ 90	6am Dry Dock 7D		\$ 150	Cow Hollow Men's Group W 8pm		\$ 180
Nativity Monday Night BB M 8pm		\$ 200	6am Dry Dock F		\$ 53	Creative Alcoholics M 630pm		\$ 195
Newcomers Step M 730pm		\$ 330	6am Dry Dock Sa	\$ 81	\$ 81	Dark Secrets F 10pm	\$ 19	\$ 19
Noon Hope F 12pm		\$ 152	6am Dry Dock Th		\$ 72	Design for Living Sat 8am		\$ 218
Noon Small Room 5D 12pm		\$ 130	6am Dry Dock W		\$ 96	Diamond Heights Tu 830pm	\$ 92	\$ 92
Noon Tu 12pm		\$ 100	7am As Bill Sees It Fri	\$ 101	\$ 101	Dignitaries Sympathy W 815pm		\$ 180
North Marin Speaker Sun 12pm	\$ 170	\$ 170	7am Grab Bag M 7am	\$ 111	\$ 195	Dry Dock Discussion M 830pm		\$ 10
Novato Monday Stag M 8pm		\$ 15	7am Living Sober W 7am		\$ 14	Each Day a New Beginning F 7am		\$ 1,140
On Awakening 7D 530am		\$ 347	7am Speaker Discussion Th 7am	\$ 225	\$ 361	Each Day a New Beginning M 7am		\$ 699
Primary Purpose W 830pm		\$ 151	7am Step Discussion Tu 7am		\$ 109	Each Day A New Beginning Su 8am		\$ 941
Quitting Time MWF 530pm		\$ 280	830am Smokeless F 830am		\$ 203	Each Day a New Beginning Th 7am		\$ 586
Refugee Th 12pm	\$ 60	\$ 110	830am Smokeless Th 830am	\$ 20	\$ 20	Each Day a New Beginning Tu 7am		\$ 193
Reveille 5D 7am		\$ 99				Each Day a New Beginning W 7am		\$ 591

San Francisco Contributions	Jun. 11	YTD	San Francisco Contributions	Jun. 11	YTD	San Francisco Contributions	Jun. 11	YTD
Early Start F 6pm		\$ 1,273	Monday Beginners M 8pm	\$ 241	\$ 446	Sunday Bookworms Sun 730pm		\$ 154
Embarcadero Group 5D 1210pm	\$ 450	\$ 1,090	Monday Monday M 1215pm	\$ 44	\$ 164	Sunday Morning Gay Men's Stag		\$ 470
Epiphany Group Th 8pm		\$ 40	Newcomers Group Tu 7pm	\$ 20	\$ 20	Sunday Night CastroSD Su 730pm		\$ 5
Eureka Valley Topic M 6pm		\$ 213	Newcomers Tu 8pm		\$ 118	Sunday Rap Sun 8pm		\$ 307
Excelsior "Scent" Free for All Sa 8pm	\$ 60	\$ 108	No Reservation M 12pm		\$ 208	Sunday Silence Su 730pm	\$ 45	\$ 112
Extreme Makeover M 730pm		\$ 51	Noon Smokeless F 12pm		\$ 43	Sundown W 7pm	\$ 668	\$ 668
Federal Speaker Su 12pm		\$ 174	Noon Smokeless M 12pm		\$ 18	Sunset 11'ers Su		\$ 100
Firefighters & Friends Tu 10am		\$ 140	Noon Smokeless Su 12pm		\$ 10	Sunset 11'ers Tu	\$ 169	\$ 252
Fireside Chat Group Tu 8pm		\$ 37	Noon Smokeless Th 12pm		\$ 8	Sunset 9'ers Sa		\$ 145
Franciscan Noon Discussion M		\$ 34	Noon Smokeless W 12pm		\$ 15	Sunset 9'ers Su	\$ 181	\$ 181
Friday All Groups F 830pm		\$ 149	Off Broadway Book Th 730pm		\$ 55	Sunset 9'ers Tu		\$ 40
Friday at Five F 5pm		\$ 24	Once An Alcoholic Th 715pm		\$ 16	Sunset Big Book SS Sa 730pm		\$ 74
Friday Lunchtime Step F 12pm		\$ 114	One Liners Th 830pm		\$ 272	Ten Years After Su 6pm	\$ 528	\$ 1,831
Friday Night Women's Mtg. F 630pm		\$ 42	Parkside Th 830pm	\$ 126	\$ 397	The Drive Thru W 1215pm		\$ 339
Friday Smokeless F 8pm		\$ 72	Pax West M 12pm		\$ 955	The Dry Dock Fellowship		\$ 119
Goodlands Su 2pm	\$ 316	\$ 316	Pax West Th 12pm	\$ 81	\$ 846	The Lads Fr 730pm		\$ 164
Haight Street Blues Tu 615pm	\$ 298	\$ 298	Potrero Hill 12 x 12 M 630pm		\$ 150	The Parent Trap 2 Wed. 430pm		\$ 27
Happy Hour Ladies Night F 530pm	\$ 103	\$ 103	Progress Not Perfection Tu 830pm		\$ 65	The Pepper Group F 12pm	\$ 45	\$ 123
High Noon Friday 1215pm		\$ 146	Raising the Bottom W 9pm		\$ 140	There is a Solution Tu 6pm		\$ 214
High Noon Monday 1215pm		\$ 153	Reality Farm Th 830pm		\$ 367	Thursday Downtown Th 630am		\$ 62
High Noon Saturday 1215pm		\$ 308	Rebound W 830pm		\$ 60	Thursday Night Women's Th 630pm	\$ 426	\$ 426
High Noon Sunday 1215p		\$ 101	Refugee Th 12pm		\$ 60	Thursday Thumpers Th 7pm		\$ 100
High Noon Thursday 1215pm		\$ 266	Rigorous Honesty Th 1205pm	\$ 30	\$ 90	Too Early Sat 8am	\$ 178	\$ 1,049
High Noon Tuesday 1215pm		\$ 102	Saturday Afternoon Meditation Sat 5p		\$ 495	Trudgers Discussion Su 7pm	\$ 180	\$ 360
High Noon Wednesday 1215pm		\$ 25	Saturday Beginners Sat 6pm		\$ 641	TSWC		\$ 26
Hilldwellers M 8pm		\$ 160	Saturday Big Book Sa 2pm		\$ 9	Tuesday Big Book Study Tu 6pm	\$ 70	\$ 70
How Was Your Week? Sa 10am		\$ 151	Saturday Easy Does It Sa 12pm	\$ 251	\$ 1,003	Tuesday Downtown Tu 8pm		\$ 14
Huntington Square W 630pm		\$ 491	Saturday Matinee Sa 2pm		\$ 40	Tuesday Men's Pax Tu 12pm	\$ 509	\$ 509
Join the Tribe Tu 7pm		\$ 303	Saturday Night Regroup Sat 730pm		\$ 581	Tuesday Night Step Tu 7pm		\$ 89
K.I.S.S. M 6pm		\$ 114	Say Hey Group M, Tu, F 6pm		\$ 257	Tuesday Women's Tu 630pm		\$ 15
Keep Coming Back Sa 11am		\$ 571	Second Chance Th 215pm		\$ 35	Tuesday's Daily Reflections Tu 7am		\$ 87
Light Steppers Su 7pm		\$ 60	Serenity House	\$ 150	\$ 900	Valencia Smokefree F 6pm	\$ 77	\$ 311
Like A Prayer Su 4pm		\$ 199	Serenity Seekers M 730pm		\$ 380	Walk of Shame W 8pm	\$ 118	\$ 118
Live and Let Live Su 8pm		\$ 150	Shamrocks & Serenity M 730pm		\$ 347	Waterfront Sun 8pm		\$ 337
Living Proof Th 630pm		\$ 80	Sinbar Su 830pm		\$ 127	Wednesday Noon Steps W 12pm		\$ 37
Living Sober W 8pm		\$ 61	Sisters Circle Su 6pm	\$ 363	\$ 462	Wharfrats Th 815pm		\$ 113
Living Sober with HIV W 6pm		\$ 469	Sober at State MW 1210pm		\$ 250	Wits End Step Study Tu 8pm		\$ 108
Lots Of Parking Su 6pm		\$ 20	Sober Saturday Sa 830am		\$ 80	Women Living Sober Sa 10am	\$ 60	\$ 120
Luke's Group W 7pm		\$ 124	Sobriety & Beyond W 7pm		\$ 139	Women's 10 Years Plus Th 615pm		\$ 429
Meeting Place Noon F 12pm		\$ 209	Sometimes Slowly Sa 11am		\$ 141	Women's Kitchen Table Tu 630pm		\$ 67
Meeting Place Noon W 12pm		\$ 161	Sought to Improve Th 715pm		\$ 60	There is a Solution W 6pm		\$ 234
Mid Week Sanity W 630pm		\$ 11	SFPOA		\$ 371	Women's Promises F 7pm	\$ 387	\$ 794
Mid-Morning Support Su 1030am	\$ 287	\$ 874	Spirit of San Francisco		\$ 90	Work In Progress Sat 7pm		\$ 450
Midnight Meditation Sat 12am		\$ 69	Step Talk Su 830am		\$ 335	YAHOO Step Sa 1130am	\$ 122	\$ 277
Miracle (Way) Off 24th St W 730pm		\$ 41	Steppin' Up Tu 630pm	\$ 120	\$ 430	San Francisco Total	\$ 9,572	\$49,103
Mission Terrace W 8pm		\$ 28	Stonestown M 8pm		\$ 49	YTD	\$11,319	\$70,711

profit and loss statement: May 2011

	May 11	Budget	Jan - May 11	Budget		May 11	Budget	Jan-May 11	Budget
Income					Insurance	0		2383	2915
Group Contributions	8432	12000	59392	69500	Internet Expense	150	120	624	600
Individual Contributions	2605	2510	16416	12550	Office Supplies	71	135	901	1275
Gratitude Month	0	200	4032	10400	Paper Purchased	300	170	1782	1370
Sales - Bookstore	9031	9500	46438	47500	Software Purchased	145		145	
Newsletter Subscript.	77	30	208	150	Shipping	0		0	
Total Income	\$20,144	\$24,240	\$ 126,487	\$140,100	Equipment Lease	1612	1577	3189	3154
Cost of Goods Sold					Repair & Maintenance	1382	262	2523	1408
Cost of Books Sold - Shipping	109	31	455	155	Security System	0		118	118
Cost of Books Sold	6380	6425	32761	32125	Payroll Expenses	5	39	24	195
Credit Card Processing Fees	354	291	1603	1455	Telephone	246	250	1189	1250
Total COGS	\$ 6,843	\$ 6,747	\$ 34,820	\$ 33,735	Phone Book Listings	87	87	433	433
Gross Profit	\$13,302	\$17,493	\$ 91,668	\$106,365	Travel	0	20	48	100
Expense					Training	0	25	0	25
Sunshine Club/12th Step	0	20	0	100	Bad Checks	0		0	30
Archives Committee	0	15	0	80	Total Expense	\$19,701	\$20,013	\$ 102,939	\$107,974
IFB Sponsored Events	455		455	500	Net Ordinary Income	\$ (6,399)	\$ (2,520)	\$ (11,272)	\$ (1,609)
Employee Expenses	11436	11510	66567	65854	Other Income/Expense				
Professional Fees	0	250	225	680	Other Income				
Postage	13	44	500	487	Interest Income	178	200	889	1020
Rent - Office	3664	4664	21322	23320	Total Other Income	\$ 178	\$ 200	\$ 889	\$ 1,020
Rent - Other	75	75	300	375	Other Expense				
Access Expenses	0	675	0	3375	Depreciation Expense	584	378	2920	1890
IFB Literature	0	15	83	150	Total Other Expense	\$ 584	\$ 378	\$ 2,920	\$ 1,890
PI/CPC	0	20	49	100	Net Other Income	\$ (406)	\$ (178)	\$ (2,031)	\$ (870)
Filing/Fees	60	40	80	80	Net Income	\$ (6,805)	\$ (2,698)	\$ (13,303)	\$ (2,479)

Treasurer's Report

For the month of May, group contributions were \$3,600 under budget, continuing the trend we've seen this year. Contributions from individuals were \$100 over budget. Year-to-date, total contributions are \$12,600 lower than budget.

Bookstore sales were \$400 under budget in May, and are \$1,000 (or 2.1%) under budget year-to-date.

Operating expenses for May were \$300 under budget. Rent expense is \$1,000 under budget due to the new lease terms; IFB sponsored events are \$455 over budget due to timing of our Founder's Day event; Access expenses

were \$675 under budget; repairs and maintenance \$1,100 over budget due to the repair to the wheelchair lift. Total operating expenses year to date are 4.7% under budget

We had a net deficit of \$6,805 for May, compared to a budgeted deficit of \$2,698. Year-to-date net deficit is \$13,303.

Unrestricted cash balance decreased \$8,600, from \$27,100 to \$18,500, which represents less than one month of average operating expenses.

Should the trend in overall contributions in 2011 (and for the last

months of 2010) continue, the unrestricted cash balance could fall further below one month of operating expenses and require a transfer from the prudent reserve to meet operating cash requirements before the typically larger contributions in December. Communication to groups on the meaning of self-support and encouragement of the Faithful Fiver program to individuals who may have the desire to offer more financial support would be helpful in reversing the contribution trend and avoid the need to use prudent reserve funds.

OVERALL RATING: POOR

YPAA: Fellowship, Fun and Friendship

Recovery of Our Youth

by Lauren A.-V.

Young People in Alcoholics Anonymous (YPAA) is about Recovery, Unity and Service. It is also about Fellowship, Fun and Friendship. It is a place where young people, some of whom are barely in their teens, can find other young people who are putting their sobriety first, and still having a lot of fun. YPAA is not different or distinct from “mainstream A.A.” YPAAs go to meetings, work the Twelve Steps, help others, are of service, and don’t

conference I got involved in my local YPAA service committee. I became Events Chair and started doing service, getting to know other young people, and developing a host of friends who were having fun in sobriety. Until I found YPAA, I was still struggling to find happiness in recovery. I was sober, I was working the steps and I was attending meetings, but something was missing. I didn’t enjoy being of service, I didn’t understand A.A. beyond my local meetings, and I had a hard time connecting with people.

The first event I helped plan for my YPAA committee was a Halloween dance in 2006. I thought this event was for our committee and local area only, and I was amazed when people from all over the Bay Area showed up to support us and have fun. It didn’t make sense to me why people would drive two hours just to come to a dance. This was my first glimpse of the larger A.A. community. Soon I was traveling all over Northern California to attend other YPAA events, and I started to feel a part of something bigger than me. My service in YPAA also led me into General Service when I became the YPAA Liaison to our district. My first district meeting I was elected Registrar, and I’ve been a part of General Service ever since.

Until I found YPAA, I was still struggling to find happiness in recovery

drink one day at a time. It is a wonderful place for the young – and young at heart – to learn about how to live a sober, joyous, purposeful life.

My first young people’s conference was WACYPAA (Western Area Conference of Young People in A.A.), held in Vancouver, BC over New Year’s weekend in 2005-2006, and I’ve been attending three conferences a year since then, including WACYPAA, ACYPAA (All California Young People in A.A. Round-Up) and ICYPAA (International Conference of Young People in A.A.). About nine months after attending my first YPAA



I am currently a member of the host committee for the 53rd ICYPAA, which will be held in San Francisco in September 2011. I can’t express what an honor, privilege and responsibility it is to be part of this committee, and I can’t wait to welcome thousands of people from around the world to our conference. We are putting on events throughout the year as outreach for the conference and to help young people find a place in A.A. I have never been busier in my life, but it’s all worth it. Today, I have a sense of purpose that comes from being of service to A.A. as a whole, and a community of friends to share recovery with. I will be forever grateful to the way YPAA changed my sobriety and my life.

To learn more about how to get involved in 53rd ICYPAA, visit the event website at icypaaahost.org.



August 2011

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