

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

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

# The Point

2011 **9**  
**September**

A publication  
of the Intercounty Fellowship  
of Alcoholics Anonymous





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## No Longer Afraid of People and Economic Insecurity

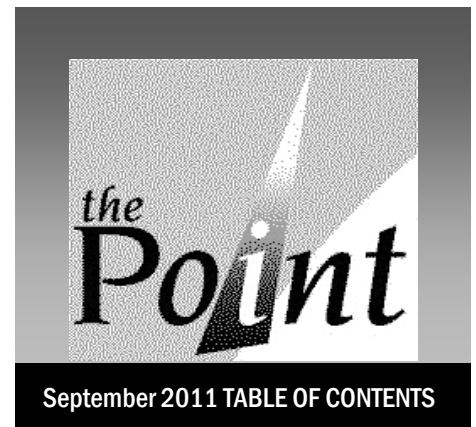
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# September 2011

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>			
<b>4</b> 53rd Annual ICYPAA (International Conference of Young People in Alcoholics Anonymous) See flyer - page 4	<b>5</b> Labor Day Central Office Closed 53rd Annual ICYPAA See flyer - page 4	<b>6</b> <u>FIRST TUE</u> Access Committee Central Office 6pm	<b>7</b> <u>FIRST WED</u> Intercounty Fellowship Board Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
<b>11</b>	<b>12</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	<b>13</b> <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	<b>14</b> <u>SECOND WED</u> 12th Step Committee Central Office 6:30pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
<b>18</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	<b>19</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	<b>20</b> <u>THIRD TUE</u> Outreach Committee Central Office 6:30pm	<b>21</b>
<b>25</b>	<b>26</b>	<b>27</b> <u>FOURTH TUE</u> The Point Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	<b>28</b>

THURSDAY	FRIDAY	SATURDAY
1	2 53rd Annual ICYPAA (International Conference of Young People in Alcoholics Anonymous) See flyer - page 4	3 53rd Annual ICYPAA (International Conference of Young People in Alcoholics Anonymous) See flyer - page 4
8	9	10
15 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6:30pm	16	17 Marin County Unity Day See flyer - page 4
22	23	24
29 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St, SF Orientation 7:15pm Committee Meeting 8pm	30	



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"There was a concrete program,  
designed to secure the greatest possible  
inner security for us long-time escapist.

The feeling of impending disaster  
that had haunted me for years  
began to dissolve as I put into practice  
more and more of the Twelve Steps.

It worked!"

*Big Book, p. 207*

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## Meeting Changes

### New Meetings:

Wed 8:15pm Marina HAPPIER DESTINY, Dry Dock, 2118 Greenwich/Fillmore (BB, CL)

### Meeting Changes:

Sun 8:30am Northern Mission CAME TO BELIEVE, Center, 170 Valencia St/Duboce St (was SF Alano Club, 1748 Market St)  
 Thu 7:30pm Tenderloin ONCE A DRUNK SAILOR, Café, 842 Geary St/Hyde St. (was Center, 170 Valencia St/Duboce)  
 Thu 7:30pm Novato SISTERS IN SOBRIETY, 789 Hamilton Pkwy/Palm Dr (was Days Inn, 8141 Redwood Blvd)  
 Sat 9:00am Mission BUSHWACKERS, Hiking Group meets at 20th St/Church St (was Clay St/Pierce St)

### No Longer Meeting:

Thu 8:00pm Teresita COMMON WELFARE, Church, 480 Teresita Blvd (Looking for a New Location)

**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!***

## MARIN COUNTY GENERAL SERVICE (DISTRICT 10)

*PRESENTS*

## UNITY DAY 2011

Saturday—September 17th

12:30 pm..... Registration  
 1:00 pm .....Service Panels  
 5:00pm..... Dinner  
 7:00 pm.....Open Speaker Meeting  
 8:30pm..... Dance

Corta Madera Recreation Center  
 498 Tamalpais Drive

# 53RD ICYPAA

SAN FRANCISCO 2011  
 FRIDAY, 9/2 to MONDAY, 9/5

San Francisco Marriott Marquis  
 55 4th Street, San Francisco, CA  
 \$139/Night, Single thru Quad  
 info: [icypaahost.org](http://icypaahost.org)

## From the Editor



# Fear

by Jane K.

Driven by a thousand forms of fear, we alcoholics manage to louse up many simple things: our health, our relationships with others, our waking thoughts, our sleep, the ability to subtract our expenditures from our income. The resulting fear of economic insecurity and of other people can be overcome by a thorough inventory and amends to those we have harmed; just take a look at the two articles on the Ninth Step promise of the month. Karen S. and Allen F. each take us through a thorough examination of this beloved outcome of the oft-dreaded Fourth and Ninth Steps: fear of people and of economic insecurity will leave us.

As we approach the tenth anniversary of 9/11, our history feature reminds us of the extraordinary actions of the fellowship of A.A. to take care of our own during its aftermath, among other dates of interest. And in the wake of the death of yet another celebrity famous for drinking, drugging and refusing rehab, Jamie

M.'s article on anonymity at the level of press, radio, and film is, sadly, exceedingly topical.

If you've ever felt the urge to topple our founders from their pedestals, you'll enjoy the rant on the topic of St. Bill. And take a look at the curious case of Twelfth Step play productions in "help@aasf.org," our monthly advice column. Next, discover the sometimes mysterious world of our volunteer organizational structure as our correspondent Bree L. bravely probes the alphabet soup of our service entities, and lives to tell the tale! And if you've been looking to beef up your spiritual practice (if that's not an oxymoron; maybe I should say, "veg up"), read about an Eleventh Step meeting for iconoclasts in "Meet the Meeting."

Finally, if you groan at our "Not a Glum Lot" this month (I know that I did), then send us some humor of your own! Jokes sent to us at [thepoint@aasf.org](mailto:thepoint@aasf.org) will be happily considered for publication, as long as there is some arguable connection to our primary purpose.



## EDITORIAL POLICY

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

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



## 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:

Alejandro D.	Laura B.
Andrea C.	Lauren H.
Andy Z.	Laurie & Richard L.
Ann & Denise	Layne S.
Ardella H.	Lelan & Rich H.
Arthur A.	Leo H.
Barbara L.	Linda L. & Kevin C.
Barbara M.	Lisa M.
Braden B.	Lisa S.
Brian O.	Liz & Aiden D.
Bruce S.	Mabel T.
Caroline A.	Marit L.
Casey L.	Mark A.
Catherine S.	Mark B.
Charles D.	Mark O.
Charlie O.	Martha S.
Chris L.	Mary C.
Chris S.	Maryellen O.
Chuck S.	Mia M.
Craig G.	Michael P.
Dan & Sherry T.	Michael W.
David J.	Michael Z.
David S.	Mike M.
Dennis & Lucy O.	Milly T.
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Ed H.	Molly G.
Erin S.	Nancy W.
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James W.	Penelope & Robert
Jane K.	Ralf & Jocielyn
Janet B.	Rich G.
Jeanne C.	Rick H.
Jeff B.	Robert C.
Jodie S.	Robert W.
John C.	Ron H.
John G.	Sara D.
John M.	Sheila H.
John V.	Steve A.
Karen C.	Steve F.
Karen K.	Stu S.
Kate R.	Susan G.
Kathleen C.	Terry H.
Kathryn M.	Thomas H.
Kevin S.	Tim M.
Kristina F.	Tracy F.
Kurt P.	William M.

*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!*

# Facing My Fears

## 4<sup>th</sup> Step Inventory and 9<sup>th</sup> Step Amends Work Miracles

by Karen S.

When I first came to the rooms I was so sad and desperate, I couldn't have identified the issues I had as fear of people or economic insecurity, but after many a Fourth Step, I saw how deeply I felt fearful. I was an actress and a waitress in New York. It appeared to be easy for me to talk to (and talk in front of) many people. I spent money like I wasn't worried about not having any. I had false faith running on self-will. However, I had no *real* faith and in fact was afraid of everyone. Being a middle child in an alcoholic family, I was highly skilled at people pleasing and never got that I was so very afraid of what "they" thought. I was a fixer and a doer, running myself into the ground and then knocking myself out to be able to sleep. Somehow I would get up and do it all over again. I didn't like to ask for help. It wasn't safe in my family to ask for anything. I had to be the caregiver and, even as a child, I had to pretend I was okay for my baby sister and brother.

Fear of people and of economic insecurity began to leave me when I

walked into my first A.A. meeting crying, with my wrists carrying dried blood from a suicide attempt. I had nowhere to hide unless it was underground. I was at a true bottom.

Admitting defeat, getting a sponsor,

*I had nowhere to hide  
unless it was underground.*

working the steps, reading the books (look at the Big Book, pages 13 to 14, for promises way before those of the Ninth Step) and attending meetings began to build my trust in others and lessen my fear. When I focused on the people in recovery, their kindness and honesty, I began to see these elements in everyone I saw in the world. I looked at people differently and over time was less afraid. I got used to things working out rather than failing. I learned to not blame myself all the time, that many people are a part of each situation. The Fourth Step was a gem with this. I received help to go to

school, raise my daughter, get back into work I loved, and be sane enough for the really bad times: my ex committed suicide, still sick in his disease. Money came in a flash to help my daughter and me get back East. Under these circumstances and in gratitude for my own sobriety and my daughter's health, I was no longer afraid of any of the family members I encountered. Each and every Ninth Step amends, to tell you the truth, has brought me closer to having that freedom from self and being okay in my relations to others. Once I could see that I had a purpose in life, to give something back to the next suffering alcoholic, I could let go of fear of success and hopes of wealth. I no longer had to know if I'd get those things. I felt content in life and free. As life happens, the good and the bad, I try to **Face Everything And Recover**, trust the road laid before me and keep showing up.

This past year my mother, who was near death due to drinking, had a stroke and nearly died. She is sober today and due to the stroke remembers nothing of her drinking. I moved closer to her, allowing my daughter to grow up and take responsibility for her own bills, which gave me more peace. Go figure! As I helped my mother deal with tons of paperwork, hospitals and homecare, it has helped me be the loving daughter to the now sober mother I always wished for. HP works in mysterious ways and I am so grateful to be present for the ride. Friends of my mother also raised money for her, and that came without any request from me. What a gift.





## OUR SUPPORTIVE SERVICES

by Bree L.

IFB, GSR, GSO, WTH (heck)?! What is this alphabet soup of A.A. jargon? Are you like me, one of those members who sits on her hands when her home group asks for representatives to the IFB or General Service? Eight years ago I tried one of those meetings and encountered an abundance of strong personalities and opinions. I couldn't get out of there fast enough. This time around, for this article, I became willing to investigate.

There are two service organizations supporting A.A. here in San Francisco and Marin Counties: the Intercounty Fellowship Board (IFB) and our two General Service districts (one in San Francisco, the other in Marin). They each have separate and equally important services to provide. The IFB works locally through Central Office and its various service committees (Twelfth Step, Website, Archives, PI/CPC and Teleservice, to name a few) while the two General Service districts connect to A.A. as a whole via the General Service structure. Just as the traditions govern our individual groups, the Twelve Concepts guide the service structure and the Twelve Warranties insure our ultimate freedom and responsibility.

The outgoing IFB Chair, Michael P., assured me that things have truly evolved over the years. The bylaws are in the process of being re-written, to focus on the nonprofit aspect of the IFB and to eliminate discrepancies created by multiple amendments over the last 20 years. Michael stressed the volunteer aspect of our nonprofit

identity, which is congruent with A.A., ultimately a volunteer (know internally as "service") organization.

The IFB door is always open so that the voice of A.A. is heard. As one member said, "This is democracy at the ridiculous because of our efforts to assure that everyone is heard, including the 'minority opinion.' The upside is that ultimately H.P. prevails and that becomes the voice that shines through."

The other group rep is the GSR. The General Service Representative becomes a part of the broader General Service Organization. The focus is reflected by the responsibility pledge, read at the end of each district meeting. *Responsibility Pledge: I am responsible when anyone, anywhere reaches out for help. I want the hand of AA always to be there and for that I am responsible.*

The General Service district looks at A.A. as a whole and how A.A. is represented to the outside world. They cover such things as pamphlets, literature and maintaining the Big Book. The Big Book incidentally is offered in 61 different languages and the General Service Office in New York oversees the translations.

A powerful example of how a GSR might work came from one of our local A.A. members who questioned Eleventh Tradition anonymity when it came to social networking sites, which are not part of radio, films or TV. The question was taken to the district and then to the larger California Northern Coastal Area, (CNCA, which covers Monterey to

Humboldt Counties) and then on to the larger U.S. and Canadian GSO. The upshot is that a pamphlet is now being written that addresses this question of anonymity and social networking sites.

The fall CNCA Assembly will be held in San Francisco this year, in November, and anyone is welcome to attend. Given how expensive San Francisco is, it is unusual for an event of this magnitude to be held here so we are quite fortunate for the opportunity.

Participation in these service organizations resembles to some degree what it was like when we first came into program. There is a lot to take in with more to learn. Many of us have come from enough fights to last a lifetime and don't understand the concept of agreeing to disagree, so we can learn what they model: what it looks like to have varying opinions without animosity. As Elizabeth B. puts it, "When they say to stick with the winners, these service organization are where you'll find the winners for they have fought the battles and a few wars and still thrive as functional contributors to this time honored organization."

**IP**



# Rants & Raves



by Anonymous

You know them. You hear them at meetings all the time, the acolytes of Bill W. For every issue in life they find something he said that not only touches on the question but provides *the answer*. Often, the analysis takes the form of a stretched analogy. They find something Bill W. said on another subject that's close enough to resolve the issue at hand and pounce upon it.

I suppose this rankles me because it echoes the casuistry I myself practiced as a devoutly religious youth. Every problem in life had its answer in something Jesus, Moses, or some ancient said. Religion became for me permission to lead an unexamined life. If you could always find the answer in something someone else said, who needed to think? Just open the Bible, get your answer and move on. I eventually rejected that way of thinking and living. When I did, I became and still remain suspicious of anyone who has a scheme for finding answers by divining wisdom from a single source.

That suspicion helped keep me from A.A. for a long time. While I didn't know too much about A.A., I felt sure it was a religious organization. What a wonderful surprise to find that wasn't true. I loved and still love that A.A. lets me have my own conception of a Higher Power. The Twelve Steps are just suggestions. As a friend of mine says, while they are only suggestions, they are akin to the

# The Gospel According to St. Bill

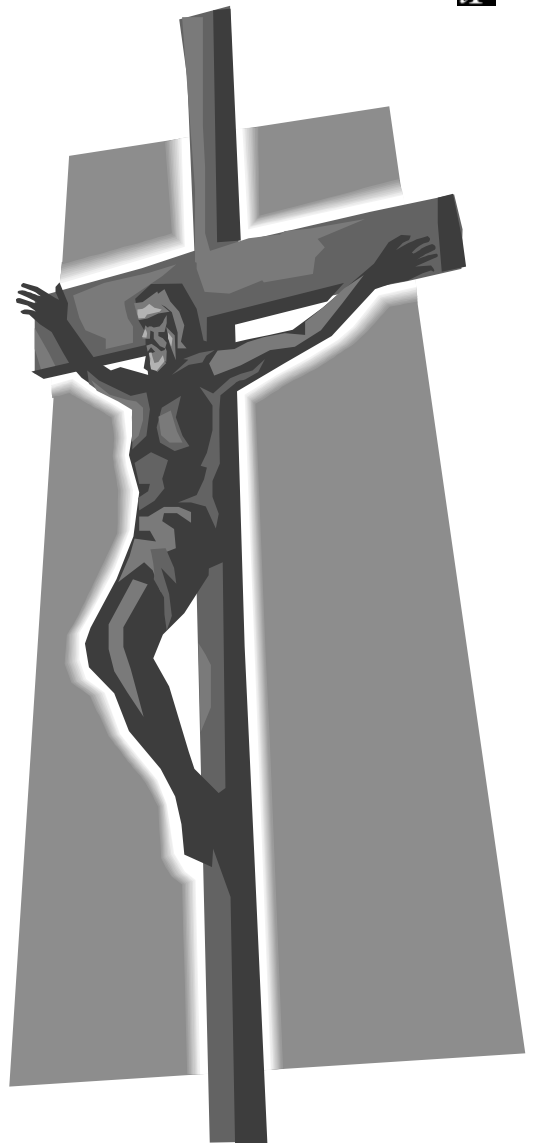
suggestion that you'd better pull the rip chord on your parachute before you jump out of an airplane. Still, there are no A.A. commandments.

Bill W. didn't have all the answers for us and certainly didn't have all the answers for himself. How ironic that the man who launched the greatest addiction-curing movement in history was unable to conquer his own smoking habit. Sadly, that habit would eventually take his life. A tireless promoter of the spiritual way of life and proponent of honesty, he remained a womanizer throughout his life. How did he square the ideals he preached with his own shortcomings?

In fact, I expect this was easy for him to do. Unlike some of his followers, Bill W. never tried to pass himself off as smarter or more virtuous than anyone else. In essence he said, "I am a flawed human being, just like you. I struggle every day to overcome myself and follow a spiritual path." I find it easier to accept Bill W.'s teachings when I think of him that way, as just another alcoholic who had a marvelous ability to understand and express what every alcoholic needs to stay sober. That Bill W. himself didn't live up to his own ideals doesn't demean him or them in my eyes. It does mean, though, that the hagiography that has taken place since his death really misses the mark. He was not the Son of God sent to save us, but a mere mortal who found a way to

help other flawed fellows stop drinking. That became the message of A.A.: one drunk helping another. Bill W. was just another drunk – perhaps an important one, but still a drunk just like you and me.

**AP**





# The Promises

by Allen F.

*"Fear of people and of economic insecurity will leave us."* When I first read those words I thought, "What's up with these fears?" What does "fear of people or economic uncertainty" have to do with my being a drunk? I certainly can understand why people might have feared economic and personal relationships with *me*. But *my* fear of people and my economic uncertainty—that's not part of my drinking, right? I could (and can) feel that fear and uncertainty; but how is it related to my alcoholism?

These fears of people and economic uncertainty seem to have little to do with reality. They persist when I'm with friends I know I can count on (God knows, I've tested that) and when I'm with those who might do me ill; when there are ample resources and when there are none. They come from somewhere within, not from the world around me.

Many of us live with guilt, regret and resentments. These were traits that particularly haunted us before we found sobriety; for many of us, myself included, they continue to be a challenge to staying sober. A most dangerous place to find guilt, regret

## A MIRROR OF RECOVERY

and resentments is in front of a mirror. That's where we might see ourselves – see beneath the skin to what makes us uncomfortable. That's where the burden of self and self-consciousness can, like a crashing wave, overwhelm us, roll us into the surf, bury our faces in the mud, and sting our eyes with salt.

Our relationships and our finances can be our everyday mirror. In these we see what we have done, who we are and, perhaps, where we are going. Time with those who, under sober circumstances, might have been friends, partners or lovers, can be haunted by thoughts of how our drinking would drive them away. Or how our drinking has driven others

*The burden of self and self-consciousness can, like a crashing wave, overwhelm us*

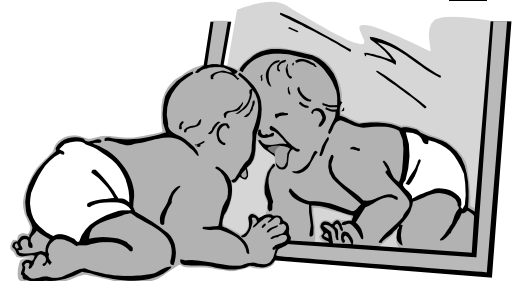
away in our pasts. Likewise, money matters come with the ghosts of past foolishness and the portent of future possibilities. These fears are born in our guilt, our regrets and our resentments.

Our fears begin to leave us as we accept ourselves, forgive ourselves for our part in our pasts, and abandon our expectations of control of our futures. The fears begin to leave us as we submit ourselves to the path we trudge to happy destiny. We learn to be comfortable with our

fellows, our friends, our lovers/partners, our families and our finances. We are again comfortable with the mirrors in our lives.

Whether or not we are drinking is an easy – but incomplete – measure of our progress as recovering alcoholics. Most of us know that just "not picking up" is not enough to keep us sober. We need to work the steps, do meetings, sponsor and be sponsored, and enjoy our fellowship. At any time, we know whether we are dry or drinking – but a less crude on/off measure of our well-being and progress is helpful. I think that examining how our fears of people and economic insecurity are leaving us is a good measure. It's a measure to assure us that we are on the path or to warn us if we are straying. So I suggest we look into the eyes of our friends, family, lovers, and others; that we look at our finances; that we look into a mirror to see our progress. As we look at these things, finding ourselves with friends, family, lovers, money or good looks is not the measure. Rather, being comfortable and without fear of what we see, good or bad, is our assurance. That acceptance is "what's up" with these fears.

TP



Sunday - September 18

Mission Bay Park (The Sports Courts)

451 Berry St—San Francisco CA

picnic@sayheygroup.org

Say Hey Group of AA



PICNIC



Feasting & Socializing

Volleyball & Basketball

12:00 PM—Picnic & Games

1:00 PM— Speaker Meeting

2:00 PM—Socializing

& More Games

# Anonymity

by Jamie M.

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.” Tradition Twelve

A few years ago I was speaking to a newcomer at a meeting. When I first started going to meetings, I was rather uneasy, and he looked uneasy too. Trying to put him at ease, I made some kind of joke about how popular it was to get sober now – the latest, trendiest way to be hip. Some time later, he confessed to me that “you totally read me – the idea of being hip by quitting really got me to come back.” In fact I had not been trying to “read” him, but there certainly had been a big outbreak of trendy hipness about quitting alcohol and drugs. And now there's another, newer, outbreak of hipness around getting sober. People are going public, and membership in A.A. or another Twelve Step program is a badge of honor.

Well, that's nice, I guess. But how can you be a full-fledged member of an anonymous fellowship if you're not anonymous? And what is anonymity in A.A., anyway? The traditions suggest that we be anonymous at “the level of press, radio, and film.” If the tradition had been written today, my guess is that television and mass media in general would be included.

Why do I think this? Because it is the *spiritual* aim of anonymity in this anonymous fellowship that is

important. Part of it is the importance that we have no official spokespeople, no public face. Why? Because our goal in faith is that the hand of A.A. be there for *every* alcoholic who still suffers. What if a suffering alcoholic doesn't like *that* particular face? Must



that person be condemned to more suffering, and perhaps death, just because someone's personality got in the way of the principles? I don't know about you, but I was certainly apt to insanely great resentments over insanely small things when I was drinking, and it took years to get that under control (if it is yet) by working the program of A.A.

Also, while I am not a great student of A.A.'s history, I've read that it hurt the fellowship in the early days when people went public and then very publicly relapsed. It was feared that this would lead people to believe that

A.A. doesn't work. With a million sober members in this country, there is certainly more evidence that A.A. works, but there is still a voice out there that loudly and frequently proclaims, “A.A. isn't for everybody.” That's true. Even we members say that A.A. is only for people who want it, which is far from everybody. But what *if* someone wants sobriety (which makes them a member, per Tradition Three) and thinks “A.A.'s not for everybody”? Doesn't that mean more suffering and perhaps death for that person? What if a proliferation of celebrity spokespeople makes people think that A.A. is only for people that already have a lot going for them? What if one of the celebrity spokespeople relapses – what does it do to the program as a whole and perhaps more importantly, that person's chances of getting back to sobriety? Many of the people I've known who relapsed had a hard time swallowing their pride to come back. How much worse would it be if they had the pride of being a celebrity face of A.A.?

That's a lot of “what ifs,” I know. But the point I'm thinking about is that “our common welfare should come first,” including the welfare of our *future* members. Making the program something that people have to experience firsthand, rather than through the mediation of public figures, is a primary way we carry the message. The program is about one alcoholic talking to another – not one celebrity talking to a million on TV or through their sobriety blog, or tweeting “Let go and let God.” To me, this kind of thing feels like promotion rather than attraction.

I've heard it said at meetings that, “my Higher Power may not work for you” or “*my* program will get *you* drunk.”

(Continued on page 19)

# SEPTEMBER IN A.A. HISTORY

by MEM

September 17, 1934: Bill W.'s third admission to Towns Hospital (again paid by Lois' brother-in-law, Dr. Leonard V. Strong). Dr. Silkworth pronounced Bill a hopeless drunk and informed Lois that Bill would likely have to be committed. Bill left the hospital a deeply frightened man and sheer terror kept him sober. He found a little work on Wall Street, which began to restore his badly shattered confidence.

September 1936: Lois' father died. The house at 182 Clinton Street was taken over by the mortgage company. Lois and Bill W. were allowed to stay there for a small rental.

September 1938: Board Trustee Frank Amos arranged a meeting between Bill W. and Eugene Exman (religious editor of Harper Brothers publishers). Exman offered Bill a \$1,500 advance (\$19,400 today) on the rights to the Big Book. The Alcoholic Foundation Board urged acceptance of the offer. Instead, Hank P. and Bill formed Works Publishing Co. and sold stock at \$25 par value (\$325 today). Six hundred shares were issued: Hank and Bill received 200 shares each; 200 shares were sold to others. Later, 30 shares of preferred stock at \$100 par value (\$1,300 today)

were sold as well. To mollify the board, it was decided that the author's royalty (which would ordinarily be Bill's) would go to the Alcoholic Foundation. Encouraged by Dr. Silkworth, Charles Towns loaned Hank and Bill \$2,500 for the book. It was later increased to \$4,000 (\$52,000 today).

September 30, 1939: *Liberty Magazine*, headed by Fulton Oursler, carried a piece titled "Alcoholics and God" by Morris Markey (who was influenced to write the article by Charles Towns). It generated about 800 inquiries. Oursler (author of *The Greatest Story Ever Told*) became good friends with Bill W. and later served as a Trustee and member of the *Grapevine* editorial board.

September 24, 1940: Bill W. made a Twelfth Step call on Bobbie V., who later replaced Ruth Hock as New York's A.A. office secretary.

September 13, 1941: WHJP in Jacksonville, Florida aired "Spotlight on AA," the first radio series on A.A.

September 1952: Al-Anon Family Groups adopted an adaptation of the Twelve Traditions of A.A.

September 17, 1954: Bill D. (A.A. #3) died.

1956: The American Medical



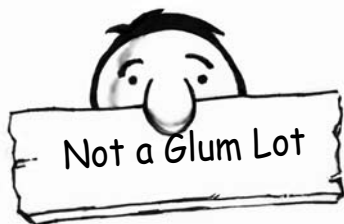
Association stopped short of designating alcoholism as a disease but passed a resolution that recognized alcoholics as legitimate patients who were sick persons.

1962: The Warner Brothers film *Days of Wine and Roses* premiered. A.A. cooperated in its production. It starred Jack Lemmon and Lee Remick. The TV version had portrayed the story as occurring in New York; the film version was set in San Francisco. Nominated for several Academy Awards, it won Best Song.

1962: Publication of Twelve Concepts for World Service.

September 12, 2001: A.A. trusted servants in New York City organized A.A. meetings around the clock near Ground Zero for A.A. members engaged in rescue and emergency work at the World Trade Center tragedy.

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



A lady attending A.A. for the first time was listening to a man and wife tell of their former problems with booze. The wife concluded by saying that the year before, thanks to the "man upstairs," they had become the proud parents of their first child.

The new member, never having heard of God referred to that way, turned to the person next to her and whispered in horror: "Do all the people in A.A. make such shocking personal confessions?"



*A query from a theater group brings the traditions into play; also, how to avoid giving into a craving.*

Hi,

**We are [local theater group]. We're doing a show that is an affectionate satire of and ultimately a tribute to Twelve Step programs. [Play synopsis follows.] We're wondering if we could promote the play to A.A. members or other affiliated Twelve Step programs. We could have a special night with a discussion after the play and big ticket discounts. It would really be gratifying for us to connect to your community.**

**Let me know what you think,**

**Play Producer**

Dear PP,

Your play sounds great! However, pursuant to the A.A. Traditions (there are Twelve Traditions as well as Twelve Steps), A.A. cannot engage in any collaborations whatsoever with any outside agency. Even the modest promotion you mention would run afoul of the traditions.

My personal suggestion is to advertise the play at places where A.A. members go. One place is the church at 7th and Irving where you could discreetly put a notice on the

bulletin board. You can look in our schedule at [aasf.org](http://aasf.org) and see when there are meetings, there and at other locations.

The Alano Club on Market near Gough is a club that has A.A. meetings, but is not official A.A. I suggest you contact them at [alanosf.org](http://alanosf.org). Likewise, the Dry Dock at 2118 Greenwich St. Good luck with your project.

e-Volunteer

**Dear Help,**

**Besides going to meetings, could you suggest other tips for sobriety? I'm kind of afraid of the whole sponsor thing. Like, say, suggestions for what I could do to stop myself when really craving a drink?**

**Lily**

Dear Lily,

I can only speak from my experience. The best thing for me to do is to go to a meeting when I feel like picking up a drink. It may not be the most convenient thing, but it sure beats picking up a drink, which will make things more inconvenient for me than going to a meeting! The other suggestion, if you are scared of getting a sponsor, is to have a list of women you could call and talk to about what you are feeling when you

are feeling it. For me, nothing was as foolproof as getting a sponsor and working the steps of Alcoholics Anonymous. Once I did that, the craving to drink went away (not completely, but the strong desire went away). Now when I have the thought of picking up a drink I have some tools that I have been taught in A.A. to deal with the feeling.

Also what has helped me a lot is not to be hungry, angry, lonely or tired. It also helped me to stay busy doing things rather than sitting around having idle time on my hands. I hope this helps a little. There is nothing better for me than to surround myself with other alcoholic friends who are experiencing or have experienced the same things that I am or I have.

Hope I was able to help a little,

e-Volunteer



# Meet THE MEETING

by John E.

One of the great things about Alcoholics Anonymous is the wide variety of meetings types that are available. There are speaker/discussion meetings, men or women's-only meetings, meetings that have a completely open-ended topic of discussion or meetings that focus on a particular step or tradition. One type, which is commonly referred to as an "Eleventh Step meeting," emphasizes a meditation practice that seeks to improve conscious contact with a Higher Power.

The No Gurus Meditation meeting in the Noe Valley neighborhood of San Francisco is one such meeting that follows the Eleventh Step meeting format. As the name of the meeting suggests, there are no "gurus" or meditation experts here. In fact, the only person who is actually leading anything is the meeting secretary.

When it's time to begin, the secretary lights a candle and greets everyone in the usual fashion. The meeting opens with a moment of silence followed by the serenity prayer. Then it is explained that this is a "meditation meeting" and attendees may now retreat to the "sanctuary" (an enclosed chapel room adjacent to the main room) for the next 20 minutes, to use as they wish. There is no instruction on how to meditate nor is it stated that meditation is mandatory; however it is suggested that silence be observed during this period.

This format of separating at the beginning of the meeting to meditate creates a different dynamic immediately. Many of us come into a

## No Gurus Meditation



meeting to "unload" as soon as the meeting is open for sharing, but in the meditation meeting format we have an opportunity to reflect on the things we wish to eject from our minds, or simply attempt to clear the mind of unproductive thought. We may also use this time as an opportunity to perform an inventory or reflect on current events. The idea is that we use it however we want and, if we're able, share about how we used the time.

Once the allotted 20 minutes is over, everyone is called back into the main meeting area. Depending on the number of people in attendance, members break into smaller groups of five or so to share on what they meditated on or whatever else they feel like sharing. Again, compared with most A.A. meetings, this creates a unique situation: being in a small

circle is a little more intimate and can "force" you to share even when you might not have felt like doing so.

The meeting ends at the 60-minute mark and everyone regroups to recite the St. Francis Prayer.

*The No Gurus Mediation meeting is held every Sunday night at 7:00 PM at Holy Innocents Episcopal Church located at 55 Fair Oaks Street in San Francisco. Street parking is sparse in this area, however there is a MUNI stop nearby and 24<sup>th</sup> Street/Mission BART is only a few blocks away. Enter through the front door of the church and head down the stairs immediately in front of you down to the common area where the meeting is held.*



# IFB meeting summary – August 2011

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

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

Any Lengths	Cow Hollow Men's	Girls Night Out	Marin Stag	Step Talk	Walk Of Shame
Artists and Writers	Each Day A New Beg (M-F)	Haight Street Blues	Mission Terrace	Sunday Rap	Women's Promises
Attitude Adjustment Hour	Each Day A New Beg (Su)	High Noon (Mon)	Monday Beginners	Sunset Speaker Step	
Back To Basics	First Place	Huntington Square	Reality Farm	Ten Years After	SF PI/CPC
Bernal New Day	Friday All Groups	Keep It Simple	Saturday Easy Does It	Thursday Thumpers	Marin Teleservice
Come 'n Get It!	Friday Morning 12 Steppers	Live & Let Live	Sober 5150's	Tiburon Haven	SF Teleservice

This is an unofficial summary of the August 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, August 3, 2011. Announcements: see also <http://aasf.org/ifbinfo.cfm>

**IFB Chair Report, Margaret J.:** Excited and looking forward to next year, we will be dealing with financial issues and major changes to the Bylaws. The 65<sup>th</sup> Anniversary of Central Office is in January and we'd like to celebrate with an event, more about that in months to come.

**Treasurer's report, Michelle C.:** See Narrative, Income and Expense Statement and Balance Sheet online. Group contributions are \$700 below budget for June. Individual contributions are \$3,300 over budget, primarily due to a one-time estate contribution. YTD, total contributions are \$3,600 below budget. Bookstore Sales are over budget by \$200 for June and under budget by \$800 (-1.4%) year-to-date.

Operating expenses are under budget by \$2,300 in June: rent is under by \$1000 due to new lease terms, IFB sponsored events are \$467 under due to timing of Founder's Day expenses and Access expenses are \$315 under budget. Net surplus for the month of June is \$1,101 v. a budgeted deficit of \$3,415. YTD deficit is \$12,202 v. budgeted deficit of \$5,894. Unrestricted cash increased by \$3K to \$21,570 which is slightly more than one-month's operating expense.

Income continues to be less than budget, need to get word out to groups. Upcoming Gratitude Month needs to be emphasized this year.

**COC Report, David S.:** July was the first meeting of the new COC. The COC works directly with Maury on CO Operations. We set date for our goal setting retreat. Discussed potential changes to employee vacation policy. When we get to a point of a recommendation we will notify you. We were also updated on the Bylaws Committee. COC summary is online.

**CO Manager Report, Maury:** dates to make note of: Marin Unity Day – Sat, Sept 17<sup>th</sup> (info on website) GGGYPAA to host dance, at Corte Madera Rec Center. SF Unity Day Sat Oct 29<sup>th</sup>. Sat Nov 5<sup>th</sup> – Volunteer Appreciation Party, not sure about location yet. January will be 65<sup>th</sup> Anniversary of CO. Other news – newer version of SF schedule available at CO, Sat. the 13<sup>th</sup> is General Service Area Assembly in Vacaville. One Workshop topic will be about Intergroup and GSO communication. There will be a concurrent workshop on self-support and communicating it to groups, a topic that is affecting AA everywhere.

## IFB Liaisons Reports

**Marin Teleservice, Sean B:** 12<sup>th</sup> Step workshop went well. We meet at 7:30 on the 4<sup>th</sup> Tu at the Alano Club in San Rafael.

## New Business

### Open Positions: COC and Outreach

We have several open positions including a one-year at-large COC meeting. Mary W. elected by acclimation.

**Committee Outreach:** Rich H. volunteered to Chair committee, Michael P., Philip L. agreed to help, Meets third Wed. at 6:30pm at Central Office.

**Introduction to Bylaws changes:** We used to have Zones and a much smaller "Board", but when we removed the zones and opened up membership to every group, we grew to be a large board and in the last couple of years, with changes the IRS has implemented, we are faced with tax reporting/anonymity issues. Working on a rewrite of the Bylaws which would name the COC as the Board of Directors. Additionally, there would be no term limits on Intergroup Reps, a possible name change as there would not be a "B" in "IFB". Intergroup would still elect the Board, just as it elects the officers and COC now, and approve the budget. Currently we have to read bylaws changes three times, so we will begin reading them in Sept. in order to pass them in time for the year-end tax filing. Planning on a night for anyone interested to gather at CO to discuss.

**Li, Joe:** Why are we talking about it outside of the IFB? To give topic ample time to discuss, avoid lengthy regular meeting. RSVP will be requested. Someone can

# Individual Contributions

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

## ONGOING MEMORIALS

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

## ANNIVERSARIES

**High Noon:** Sean D. 8 years, David H. 8 years, Cesar M. 6 years  
Jeff S. 4 years, Naharu S. 3 years, Eric A. 2 years

Gerard W. 22 years

Brian C. 30 years

Elizabeth C. 22 years

**Fernley, NV: K.I.S.S. Group** - Linda B. 19 years

**Goldmine:** Abby L. 24 years

**The Point:** Michael M. 4 years

call a special IFB meeting if preferred, probably after next regular IFB meeting, once bylaws submitted to IFB for first time. Maury asked if an RSVP for Special Meeting was reasonable, so that she would know if space needed to be rented, or if it could be held at Central Office. Members agreed it was.

**Lisa:** Can you give us a quick summary next month? This is how it was, this is how it will be? Mary: are we starting from scratch on all of the Bylaws or just who the Board is? David: Too difficult to simply amend with current construct and the number and type of proposed changes.

**Seth:** I think you've made it clear that anyone who is interested in the guts of this is totally welcome to join this conversation.

### Committee Outreach:

**Carlin:** Willing to assist with Access Committee, but will not be able to serve as an Intergroup Rep if named on tax filing. Maury: Can get a sense of how the group will vote in Nov. and resign before Dec. if necessary.

**Li:** would really like an additional member to assist with The Buzz.

**Trusted Servant Committee:** Workshop on Sat. 8/14, hosted by GGYPA who will provide the panel. Only two members on this committee and the other member has had family member issues. Need additional committee members for help with set up and clean up at the workshops. Will also need help on 9/2 from 1 – 2:30pm at the ICYPAA conference where we have another workshop.

**Hospitality:** Tony, Shawne, Blu and Ted. Spent \$112 and collected \$98. Can always use more people.

**Orientation:** Ted reported, fills in when Blu and Michelle are not here, easiest committee to be on, welcome new reps and get them interested in being of service at this level.

Margaret asked each of the members to speak to a Chair of a committee about possibly joining and the meetings slowly self-adjourned.

### Next IFB Meeting:

Wednesday, Sept. 7, 2011, 7—9PM  
First Unitarian Universalist Church  
1187 Franklin at O'Farrell, SF 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	Jul. 11	YTD	Marin Contributions	Jul. 11	YTD	San Francisco Contributions	Jul. 11	YTD
ACYPAA		1674	Pathfinders Tu 12pm	171	171	6am Dry Dock Sa		81
Brisbane Breakfast Bunch		190	Primary Purpose W 830pm		151	6am Dry Dock Th		72
Contribution Box		357	Quitting Time MWF 530pm		280	6am Dry Dock W		96
Fellowship Contribution		77	Refugee Th 12pm		110	7am As Bill Sees It Fri		101
IFB	149	674	Reveille 5D 7am		99	7am Grab Bag M 7am		195
<b>Fellowship Total</b>	<b>149</b>	<b>2972</b>	Rise N Shine Sun 10am		263	7am Living Sober W 7am		14
			San Geronimo Valley Book Study		127	7am Speaker Discussion Th 7am	100	461
			San Geronimo Valley M 8pm		140	7am Step Discussion Tu 7am		109
			Sausalito 12 Step Study Group		386	830am Smokeless F 830am		203
			Sausalito Sober Sisters Th 330pm	151	229	830am Smokeless Th 830am		20
			Serendipity Sa 11am		231	830am Smokeless Tu 830am		169
			Sisters In Sobriety Th 730pm (M)		90	A is for Alcohol Tu 6pm		200
			Six O'Clock Sunset Th 6pm	192	378	A New Start F 830pm		300
			Sober & Serene F 7pm		243	A Step Beyond Th 6pm		226
			Sober Sisters Wed 12pm		149	A Vision for You (SF) Su 630pm		120
			Spiritual Testost. Sun Men's Stag Su		395	AA As You Like It Tu 530pm		88
			Steps to Freedom M 730pm		225	AA Step Study Su 6pm		23
			Steps To The Solution W 715pm		103	Acceptance Group M 530pm		60
			Stinson Beach Fellowship Th 8pm	50	150	Afro American Beginners Sat 8pm	127	524
			Sunday Express Sun 6pm	150	450	After Work Big Book M 6pm		42
			Sunlight of the Spirit Th 7pm		150	After Work M 6PM		160
			T. G. I. Tuesday 6pm	78	78	Agnostics & Freethinkers Su 630pm		72
			Terra Linda Group Th 830pm	250	250	Alumni W 830pm		302
			Terra Linda Thursday Men's Stag Th	45	45	Any Lengths Sat 930am		537
			The Barnyard Group Sa 4pm	53	53	Ariana Cafe Group M - F		100
			There is a Solution Tu 6pm	47	133	Artists & Writers F 630pm	435	1053
			Three Step Group Sa 530pm		200	As Bill Sees It Th 6pm	449	988
			Thursday Night Book Club Th 7pm		22	As Bill Sees It Tu 1210pm		120
			Tiburon Beginners & Closed Tu		700	Ass in a Bag Th 830pm	101	101
			Tiburon Women's Candlelight W 8pm		753	Be Still AA Su 12pm		611
			We, Us and Ours M 650pm		250	Beginners 12 x 12 F 7pm		300
			Wednesday Night Candlelight W 8pm		56	Beginners' Step Study Sat 630pm		158
			Wednesday Night Speaker Disc.		22	Beginner's Warmup W 6pm		47
			What's It All About F 12pm	450	450	Bernal Big Book Sat 5pm	160	772
			Women's Big Book Tu 1030am	280	480	Bernal New Day 7D		1601
			Women's Step Study Group M 12pm		75	Big Book Basics F 8pm		427
			Working Dogs W 1205pm		500	Big Book Study Su 1130am		236
			Young People's Chopsticks Sa		44	Blue Book Special Su 11am		119
			Memorial Group Contribution	267	267	Brokers Open Book Tu 130pm		157
			<b>Marin Total</b>	<b>6305</b>	<b>25090</b>	By the Book Sa 10am		29
			<b>San Francisco Contributions</b>	<b>Jul. 11</b>	<b>YTD</b>	Came to Believe 830am M 830am		60
			130 Smokeless M 130pm		9	Came To Believe Su 830am	134	134
			330 Smokeless Su		9	Came to Park Sat 7pm		180
			330 Smokeless W		13	Castro Discussion (Show Of Shows)		466
			515pm Smokeless Su		13	Castro Monday Big Book M 830pm	48	48
			515pm Smokeless W		18	Castro Nooners F 12pm		85
			6am Dry Dock 7D		150	Cocoanuts Su 9am		281
			6am Dry Dock F		53	Code Blue Big Book Study W 7pm	178	178
						Common Welfare Th 8pm		104



San Francisco Contributions	Jul. 11	YTD	San Francisco Contributions	Jul. 11	YTD	San Francisco Contributions	Jul. 11	YTD
Cow Hollow Men's Group W 8pm	258	438	Living Sober W 8pm	193	254	SFPOA Th 7pm		371
Creative Alcoholics M 630pm		195	Living Sober with HIV W 6pm		469	Spirit of San Francisco		90
Dark Secrets F 10pm		19	Lots Of Parking Su 6pm		20	Step Talk Su 830am		335
Design for Living Sat 8am		218	Luke's Group W 7pm		124	Steppin' Up Tu 630pm		430
Diamond Heights Tu 830pm		92	Meeting Place Noon F 12pm		209	Stonestown M 8pm		49
Dignitaries Sympathy W 815pm		180	Meeting Place Noon W 12pm	312	473	Sunday Bookworms Sun 730pm		154
Dry Dock Discussion M 830pm		10	Mid Week Sanity W 630pm		11	Sunday Morning Gay Men's Stag		470
Each Day a New Beginning F 7am	625	1765	Mid-Morning Support Su 1030am		874	Sunday Night Castro Speaker Disc		5
Each Day a New Beginning M 7am	593	1292	Midnight Meditation Sat 12am		69	Sunday Rap Sun 8pm		307
Each Day A New Beginning Su 8am	398	1339	Miracle (Way) Off 24th St W 730pm		41	Sunday Silence Su 730pm	40	152
Each Day a New Beginning Th 7am	283	868	Mission Terrace W 8pm	96	124	Sundown W 7pm		668
Each Day a New Beginning Tu 7am	287	480	Monday Beginners M 8pm		446	Sunset 11'ers Su		100
Each Day a New Beginning W 7am	652	1244	Monday Monday M 1215pm		164	Sunset 11'ers Tu	34	285
Early Start F 6pm		1273	Moving Toward Serenity W 830pm	202	202	Sunset 9'ers Sa	120	265
Easy Does It Tu 6pm	96	96	Newcomers Group Tu 7pm		20	Sunset 9'ers Su		181
Embarcadero Group 5D 1210pm		1090	Newcomers Step M 730pm	360	360	Sunset 9'ers Tu	40	80
Epiphany Group Th 8pm	100	140	Newcomers Tu 8pm		118	Sunset Big Book Step Study Sa		74
Eureka Step Tu 6pm	76	76	No Reservation M 12pm	49	257	Sunset Early Morning W 7am	83	83
Eureka Valley Topic M 6pm		213	Noon Smokeless F 12pm		43	Ten Years After Su 6pm		1831
Excelsior "Scent" Free for All Sa 8pm		108	Noon Smokeless M 12pm		18	The Drive Thru W 1215pm		339
Extreme Makeover M 730pm		51	Noon Smokeless Su 12pm		10	The Dry Dock Fellowship		119
Federal Speaker Su 12pm		174	Noon Smokeless Th 12pm		8	The Lads Fr 730pm	94	259
Firefighters & Friends Tu 10am	155	296	Noon Smokeless W 12pm		15	The Parent Trap 2 Wed. 430pm		27
Fireside Chat Group Tu 8pm		37	Off Broadway Book Th 730pm		55	The Pepper Group F 12pm		123
Fireside Chat Sa 9pm	103	103	Once An Alcoholic Th 715pm		16	There is a Solution Tu 6pm		214
Franciscan Noon Discussion M 12pm		34	One Liners Th 830pm		272	Thursday Downtown Th 630am		62
Friday All Groups F 830pm	1174	1323	Parkside Th 830pm		397	Thursday Night Women's Th 630pm		426
Friday at Five F 5pm		24	Pax West M 12pm		955	Thursday Thumpers Th 7pm		100
Friday Lunchtime Step F 12pm	108	223	Pax West Th 12pm	98	944	Too Early Sat 8am		1049
Friday Night Women's Meeting F		42	Potrero Hill 12 x 12 M 630pm		150	Trudgers Discussion Su 7pm		360
Friday Smokeless F 8pm		72	Progress Not Perfection Tu 830pm		65	TSWC		26
Gold Mine Group M 8pm	355	355	Raising the Bottom W 9pm		140	Tuesday Big Book Study Tu 6pm		70
Goodlands Su 2pm		316	Reality Farm Th 830pm		367	Tuesday Downtown Tu 8pm		14
Haight Street Blues Tu 615pm		298	Rebound W 830pm		60	Tuesday Men's Pax Tu 12pm		509
Happy Hour Ladies Night F 530pm		103	Refugee Th 12pm		60	Tuesday Night Step Tu 7pm		89
High Noon Friday 1215pm	39	185	Rigorous Honesty Th 1205pm		90	Tuesday Women's Tu 630pm		15
High Noon Monday 1215pm		153	Saturday Afternoon Meditation Sat		495	Tuesday's Daily Reflections Tu 7am		87
High Noon Saturday 1215pm		308	Saturday Beginners Sat 6pm		641	Valencia Smokefree F 6pm	71	382
High Noon Sunday 1215p		101	Saturday Big Book Sa 2pm		9	Walk of Shame W 8pm		118
High Noon Thursday 1215pm	120	386	Saturday Easy Does It Sa 12pm		1003	Waterfront Sun 8pm	167	504
High Noon Tuesday 1215pm		102	Saturday Matinee Sa 2pm		40	We Care Tu 12pm	162	162
High Noon Wednesday 1215pm		25	Saturday Night Regroup Sat 730pm	273	853	Wednesday Morning Men's Meeting	100	100
Hilldwellers M 8pm	247	407	Say Hey Group M, Tu, F 6pm	119	376	Wednesday Noon Steps W 12pm		37
How Was Your Week? Sa 10am		151	Second Chance Th 215pm		35	Wharfrats Th 815pm	173	286
Huntington Square W 630pm		491	Serenity House	150	1050	Wits End Step Study Tu 8pm		108
Join the Tribe Tu 7pm	33	336	Serenity Seekers M 730pm		380	Women Living Sober Sa 10am		120
K.I.S.S. M 6pm		114	Shamrocks & Serenity M 730pm		347	Women's 10 Years Plus Th 615pm		429
Keep Coming Back Sa 11am	113	684	Sinbar Su 830pm		127	Women's Kitchen Table Tu 630pm		67
Let It Be Now F 6pm	109	109	Sisters Circle Su 6pm		462	Women's Meeting There is a Solution		234
Light Steppers Su 7pm		60	Sober at State MW 1210pm		250	Women's Promises F 7pm		794
Like A Prayer Su 4pm		199	Sober Saturday Sa 830am	246	326	Work In Progress Sat 7pm		450
Lincoln Park Sat 830pm	40	40	Sobriety & Beyond W 7pm		139	YAHOO Step Sa 1130am		277
Live and Let Live Su 8pm		150	Sometimes Slowly Sa 11am		141	<b>San Francisco Total</b>	<b>10948</b>	<b>60050</b>
Living Proof Th 630pm		80	Sought to Improve Th 715pm	72	132	<b>YTD</b>	<b>\$17,401</b>	<b>\$88,112</b>
Living Sober W 8pm	193	254	SFPOA Th 7pm		371			

# Treasurer's Report: June 2011

In June, group contributions were \$700 under budget. Individual contributions were \$3,300 over budget, primarily due to a \$3,000 estate contribution. Year-to-date, total contributions are \$3,600 less than budget.

Bookstore sales were \$200 over budget in June, and are \$800 (or 1.4%) under budget year-to-date.

Operating expenses for June were \$2,300 under budget. Employee expenses are \$400 under budget primarily due to health benefits, rent

expense is \$1,000 under budget due to the new lease terms, IFB sponsored events are \$467 under budget due to timing of Founder's Day expenses, and access expenses were \$315 under budget. Total operating expenses year to date are 5.8% under budget

We had a net surplus of \$1,101 for June, compared to a budgeted deficit of \$3,415. Year-to-date net deficit is \$12,202.

Unrestricted cash balance increased \$3,024 to \$21,570, which represents slightly more than one month of

average operating expenses.

The trend of lower than budgeted income (group contributions, bookstore sales and individual contributions) appears to have continued in July by \$1450. Ongoing communication to groups on the meaning of self support continues to be important. Upcoming Gratitude Month contributions should also be emphasized to groups, as last year the total Gratitude Month contributions were \$5,800 lower than the prior year and \$7500 lower than budget.

OVERALL RATING: FAIR

## profit and loss statement: June 2011

	Jun 11	Budget	Jan - Jun 11	Budget		Jun 11	Budget	Jan - Jun 11	Budget
Ordinary Income/Expense					Insurance	0		2383	2915
Income					Internet Expense	94	120	719	720
Contributions from Groups	11319	12000	70711	81500	Office Supplies	152	135	1053	1410
Contributions from Individuals	5842	2510	22258	15060	Paper Purchased	141	170	1923	1540
Gratitude Month	95		4128	10400	Software Purchased	0		145	
Sales - Bookstore	9672	9500	56111	57000	Shipping	0		0	
Newsletter Subscript.	44	30	252	180	Printing	38		38	
Total Income	\$26,972	\$24,040	\$153,459	\$164,140	Equipment Lease	0		3189	3154
Cost of Goods Sold					Repair & Maintenance	262	262	2785	1670
Cost of Books Sold - Shipping	-15	31	441	186	Security System	0	118	118	236
Cost of Books Sold	6941	6425	39703	38550	Payroll Expenses	5	40	29	235
Credit Card Processing Fees	312	291	1915	1746	Telephone	244	250	1433	1500
Total COGS	\$7,238	\$6,747	\$42,058	\$40,482	Phone Book Listings	87	86	519	519
Gross Profit	\$19,734	\$17,293	\$111,402	\$123,658	Travel	0	20	48	120
Expense					Training	25		25	25
Sunshine Club/12th Step.	0	20	0	120	Bad Checks	0		0	30
Archives Committee	0	20	0	100	Total Expense	\$18,229	\$20,530	\$121,168	\$128,504
IFB Sponsored Events	33	500	488	1000	Net Ordinary Income	\$1,505	-\$3,237	-\$9,767	-\$4,846
Reconciliation Discrepancies	0		0		Other Income/Expense				
Employee Expenses	11083	11510	77650	77364	Other Income				
Professional Fees	1890	1825	2115	2505	Interest Income	180	200	1069	1220
Postage	0		500	487	Total Other Income	\$180	\$200	\$1,069	\$1,220
Rent - Office	3664	4664	24986	27984	Other Expense				
Rent - Other	150	75	450	450	Depreciation Expense	584	378	3504	2268
Access Expenses	360	675	360	4050	Total Other Expense	\$584	\$378	\$3,504	\$2,268
IFB Literature	0	20	83	170	Net Other Income	-\$404	-\$178	-\$2,436	-\$1,048
PI/CPC	0	20	49	120	Net Income	\$1,101	-\$3,415	-\$12,202	-\$5,894
Filing/Fees	0		80	80					

## INDUSTRIAL-SIZE

### COFFEEMAKER FUNDRAISER

Mission Fellowship  
2900 24th Street

**Saturday September 17th**

Social 5:30-6:00 pm

Speaker Meeting 6:00-7:00 pm

50/50 Raffle, snacks and beverages provided.

**The theme is "homemade desserts."**

*This is a chance for everyone who loves to bake  
to show off their baking masterpieces.*



*(Continued from page 10)*

But if I hear it in a meeting, it's okay if it's true, because my relationship to A.A. is to *everyone in the room*, not just the speaker. One of my best Twelfth Step moves was to *stop* talking to a newcomer who was uneasy with me. I left the meeting and went to the nearby restaurant where people gathered afterwards, and ten minutes later that same newcomer walked in with someone else from the meeting, talking a mile a minute. That kind of thing only happens face to face in real life. If I'm a sober celebrity and my message is turning someone off, I'll never know.

Also, there's that fundamental

attribute of ego deflation at depth, the pursuit of humility. How can I pursue that level of humility in recovery by being a famous sober person? I don't have an answer to that one.

Some of the recent anonymity breaks are by people who are sober for 10, 15, 25 years. I think of the old joke, "When I first came to A.A., the people with six months were miracles, the people with two years were saints, and the people with ten years were liars." I used to think that the people with ten or twenty years who came to meetings were totally safe and "cured" and only came for the joy of giving. It's true that there's a great deal of joy in giving, but now that I'm

sober 25 years, I know that I still need the program to stay sober, one day at a time – the spiritual life is not a theory. We have to live it.

It's an imperfect world, and we will continue to have an imperfect relationship with carrying the message publicly and remaining anonymous at the level of mass media. As a personal opinion, I would support people creating *other* organizations to carry a message that alcoholism is a disease and that recovery is possible, but to me, throwing away "anonymous" just leaves "alcoholics." I'm not sure I would be alive today if the two didn't stick together.



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

**Or e-mail us at: [thepoint@aasf.org](mailto:thepoint@aasf.org)**

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