

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2012
7
July

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the

Intercounty Fellowship

of Alcoholics Anonymous

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Fearless and Thorough From the Very Start



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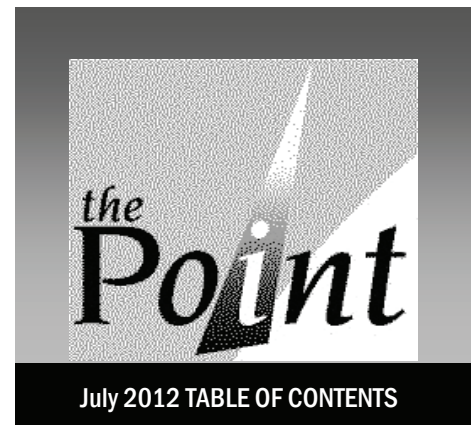
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

July 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4 CENTRAL OFFICE CLOSED HAPPY INDEPENDENCE DAY!
8	9 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	10 <u>SECOND TUE</u> <i>The Point Committee</i> 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	11 <u>SECOND WED</u> Intergroup Meeting (Normally 1st Wed.) 1187 Franklin St. SF CA Orientation 6pm Meeting 7pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
15 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	16 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	17 <u>THIRD TUE</u> Access Committee Central Office 6pm	18
22	23	24 <u>FOURTH TUE</u> <i>The Point Committee</i> Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	25
29	30	31	

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14 SF Public Information / Cooperation with the Professional Community New Speaker Workshop Central Office 10am
19	20	21
26 <u>LAST THU</u> SF H&I Old First Church, 1751 Sacramento St, SF Orientation 7pm Business Meeting 8pm	27	28 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm

Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings 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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To watch people recover,
to see them help others,
to watch loneliness vanish,
to see a fellowship grow up about you,
to have a host of friends – this is
an experience you must not miss.

Alcoholics Anonymous, p. 89.



Meeting Changes

New Meeting:

A new 12-Step club has opened in San Francisco. A.A. meetings are held 7 days a week at 4:00pm (45 mins), 5:00pm, 6:30pm, and 8:00pm. They are located at 2205 Sutter St at Pierce St.

Mon	2:00pm	Pt. Reyes	AS BILL SEES IT, HHS Building, 6th St / A St (Enter through rear door)
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Meeting Changes:

Sun	9:30am	Mission	THE LEAKY CAULDRON, 233 14th St / Natoma St (Was at 10:30am)
Sun	12:00pm	Terra Linda	CROSSROADS, 99 Monticello Rd / Nova Albion Wy Pediatrics Bldg Rm 1&2 (Was Rm 3&4)
Sun	7:00pm	Noe Valley	NO GURUS MEDITATION, 455 Fair Oaks St / 26th St (Was at 1268 Sanchez St)
Sat	8:00pm	Excelsior	EXCELSIOR "SCENT" FREE FOR ALL, 32 Ocean Ave / Persia Ave (Was called Excelsior)

No Longer Meeting:

Sat	9:00am	Mission	BUSHWHACKERS, Dolores Park, 20th St and Church
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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!***

SPEAKERS WANTED!!

Learn how to carry the A.A. message to schools, drunk driving classes, the medical community, and professional organizations.

PI/ CPC SPEAKER WORKSHOP

(Public Information/Cooperation with the Professional Community)

Speaker requirement: two years of continuous sobriety in A.A.
"Old" speakers who haven't attended a training workshop in a year should come for their annual refresher.

Saturday, July 14, 2012 at 10am

Central Office, 1821 Sacramento / Van Ness
Call for more information or email picpc@aasf.org



Reasonable Accommodations Policy: Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office no later than July 9, 2012.



Turn It Over: Rotation at The Point

From the Editor



by Jane K.

This column typically introduces the various articles within and whets your appetite to read them. As usual, the contents of this issue are fabulous and you must read every page.

But now I want to talk about this alcoholic's favorite topic: *me*. I'm departing from *The Point* committee and this is my swan song. What I have learned in four and a half years helping get this publication into your hands (or on to your digital device's screen):

You can please a lot of the people most of the time, but some of the people none of the time.

Sobriety is the bare minimum for an alcoholic being a productive member of the A.A. fellowship; other qualities include humility, reliability, kindness and humor, all of which my fellow committee members demonstrate on a regular basis.

Assume that the other person is trying just as hard as you are.

The best joke is a genie joke . . . when told by Charley.

Anyone in A.A. can be a writer, if they have the capacity to be honest (and a serviceable editor).

The best illustration is one hand-drawn by Duran; the next best is the one he finds to illuminate an abstruse point; the distant third are what the rest of us on the committee come up with.

The Twelve Traditions of A.A. actually work when applied with common sense and an open mind.

Meeting minutes can be magic: Mike transforms straw into gold by his felicitous interpretation of garbled proceedings and keeps the committee marching, generally, in the same direction.

My co-editor, Kristen E., is also leaving the committee due to her mounting professional responsibilities. You will still be able to read her fine articles in these pages, as she has promised to keep writing for *The Point*. New committee members are in the wings, so you will soon have the benefit of their inspiration.

I want to express my gratitude for the opportunity to pen the occasional series "Interview with a Long Timer." I was honored to speak with 18 A.A.s who had over 35 years of sobriety each. Four of them have died since we spoke, and I count the time spent with them among my treasures.

The spirit of rotation in A.A. requires that I do this difficult thing and end my favorite service commitment of all time so that I open up for what's next. Likewise, the word length of this column having been exceeded, I must now close, but not before thanking you, o gentle reader, whose favor I have shamelessly sought by virtually any means possible.



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.	Jeanne C.	Pene P.
Andrea C.	Jeff B.	Penelope C.
Andy Z.	Jocelyn & Ralf Z.	Philip B.
Ann W.	John C.	Ralph P.
Anne C.	John G.	Rich G.
Barbara L.	John M.	Robert C.
Barbara M.	John V.	Robert W.
Blu F.	Karen C.	Ron H.
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Chris S.	Marit L.	Tracy F.
Chuck S.	Mark B.	
CJ H.	Mark O.	Your
Dan B.	Martha S.	Name
Dan & Sherry T.	Mary C.	Here!
David J.	Mary L.	
David S.	Maryellen O.	Or
Denise H.	Mia M.	Here!
Dennis & Lucy O.	Michael G.	
Dianne E.	Michael P.	Or
Don N.	Michael Z.	Here!
Ed H.	Michelle C.	
Eric P.	Mike M.	
Erin S.	Molly G.	
Evan K.	Nancy W.	
Fay K.	Nathaniel W.	
Frederick D.	Niels R.	
Gregory G.	Pat R.	
Ian M.	Patrick M.	
Jane K.	Paul M.	
Janet B.	Peg L.	

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!

Feel the Fear! Do it Anyway!

by Katia N.

The first time I was to secretary a meeting, I locked myself inside my Toyota and fumbled with the door in a panic, afraid I would be late. Don't ask how I managed to convince myself I had locked myself *inside*. Chalk it up to another service-induced tantrum.

My first commitment was coffee-making at a 10:45 Saturday morning meeting, a near nausea-producing time for me to be out on a weekend. The cupboards were too high for my 5'2" frame. The coffee bin too heavy for my sensitive back. I didn't even drink coffee! The night before I was to debut for this torture, I called the previous coffee maker to inquire where to buy the coffee and expressed some of my reservations.

"No, sweat, Katia. I'll get the coffee because I like the real stuff."

"Bless you."

"I'll hook you up. Relax."

I didn't really trust the guy. He looked suspicious, and didn't he have those rather endless shares? Yet he appeared in full-glory the next morning, coffee-bag in hand, standing in the fog. The key person failed to arrive on time, but that's another story. Somehow the coffee got made, the blueberry muffins arrived, the meeting started, and no one kicked me out for bad brew.

I continued to dread the coffee commitment, and the previous coffee maker took over more and more until I was only bringing the cream—and soon even that felt too much for my angsty morning self. I was relieved when I had six months and was allowed to sell literature, giving me

more time to amble about my kitchen before the meeting. What I *didn't* dread was that after several months of showing up, members stopped acting like I was invisible, even remembered my name.

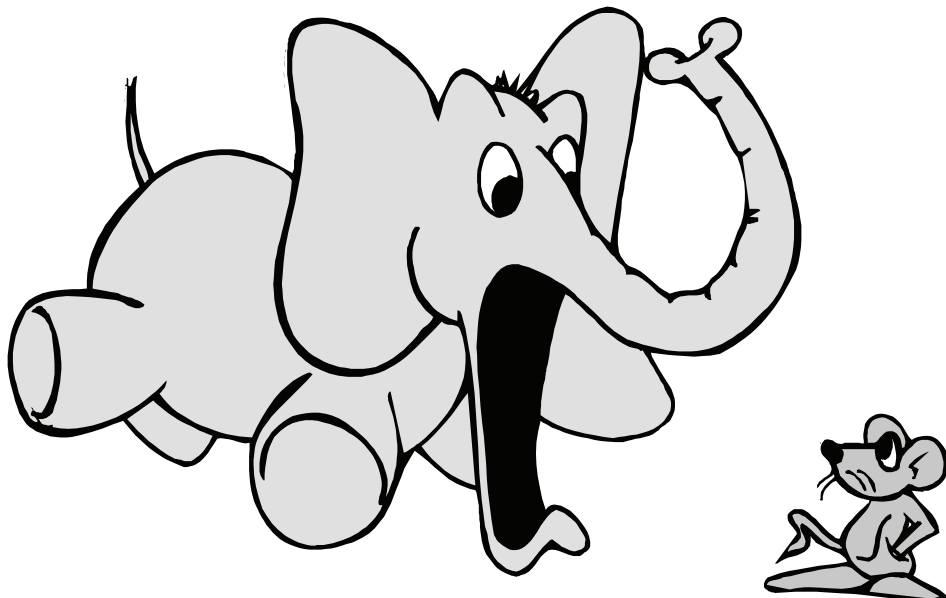
I recognized others as well and greeted them, that is if I wasn't too wrapped up in my own sleepy-headed self. The most enjoyable thing about entering the church was being greeted by one of the set-up guys. He stayed quiet in meetings, in his own world in the back, the "death row." When he saw me arrive, though, he always had a big smile, and his hello helped me feel my day had started. One morning he approached during the break: "You know the feeling you talk about in meetings, the lonely feeling? I've been feeling it." I asked him to join me on a wildflower walk that Sunday. Despite holding two manual labor jobs and living in one room in the Tenderloin, he showed a profound gratitude for his life and was curious about every bit of spring flora along the trail. His unique take on things made me feel free to let out

my most far-flung ideas, thoughts, and feelings. We riffed and communed for hours.

We grow by doing what makes us uncomfortable.

Today I know the secret of service: it leads to a sense of connection and belonging. Although helping others may bring trembling or even thunderous panic, it is my mission to do it anyway. Otherwise I follow the beckoning delusions of fear: I will be locked inside the trap of my own mind, without a way for the divine to say hello. Today I am a cleanup coordinator, basket passer and a sponsor, as well as helping out at Central Office, and on the Web Committee. As my sponsor says, "We grow by doing what makes us uncomfortable. And Katia, don't think so much!" Amen.

AP





by Suzan C.

The phrase “we beg of you to be fearless and thorough from the very start” on page 58 of the Big Book stands out as especially imploring. The message is clear and strong: a half-hearted attempt to work the Program is not going to cut it. A.A. is not a buffet brunch. I must embrace every one of the Twelve Steps, go where sober alcoholics go, and do what they do, thoroughly and fearlessly. If this mandate leaves me feeling too overwhelmed, page 60 reassures me, “no one among us has been able to maintain anything like perfect adherence to these principles.”

Yet, the word “thorough” seems to imply perfection. In the ordinary sense of the word, thorough means completely. Completely suggests perfectly, because anything less than 100% is not “all.” Anything less than all, cannot possibly be “complete”. But this mathematical reasoning does not work well with spiritual matters. My psychic change in A.A. is qualitative, not quantitative, no matter how many days, months or years I have checked off the

THOROUGHLY IMPERFECT

calendar. My shift in consciousness must be thorough, because I cannot be “somewhat sober”. My Program may be not be perfect, because I occasionally have fits of self-will, fail to restrain my pen or tongue, or act out of purely selfish motives. But I

maybe there is little to worry about.

I have seen a number of A.A. friends and acquaintances relapse over the years. Some of them seem to relapse many times and keep returning to the Rooms immediately afterward. I

*I must be willing to shine the light of A.A.
in every dark corner of my mind.*

must have some degree of willingness all the time. I must let go of my old ideas and be willing to shine the light of A.A. in every dark corner of my mind. I must accept my alcoholism and its permanence. I must know with total certainty that A.A. is the only place I have left to go.

What about the “rare” failures among those who thoroughly follow the path of A.A.? I may be too quick to see this as fine print on the Program’s promises. The Big Book has much to say about honesty and other essential ingredients for sober living. If I am thorough in working the Steps but cannot seem to live a life of rigorous honesty, my chances become “less than average.” The word “rarely” is pretty decisive. If the chances of “it works when you work it” not actually working are about as likely as having a spotted owl in my back yard,

listen to their shares and look for a common theme, some gap in the foundation of their sobriety that undermines their success. I have not found a universal relapse virus that explains every slip. If I listen to the shares with an ear toward understanding what, if anything, was not “thorough” about their path, I can sometimes see a way in which these A.A.s held back. Sometimes they held back in a spiritual sense, mainly by not truly seeking God’s will for them on a daily basis, substituting their own will instead. I can listen to their stories and judge myself different. But as soon as I do that, I am not thoroughly following the Program of A.A.. I can’t have sobriety in freeze-dried packets to last the rest of my life. I can only obtain my spiritual nutrition on a daily basis. I can only live a thoroughly sober, humanly imperfect life, one day at a time.

TP

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

Raised By the Book

A principled upbringing

by Suzan C.

High on the list of benefits I have derived from A.A. is the life education I have received, the one my own loving parents were ill-equipped to provide. How to live, how to handle grievances, hurts, fears, successes and setbacks. How to navigate the schoolyard, the neighborhood, the workplace, a marriage. I had always felt I was missing the secret rule book of life.

Four years into sobriety, I had the great fortune of becoming a parent. I began to think about how I would practice the principles of A.A. as a mother. I would put first things first (my sobriety). I would observe “easy does it” to prevent burnout. I would take regular inventory of my parenting skills. I would place my child’s needs ahead of my own self-

centered goals for him. I would strive for serenity and whenever I became uncertain about the right thing to do, I would ask my higher power for guidance.

Today my son is focused, content, balanced and serene.

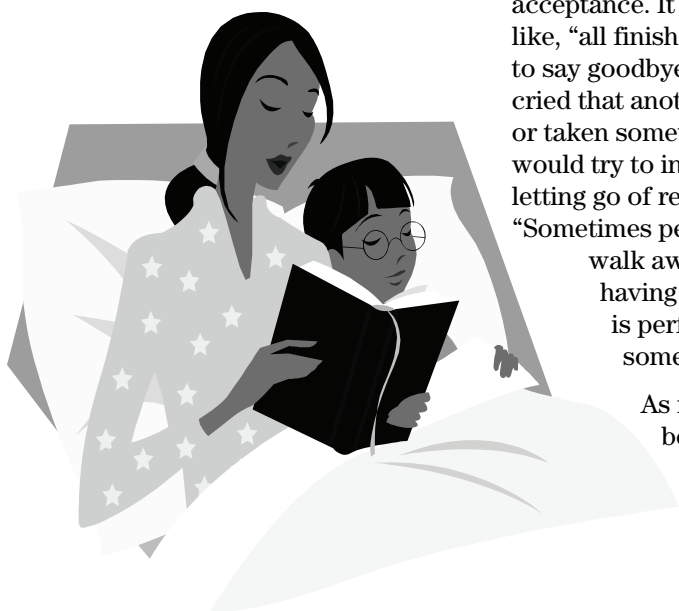
As my child grew, I realized that I had a rare opportunity. I could actually impart the secret rule book to another human being. I could spare him the suffering I endured as I flailed through life on the fuel of self-will. I thought about how I might accomplish this, short of putting the Big Book on his shelf between Green Eggs and Ham and Goodnight Moon. Maybe I could teach A.A. without calling it A.A.

When my son became frustrated about something not going his way, I began instilling the concept of acceptance. It sounded something like, “all finished with fussing, time to say goodbye to that.” When he cried that another child had hurt him or taken something away from him, I would try to instill forgiveness and letting go of resentment. I might say, “Sometimes people fight, but you can walk away. Maybe Joey is having a bad day too. Nobody is perfect. Time to find something else to do.”

As my son got older, it became more important

for me to live by example. When he asked me a question, I told him the truth. I did not promise things I could not deliver. And when I was wrong, I apologized. In my lesser moments, there might be a delay in my amends. As if on cue, my son would say “Are you sorry for what you said, Mom?” And when I said yes, he would hug me and be on his way. To this day, my son finds it appalling that someone won’t admit wrongdoing. I tell him a good chunk of the human race is challenged in that department. I tell him to keep his side of the street clean.

At the time I write this, my son is 17 and awaiting college application results. Each college has its own essay requirements. Dartmouth required a peer recommendation. One of my son’s friends wrote a letter for him. He talked about how accepting my son is. How disappointments roll off his back, allowing him to quickly move on. How he feels genuine happiness for his friends’ successes, being immune to envy. He talked about my son’s solid sense of ethics, the stability of his core beliefs, his ability to move independently of the pack. Today my son is focused, content, balanced and serene. He is also sober by his own choosing. Of course, he is also a teenager, complete with eye rolling and endless video gaming. I do not know what the future holds for him. But he is off to a great start, thanks to what A.A. has done for both of us.





YEAR OF THE TWELVE

Step Seven: Selfless Program For Selfish People

by Bob S.

Step Seven, carefully read, ruins the oft misquoted cliché, “A.A. is a selfish program for selfish people.” Wrong! The correct way to present this idea is “A.A. is a selfless program for selfish people.” Although A.A. fellowship members may never be completely rid of selfishness, the Twelve Step program of action helps us face and be rid of at least enough of it to maintain sobriety. The A.A. fellowship and the A.A. program of action are two different things. Let us review an excerpt from the Seventh Step Prayer on page 76: “I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.”

Now, this doesn’t exactly sound like a selfish prayer does it? Bill Wilson’s

spiritual mentor, Reverend Sam Shoemaker, stated his consensus of the A.A. Steps at the 1955 International Convention, in St. Louis:

- Out of self
- Into God
- Into Others

This phrase certainly resonates with the spirit of Step Seven. Notice the next phrase did not say “Grant me strength as I go out from here, so I won’t get thrown in the clink again.” No! We are asking for the strength do what God wants. Bill Wilson’s spiritual mentor, Reverend Sam Shoemaker, made the following statement from the podium of that same St. Louis Convention:

What God Wants

“There is a great hue and cry today on the part of some people about

those who seek benefit from God. I would like to know where in Heaven’s name a bewildered and defeated person is going to go for the help he desperately needs if he doesn’t go to God for it. Of course he is concerned about himself. He can’t help it. He ought to be. He must be if he is ever going to be made useful to other people. But later on he must also grow up and stop just using God and begin to ask God to use him. Stop asking God to do what he wants, and begin to try to find out what it is that God wants.”

I have pasted this quote in my Big Book and read it to newcomers quite often.



IP

Letters to the Editor

Dear Editors:

I went to a recent Trusted Servant's Workshop for H&I, Intergroup, and GSR and found it to be very informative. Ted R. had put together a terrific panel presentation that led to some lively discussion. I left with a better understanding of how A.A. works beyond the scope of individual meetings. One thing that was made clear and I will definitely bring this back to my home group – this type of service is valuable twelve step work, helping to insure that A.A. is always there to serve the alcoholic. I hope there are more workshops focused on these

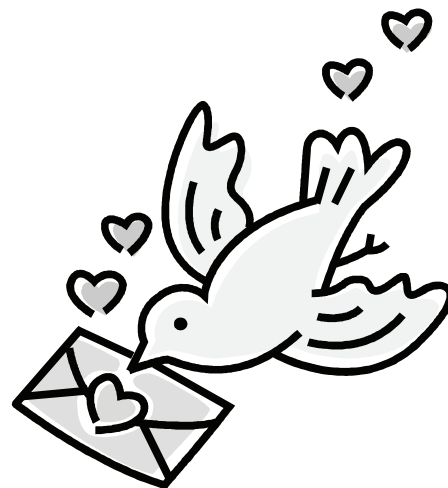
service positions. The only disappointing thing was that so few people attended, but don't let that deter Central Office from doing it again. Again, kudos to Ted R. and the panel!

Steve G.

Dear Editor

Just read this month’s [May] interview with Ruth. Very moving and full of great history. Thank you for that one.

Sarah D.



PI/CPC Committee:

Carrying the A.A. Message to the Public

by Rich & Erin

What is PI/CPC? The Public Information / Cooperation with the Professional Community Committee and it focuses on sharing information with non-A.A. members. While you may be familiar with our regular speaking engagements at DUI classes, we interact with the public in a variety of other ways. We speak at schools, including high schools, colleges and medical schools. We share our experience and A.A. knowledge with the medical community. We interact with the media, including TV and radio stations. We participate in many A.A.-specific events throughout the year as well as other, non-A.A. events, such as Project Homeless Connect.

The San Francisco PI/CPC Committee had 180 engagements in 2011. Unfortunately, due to a shortage of available speakers, we had to turn down some possible engagements. Generally, we work in pairs or teams. That makes the committee a great place to meet other like-minded A.A.s. Sharing information about A.A. and interacting with the public can be interesting, rewarding and fun! Please consider stepping up for this important 12th Step work.

To speak to the public about A.A. as a PI/CPC volunteer, you must have 2 years of sobriety, attend a speaker workshop, observe a DUI class presentation by experienced PI/CPC speakers, and return a completed volunteer-information form to Central Office.

The next workshop is at 10:00 a.m., Saturday, July 14th at Central Office. If you would like to learn more about

PI/CPC, visit www.aasf.org or send an email to picpc@aasf.org.

In some instances, our work brings us in contact with the professional community (the “CPC” focus of the committee) where we share our experiences about alcoholism from a place of having walked through this disease and achieved sobriety. Consider that some health care providers and law enforcement or correctional officers may have never knowingly witnessed an alcoholic in recovery. Despite a dedicated interest in understanding this disease, they may not be aware of the nature of A.A., what it does and doesn’t do, and how some of us have come to rely on the fellowship as a path to and through sobriety. While we’re certainly not medical professionals (at least, not most of us) and we cannot claim to

“represent the opinions of A.A.,” we can share our own understanding of the disease and the fellowship. As a committee, we hope to expand service in this focus area, particularly to more medical practitioners, law enforcement, clergy and teachers.

We also provide information to the general public (the “PI” focus of the committee). Much of this work brings us into contact with people who *may* be struggling with their own substance use or that of loved ones. In DUI classes, it’s possible some participants have never heard of A.A. or may be curious about the organization. Similarly, in schools, we’ve seen strong interest from students in our stories of alcohol use and our recovery and fielded many questions related to substance use of their friends and family.



(Continued on page 19)

PRE A.A. HISTORY: EBBY'S JOURNEY TO SOBRIETY

Fourth installment of excerpts from
A Pre-A.A. History Book by Bob S.

Ebby's Miraculous Release

Ebby was let "off the hook" on the following Monday. Judge Collins Graves (Cebra's father) released him from his impending commitment to the dreaded Brattleboro Asylum. Instead, he was given over to the "benevolent sponsorship" of millionaire Oxford Group member, Rowland Hazard. But more importantly, he was also let "off the hook" by a mysterious release from his deadly obsession to drink! This miracle happened directly after giving up those four bottles of ale to his neighbor . . . and this release lasted more than two and a half years, allowing Ebby time to carry the Oxford Group message to Bill Wilson.

Ebby closed the family house for the winter and stayed with his assigned "sponsor," Rowland, in nearby Shaftsbury for a week or so. He then accepted Shep Cornell's invitation to reside at his Manhattan apartment. But he soon thereafter took up residence at the Calvary Episcopal Mission at 246, East 23 Street.

Notice that Ebby was not yet a practicing member of the Oxford Group. Consequently, his unlikely

release was probably not the result of the Four Absolutes, the OG tenets, or even consistent and sincere prayer. What might have caused this astounding and unlikely event? Of course, Dr. Jung might have interjected his word: synchronicity. Others may have considered it simply a coincidence.

Ebby: On-Again, Off-Again!

Francis Shepard (Shep) Cornell (1899-1985) was a non-alcoholic drinker who was not without prestige. (Please note that most of Ebby's benefactors were of the same ilk.) Shep had a seat on the NY Stock Exchange, in 1940 ran for Congress from NY's 22nd District (Upper Manhattan/Harlem) and was a lieutenant colonel in the USA.A.F. Ebby stayed in Shep's Manhattan apartment for a short period, then moved in with one of the "brotherhood" who ran Calvary Episcopal Mission.

The "brotherhood" was a group of twelve men who ran the mission and administered to the ever revolving patronage. Ebby had a great personality when sober and helped the newly sober men make their "surrender," doubtless using procedures from the Oxford Group.

Ebby's own mission-style "surrender"

took place November 1, 1934, so he had been dry for maybe two months or so by this time. Perhaps this sort of deflation helped him maintain his sobriety for the longest period since becoming an alcoholic many years previous: two years and seven months! But that wasn't all; Ebby lived thirty-one years after his alcoholic release and was sober approximately half that time! After his slip, April of 1937, Ebby was on-again, off-again through the years and often being enabled by none other than the NY Central Office. Nell Wing, Bill's Wilsons long time secretary, told how Ebby would arrive at the Office at 415 Lexington Avenue to borrow money from Bill, or sometimes drunk, he would fall asleep on the couch. I would suppose, even drunk, he was considered an A.A. hero, of sorts, and it would be hard to say no.

Ebby loved children, was a charming conversationalist and very witty. His friends stuck with him; thusly, Cebra Graves arranged for him to move to Searcy W.'s drunk farm in Dallas. With Searcy's sponsorship, he stayed sober for nearly seven years and then went on and off the wagon. He died of a stroke, March 21, 1966, nearly 70 years old, at McPike's farm and treatment center facility. He was two and a half years sober.



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.)



Dear Help,

My home group is occasionally taken hostage by a person who is apparently mentally ill. He identifies as a heroin addict during the introductions, but never shares about any aspect of recovery. What he does do is make many trips to the coffee machine and the dessert tray, sometimes eating most of the food. All this caffeine and sugar renders him quite hyper, and he spends the rest of the meeting getting out of his seat for even more coffee and dessert, going in and out of the room, and even going through the contents of his rolling suitcase, inventorying his medications and other possessions. In short, he is very disruptive to both the reading and discussion at our meetings. Another member complained about the distraction, but our secretary did not react. I know I should call for a group conscience, but I wanted to see what you guys had to say first.

It seems in the age (and City) of political correctness that people such as this are able to hold an A.A. meeting hostage because of our tolerance and open policy (and the group I'm talking about is an open meeting). I've been at other meetings where a woman routinely called for the murder and torture of "those fancy A.A.s

in the Marina who don't have any right to live." No one ever said anything to her, although members shared knowing and sad smiles with each other. When I approached her outside the meeting and said it was upsetting to me to hear say such things, she flipped me off using both hands. I now fear she may become violent if I dare bring up the topic again.

If someone attends a meeting and is making some visible effort to share or participate in our group recovery, that's one thing. But these characters who come in for a warm place to sit for an hour and free food to eat, while either disrupting the meeting or threatening A.A.s, are quite another.

Your thoughts?

Frustrated in A.A.

Dear Frustrated,

Please remember that I do not speak for A.A. as a whole and that this is just my experience. This is something we've dealt with at one of the meetings I've attended for a number of years. First, we announced we were going to have a business meeting to deal with several issues, one of them being disruptions during the meeting. At the business meeting, we referred to Traditions Four and Five (group autonomy and primary purpose).

The first time we dealt with it was maybe 10 years ago when a long time member went off his meds and began discoursing at length during the discussion portion of the meeting about who knows what. In that case, a number of us volunteered to be the person sitting next to the disruptive member and to suggest gently that we go outside and talk with him, telling him he was welcome to return if he could restrain himself. It generally fell to one man in particular to perform the task. In this case our off-his-meds member turned very amenable and cooperative.

Recently, we've been faced with another person who clearly comes for the coffee and cookies, gets up and roams around (often carrying a hot cup of coffee). He also sometimes raises his hand and is often called on. When that happens he speaks very unintelligibly for a moment or so until several folks welcome him and tell him to keep coming back (that may be a mistake). At the business meeting, we decided



(Continued on page 19)



YEAR OF THE TWELVE

Tradition Seven: Adjusted for Inflation

by Jamie M.

There are many unusual ways that one's consciousness can be raised about money issues. In my case, I had a long overdue amends (20 years overdue, but that's another story) in which I owed money to someone I'd stiffed on a bill when I was at the end of my drinking. In order to be fair, I did a quick calculation of what the old bill would come to using inflation-adjusted dollars, being rather kind to myself on the estimated rate of inflation. The result? The total more than doubled, in unadjusted dollars. What does that mean in terms of groups being self-supporting by our own contributions? Well....

When I first started going to meetings, people would put a dollar in the basket when it came around. Today, I still see people putting a dollar, or less than 50 cents in "adjusted" money, into the basket. So we are not being honest with ourselves. I used to go to meetings every day, and now I go to fewer meetings, but I try to put more money into the basket per meeting.

We need to be honest with ourselves. If we were really self-supporting, we would pay higher rents at most venues. I know that the church where I first started going to meetings charges 12-step groups (not just A.A.) a lower rate than other non-profits. They also waive the requirement that the group provide proof of insurance. So are we really on a level playing field, or are we taking advantage of those who would be our friends to get out of paying the going rate for the use of the space?

I once joked with someone I knew about being willing to spend the same money on getting sober as they spent on getting drunk, and he said "Yeah, but I'd feel funny spare changing for a meeting." He was joking, but not entirely. If, like me,

*You should ask
yourself what your
life is worth*

you think that A.A. has saved your life and made every blessing you have possible, you should ask yourself what your life is worth. How much do you pay for car insurance (if you have a car) or how much do you pay for necessities of life? Is there anything else you can get for a dollar these days? That's worth as much?

If you're new to the fellowship, you may well have no money. That's OK. But if you have the money, you might want to think in terms of putting the price of a well drink (if you were a bar drinker, or a bottle of fine wine, if you were that kind of drinker) in the basket when it goes around. With A.A., you can stop at one. With the booze, you didn't -- otherwise you wouldn't be in the room, or reading this. If you've been sober for a long time, maybe it's time to adjust for inflation.

Another idea that I've put into practice for myself is to support my home group like

it's my phone bill or my trash service. I currently put \$5 in the basket, and if I missed last week, I put \$10. Just because I didn't go doesn't mean they don't have rent to pay. If I'm a "guest" at another meeting that's not my home group, I may only put a dollar or two in the basket, taking into account whether or not I generated a cost by drinking their coffee or eating their cookies.

Don't think this hasn't come up before. There's an old piece by Bill W. about feeling a thick coin in his pocket and looking for a thin one. So if he was like that, we all probably need to think twice before doing the right thing. So let's think twice, and then do the right thing.

tP



Intergroup meeting summary – June 2012

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

A is for Alcohol	Design for Living	Huntington Square	On Awakening Group	Thursday Night Speaker
Artists & Writers	Each Day A New Beg (M-F)	Join The Tribe	Reality Farm	Tiburon Haven
Attitude Adjustment Hour	Each Day A New Beg (Su)	Keep Coming Back	Say Hey Group	Too Early
Blackie's Pasture	Embarcadero Group	Keep It Simple	Serenity Seekers	Tuesday Beginners
Blue Book Special	First Place	Live & Let Live	Sesame Step	Valencia Smokefree
Came to Believe	Friday Morning 12 Steppers	Living with HIV	Sunday Night Castro SD	Walk of Shame
Code Blue	Friendly Circle	Marin Stag	Sunday Rap	Waterfront
Come 'n Get It!	Girl's Night Out	Marina Discussion	Sunset Speaker Step	Weekend Warriors
Cow Hollow Men's Group	Haight Street Blues	Miracles (Way) Off 24th St.	Ten Years After	Women's Meeting, There is a Solution
Cow Hollow Young People's	High Noon	No Reservation	They Don't Know Who We Are	Women's Promises

This is an unofficial summary of the June 2012 Intergroup 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 "Intergroup" on our website aasf.org.

Our intergroup exists to support the groups in their common purpose of carrying the A.A. message to the still suffering alcoholic by providing and coordinating services that are difficult for the individual groups to execute.

The Intercounty Fellowship has been organized by, and is responsible to, the member groups in San Francisco and Marin for the purpose of coordinating the services that individual groups cannot provide.

The meeting was held on Wed, June 6, 2012 at the First Unitarian Universalist Church, 1187 Franklin St., SF CA.

Annual Reports

Chair Report, Margaret J.; Changes in 2011-12 included the overhaul of bylaws. The new bylaws changed the Board structure and the roles of the board and intergroup reps (IGRs).

Online Contributions have gone live, with plans for online literature sales. We hosted two successful events (thanks to Fellowship Committee):

Central Office 65th anniversary party and Founder's Day. Great speakers, food and attendance, hired new staff, started a new QuickBooks file and met other challenges this year.

Treasurer's report, Michelle C.;

Operating expenses are under budget with a buffer of two months of operating expenses in unrestricted cash, (in addition to prudent reserves.)

Central Office Manager's Report –

Maury P. Introduces Brett T., new special worker at Central Office. Normally change is slow at Central Office, but this year everything changed! A very challenging year. A new meeting facility in the Western Addition started 28 new meetings per week in SF. Affects space in current printed meeting schedule, about to go to print. To make space and have same printing costs for 64 pages of the schedule, one suggestion is to remove some pages. Moved to "new business" .

Annual Committee Reports

Teleservice Chair, Seth H.; Seth rotating as chair, Carolyn R. to take over. Teleservice answers phones when Central Office is closed. Few abusive callers lately.

The Point Committee, Charles D.;

Looking for more members who like to write, edit, or know genie jokes.

PI/CPC, Jim; Informs 3rd party professionals and organizations who may be in contact with practicing alcoholics. Last year responded to 143 requests for speakers at classes, special events, orientation sessions, UCSF, etc. Next PI/CPC workshop will be Sat, July 14, 10am at Central Office.

Trusted Servants Workshop Committee, Ted R.; Committee informs and educates groups trusted servants.

Archives Committee, Michael P.; Preserves the legacy of AA. Displayed at both the 65th Anniversary and the Founders Day events. Meets on 3rd Sun of the month, 3-4 PM at Central Office.

Access Committee, Brian C.; Currently about 6 members,. Recently attended close captioned meeting in Berkeley, and Deaf convention in Oakland. New committee meeting schedule is 3rd Tue at 7:00, Central Office.

Fellowship Committee, Michael P.; Harbor Lights has provided food at last three events. Thanks much to all involved in making these special events a success.

The Buzz; An electronic newsletter for San Francisco and Marin. New editor, Jane K., (formerly with *The Point*) About 1500 going out twice per month.

Web Committee: Starting on project to revamp look of the web site. Cur-

Honorary Contributions

to Central Office were made through June 15, 2012
honoring the following members:

Alias — 1 year
Evan F. — 3 years
Nancy R. — 31 years
Lynn H. — 42 years
Alan and Janine R.

rently integrating bookkeeping system, literature sales, PI/CPC scheduling.

Outreach Coordinator, Phil L.;

Intergroup is a service entity. Outreach intended to increase participation in the group conscience of San Francisco and Marin. Would like to visit groups that do not have registered trusted servants. Please volunteer to visit some of these meetings, talk with secretary about participation, self support, and potentially electing an IGR.

H&I, Lynn D.; Considering moving meeting time from last Thursday of the month to Saturday during the day.

Elections of Intercounty Fellowship Board of Directors; Transition from Central Office Committee to new Board of Directors per bylaws. Varying lengths of terms. 3 rotate off every year. Any unexpired terms (currently 2) carry over. Of the seven terms open six members have made themselves available.

Nominating Committee, Dan B.;

Four current members are available to continue. We recommend these existing board members as candidates for four of seven open positions (Rich G., Margaret J, Michael P., Thayer W.) and Carolyn R. and Ray B. as two new members to the Board. Nominating Committee recommendations passed unanimously.

New Business

Change to printed SF schedule:
Maury, appreciates suggestion to remove other pages instead of listings

of Spanish speaking meetings.

Discussion: Pages to be omitted: Your AA Central Office and Group contribution information. Dan; motion to allow Maury to send schedule to printer, keeping Spanish speaking meetings while removing pages identified. Seconded. All in favor.

Announcements

Length of IGR term determined by their groups.

General Service District 10 Liaison, Dan B.; Founder's Day Stafford Lake this Saturday, Novato.

Living Sober Conference, Charles; 1st and longest running LGBT recovery conference to be held June 29-July 1. Conference named Rule 62. See livingsober.org.

GGYPAA, very generous donation, distributed to Central Office.

CO is open on Saturdays 10-2 PM.

Remind trusted Servants to register.

Meet the Meeting

Reality Farm, Claudia; Thursdays 8: 30 Mariposa and Vermont. Started at The Farm, in Potrero in 2001. Tradition of having names signed on list to be called on as speakers. Warm meeting of mostly young people.

Friendly Circle Beginners, Adam; 45 minutes, original meeting meets in a circle. New comers couldn't sit still for hour. Now 45 minute original meeting is big, beginners is smaller. Sacramento and Van Ness.

(Continued on page 18)

COMMITTEE CONTACTS

The following is a list of names and email addresses for our Intergroup Officers and many of the 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:

12th STEP COMMITTEE

OPEN 12thstep@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

ORIENTATION COMMITTEE

Blu F. orientation@aasf.org

FELLOWSHIP COMMITTEE

Blu F. fellowship@aasf.org

THE POINT

Charley D. thepoint@aasf.org

ACCESS COMMITTEE

Brian C. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

OPEN tsw@aasf.org

WEBSITE COMMITTEE

David S. website@aasf.org

PI/CPC COMMITTEE

Rich G. picpc@aasf.org

SF TELESERVICE COMMITTEE

Seth H. sfteleservice@aasf.org

aa group contributions

Fellowship Contributions	May. 12	YTD
Brisbane Breakfast Bunch	\$ 30	\$ 112
Contribution Box	\$ 82	\$ 209
Deer Park Discovery Group		\$ 29
GGYPAA	\$1,200	\$1,200
Gratitude in Action		\$ 658
ICYPAA		\$ 417
Intergroup	\$ 77	\$ 491
Marin Teleservice	\$1,500	\$1,500
Spirit of San Francisco		\$ 141
TSWC		\$ 25
Unidentified Group		\$ 42
Fellowship Total	\$2,889	\$4,823

Marin Contributions	May. 12	YTD
Attitude Adjustment 7D 7am	\$ 483	\$1,613
Awareness/Acceptance M 1030am		\$ 156
Blackie's Pasture Sa 830pm		\$ 250
Closed Women's SS Tu 330pm		\$ 197
Crossroads Sun 12pm	\$ 700	\$1,700
Downtown Mill Valley F 830pm	\$ 750	\$ 750
East San Rafael Big Book		\$ 100
Girls Night Out W 815pm		\$ 47
Gratitude Tu 8pm	\$ 30	\$ 72
Happy Destiny F 7pm	\$ 350	\$ 350
High & Dry W 12pm		\$ 129
Intimate Feelings Sa 10am		\$ 168
Living in the Solution F 6pm		\$ 139
Marin City Groups 5D 630pm		\$ 292
Marin Stag 8pm		\$ 487
Mill Valley 7D 7am	\$ 734	\$1,314
Mill Valley Discussion W 830pm		\$ 121
Monday Night BB Study M 8pm	\$ 100	\$ 100
Monday Night Stag - 12 & 12 M 6pm		\$ 150
More Will Be Revealed F 12pm		\$ 50
Morning Attitude Adjustment		\$ 125
Nativity Monday Night BB M 8pm		\$ 100
Newcomers Step M 730pm		\$ 208
On Awakening 7D 530am		\$ 722
Pathfinders Tu 12pm		\$ 175
Primary Purpose W 830pm		\$ 46
Quitting Time MWF 530pm		\$ 500
Refugee Th 12pm	\$ 60	\$ 180
Reveille 7D 7am		\$ 200
San Geronimo Valley BS F 8pm	\$ 159	\$ 159
San Geronimo Valley M 8pm		\$ 526
Saturday Night Sa 8pm		\$ 79

Marin Contributions	May. 12	YTD
Sausalito 12 Step Study Group	\$ 50	
Serendipity Sa 11am	\$ 140	\$ 140
Sisters In Sobriety Th 730pm (M)	\$ 62	\$ 62
Sober Sisters Wed 12pm	\$ 148	\$ 148
Steps To The Solution W 715pm		\$ 100
Streetfighters Sa 9am	\$ 44	\$ 156
Sunday Express Sun 6pm		\$ 150
Sunday Night Corte Madera 8pm	\$ 223	\$ 223
Terra Linda Thursday Stag 8pm		\$ 300
TGIF F 6pm		\$ 158
The Fearless Searchers F 8pm		\$ 396
Thursday Night Book Club Th 7pm	\$ 21	\$ 21
Thursday Night Miracles Th 830pm		\$ 38
Tiburon Beginners & Closed Tu	\$ 164	\$1,352
Tuesday Chip Meeting Tu 830pm		\$ 700
We, Us and Ours M 650pm	\$ 100	\$ 250
Wednesday Night Candlelight W 8pm		\$ 110
Wednesday Night Speaker Disc 7pm	\$ 21	\$ 62
What's It All About F 12pm		\$ 60
Women For Women W 12pm	\$ 50	\$ 50
Women in Unity Th 1230pm		\$ 50
Women's Big Book Tu 1030am		\$ 210
Working Dogs W 12pm		\$ 250
Marin Total	\$4,338	\$16,239

SF Contributions	May. 12	YTD
6am Dry Dock Sa	\$ 200	
6am Dry Dock Th	\$ 60	
7am As Bill Sees It Fri	\$ 104	
7am Living Sober W 7am	\$ 247	
7am Smokeless Su 7am	\$ 29	
7am Speaker Discussion Th 7am	\$ 218	
7am Step Discussion Tu 7am	\$ 71	
830am Smokeless F 830am	\$ 165	
830am Smokeless Th 830am	\$ 191	
830am Smokeless W 830am	\$ 269	\$ 269
10am Big Book W 10am	\$ 275	
A is for Alcohol Tu 6pm	\$ 164	
Afro American Beginners Sat 8pm	\$ 126	
After Work M 6PM	\$ 137	
Agnostics & Freethinkers Su 630pm	\$ 91	
All Together Now Th 8pm	\$ 114	\$ 114
Amazing Grace M 7pm	\$ 84	
Any Lengths Sat 930am	\$ 209	\$ 684
Artists & Writers F 630pm	\$ 161	
As Bill CCs It Sun 8am	\$ 100	

SF Contributions	May. 12	YTD
As Bill Sees It Th 830pm	\$ 15	
As Bill Sees It Tu 1210pm	\$ 180	
Ass in a Bag Th 830pm	\$ 439	
Atheists, Agnostics & Others Sa	\$ 15	
Bayview AA Th 7pm	\$ 60	
Be Still AA Su 12pm	\$ 138	
Beginners 12 x 12 F 7pm	\$ 362	\$ 362
Bernal Big Book Sat 5pm	\$ 334	
Bernal New Day 7D	\$ 462	\$1,386
Big Book Basics F 8pm	\$ 174	
Big Book Study Su 1130am	\$ 210	
Blue Book Special Su 11am	\$ 68	
Brokers Open Book Tu 130pm	\$ 26	
Brothers in Arms M 8pm	\$ 67	\$ 198
Buena Vista Breakfast Su 12pm	\$ 171	
Came to Park Sat 7pm	\$ 120	
Castro Discussion Th 8pm	\$ 11	
Code Blue Big Book Study W 7pm	\$ 425	
Cow Hollow Men's Group W 8pm	\$ 420	
Cow Hollow Young People's Tu	\$ 85	
Design For Living - BB Tu/Th 730am	\$ 108	
Design for Living Sat 8am	\$ 346	\$ 731
Diamond Heights Tu 830pm	\$ 180	
Dignitaries Sympathy W 815pm	\$ 295	
Each Day a New Beginning F 7am	\$ 228	\$1,034
Each Day a New Beginning M 7am	\$ 186	
Each Day A New Beginning Su 8am	\$ 345	
Each Day a New Beginning Th 7am	\$ 993	
Each Day a New Beginning Tu 7am	\$ 339	
Each Day a New Beginning W 7am	\$1,274	
Early Start F 6pm	\$1,014	
Easy Does It Tu 6pm	\$ 85	
Embarcadero Group 5D 1210pm	\$ 480	
Eureka Valley Topic M 6pm	\$ 90	
Excelsior "Scent" Free for All Sa 8pm	\$ 60	
Extreme Makeover M 730pm	\$ 78	
Federal Speaker Su 12pm	\$ 129	
Fell Street F 830pm	\$ 80	\$ 80
Firefighters & Friends Tu 10am	\$ 102	
Fireside Chat Group Th 8pm	\$ 177	
Fireside Chat Sa 9pm	\$ 156	
Friday All Groups F 830pm	\$ 117	\$ 804
Friday Lunchtime Step F 12pm	\$ 109	
Friday Night Blast F 630pm	\$ 50	
Friday Night Book F 830pm	\$ 374	

Continued on p. 17



A writer (perhaps an editorial board member of *The Point?*) died and was given the option of going to heaven or hell. She decided to check out each place first.

As the writer descended into the fiery pits, she saw row upon row of writers chained to their desks in a steaming sweatshop. As they worked, they were repeatedly whipped with thorny lashes.

"Oh my," said the writer. "Let me see heaven now."

A few moments later, as she ascended into heaven, she saw rows of writers, chained to their desks in

a steaming sweatshop. As they worked, they, too, were whipped with thorny lashes.

"Wait a minute," said the writer. "This is just as bad as hell!"

"Oh no, it's not," replied her guide.

"Come on!" she protested. "What's the difference?"

"Here," she said, "your work gets published."

SF Contributions	May. 12	YTD	SF Contributions	May. 12	YTD	SF Contributions	May. 12	YTD
Friday Smokeless F 8pm		\$ 90	Queers, Crackpots & Fallen Women		\$ 57	Sunset 11'ers Tu		\$ 91
Friendly Circle Beginners Su 715pm		\$ 65	Reality Farm Th 830pm		\$506	Sunset 9'ers Sa		\$ 110
Haight Street Blues Tu 615pm		\$ 475	Rebound W 830pm		\$120	Sunset Speaker Step Sun 730pm	\$ 273	\$ 580
Happy Destiny Sa 630pm		\$ 405	Rise N Shine Sun 10am		\$174	Surf Tu 8pm		\$ 104
Happy Hour Ladies Night F 530pm		\$ 135	Room to Grow F 8pm		\$201	Ten Years After Su 6pm	\$ 424	\$ 2,722
High Noon Friday 230pm		\$ 59	Rose Garden Big Book Th 1205pm		\$129	The Dry Dock Fellowship		\$ 195
High Noon Monday 1215pm		\$ 119	Saturday Afternoon Meditation 5pm		\$522	The Leaky Cauldron Su 1030am		\$ 183
High Noon Saturday 1215pm		\$ 472	Saturday Beginners Sat 6pm		\$646	The Parent Trap M 1230pm		\$ 12
Hilldwellers M 8pm		\$ 362	Saturday Easy Does It Sa 12pm		\$658	The Pepper Group F 12pm		\$ 56
Home Group Sat 830pm	\$ 495	\$ 495	Saturday Night Regroup 730pm		\$242	There is a Solution Tu 6pm		\$ 373
How Was Your Week? Sa 10am		\$ 175	Say Hey Group M, Tu, F 6pm		\$153	They Stopped In Time M 8pm		\$ 54
Huntington Square W 630pm		\$ 468	Say Hey Group M-F 6pm		\$ 77	Thursday Night Book Club Th 7pm		\$ 42
Join the Tribe Tu 7pm		\$ 199	Seacliff Th 830pm		\$ 75	Thursday Thumpers Th 7pm		\$ 100
Like A Prayer Su 4pm		\$ 250	Serendipity Sa 11am		\$137	Trudgers Discussion Su 7pm		\$ 120
Live and Let Live Su 8pm	\$ 308	\$ 345	Serenity House	\$ 150	\$750	Tuesday Big Book Study Tu 6pm		\$ 72
Living Proof Th 630pm		\$ 113	Sesame Step Tu 730pm	\$ 26	\$224	Tuesday Downtown Tu 8pm		\$ 27
Living Sober on Sixth St.		\$ 25	SFPOA Th 7pm		\$200	Tuesday's Daily Reflections Tu 8am		\$ 183
Living Sober W 8pm		\$ 65	Sinbar Su 8pm		\$101	Twelve Steps to Happiness F 730pm		\$ 72
Living Sober with HIV W 6pm	\$ 184	\$1,254	Sober Saturday Sa 830am		\$ 94	Valencia Smokefree F 6pm		\$ 440
Lush Lounge Sa 2pm		\$ 279	Sobriety & Beyond W 7pm	\$ 216	\$216	Walk of Shame W 8pm		\$ 88
Mid-Morning Support Su 1030am		\$ 630	Sometimes Slowly Sa 11am		\$306	We Care Tu 12pm		\$ 124
Mission Fellow. No Reservations Su		\$ 30	Sought to Improve Th 715pm		\$ 60	We Have a Solution F 7pm		\$ 91
Monday Monday M 1215pm		\$ 60	St. Anne Book Study	\$ 125	\$125	Wednesday Afternoon With Bill		\$ 50
Monday Night Big Book Study 8pm		\$ 60	Step Talk Su 830am		\$687	Weekend Worker Sat 7am		\$ 60
Newcomers Tu 8pm		\$ 118	Steppin' Up Tu 630pm		\$307	Wharfrats Th 815pm		\$ 200
No Reservation M 12pm		\$ 388	Stepping Out Sat 430pm		\$ 90	Wits End Step Study Tu 8pm	\$ 84	\$ 84
O.A.D.W. Mon 7pm		\$ 31	Sunday Bookworms Sun 730pm		\$109	Women's Came to Believe Sa 10am		\$ 60
Off Broadway Book Th 730pm		\$ 31	Sunday Coffee With Bill 10am		\$ 27	Women's Meeting There is a Solution		\$ 292
One Liners Th 830pm	\$ 144	\$ 144	Sunday Night 3rd Step Group 5pm	\$ 73	\$222	Women's Promises F 7pm		\$ 538
Park Presidio M 830pm		\$ 54	Sunday Night Castro SD 730pm		\$454	Work In Progress Sat 7pm		\$ 189
Parkside Th 8pm		\$ 711	Sunday Silence Su 730pm	\$ 50	\$ 90	Working With Others Sa 10am	\$ 83	\$ 83
Pax West M 12pm		\$ 558	Sunday Step Study	\$ 87	\$ 87	YAHOO Step Sa 1130am		\$ 357
Pax West Th 12pm		\$ 289	Sunset 11'ers Su		\$230			
Potrero Hill 12 x 12 M 630pm		\$ 211	Sunset 11'ers Th		\$122			
						San Francisco Total	\$ 4,975	\$42,709
						YTD	\$12,202	\$63,771

profit and loss statement: April 2012

	April 12	Budget	Jan - Apr 12	Budget
Ordinary Income/Expense				
Income				
Group Contributions	12,347.23	13,700	51,685.72	52,950
Individual Contributions	2,841.06	921	14,157.13	13,802
Gratitude Month	630.50	70	4,136.94	2,845
Event Income	-	-	3,301.37	-
Sales - Bookstore	9,490.50	8,714	40,161.33	39,672
Cost of Books Sold	(7,255.03)	(6,040)	(30,672.26)	(27,115)
Total Income	\$18,054	\$17,365	\$82,770	\$82,154
Expense				
Employee Expenses	13,686.28	11,775	43,011.12	51,882
Professional Fees	-	150	150.00	450
Postage	44.75	-	437.50	249
Rent - Office	3,810.91	3,810	15,243.64	15,240
Rent - Other	400.00	90	655.00	345
Access Expenses	240.00	708	1,980.00	2,836
IFB Literature	-	-	-	-
IFB Sponsored Events	500.00	15	1,664.20	45
PI/CPC	10.50	-	57.52	20
Sunshine Club/12th Step	-	-	-	-
Archives Committee	-	-	-	-
Filing/Fees	-	-	143.40	161
Insurance	-	-	1,697.00	2,383
Internet Expense	93.47	108	373.88	433
Office Supplies	68.54	105	1,234.81	261
Paper Purchased	235.38	200	1,082.78	550
Software Purchased	-	-	-	-
Shipping	-	-	-	-
Printing	-	-	-	-
Equipment Lease	-	-	1,596.90	1,600
Repair & Maintenance	271.57	280	1,304.38	845
Security System	118.00	-	118.00	468
Payroll Expenses	(8.19)	8	92.27	16
Telephone	365.32	200	1,786.01	1,302
Phone Book Listings	91.00	86	364.00	344
Travel	-	-	-	-
Training	50.50	50	99.45	50
Bad Checks	-	-	1.40	-
Miscellaneous Expense	-	-	0.03	-
Total Expense	\$19,978	\$17,585	\$73,093	\$79,480
Net Operating Surplus/(Deficit)	-\$1,924	-\$220	\$9,677	\$2,674
Interest Income	117.40	165	463.99	520
Depreciation/Amortization Expense	(584.00)	(584)	(2,336.00)	(2,336)
Net Surplus/(Deficit)	-\$2,390	-\$639	\$7,805	\$858

Treasurer's Report

For the month of April, group contributions were \$1,353 under budget. Individual contributions were \$1,920 over budget.

Gratitude month contributions were \$561 over budget.

Bookstore sales were \$777 over budget in April.

Employee expenses for the month were \$1,911 over budget due to health benefit subsidy catch up payment for the Central Office Manager. Unrestricted cash balance decreased to \$39,887.33 from \$40,374.37, which represents two months of average operating expenses.



(Intergroup, continued from page 15)

Weekend Warriors. Matt; Started 2011. The Loft, Strawberry Rec Center, Mill Valley Sat 8:30. Two 10-minute speakers. Two secretaries with new leader each week. Involuntary sharing. Gets a lot of newcomers.

Come and Get It, Michelle; Friday 6:30, 7th/Irving,. Started as a resentment. Was nice and cozy with sofas and pillows, though became a health hazard and now has chairs. Speaker discussion, turn of lights with Christmas lights around, (light commitment, "illuminator") Chips, all go to dinner. Go to same place, Crepe Vine.

The next Intergroup meeting is at 7pm on Wed., July 11th at 1187 Franklin St., SF (First Unitarian Church). Orientation is at 6pm; dinner is served at 6:30.

(PI/CPC, continued from page 10)

While we'll never know what becomes of the information we provide, getting the word out about this invaluable community resource (A.A.) can be a truly rewarding and fun experience. Whereas working with others in the rooms of A.A. revolves around people who *already* want to recover, the work of the PI/CPC community involves sharing the nature of alcoholism from our first-hand experience, the hope that recovery is possible, and the way in which we achieved recovery through A.A. We also seek to inform non-alcoholic professionals on other ways of helping the still suffering members of our community and give them, perhaps, a helpful view of this disease from someone who once suffered.

Sound sobriety is the primary qualification for doing this work. All committee members need to be thoroughly familiar with the A.A. program and able to provide

consistent and accurate information about the fellowship. An understanding of the Twelve Traditions, particularly a firm grasp of those relating to anonymity, is also important.

Experience in public relations is not required. The committee provides training on a quarterly basis. We ask that all new members observe at least one DUI class.

History of PI/CPC in A.A.

(Editorial Comment: The following extract is from the A.A. Guidelines – Public Information, revised in 2/2012)

The 1939 publication of our Big Book, Alcoholics Anonymous, was the first A.A. information available for the public. By 1941, several articles on A.A. in national publications helped to encourage understanding and acceptance of A.A.. Also significant were good relations with professionals, such as Dr. W. D. Silkworth, Rev. Sam

Shoemaker and Dr. Harry Tiebout. In 1956, the Public Information Committee of the General Service Board was formed. The General Service Conference established this policy for A.A. Public Information: *In all public relationships, A.A.'s sole objective is to help the still-suffering alcoholic. Always mindful of the importance of personal anonymity, we believe this can be done by making known to the still suffering alcoholics, and to those who may be interested in their problem, our own experience as individuals and as a fellowship in learning to live without alcohol.*

Responding to an expressed need, the General Service Conference recommended formation of a separate Conference Committee in 1971. For more information regarding the history and nature of both PI and CPC work see visit www.aa.org and go to "For Groups and Members" or join us at the workshop on July 14th.



(Help, continued from page 12)

to handle it similarly to our member who went off his meds. Thus, I've approached him and asked him not to roam during the meeting to which he has agreed, but he has continued to roam, so after two weeks, I said to him, one-on-one, "I don't want to have to ask you to leave." Apparently that was threat enough and he left voluntarily. We'll see what happens this week.

There is another man who also comes, definitely for coffee and cookies, and although he smells bad, he is quiet and not disruptive in any obvious way. It's very clear this is often the only food he gets. Personally, I believe in generosity of spirit. I think it behooves the rest of

us who get three meals a day to be willing to share with any person in those straits. However, I do know of several meetings that simply stopped serving coffee and refreshments, thereby reducing the disruptive attendance considerably.

The last alternative, of course, is simply to find another meeting. We are so fortunate to have such a wide variety of choices in this beautiful city and fellowship.

e-Volunteer

p.s. I really don't think it's about political correctness but about fear that most people don't react in situations such as you've described, particularly when unsure they have backup. As for the woman who advocates torture and murder – I

think it was an incredibly brave thing you did expressing your feelings to her.

Dear e-Volunteer,

I greatly appreciate your sharing of experience and tips for handling these issues. I will ask for a business meeting following our meeting tomorrow night and see where the discussion takes us. Funny how these problems can seem so large during a meeting which is being disrupted, compared to some thoughtful reflection with the aid of a little help from our friends at help@aa.org!

Thank you so much for your service.

Not-so-Frustrated

July 2012

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ISSUE 07.12

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