

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

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

# The Point

2012  
**8**  
August

A publication  
of the Intercounty Fellowship  
of Alcoholics Anonymous

1821 Sacramento Street  
San Francisco CA 94109-3528  
(415) 674-1821  
From Marin call (415) 499-0400  
Fax (415) 674-1801  
www.aasf.org  
aa@aasf.org

## *The Point*


is published monthly to inform A.A. 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 A.A. members. Nothing published herein should be construed as a statement of A.A., nor does publication constitute endorsement by A.A. as a whole, the Intercounty Fellowship Board, the Central Office, or *The Point* Editorial Committee. Letters and articles to help carry the A.A. message are welcomed, subject to editorial review by *The Point* Committee.

## Letting Go Absolutely



- 
- 6** Meditations on My Sexual Ideal
  - 10** A Longtimer Passes
  - 13** Inconvenient Guilt
  - 19** Conscious Contact

# August 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><i>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.</i></p> 			<p><b>1</b> <u>FIRST WED</u> Intergroup Meeting 101 Donahue St, Marin City Orientation 6pm Meeting 7pm</p>
5	6	7	<p><b>8</b> <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm</p>
12	<p><b>13</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm</p>	<p><b>14</b> <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 6:30pm Marin H&amp;I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm</p>	15
<p><b>19</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day</p>	<p><b>20</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm</p>	<p><b>21</b> <u>FIRST TUE</u> Access Committee Central Office 7pm</p>	22
26	27	<p><b>28</b> <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm</p>	29

THURSDAY	FRIDAY	SATURDAY
2	3	4
9	10	11 CNCA 2012 Summer Assembly Scottish Rite Center 2455 Masonic Dr San Jose 8:30am
16	17	18 <u>THIRD SAT</u> SF H&I Mission Fellowship, 2900 24th St, SF Orientation 11am Business Meeting 12pm
23	24	25 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell, Petaluma, CA 12:30pm
30	31	



### F. Y. I.

Calendar	2
Meeting Changes	4

### DEPARTMENTS

From the Editor	5
How It Works	7
Year of the Twelve	9
Pre- A.A. History	11
Help@aasf.org	12

### BUSINESS

Faithful Fivers	5
Intergroup Meeting Summary	14
Group Contributions	16
P&L	18

“What we must recognize now  
is that we exult in  
some of our defects.  
We really love them.”

*Twelve Steps and  
Twelve Traditions, p.66*



## Meeting Changes

### New Meetings:

Mon	6:00pm	Mission	WOMEN RECOVERING COLLECTIVELY, 930 Bryant St / 13th St
Fri	6:30pm	Castro	OUR PRIMARY PURPOSE, 2191 Market St Ste A / 15th St (Doors lock at 7pm)

### Meeting Changes:

Mon	1:00pm	Haight Ashbury	THE PARENT TRAP, 1757 Waller St / Shrader St (Was at 12:30pm)
Mon	8:00pm	Diamond Heights	GOLD MINE GROUP, 101 Gold Mine Dr (Chips on 3rd Monday of the month)
Wed	4:00pm	Pacific Heights	TEA TIME, 2205 Sutter St / Pierce St (Was called 4:00PM Speaker/Discussion)
Thu	1:00pm	Haight Ashbury	SECOND CHANCE, 1757 Waller St / Shrader St (Was at 2:15pm)
Sat	4:00pm	Pacific Heights	FEELGOOD 45, 2205 Sutter St / Pierce St (Was called 4:00PM Speaker/Discussion)
Sat	8:00pm	Pacific Heights	FEVER DREAMS, 2205 Sutter St / Pierce St (Was called Pink Elephant)

### No Longer Meeting:

Fri	5:30pm	Financial	NEW 86 GROUP, 660 California St / Grant Ave
Sat	8:30pm	Castro	449ERS, 4058 18th St / Hartford St

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

## SPIRIT OF SAN FRANCISCO EVENT

**AUGUST 19, 2012**

MEETING AT 3:00 PM



BINGO AND  
SPAGHETTI DINNER  
STARTS AT 4:30 PM  
COST: \$20.00 per person

Where: 777 Brotherhood Way  
San Francisco, CA

Need more info contact us at 415-261-0328  
or our website at [www.spiritsofsf.org](http://www.spiritsofsf.org)

## H&I IS MOVING Please Announce

Due to repeated requests from the fellowship  
for daytime orientations and the fact that  
we're growing out of our current space

**H&I Business Meetings Day,  
Time & Location is Changing**

*Meetings will be the 3<sup>rd</sup> Saturday of the month*

**August 18<sup>th</sup> – 1<sup>st</sup> time at new location**

**Orientation 11am**

**Business Meeting 12pm (noon)**

**Mission Fellowship 2900 24<sup>th</sup> St (at Florida)**

*Close to Cesar Chavez freeway ramps;  
accessible by public transportation*



From the Editor

## Absolutely, Let It Go!

by MEM

For many of us retreads, refusal to let go of our old ideas spelled the certainty of relapse and a return to the gloom and doom of the bottle. As a newcomer, for the first time or the tenth time, I always imagined more was being asked of me than I could muster. Whether it was admitting total powerlessness over alcohol, or giving witness to the bright light of a spiritual awakening, or letting go of old ideas absolutely, I was sure A.A. was asking for more strength than I possessed.

As luck would have it, this issue is replete with practical advice about achieving the seemingly impossible. Charley reminds us in his writing about Step Eight of the sage advice to “fake it until you make it.” Carmen’s persistence in working through her sexual inventory in repeated Step Four exercises has finally led her to open up and grow *toward* the ideal, with conviction that she will be able to receive love in God’s own time. Kristen writes with painful clarity about letting go of her almost

Stepford Wives fantasies and receiving the gift of living an honest and truthful life.

There is thought-provoking discussion about Twelfth Step work from Suzan in her commentary on Tradition Eight, and from Kurt P. in his letter to the editor. Kurt also speaks of Bill’s work with Ebby, which has been a consistent reference throughout the Pre-A.A. History series featured this year in *The Point*.

An e-volunteer works with a potential newcomer through the help@aasf website, to help her overcome her reluctance to let go of her old ideas and to part ways with her old friend, alcohol, even though she admits she has “crossed the line.”

The struggle to let go absolutely continues for people within and outside of A.A. If we maintain our willingness to have faith and to take certain steps, it has been our experience that our old ideas will indeed fall away. The fruit of a new life is steadily growing within us, sometimes quickly, sometimes slowly.



### EDITORIAL POLICY

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

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



## Faithful FIVERS!

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.	Penelope C.
Andrea C.	Jeff B.	Philip B.
Andy Z.	Jocelyn & Ralf Z.	Ralph P.
Ann W.	John C.	Rich G.
Anne C.	John M.	Robert C.
Barbara L.	John V.	Robert W.
Barbara M.	Karen C.	Ron H.
Blu F.	Karen K.	Sara D.
Braden B.	Kathleen C.	Scott H.
Brian O.	Kevin S.	Sheila H.
Bruce K.	Kurt P.	Steve A.
Bruce S.	Laura B.	Steve F.
Carlin H.	Layne S.	Stu S.
Carole K.	Lelan & Rich H.	Susan C.
Caroline A.	Linda L.	Suzanne C.
Casey L.	Lisa M.	Teddy W.
Cathy P.	Lynne L.	Tim M.
Charles D.	Mabel T.	Tom S.
Charlie O.	Maria G.	Tony R.
Chris L.	Marit L.	Tracy F.
Chris S.	Mark B.	
Chuck S.	Mark O.	Your
CJ H.	Martha S.	Name
Craig S.	Mary C.	Here!
Dan B.	Mary L.	
Dan & Sherry T.	Maryellen O.	Or
David J.	Mia M.	Here!
David S.	Michael G.	
Denise H.	Michael P.	Or
Dennis & Lucy O.	Michael Z.	Here!
Dianne E.	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.	
Janet M.	Pene P.	

*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!*

# Meditations on My Sexual Ideal

## Fourth Step Guidance

by Carmen M.

I finished my sexual inventory on my Fourth Step yesterday. It was difficult, but I got to see my part really clearly, especially where I act out of fear and how I manipulate to get what I want. It was the third such inventory I have done in my seven years of recovery.

My assignment from my sponsor, now that I have done the inventory, is to take time in meditation and to wait for God to reveal my sexual ideal. I have had a few sponsors and this is a new suggestion for me. After seven years of being predominately single, however, I am willing to take suggestions.

*I get to  
let God show me  
instead of  
making demands.*

I am to sit quietly every day for this week and meditate on what that ideal will look like. This is the first time I have taken this much time to listen for God's direction. I get to let God show me instead of making demands. I rather like this idea and it is quite a different tack for me to try. I always think – and isn't thinking the real problem? I always think that I know better than God whom I should be with.

I always think that once I have written a thorough sexual inventory, that God will deliver my ideal to my door step. Poof! There he is, special, sober, sexy – with flowers and plans for a honeymoon in Paris. I hear the

meetings at the American Church there are just awesome.

At this point in my recovery, however, I have become more interested in doing the work to clear the path to my higher power so that I may get better direction on how to live my life. If a partner comes from it, wonderful. If not, I am fine. Truly I have a partner and I am not alone when I remember that I am with God. So, I get to trust and open myself to love and intimacy, however God wants that to happen. I get to do inventories to help me clear space for greater love. My capacity for love increases when I allow myself to be of more service. My inventory helps me.

The point is to grow toward an ideal. It is not to *reach* the ideal. It is to become more like it, and to demonstrate to God a willingness to

grow toward his image of me. Not my idea of who I am or what I think I deserve. It has been demonstrated to me time and again that God wants more for me than I want for myself. Thus, it shall be with my ideal. My role is simply to create the space and hold it open for those changes to be allowed.

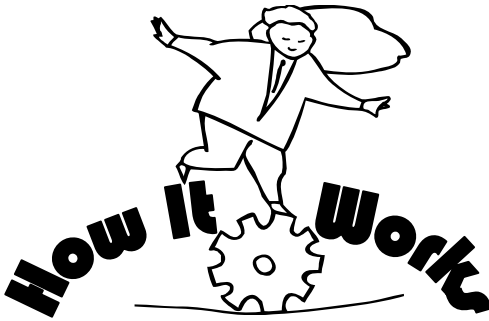
When I rid myself of the characteristics that stand in my way, or better, by allowing myself the ability to see that those instincts and habits simply do not work for me any longer, that they do not bring happiness, joy, or freedom – then I let myself be open to the immense love God has in store for me.

I am now willing to open my heart to give and receive love.



# THE WORLD OF IDEAS

*Downsizing from a life of detailed fantasy*



by Kristen E.

“Some of us have tried to hold on to our own ideas and the result was nil until we let go absolutely.”

Whenever I hear this sentence, I’m reminded that the program of Alcoholics Anonymous is one of action. This is because, at least for me, alcoholism lives in the realm of ideas. For years, I had ideas about my life that were entirely false: when I drank after work I was just “winding down;” the constant sense of falling apart could be remedied if only I would stick to my diet and

*My special wine glass could hold almost half a bottle of wine in the curve of its beautiful Buddha belly.*

exercise regime; my life was going to take off in the most fabulous way; and it was all just right around the corner – if only I could hang on (and hanging on always seemed to be helped by another bottle of wine).

My fantasies became very detailed. When I drank, I had a special wine glass I like to use — it was actually more of a large bowl than a glass: it could hold almost half a bottle of

wine in the curve of its beautiful Buddha belly. When I held it I saw myself differently. I was thin, beautiful, married. I had olive skin that glowed (instead of the pale, freckle-prone skin I live with every day); muscles rippled beneath it. I lived in a cozy palace outside of Napa and sat on my balcony overlooking the rows of grapes that braided the surrounding hills. My grapes, I thought with satisfaction. My husband and I spent our days digging in the soft, warm earth of the vineyards, or lurching in the cool wine cellars, surrounded by the heady aroma of oak barrels. Our children played in a courtyard spotted with marble Italian statues that surrounded an elaborate

fountain, and beyond that, a carpet of green grass stretched to the foot of purple-hued mountains. At night, as we sat on the balcony, it was always beside a bottle of wine, set on a small glass table between the two of us; our glasses were perpetually half full, and there was always more.

My real life was nothing like this fantasy. I was barely treading water at work. I was constantly on the edge of suicide. I couldn’t keep a

relationship with a man. As the years passed, very little in my life actually progressed; I was dying a slow death.

A.A. was a wake-up call. It woke me out of a two-decade dream and, in one searing moment of clarity, I let go of all the ideas I had about who I was and what my life was going to be like. It was such a relief to tell myself the truth. After all those years of running to another world, I can honestly say that I actually like the sober one I’m living in. My life isn’t glamorous, but it feels honest and clean, and I genuinely like who I am. Sometimes I still fantasize about that old, wine-soaked, consequence-free life. But I have let go of the idea that it’s real, and it is this letting go that has allowed my life to change, little by little. The Big Book doesn’t say that if we let go of our old ideas a little, we’ll get a little progress: it says that the result was nil until we let go absolutely. I believe this is because recovery cannot live in the realm of alcoholic ideas, it can only live in the realm of truth. Once we let go of them, we can open to a new life.



**I would like to subscribe to *The Point***

*\$12.00 for one year — 12 issues!!!*

**PLEASE MAKE CHECK PAYABLE TO: The Intercounty Fellowship of A.A.**

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

# Freely Given

## Tradition Eight

by Suzan C.

When Bill W. first presented the Twelve Traditions to the A.A. Groups in the April 1946 issue of the AA Grapevine, Tradition Eight appeared as follows:

“8. Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fee or hire. But we may employ alcoholics where they are going to perform those full-time services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But personal Twelfth Step work is never to be paid for.”

Without reading this original version, someone might wonder what “special workers” are. People who perform “special services” makes more sense – work that is specialized and not general to recovery and carrying the message. Today this might include functions such as data base management, bookkeeping and accounting and many other tasks necessary to a service organization of any kind.

To me, the more important message is clearly expressed in the original

version: “[Personal Twelfth Step work is never to be paid for.” There is more to this than just a prohibition against sobering people up for a fee. It is a reminder to me that when I work with another alcoholic, that person owes me nothing in return.

For me, the two essential elements of A.A. are the steps and the fellowship. The steps have limited value if they are only written on a paper and posted on the wall. They come to life and confer their benefits when one alcoholic shares them with another.

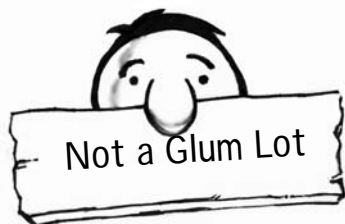
*It is a reminder to me that when I work with another alcoholic, that person owes me nothing in return.*

No compensation, no favors, and not even sobriety. It is too easy for me to become overly invested in a newcomer or sponsee to the point that I feel insulted if he or she is not following my advice to the letter.

The fact that A.A.’s teachings are available to me free of charge are a key part of my ability to accept them with minimal resistance. Although in-patient and out-patient treatment centers offer a critical service for which they must sometimes charge substantial fees, I do not have issues with their credibility. Someone must pay for extensive facilities, staff doctors and support personnel. However, if I had to pay a monthly fee to spend the rest of my life in A.A., I would have trouble keeping faith in the purity of its message.

If A.A. were only willing to commercialize its program for sober living, far fewer alcoholics would have been helped. And the inevitable attempted replication of this life-giving recipe would have mired A.A. in lawsuits until it could no longer focus on its purpose.

The fact that Twelfth Step work is not compensated helps both parties. The newcomer realizes that there is no ulterior motive behind the stranger extending his hand. And by making his experience, strength and hope a gift that is freely given, the alcoholic reaffirms its healing effect on himself. Rare is the organization that has something vital to provide, yet turns away income. Once again I am reminded of the wisdom and long view that our Founders held.



A drunk collapsed on the street. A crowd gathered and began offering suggestions.

"Give the poor man a drink of whiskey," a little old lady said.

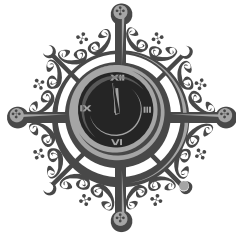
"Give him air," advised another.

"Get him to the hospital," someone else suggested.

"Give him some whiskey" repeated the little old lady.

Very slowly the victim sat up and said, "Will all you shut up, and listen to the little old lady."





# YEAR OF THE TWELVE

## Step Eight: Willingness to make Amends

by Charley D.

Growing up in a large family, it happened to me often. It has probably happened to everyone. A sibling and I would get into a spat and start yelling or wrestling. Our mother would separate us and say, “Now tell your brother you’re sorry.” To avoid banishment to our rooms, deduction from our allowance, or some other dreaded maternal sanction, we’d both say, “I’m sorry,” without a speck of sincerity. As soon as our mother had left room, likely as not, we’d be back at each other with redoubled vigor. Enforced willingness to make amends doesn’t work. The feeling must come from within.

It’s an A.A. truism that, to make the Twelve Steps work, we need only do Step One completely. The rest, we can do imperfectly, over time, as best way we can. Thank heavens that’s true of Step Eight. In some cases, we’ll make direct amends, as Step Nine recommends, even before we’re really willing to make them. Newcomers, uncertain whether they can make the A.A. program work, often receive the advice, “Fake it until you make it.” This works for Step Eight, too. You may still smolder at the injustices you’ve received at the hands of someone you’ve wronged. “What?” you say, “Now I have to become willing to make amends to that S.O.B.? Do you know what he did to me?”

Here, it can help to remember that we’re seeking sobriety, not justice. The Twelve Steps are not a canon of jurisprudence designed to exact

retribution against wrongdoers and balance the scales between the miscreant and the wronged. For that we have the Ten Commandments, the Golden Rule, and, legislative enactments to fill libraries. So what’s

*Remember that we’re seeking sobriety, not justice.*

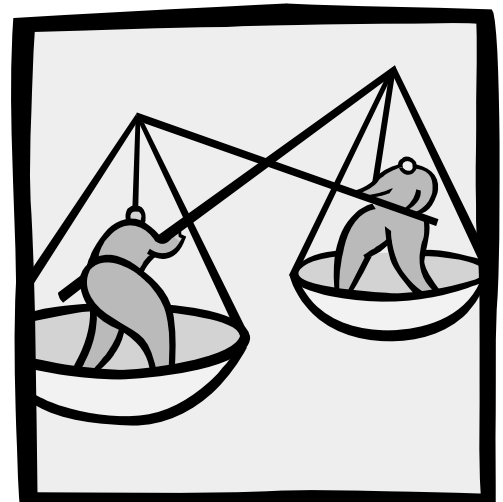
so important about being willing to make amends? The answer, like everything else in A.A., is that it’s necessary to become willing to make amends to stay sober. The connection between the two may not, however, immediately jump out at you.

Think, though, of the greatest danger to your sobriety. Most would immediately say, “resentment.” Resentment seldom comes in unadulterated form. When we reflect on people who’ve caused us to resent them or what they’ve done, rarely can we say we played no part in the circumstances that caused our own resentment. This is especially true of our relationships with partners and spouses, present or former. If we can honestly say, “I’m sorry,” and, where necessary, willingly do what we can to repair the damage we’ve caused, our own resentment will disappear.

Why? Because we’ll understand that the other party, who may have seemed, and may even still seem, the greater wrongdoer, deserves our willingness to ask for forgiveness for what we’ve done wrong. “Deserves” not because that’s justice but because, unless we do, we’ll end up in that same dangerous trap that can lead us back to the bottle. Most of the

time, the other party, when offered the olive branch of our willingness, will say something like, “Oh, it was my fault, too. I’ve wanted to tell you I’m sorry and am glad you brought it up.” This can lead to a wonderful

reconciliation. Once in a while, the other party will say, “You’re right, you scoundrel, you should be sorry. It’s about time you realized how wrong you were.” At this point, we need to focus on the purpose of what we’re doing. We’re not seeking their approval or even their pardon; we’re merely showing our willingness to make amends. That’s as much as we can do. Once we’ve become willing under Step Eight and put that willingness into practice in Step Nine, we’ll find, no matter what reaction we receive, that we’ve done our part to right the wrongs we did. That will save us from falling over the sharp edge of resentment and back into drinking.



# A Longtimer Passes

## Ruth O. With 68 Years

by Anonymous

Ruth O of Toms River, New Jersey passed away on Sunday, April 22, 2012. She was 97 years old and had just celebrated 68 years of sobriety on April 14. Sober since 1944, it is possible Ruth had the longest living sobriety of any woman or man at the time of her death. She also knew and helped Dr. William D. Silkworth, who wrote most of "The Doctor's Opinion" in the Big Book.

Ruth was a wonderful power of example in all that she did. She loved to laugh, to eat, to sing and dance, to speak at meetings – and she loved her chocolate. She was a wonderful friend and a great sponsor. We will surely miss you, Ruthie.

In 1995, at the long-timers meeting at the International Conference in San Diego, the crowds went wild begging for additional time allowance after she was "gonged" for her time being up. Her talks were a great wealth of history.

Within a few months after she got sober, at a meeting in Brooklyn, New York, she was given a business card by another A.A. member. On one side of the card were the Four Absolutes of the Oxford Group (Absolute Honesty, Absolute Unselfishness, Absolute Love, and Absolute Purity) and on the other side of the card was the following prayer. She recited it daily and shared it when she spoke. It has come to be known as "Ruth's Prayer."

*Thank You, dear God,  
for another day,*

*The chance to live  
in a decent way,*

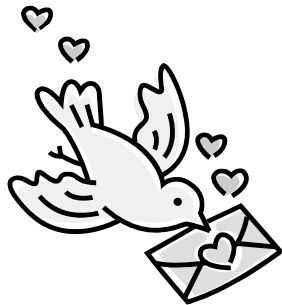
*To feel again  
the joy of living  
and happiness  
that comes from giving.*

*Thank You for friends  
who can understand  
and the peace that flows  
from Your loving hand.*

*Help me to wake  
with the morning sun,  
With the prayer today,  
"Thy will be done."*

*For with Your help  
I will find the way.*

*Thank You again,  
dear God, for A.A.*



The description of A.A. that we hear at every A.A. meeting states that A.A. is a fellowship of people who support each other in our common success and struggles in dealing with our common problem, alcoholism. It does not say that we are a self-help program based on prescribed steps that are enforced by a sponsor.

Bill W. never stopped supporting Ebby, his "sponsor," even though Ebby never stopped drinking over their longtime relationship. The

HELP letter response (*The Point*, June 2012) about "firing" sponsees may be practical in a certain way. I've suggested to some sponsees that other people in A.A. might be more helpful to them than I was; not because they weren't working the steps the way I thought they should, but because we weren't communicating effectively, which may be as much an issue as to how I express myself. Who really knows how someone else "should" do this or that to stay sober? We just share what we did and talk about how it changed our own lives.

Perhaps sponsees aren't always ready to hear what we share when we say things. Perhaps they need time to

hear and aren't always ready on that Tuesday or even any other Tuesday over a period of 20 years. Patience really means patience as long as the sponsee is struggling to stay sober, perhaps still struggling with Steps One, Two and Three. So I suggest we give them time, practice patience, show them how patience works in our own lives, and not be too self-righteously correct about how and when they need to work the steps. Leave that to the rehab centers – they're in the self-help business. Besides, by practicing patience, perhaps the sponsor can learn a great deal from the sponsee and be more HELPful in the long run.

*Kurt P.*



## Letters to the Editor

# PRE-A.A. HISTORY: EARLY RESCUE MISSIONS

*An installment of excerpts from the A.A. Pre-History booklet by Bob S.*

This month, the Pre-A.A. History series recounts the history of two early rescue missions, one of which Bill Wilson visited to “experience the Power of conversion.”

## The Water Street Mission

The original Water Street Mission was located at 316 Water Street. It was started by Jerry McAuley, his wife and friends in October of 1872 and later renamed the McAuley Rescue Mission.



"Samuel Hopkins Hadley took over as Superintendent of the McAuley Rescue Mission at 316 Water Street in 1886. From that time until his death in 1906 he helped convert hundreds, if not thousands, of hopeless drunks. Sam's son, Henry Harrison Hadley II, named after Sam's brother Coronal Henry Harrison Hadley, would also sober up and be converted after his father's death. Harry Hadley would later collaborate with Sam Shoemaker in opening the Calvary Mission on 23rd Street in Manhattan and become its first Superintendent. At The Calvary Mission both Ebby Thacher and Bill Wilson would separately answer calls to come to

the rail, kneel at the mercy seat, and experience the Power of conversion." - Excerpt from The Golden Road of Devotion.

The McAuley Mission is now called the New York City Rescue Mission, located at 90 Lafayette Square. The Calvary Mission was located at 246 East 3<sup>rd</sup> Street and operated from 1926 until 1936. This 57-bed facility provided two meals a day and aided more than 200,000 homeless in its ten years.

## Kitchen Table Talk Has Good Effect

Ebby Thacher learned of Bill Wilson's troubles from his Wall Street friends and in the spirit of the Oxford Group he set out to 'witness' to his old friend. He called Bill's wife, Lois, and the project was Okayed. Ebby showed up at 182 Clinton Street; their kitchen table talk lasted for hours. Probably the most helpful part of Ebby's messages was of course that he was amazingly sober, but also the Oxford Group's simple religious idea (vital spiritual experience) and a practical program of action (The Four Absolutes and the OG tenets). In whatever manner this message was conveyed, it must have been rather simply put, as Bill listened, doubtless a bit soused, over his continually filled glass of pineapple juice and gin.

Bill, at this time, was very depressed and even thought to be suicidal; they moved his sleeping quarters to a lower room for fear of him jumping from the window. Ebby's message must have given Bill good hope because shortly thereafter he visited Calvary Mission to see what was what.

A few days afterward, Tuesday, December 11th, 1934, Bill was headed for Towns Hospital at 293 Central Park West in Manhattan. He had been previously treated three times in the past year or so by Dr. Silkworth. At this point A.A. (or not A.A.) was skating on thin ice, because Bill picked up four bottles of beer on credit en-route to the subway entrance (he had only six cents in his pocket). Lore has it that he arrived carrying two philosophy books in one hand and waving his last beer with the other. He was shouting to Dr. Silkworth: "I've got the answer! I've got the answer!" The good doctor put Bill to bed, administered barbiturates to sedate him and belladonna to calm his stomach. But one might be sure that Bill finished his beer first!

Bill had been drinking for only one month this time, so he was not ailing as badly as on earlier such occasions. When the effects of alcohol faded away, he fell into a deep depression, but he never drank again!

Next in the series: Bill Wilson's Spiritual Experience.





Dear Help,

**I have been toying with the idea of quitting drinking and attending A.A., but I am so intimidated by the thought of actually walking into a meeting alone. Recovery is not a new concept to me as I went through treatment for drugs many years ago and attended A.A. and N.A. meetings for a while. My drinking has started to take on a central, actually, an all-important role in my life and I'm worried that I've crossed that line from social drinker into abuser. Actually, I know I've crossed that line. I was thinking of going to an all women's meeting as that seems less intimidating than coed, but can I just go to any women's meeting or do I have to go to a newcomers group or an "open" meeting? Any guidance you can provide is much appreciated!**

**Female drinker**

Dear FD,

I'm so glad you wrote. For starters, yes, you can attend any meeting you want (other than those that specify "men"). On Tuesdays there's a wonderful women's meeting in Noe Valley at 6:30 p.m. It's called Women's Kitchen Table at St Philip's Church on the corner of Diamond and Elizabeth (between 23rd and 24th) and it's one I regularly attend. If you like, I can meet you there. I'm one of the greeters so I'll be there at least by 6:15.

I'll be answering phones at Central

Office (415-674-1821) Tuesday morning between 10 and 1 so you can reach me there if you'd like to talk before hand. If Noe Valley isn't convenient for you, there are a number of other women's meetings scattered about the city. You can find them quite easily on our [aasf.org](http://aasf.org) web site simply by clicking on "designation" and then click on "women's," what area of the city you are interested in, what day and what time of day.

I hope you can make it. We'll certainly welcome you. Congratulations on your decision. Incidentally, I also started out in N.A. a number of years ago.

Please come,  
e-Volunteer

**Hi, e-Volunteer,**

**Thanks so much for getting back to me. I cannot emphasize enough how your warm and welcoming response alleviates my anxiety about attending meetings. I think the Tuesday night meeting sounds like a perfect fit.**

**I have to be honest that my desire to quit drinking goes from intense desire to intensely ambivalent pretty quickly, so I feel pretty shaky about the potential for long term sobriety, but I know I have a problem and I know that meetings would help me with the possibility of sobriety. Even though a couple of my friends are in the same boat as me, they are on different paths**

**to giving up drinking, so I am sort of left to my own devices, and trying to do it alone sure as hell ain't working. I really appreciate your kind and encouraging words and hope to meet you at a meeting.**

**Female drinker**

Dear FD,

I'm not at all surprised that you feel ambivalent about quitting drinking, after all alcohol has been your best friend for a while now and it's really hard not to keep chasing it. Please remember that sobriety is truly only one day at a time and that you only commit to the next 24 hours at a time. Though, I've been sober for quite some time now, I'm always aware that my sobriety can be fragile and that it needs to be taken care of each day.

I regularly go to several other meetings each week, neither of them women's meeting, but they are both meetings where "grown up A.A." is practiced pretty consistently and people tell the truth so they can stay sober. One is Artists and Writers at 6:30 Friday nights in the Haight (you don't have to be either an artist or a writer to attend). The other is the Sometimes Slowly group at Turk and Lyon on Saturday mornings at 11 a.m. I don't want you to feel chased, but you can find me at either one if you'd like to go. My home phone is xxx-xxxx, if you'd like to call for some support.

e-Volunteer



# Inconvenient Guilt

## God's Forgiveness

by Bob S.

While boozing it up out there, in and out of the clinker, I developed a nagging and most inconvenient sense of guilt and remorse. Someone told me that I felt guilty because I *was* guilty, but of course I didn't like that answer at all. But one day, my good-keen-super-intelligent-alcoholic-mind came up with a seemingly simple solution – why, yes, I'll just forgive myself and that will be the end of it. Fresh out of the jug, I would march into my favorite 'oasis' and explain to the bartender as how the cops have always had it in for me; that I was no different than my friends who were drinking just as much as I. It was not my fault. Problem solved.

Oops! Maybe not, because every time I sobered up, that unpleasant guilty hole radiated ever more brightly throughout my conscience; this coaxed me back to the bar room for predictable and instant relief.

Then, one fine day, I staggered into AA and succumbed to their program of action. The first tool for relief

began in Step Five. My sponsor, Carl (he just celebrated 50 years), burned up most all my guilt-stained and tortured paperwork. As it flamed, he announced, "Bob, this is your past burning up in smoke. You don't have to feel guilty about all those awful things you did because you are now on God's train and you are no longer doing those things. You are becoming a brand new person every morning you wake up. But if you take just one shot of whisky you get all your guilt back. (Thank God I have not.)"

*That old inconvenient dismal sinking feeling of guilt no longer returns.*

Another guilt-removing tool was found in Step Eleven (p. 86), where we are to ask for "God's forgiveness and inquire what corrective measures should be taken." That's the real answer – God's forgiveness.



After all, how foolish it is to ask self to forgive itself. This is almost like someone who has invented his own imaginary god and then asks it for directions. He will *always* get the answer he wants: "Not guilty!" God is Truth ("the Great Reality deep down within us," *Alcoholics Anonymous*, p. 55) and only he can truly forgive me. I now possess the miracle of *emotional forgetfulness*; I may remember the most horrid of past experiences intellectually – and even relate them to others – but that old inconvenient dismal sinking feeling of guilt no longer returns.



Bob, a 70-year-old, extremely wealthy widower, shows up at the Country Club with a breathtakingly beautiful and very sexy 25-year-old blonde who knocks everyone's socks off. She hangs on Bob's

arm and listens intently to his every word.

Bob's buddies at the club are all agog. They finally corner him alone and ask, "Bob, how'd you get the trophy girlfriend?"

"What do you mean, girlfriend?" Bob replies. "She's my wife!"

They're knocked over, and press on.

"How in the world did you persuade

her to marry you?" they ask.

"Well," he admits, "I lied about my age."

"You cad!" one says, breaking the shocked silence.

"What, did you tell her you were only 50 or something?" asked another.

"No," Bob smiles. "I told her I was 90."

# Intergroup meeting summary – July 2012

The following groups (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	Early Start	Join The Tribe	Saturday Weekend Warrior	Too Early
Any Lengths	Embarcadero Group	Keep Coming Back	Step Talk	Tuesday Chip
Artists & Writers	First Place	Marin Stag (aka Monday Night Stag)	Sunday Rap	Waterfront
Blackie's Pasture	Friday Morning 12 Steppers	Marina Discussion	Sunset Speaker Step	Women's 10 Years Plus
Blue Book Special	Friendly Circle	Miracles (Way) Off 24th St.	Ten Years After	Women's Meeting: There is a Solution
Come 'n Get It!	Haight Street Blues	No Reservations	They Don't Know Who We Are	Women's Promises
Cow Hollow Men's Group	High Noon M	On Awakening Group	They Stopped In Time	H&I
Each Day A New Beginning	High Noon Su	Reality Farm	Thursday Thumpers	GGYPAA

This is an unofficial summary of the July 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 [www.aasf.org](http://www.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, July 11, 2012 at the First Unitarian Universalist Church, 1187 Franklin St., SF CA.

The meeting was started with a call to order and the Serenity Prayer at 7:00 PM Baskets for rent and dinner were passed.

## Officer Reports

### Board Chair Report, Margaret J.

First meeting of the new board, under new structure. The officer elections are now held at Board meetings. Board terms vary in length, but officers serve one-year. Margaret elected Chair, Phil elected Vice Chair (and we agreed he would conduct the monthly Intergroup meetings), Rebecca elected Recording Secretary. Annual Board annual retreat to set goals for the year is scheduled

SF meeting schedule: next printing to contain additional pages to accommodate

growing meetings plus existing information. Will come to Intergroup with a recommendation re: additional pages and pricing in the next few months.

Please follow up with meetings who do have not registered trusted servants. Can easily be done online ([www.aasf.org](http://www.aasf.org)).

### Treasurer's report, Michelle C.

Our position is much better this year than this time last year. For the month of May group contributions were \$3400 over budget, individual contributions were under budget by \$1004, gratitude contributions were \$1484 over budget, bookstore sales were \$1456 under budget. Unrestricted cash is down from \$37K to \$26,554 since April due, primarily, to the timing of budgeted employee expenses. We currently have more than a month of operating expenses in unrestricted cash.

### Central Office Manager's report, Maury P.

All phone shifts at CO now filled! Updated SF meeting schedule printed with Spanish speaking meetings published in same format of Oficina Central. Marin meeting schedule now printed quarterly. Also, despite rumors circulating, Central Office has no plans to relocate.

## Intergroup Committee Reports

**Access Committee, Brian C.** Prior Access Committee Chair says that 87% of people who are disabled are in some way addicted. Goal is to keep AA accessible to those who reach out.

**Archives Committee, Michael P.** Meets Third Sunday of the month at Central Office from 2-4pm. Recent list of 88 books that have influenced the nation and shaped

American's view of America, published by the Library of Congress, includes the Big Book. Exhibit in Washington DC runs through September 29, 2012.

### Fellowship Committee, Michael P.

Founders Day and Anniversary event were both very well attended. We may consider doing more events as a result.

**Orientation, Carolyn R.** Working on new orientation guideline to replace the one written prior to last bylaw change.

**SF PI/CPC, Rich G.** PI/CPC carries the message to still suffering alcoholic in three ways: 1) informing the public about what AA is and what AA is not, 2) speaking to the professional community who work with those who may need AA and 3) keeping the fellowship informed. Holding quarterly speaker workshop this Saturday. Training is followed by attendance at DUI class to observe another volunteer present, then submitting your registration form. This is process to evaluate if public speaking is something you would like to do. Additionally, there are several open positions on the committee: Literature Coordinator, Special Events Coordinator, and Media Coordinator. See announcement sheet for more information.

**SF Teleservice, Carolyn R.** Volunteers take shifts when Central Office is closed. Great opportunity to be of service. Several shifts, once per month, usually 4 hours, are open. Also, Day Coordinator shifts available. This position notifies all volunteers on a specific day of upcoming shift, coordinates all involved. Meets 3rd Monday of the month, 6:30pm, Central Office.

(Continued on page 15)

## Honorary Contributions

to Central Office were made through July 16, 2012  
honoring the following members:

Jim A.—38 years, Ben N.—32 years  
Sherry T.—24 years, John M.—32 years

### High Noon:

Marya T.— 18 years, Eliot F.—1 year, Tanya—3 years

(Continued from page 14)

**The Point Committee, Charley D.** Submissions to The Point always welcome.

**Website Committee, Rebecca M.** Website redesign in process. Have an initial design review of some of the pages in process and when we have a visual design we'll bring it here to show you. Question: what is [www.aasf.org/m](http://www.aasf.org/m)? It's our mobile site, makes it very easy to view meeting schedule from a smart phone.

Question: Bruce K. - Prior discussion of method of announcing deaths within the AA community was passed to Website committee. Web committee is looking at the issue, but notes that there is no one solution, rather it's a multi-pronged effort. Currently open discussion, possibly to involve The Buzz.

**The Buzz, Jane K.:** Bi-Weekly Internet newsletter. Needs content and is always looking for new material, welcomes submissions. Please announce at meetings that anyone can sign up for free email dispatch of The Buzz from the home page of our website. If you have an event or announcement to share, email to [the-buzz@aasf.org](mailto:the-buzz@aasf.org).

### Liaison Reports

**H&I, Lynn D.** Big announcement: Changing orientation and business meeting to Third Saturday of the month 11am (orientation) 12noon (Business meeting). New Location is the Mission Fellowship (2900 24<sup>th</sup> St at Florida) New meeting location to start on August 18, 2012. San Francisco has recorded 25% drop in donations for the year. Emphasis is still on volunteers for Hospitals, Jails, etc.

**GGYPAA (Golden Gate Young People in AA), Jen W.** Annual campout August 10-12 at Lake Berryessa.

### Old Business

**Outreach, Phil L.** Out of 761 meetings in SF/Marin, 232 have registered trusted servants, 49 have IGRs, in the last 12 months 488 have made 7<sup>th</sup> tradition contributions and 541 have made literature purchases, while 103 have had no contact with Central Office. We have a lot of room for more meetings to be involved and connected with Intergroup and the Central Office.

### New Business

**Events** Most recent events were very successful. Discussion of creating new events from each table.

### Inactive Committees

**Trusted Servants Workshop:** Seeks volunteers and new Chair. Michael P. and Lynn D. volunteer.

**12 Step Committee:** Is there a need? The environment has changed and now we have detox and treatment centers. How do we do 12<sup>th</sup> Step calls in this day and age? Will discuss as New Business next month.

### Announcements

Updated SF schedule to be available by next week. Will be talking about expanded version before next printing.

### Service Opportunities

See PI/CPC, SF Teleservice, The Buzz

**Meet the Meeting:** Tiburon Men's Stag, They Don't Know Who We Are, On Awakening. Volunteers for next Month: Keep Coming Back, Blackie's Pasture, Working With Others.

The August Intergroup Meeting will be held at 7pm at St. Andrew Presbyterian Church, 101 Donohue St, Marin City, CA. Orientation is at 6pm, dinner is served at 6:30pm



## 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.

### BOARD OFFICERS:

#### CHAIR

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

#### VICE CHAIR

Phil L. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### TREASURER

Michelle C. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### RECORDING SECRETARY

Rebecca M. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### 12th STEP COMMITTEE

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

#### ARCHIVES COMMITTEE

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

#### ORIENTATION COMMITTEE

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

#### FELLOWSHIP COMMITTEE

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

#### THE POINT

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

#### ACCESS COMMITTEE

Brian C. [access@aasf.org](mailto:access@aasf.org)

#### TRUSTED SERVANTS

#### WORKSHOP COMMITTEE

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

#### WEBSITE COMMITTEE

OPEN. [website@aasf.org](mailto:website@aasf.org)

#### PI/CPC COMMITTEE

Rich G. [picpc@aasf.org](mailto:picpc@aasf.org)

#### SF TELESERVICE COMMITTEE

Carolyn R. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)





SF Contributions	Jun '12	YTD	SF Contributions	Jun '12	YTD	SF Contributions	Jun '12	YTD
Federal Speaker Su 12pm		129	O.A.D.W. Mon 7pm	31		Sunday Sunrise Su 7am	58	58
Fell Street F 830pm		80	Off Broadway Book Th 730pm	31		Sundown W 7pm	564	564
Firefighters & Friends Tu 10am		102	One Liners Th 830pm	144		Sunset 11'ers Su		230
Fireside Chat Group Th 8pm		177	Park Presidio M 830pm	54		Sunset 11'ers Th		122
Fireside Chat Sa 9pm		156	Parkside Th 8pm	711		Sunset 11'ers Tu		91
Friday All Groups F 830pm	73	877	Pax West M 12pm	713	1,271	Sunset 9'ers Sa		110
Friday Lunchtime Step F 12pm		109	Pax West Th 12pm	289		Sunset Speaker Step Sun 730pm		580
Friday Night Blast F 630pm		50	Potrero Hill 12 x 12 M 630pm	211		Surf Tu 8pm		104
Friday Night Book F 830pm		374	Queers, Crackpots & Fallen Women	57		Ten Years After Su 6pm		2,722
Friday Smokeless F 8pm		90	Reality Farm Th 830pm	506		The Dry Dock Fellowship		195
Friendly Circle Beginners Su 715pm		65	Rebound W 830pm	120		The Leaky Cauldron Su 930am	207	390
Friendly Circle Su 830pm	75	75	Rise N Shine Sun 10am	174		The Parent Trap M 1230pm		12
Gold Mine Group M 8pm	331	331	Room to Grow F 8pm	201		The Pepper Group F 12pm		56
Haight Street Blues Tu 615pm		475	Rose Garden Big Book Th 1205pm	129		There is a Solution Tu 6pm		373
Happy Destiny Sa 630pm		405	Saturday Afternoon Meditation 5pm	522		They Stopped In Time M 8pm		54
Happy Hour Ladies Night F 530pm	83	217	Saturday Beginners Sat 6pm	646		Thursday Night Book Club Th 7pm		42
High Noon Friday 230pm	219	278	Saturday Easy Does It Sa 12pm	658		Thursday Thumpers Th 7pm		100
High Noon Monday 1215pm		119	Saturday Night Regroup Sat 730pm	401	644	Too Early Sat 8am	400	400
High Noon Saturday 1215pm	315	787	Say Hey Group M-F 6pm	230		Trudgers Discussion Su 7pm	180	300
High Noon Wednesday 1215pm	47	47	Seacliff Th 830pm	75		Tuesday Big Book Study Tu 6pm		72
Hilldwellers M 8pm		362	Serendipity Sa 11am	137		Tuesday Downtown Tu 8pm		27
Home Group Sat 830pm		495	Serenity House	150	900	Tuesday Men's Pax Tu 12pm	671	671
How Was Your Week? Sa 10am		175	Sesame Step Tu 730pm	224		Tuesday's Daily Reflections Tu 8am		183
Huntington Square W 630pm		468	SFPOA Th 7pm	200		Twelve Steps to Happiness F 730p.		72
Join the Tribe Tu 7pm		199	Sinbar Su 8pm	101		Valencia Smokefree F 6pm		440
Like A Prayer Su 4pm		250	Sober Saturday Sa 830am	94		Walk of Shame W 8pm		88
Live and Let Live Su 8pm		345	Sobriety & Beyond W 7pm	51	267	We Care Tu 12pm		124
Living Proof Th 630pm		113	Sometimes Slowly Sa 11am	306		We Have a Solution F 7pm		91
Living Sober on Sixth St.		25	Sought to Improve Th 715pm	60		Wednesday Afternoon With Bill		50
Living Sober W 8pm		65	St. Anne Book Study	125		Weekend Worker Sat 7am		60
Living Sober with HIV W 6pm		1,254	St. Francis Men's F 830pm	125	125	Wharfrats Th 815pm		200
Lush Lounge Sa 2pm		279	Step Talk Su 830am	687		Wits End Step Study Tu 8pm		84
Mid-Morning Support Su 1030am		630	Steppin' Up Tu 630pm	307		Women's Came to Believe Sa 10am		60
Mission Fellow. No Reservations		30	Stepping Out Sat 430pm	38	128	Women's Meeting There is a Solution		292
Monday Beginners M 8pm	310	310	Sunday Bookworms Sun 730pm	109		Women's Promises F 7pm		538
Monday Monday M 1215pm		60	Sunday Coffee With Bill 10am	27		Work In Progress Sat 7pm		189
Monday Night Big Book Study 8pm		60	Sunday Night 3rd Step Group 5pm	112	334	Working With Others Sa 10am		83
Monday Night Women's M 8pm	290	290	Sunday Night Castro SD 730pm	454		YAHOO Step Sa 1130am		357
Newcomers Tu 8pm		118	Sunday Silence Su 730pm	90		<b>San Francisco Total</b>	<b>\$ 8,431</b>	<b>\$51,140</b>
No Reservations M 12pm	624	1,012	Sunday Step Study	87		<b>YTD</b>	<b>\$10,884</b>	<b>\$74,624</b>

*Heartfelt thanks to all of the contributing groups and individual members!*

# profit and loss statement: May 2012

	May 12	Budget	Jan - May 12	YTD Budget		May 12	Budget	Jan - May 12	YTD Budget
Ordinary Income/Expense					Postage	0	215	438	464
Income					Printing	0	600	0	600
Group Contributions	12,202	8,800	63,888	61,750	Paper Purchased	115	200	1,198	1,527
Gratitude Month	1,484	0	5,621	2,845	Rent - Office	3,811	3,810	19,055	19,050
Newsletter Subscript.	11	95	55	210	Rent - Other	75	75	730	420
Special Event Income	0	0	3,301	0	Security System	0	0	118	118
Bookstore Sales	8,069	9,525	48,134	49,082	Repair & Maintenance	272	285	1,576	1,480
Individual Contributions	1,611	2,615	15,768	16,417	Payroll Expenses	7	8	126	40
Total Income	\$23,377	\$21,035	\$ 136,767	\$ 130,304	Telephone	273	200	2,059	1,502
Cost of Goods Sold					Phone Book Listings	91	86	455	430
Cost of Books Sold	5,703	6,138	34,537	31,732	Internet Expense	93	108	467	543
Cost of Books Sold - Shipping	29	55	312	275	Travel	278	0	278	0
Inventory Adjustments	0	-25	0	-158	Training	0	0	99	100
Credit Card Processing Fees	405	375	1,804	1,699	Equipment Lease	1,635	1,615	3,232	3,215
Total COGS	\$ 6,137	\$ 6,543	\$ 36,653	\$ 33,548	Bank Fees	0	0	1	
Gross Profit	\$17,240	\$14,492	\$ 100,114	\$ 96,756	Total Expense	\$19,585	\$21,155	\$ 90,571	\$ 100,350
Expense					Net Ordinary Income	\$ (2,345)	\$ (6,663)	\$ 9,543	\$ (3,594)
Employee Expenses	11,753	12,257	54,755	61,032	Other Income/Expense				
IFB Literature	0	0	0	125	Other Income				
Professional Fees	50	870	200	1,320	Interest Income	116	165	580	897
Access Expenses	180	708	2,160	3,544	Total Other Income	\$ 116	\$ 165	\$ 580	\$ 897
Sunshine Club/12th Step	0	5	0	25	Other Expense				
PI/CPC	0	8	0	41	Depreciation Expense	377	514	1,885	2,570
IFB Sponsored Events	0	0	-403	1,298	Total Other Expense	\$ 377	\$ 514	\$ 1,885	\$ 2,570
Insurance	705	0	2,402	2,383	Net Other Income	\$ (261)	\$ (349)	\$ (1,305)	\$ (1,673)
Office Supplies	247	105	1,482	928	Net Income	\$ (2,606)	\$ (7,012)	\$ 8,238	\$ (5,267)
Filing/Fees	0	0	143	165					

## Treasurer's Report

For the month of May, group contributions were \$3,402 over budget. Individual contributions were \$1,004 under budget. Gratitude month contributions were \$1,484 over budget. Bookstore sales were \$1,456 under budget in May.

Unrestricted cash balance decreased from \$36,999.78 to \$26,554.12, which represents a month and a half of average operating expenses. The decrease was primarily due to the timing of budgeted employee expenses.

### **Rotation, Rotation, Rotation**

Many groups trusted servants rotate at this time of year. We encourage **all** meeting secretaries and treasurers to register with Central Office. Having a group contact not only allows us to communicate with the groups, but allows us to reach them as need arises. Each registered trusted servant will receive a copy of The Point for the length of the term to share with the meeting. Online registration can be done at: [www.aasf.org/tsreg](http://www.aasf.org/tsreg)

You may also register by calling Central Office at (415) 674-1821 Mon-Fri 10am to 6pm.

Thanks for your help!

# Conscious Contact

## Musings on the 11<sup>th</sup> Step

by Anonymous

How do I share at meetings about my experience as an alcoholic in recovery in A.A. with over 30 years? How do I share that I still have issues? I guarantee that honesty will generate a good discussion, during which I will hear at least one other person say they faced the same thing at some point in their sobriety and what they did that was helpful for them, not what they think I should do. Plus it's important for newcomers to hear that we go through this sh\*\* – and we don't drink and we come to meetings, talk about it, get support and live our lives.

I've been going through a sort of general malaise off and on for the last few months. I've described it as boredom. I have almost never been bored in or with recovery, so it's worrisome. I go to my usual three meetings a week, all of which I love, whether I like everybody there or not. I answer phones one morning a week at Central Office. I am one of three women who answer emails from those writing to [aasf.org](http://aasf.org) for information and help. I am currently sponsoring at least one person. I speak at meetings whenever asked. I generally hang with A.A. folk, since they're among the most interesting people I know, plus they speak my language. As I'm writing this, I realize I've been thinking about doing H&I work for a while – maybe this is the push I need. I've always been afraid to go into the jails, but that's where I'm being pulled.

In the last few years, I've gone to several celebratory events, like the 65th anniversary of the A.A. Central

Office or a fundraiser for a local recovery house, and realized that a lot of the same people attended. They have all done lots of service at many levels for years. There was a palpable sense of joy in those rooms. I realized that's the backbone of A.A. and it's wonderful to know I'm a part of it.

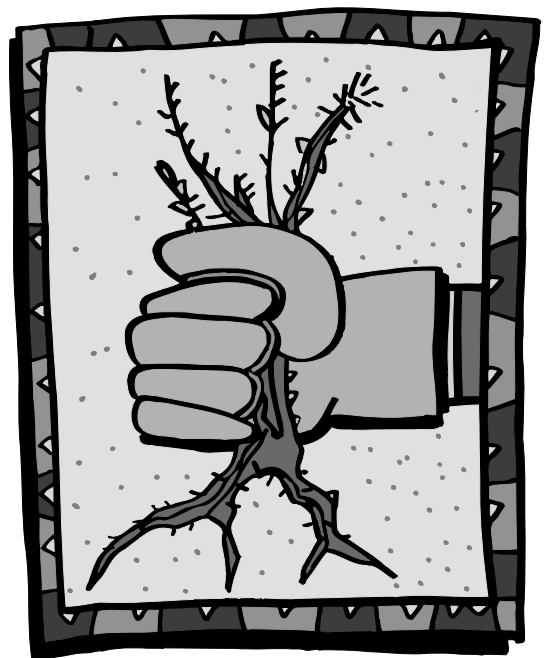
### *I remain an avowed atheist.*

I've often been nervous about speaking at Eleventh Step meetings. My practice has been somewhat unorthodox since I remain an avowed atheist. I pray to whatever spirit of the universe there may be, but I know I have to do my part. My so-called “defects of character” are really just behaviors I learned because I needed them to protect myself in the world I lived in. So I pray to have them removed, as a reminder to my higher self of what they are and that they are rooted in fear that is no longer real. When I name them each morning, they are not so apt to be able to ambush me and I can frequently remember, “Oh, that's just old fear” and stop myself from doing whatever it is – or not. What I know is they are not going to be removed as long as I continue to do them.

My meditation is usually task-oriented with repetitive little jobs that I simply lose myself in (“relieve me of the bondage of self”). Often they are jobs other people hate, but they work for me. I love weeding a garden (I

don't have one myself now, but I'll sometimes pull weeds when I'm walking in Golden Gate Park, and only if I'm sure I know what's a weed and what isn't.) I love to polish silver; I have quite a lot that has come to me from generations past and it makes me feel connected with all those loving hands that came before me. And then, of course, there's my jewelry making where I can become completely absorbed in the creative process. I almost never start with a preconceived idea. The materials themselves tell me how they want to be put together but I have to be open enough to see and recognize it. I don't think I've ever spoken at an Eleventh Step meeting where at least two people haven't come up afterward and thanked me because they've been afraid to talk about their own practices because they felt they were doing it “wrong.”

**TP**



# August 2012

**Moving? Please Give Us Your New Address and Phone Number!!**

NAME		
NEW ADDRESS		
CITY	STATE	ZIP
OLD ADDRESS		

You can also E-mail or Phone Us With Your New Contact Information

ISSUE 08.12

ADDRESS SERVICE REQUESTED

1821 Sacramento Street  
San Francisco CA 94109-3528



NON-PROFIT ORG  
U.S. Postage PAID  
San Francisco CA  
Permit No. 3480