

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

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

The Point

2012
9
September

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous





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Cunning Baffling Powerful

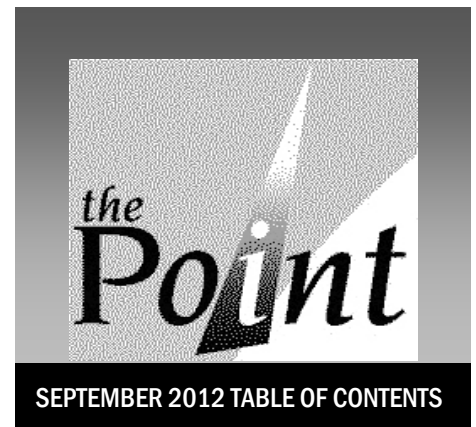


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September 2012

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> <div>     </div>			
2	3 Labor Day Central Office Closed	4 <u>FIRST TUE</u> Access Committee Central Office 6pm	5 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
9	10 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	11 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 6:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm	12 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
16 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	17 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	18	19
23 30	24	25 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	26

THURSDAY	FRIDAY	SATURDAY
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6	7	8 Marin Unity Day 495 Tamalpais Dr, Corte Madera 12pm—11pm (see flyer p. 18)
13	14	15 <u>THIRD SAT</u> SF H&I Mission Fellowship, 2900 24th St, SF Orientation 11am Business Meeting 12pm
20	21	22 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell, Petaluma, CA 12:30pm
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For the readiness to take
the full consequences
of our past acts, and to take
responsibility for the well being
of others at the same time,
is the very spirit of Step Nine.

Twelve & Twelve p. 87.



Meeting Changes

New Meetings:

Wed	7:00am	Financial	PAX WEST DAILY REFLECTIONS, 660 California St / Grant Ave (Enter on California St)
Wed	7:00pm	San Rafael	MEDITATION WEDNESDAY, St Paul's Episcopal, 1123 Court St
Sat	7:00pm	Pt. Reyes	SATURDAY NIGHT MENS BIG BOOK STUDY, Pt Reyes Fire Station, 4th and B St

Meeting Changes:

Thu	1:30pm	Tenderloin	THURSDAY KICKOFF WITH BILL, Café Ariana, 842 Geary Blvd, (Was speaker/discussion)
Fri	12:15pm	Mission	HIGH NOON FRIDAY, Mission Presbyterian Church, 3261 23rd St / Capp St (Was 2:15pm)

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!***

**1350 WALLER ST
ALL SAINTS
EPISCOPAL
CHURCH
SEPT 29TH, 2012
5-8PM**

**"DRUNKS
ON
DISPLAY"**

DOD

**SPEAKER MEETING
PERFORMANCES
VISUAL ART
RAFFLE**

Come and get your

**Fall Follies
Drag
Jollies**

**Everett
Middle School**

450 Church Street
between 16th/17th Streets

Saturday, September 15th

AA/AL-ANON Meeting 6:00 pm




From the Editor

Freedom and Forgiveness

by Charley D.

Step Nine, our focus in this ninth month, deals with amends, forgiveness, and often, to our surprise, the freedom that follows. Three of our contributors for September struggled with their parents, made amends, and found life much better as a result. Francesca M. once denied even having a father but, after making sober amends, found herself living in the same household with him – something she hadn’t done since she was two years old. Anonymous, sadly, never had the chance to reconcile with her father in sobriety. He committed suicide when she was in her teens. Read how she learned to forgive him, to make amends to him, and to let go of the horrors that once bedeviled her. Patty C., abused by her father, describes her subsequent insane, destructive behavior and the damage it did both to her and to her relationship with her parents and others. She then shows how practicing Step Nine enabled her to revive a loving bond with her parents and also with the man in her life.

What did you do this summer? Three of our authors have taken A.A. on the road. Jamie M. tells how he and another city “slicker” traveled to the slopes of Mt. Lassen and encountered

A.A. fellowship in a country setting. Don’t miss Kevin D.’s vivid description of the Adventure Group, which travels around Northern California together visiting meetings as far as 120 miles from the Group’s starting point in Redwood City. Watch as Jill M. nearly succumbs to alcohol’s cunning allure while on a trip to Tuscany. In the nick of time, A.A.’s fellowship comes to the rescue in the person of another “friend of Bill” she encounters at random on the night she almost decides to give drinking one more try.

david e. has a different take on alcohol’s “cunning, baffling, powerful” nature, likening it to the Land-shark of Saturday Night Live fame but then tells how facing that fact can lead to freedom.

We are not, however, yet done with the Nines. Suzan C. explains how Concept IX of the A.A. Concepts of World Service strikes the right balance between leadership and structure.

For this month’s Not A Glum Lot submission, we include, with apologies to towheads everywhere, a blonde joke. Modesty, and A.A.’s principles of anonymity, prevent this editor from identifying the source of this hilarious item.



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.)



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Step Nine: Amends

Forgiving Self, Forgiving Father

by Anonymous

The month of the Ninth Step is also my birthday month, and I always end up reflecting on my life. This year all I seem to be able to think about is forgiveness when making amends. To make amends without forgiving first is like putting a Band-Aid over an infected wound. It may look better on the outside, but the wound is festering underneath.



The Merriam-Webster Dictionary defines forgiveness as “the act of ceasing to blame; or to feel resentment. To cancel a debt.” It defines forgiving as “allowing room for error or weakness.” Forgiveness is not forgetting. I cannot forgive something if I have forgotten it happened in the first place. I have had to work hard to cease blaming, to allow for my own weakness and for weakness in others, and pay off my debts and to cancel debts owed to me. Only after doing this work can I make or accept amends, or accept anyone else’s forgiveness.

I have heard in the rooms that forgiveness means giving up any

hope of changing the past. I have also heard the story of the two holy men. The master teacher is walking with his student and they come to a river. There is a woman there who cannot swim and needs to get to the other side. The holy men are prohibited by their religious practice from touching women, but the master picks up the woman and crosses the river. The student is a bit shocked, and follows his teacher through the water to the opposite shore. On the other side, the master puts the woman down and the two men go on their way. A few miles later, the student asks the master, “Master, what do we do? We were not supposed to have contact with the woman at the river?” The master turns to him and says, “I put her down at the shore. Why are you still carrying her?”

When I got sober and worked through to the 8th Step for the first time, I had a number of financial amends to make. I had some forgiveness work to do there, but it was clear that I had a sum of money to repay. I found a way to do that and I knew when I was done with that process. Other amends have not been so clear cut, and I have had to go deeper and to rely more heavily on my sponsor’s wisdom and on God’s sense of timing and fairness, than on my own.

One of my sponsors was like a grandmother to me. She died in her nineties with thirty-eight years sobriety. She used to tell me that if I was having trouble finding the people to whom I needed to make amends, I should not worry. God would put them on my doorstep when He was good and ready. That sounded completely quaint to me.

Several years into sobriety, I went back to school in a very large city where I had done a lot of drinking and acting out. Ex-boyfriends started popping up on street corners and at my neighborhood subway station. These were people I had not been able to find, who had ended up on my 4th Step list. When I finally saw them, I had to get honest with myself about whether I really owed them an amends. Had I really hurt them or was I telling myself that in order to find entry into their lives again? I realized that I had been foolish and messed up when I was with them, but I did them no real harm. I was grateful that I had the chance to check my motivation in re-connecting with these men. Again, I had more work to do in forgiving myself for being a scared, messed up 20-something, than in amending any behavior towards them. I needed to leave them back at the river, as my sponsor would have said.

*Acts of self-hate
often damage others
even more than they
damage the doer.*

These days, my father’s picture smiles at me a bit quizzically from the dresser. A handsome guy, with thick, black, curly hair. he killed himself when he was 49. I was a teenager. His act was the epitome of self-recrimination and self-hate, and the consequences never cease to remind me that acts of self-hate often

(Continued on page 12)



by david e.

Think back to 1976. In the new television series Saturday Night Live's first season there were groundbreaking skits like "the Coneheads" and "Cheeseburger, cheeseburger." There was also a reoccurring skit featuring Dan Akroyd and Gilda Radner as a happy young married couple, who at the opening were engaged in simple everyday household tasks. Then there was always a knock at the door—the low-sounding shark leitmotiv from Jaws would be cued up—and Chevy Chase's tiny deadpan voice would say from behind the door "Land shark." At the beginning of the skit's life, Gilda would blithely open only to be devoured by a seven-foot foam white shark (Chevy Chase) and the set would go to blackout. As the season progressed she gradually became more and more aware of the threat on the other side of the door until, in time, she would answer "I know who you are; you're a land shark – you won't fool me!" Knocking again, Chevy Chase would identify himself "Candy gram." When Gilda opened the door the skit would always have the same ending.

Little did this alcoholic mind realize that this wonderful shtick of the past

THE NATURE OF OUR DISEASE

*"Remember that we deal with alcohol
—cunning, baffling, powerful!"*

would resonate so personally and profoundly to me now. My friend Don L. still uses this model to explain the phrase "Remember that we deal with alcohol—cunning, baffling, powerful!" on pages 58 and 59 of the Big Book. It illustrates the nature of our disease's ability to adapt itself in order to trick and defeat us in our ongoing trudge along the "Road of Happy Destiny" even if our eyes are wide open.

*Sensing my
complacency, it knew
exactly how to strike.*

While wistfully smiling at this naïve memory I, for one, squirm at the uncomfortable admission of alcohol's power over me. I first encountered these words some thirty years ago. I didn't take them to heart until twenty years ago, when I really tried to get sober the first time. My disease was patient for those eighteen months while I wasn't drinking. Then, sensing my complacency, it knew exactly how to strike and take advantage of my lowered guard. My disease was again in the driver's seat until just over a year ago.

This time I incorporated the insidiousness of alcohol's control into my understanding of the First

Step. Even though I admitted I was powerless over it, I had to consciously concede that alcohol does indeed now and always will have power over me. Even this doesn't guarantee me victory; it is an idea that must be remembered and reinforced on a daily basis with the help of a power greater than myself. The word "cunning" appears three times in the Big Book after "How it Works," but "baffling" is used twice before and five times afterwards; the idea of God's greater (than alcohol's) power being able to help us overcome those two things resonates throughout our text. Our sobriety is just a daily reprieve contingent on the maintenance of our spiritual condition, and we know we cannot do it alone.

Words in the first 164 pages were chosen carefully; even though we now read: "...that God could and would if He were sought," the original typewritten draft read: "...you must find him now. If not, go out and drink some more, then read the book again. And if you still don't find him, throw the book away." (Barry L, primary author of Living Sober, once quipped: "Writing for AA is fun; you have so many editors.") Remembering "cunning, baffling, powerful" can be a great resource instead of words of warning if we work it into each of our own programs.



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My Life Amended

Healing from a Violent Past Through Step Nine

by Patty C.

At the end of my drinking I was in my thirties and living with my parents. Every day I threw heavy objects across my bedroom to gouge holes in the walls. In my room at any given time of day I screamed and cussed at the top of my lungs until I was exhausted. I sincerely believed that I was creating for myself a kind of “primal scream therapy,” but being an alcoholic, I could never scream enough or gouge enough holes in the walls to make myself feel better.

parents immediately. Luckily in early sobriety I was scared enough of my mind to be willing to take suggestions. I was blessed with daily opportunities to practice living amends with my parents.

I began behaving as a contributing member of the household. I took out the trash, bought groceries and I began making financial amends. I patched the holes I made in my bedroom walls. My sponsor suggested for me to have a civil five minute conversation with my Mom and my Dad individually every day. I

When I was sixteen years old my Dad was physically violent with me and for decades I believed that I would never forgive him. I cannot undo the past but practicing the Twelve Steps gave me the opportunity to understand, respect and lovingly befriend my Dad before he died.

I can easily fall into intensely sorrowful remorse if I dwell on how routinely mean I behaved towards my Mom when I was a practicing alcoholic. I cannot undo the past but now I can lovingly demonstrate to Mom my gratitude for the sacrifices she made to raise me.

Years ago I made direct amends to my boyfriend for the damage I brought into his life. We reunited and we are still together. I am grateful that I get to work the Twelve Steps so I can continue to learn how to bring love rather than destruction to all my relationships.

Today I make my living amends to my loved ones to the best of my ability so I can experience the peace that displaces the hundreds of forms of fear that live at the core of my insane rage. Today I am grateful that I can share my amended life.

That morning it was clear to me that I would go to any lengths to harm myself and others.

The morning after my last drunk, which ended with me senselessly breaking the windows of my boyfriend's car with bricks, I woke up the most scared I had ever been in my life -- scared of my own mind. For years I had been devoting a lot of mental energy to figuring out where I would either hang myself or the crosswalk from which I would jump into traffic. That morning it was clear to me that I would go to any lengths to harm myself and others.

began with a daily two minute conversation with each of them. It was a start.

I soon made my direct amends to my Mom and Dad and a few years later when Mom's Parkinson's Disease began to rapidly progress and Dad's Non Hodgkin's Lymphoma returned I was able to take care of them.

I met with the therapist I had been working with for about two years. I had conveniently never told her about my drinking. I told her of my most recent destructive episode and she strongly suggested that I go to A.A. I began to attend meetings that week, a woman offered to be my sponsor and I began to work the Twelve Steps.

My sponsor strongly suggested that I start practicing compassion with my



TP



STEP NINE

Making Amends: Rebuilding the Bridge to Family

by Francesca M.

Before I came into Alcoholics Anonymous and someone asked me where my family was, I would say I didn't have one. My mother died when I was nineteen and my father, well, he didn't count. We hardly spoke, didn't get along, and besides, he had failed me as a parent, so why should I call him one?

*I'm living with my father
for the first time since I
was two years old.*

Through writing an inventory, I came to see how wrong I was. I had thought my father was a bad person, when really he is just another child of God doing the best he can. I realized I had spent more than half my life pushing him away. I began to understand that the problems in our relationship had nothing to do with him and everything to do with me. This brings me to the unexpected situation I'm in today -- I'm living with my father for the first time since I was two years old.

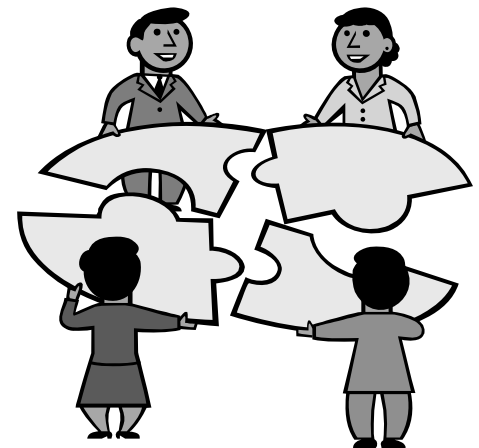
It wasn't planned. I decided to come to San Francisco for the summer (I grew up here, but have been living in New York for the last five years) and after many failed attempts to find housing, took my Dad up on his offer to let me stay with

him. Ever since making formal amends to him over a year ago, our relationship has steadily improved. We began speaking regularly and would spend more time together when I visited California. But living together? That's a whole different ballgame. Motivated by the defect of being cheap, I decided to give it a try. Besides, I could always find a place if it didn't work out.

But it is working out -- which is solely a result of Alcoholics Anonymous. What is so amazing to me is that my father's still the same person he's always been, but because of the change in my own perspective and personality, we now have a wonderful relationship. I wish I could convey what it's like for me to be a daughter again, but it's all in the small stuff: going to the farmer's market together, talking about jazz, saying goodnight before we go to sleep. All of the small joys that are born out of accepting someone as they are. Which is not to say it's easy; there are many things he does that "drive me nuts," but even those, when I take a step back, are really only mirrors of things I see in myself and don't like. Funny how that works.

The first definition the Webster Dictionary gives for "amend" is "to put right," the second, "to change or modify for the better." As my sponsor stresses over and over, the amends conversation is only a beginning. What is important is that my behavior changes, that I live out

my amends on a day-to-day, moment-to-moment basis. Saying sorry has always been easy for me -- as an active alcoholic, I was constantly apologizing and then doing the thing I had just apologized for. *Living* my amends requires that I put work into my relationship with my father. That I practice love and tolerance, hold my tongue when I have nothing good to say, let him be right, and often admit I'm wrong, is challenging and requires a lot of prayer. I often fall short. But the rewards, as with all aspects of my life today, are far beyond what I could ever have imagined. I am so grateful that as a result of the Ninth Step, I have a loving, growing relationship with my father today. Truly, never something I could have done for myself.



Central Office, 1821 Sacramento St., San Francisco, CA 94109

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Or e-mail us at: thepoint@aasf.org

Fighting for Sobriety in Tuscany

God could and would if he were sought

by Jill M.

God could and would ... if he were sought.

In 2000 I had the good fortune to visit the Tuscany region of Italy. I was traveling with a tour group of 50 people from Massachusetts. I became friendly with a group who already knew each other. Somehow my sober status never came up, and at meals I would turn over my wine glass. Nobody seemed to notice.

The many days without meetings were slowly and subtly starting to take their toll.

I began thinking, "Who would know and what would it hurt -- one evening of wine celebrating with these new friends?" I started planning the first drink.

*But I thought,
"Tonight, I will not
turn the wine glass over."*

Then came the wine tour day. The burnt orange and yellow countryside with sunflowers dotting the fields and charming old farm houses were a distraction to the stops at wineries. And my new companions were very impressed that I didn't want to try the wine at the wine cellars we visited. But I thought, "Tonight, I will not turn the wine glass over."

When we got back to the hotel I went up to my room to change for dinner and my wine escapade. I would deal with the fallout later -- after all, anybody could understand a wine

slip in Tuscany!

Suddenly I realized that I was throwing away all my sober years and earned self-respect. With a sense of urgency, I pulled out the telephone book and started dialing Alcoholics Anonymous in Rome, the nearest big city. I finally got through but the reception was so poor they couldn't hear me and I could not hear them.

I got down on my knees and prayed for the obsession to be lifted. Nothing seemed to change. I started thinking that not getting through to Alcoholics Anonymous was a sign that I should try drinking again!

So, with a sense of determination and excitement about drinking the Italian wine, I walked into the dining room.

Then something odd happened. I felt an involuntary pull to sit at another table, a specific table. Since I didn't really know anybody at this table, it was definitely strange. The desire seemed to come from outside myself. Waving to my other friends, I turned to somebody at the table and asked, "Can I sit with you?" and heard, "Yes, absolutely, we have room, please join us."

Two women who had come on the trip together were sitting next to and across from me. They introduced themselves. One of the men stood up and started to pour the wine. The woman across the table, Frannie, looked to her friend Sheila sitting next to me and quietly said, "I

know it has been a tough day for you, would you rather I didn't drink tonight?" A look passed between them and her friend said, "No, join Jill for a glass of wine. I am okay." I turned to her and asked, "Don't you drink?" Sheila said, "No, I can't drink. I gave it up several years ago." Meanwhile wine started to be poured into my glass. I almost jumped out of my chair and exclaimed, "No, please don't, I am not drinking either!" Sheila looked at me and quietly asked, "Are you a friend of Bill's by any chance?" I almost wept, "Yes, I am!" Looking like she had just found a long-lost friend she confided, "Today was so hard, was it hard for you, too?" From that dinner on we were inseparable.

After getting home, my sober life began again, but not without a deeper understanding that "God could and would...if he were sought."

JP



PRE A.A. HISTORY: FROM FOUNDERS TO FOUNDATIONS FOR LEADERSHIP

by Suzan C.

Concept IX states:

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service board of Alcoholics Anonymous.

The long form of Concept IX, which appears in The A.A. Service Manual (Edition 2011-2012), is an insightful examination of leadership. It could serve as a guideline for Fortune 500 companies, not just for Alcoholics Anonymous World Service. These are a few of Bill W's legacies in Concept IX:

*If the secretary has a different agenda
or is not mindful of the group conscience,
the meeting will not function well.*

(1) "Good leadership cannot function well in a poorly designed structure. But weak leadership can hardly function at all, even in the best of structures." This statement makes clear that well thought-out procedures and protocols cannot take the place of effective leadership, yet are important to its success. This is evident even at the micro level of individual A.A. meetings. Even with well-organized meeting materials and clear instructions for the order of the meeting, if the secretary has a

different agenda or is not mindful of the group conscience, the meeting will not function well and resentments can build. But even a dedicated trusted servant may fumble around if the meeting lacks consistent structure.

(2) "Good leadership can be here today and gone tomorrow." This is a good reminder that principles must come before personalities. In this case, the principles are long-term criteria for choosing solid leaders. They are designed in anticipation of the inevitable rotation of persons in authority. If we have a clear understanding of how to choose leaders, we will be prepared to fill a vacancy at any time and will not be dependent upon any single "personality."

Clearly alcoholics are notorious for having run-ins with persons of

authority. But like all societies, we do need some governance. The forces of selfishness and greed are too overpowering to go unchecked in a completely unregulated social environment. By the same token, leaders are human and subject to every manner of failure and transgression that may or may not involve their responsibilities to the constituents. Once again this is a matter of principles over personalities, and progress not perfection.



In observing the most effective trusted servants in meetings, I have often seen that humility is a key ingredient. Those who suffer from arrogance and narcissism will quickly become autocrats or dictators. They will also stifle the powerful creative force of multiple minds collaborating on an issue.

I often experience in meetings a strong resistance to any message coming from someone I consider aggressive or inconsiderate. These individuals really challenge my commitment to a search for truth. If I don't like the messenger, do I have enough emotional maturity to hear the message? If someone angers me, do I "poison the well" of every future thought that person may express? It takes a wise, confident, yet humble person to resist these pitfalls. Indeed a leader I would follow.

Laying out a roadmap for carrying on the responsibility of A.A.'s future was certainly a weighty task for the founders. Their guides for ensuring reliable future leadership are just as inspired as many features of the A.A. Program itself. These guides are also a reminder to me of the qualities I must embody whenever I am entrusted with leadership, both in and out of the Rooms.



Sixty Miles to the Nearest Meeting

Finding A.A. on the Road


by Jamie M.

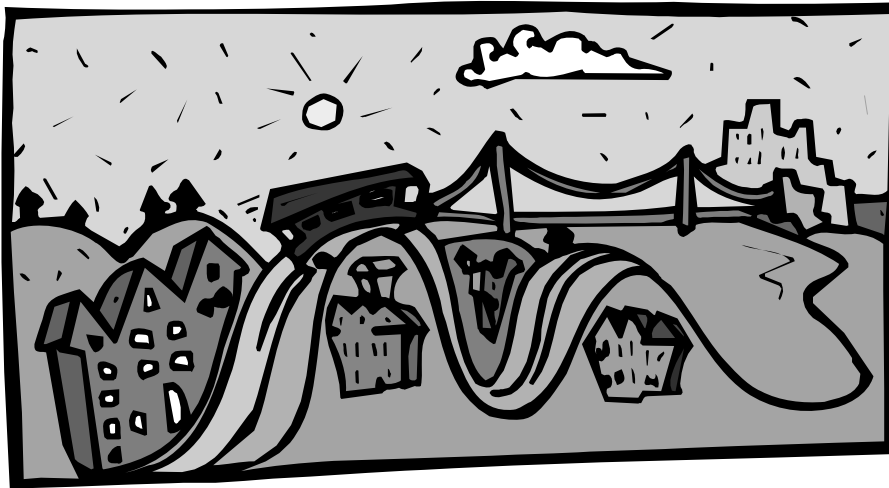
A few years back, an A.A. friend & I decided to go camping up near Mt. Lassen. We got the statewide meeting directory, found a phone number, called the person who was listed as the contact, and headed for Chester, which is a small town in Northern California (up there they don't consider San Francisco to be Northern California) in between Mt. Lassen and Lake Almanor. Our

contact turned out to be living in a little cabin that was part of an old motel which had been converted to apartments. He took us to the local meeting, where we met people who had driven up to an hour – that's sixty miles on the open road up there – to get to the meeting. Everybody knew everybody else and their story. Boy, were they glad to see us! I can't remember exactly, but I think they got one of us to be the speaker for their meeting.

Everyone was very friendly, and despite the city/country differences, the fellowship was warm. After the meeting they got into a business meeting; they had had a picnic and there was leftover food. They got into a long discussion about what to do with it-- have another event, just up the quality of refreshments at meetings, etc. etc. Just a reminder that you don't really have quality sobriety until you can make it through a group business meeting.

A learn-by-watching lesson in how it works.

Does it sound a bit boring? I don't know. When I was getting loaded all the time, I had lots of excitement in my life, most of it bad. This camping trip was relatively early in sobriety for both of us, and it was a very serene and enjoyable trip. Remembering the fellowship of people who drove 60 miles and all knew each other was a learn-by-watching lesson in how it works. 




(Continued from page 6)

damage others even more than they damage the doer.

His picture reminds me of the process of forgiveness. In order to learn to live sober, I had to confront my experience with my father, my experience of helplessness, betrayal, abandonment and of the violence of murder. For self-murder is still murder. I had to learn to forgive him, but before I could do that, I had to

learn to forgive myself for my inability to relieve his pain and or help him live. This forgiveness came only slowly and over years, but it did come to me through honest talks with wonderful sponsors, with friends, and with God. I have learned to pray in real conversations with God over the years I have wrestled with this loss.

Forgiveness came to me through dreams. I have seen my father many times in my dreams over the decades;

sometimes we had confrontations and sometimes he was still lying to me and the rest of my family, but then the dreams started to change. I started to see him age. He started showing up in my dreams with graying hair, and seeming calmer. Then one day, sitting in meditation, I heard him tell me that he was fine. I did not need to worry about him, he was now at peace. "You have to find your own peace now," I heard. Then, I needed to move on to make amends by living a joyful, sober life. 

Meet THE MEETING

by Kevin D.

Sometimes you want an alternative to familiar stories of your valuable and supportive yet routine home groups. What if you could make a weeknight jaunt to new, tranquil and exotic territories, discover novel meeting formats, and encounter fresh faces of comrades excited to see you?

On January 20, 2009, Seth H. and a few of his road warrior friends had the same idea, and began an expedition invented by his Edmond, Oklahoma grand-sponsor, which they call “Adventure Group.”

Put some adventure back into your sobriety.

A group of up to 30 A.A.’s from the city and Peninsula travel to a randomly selected meeting within 120 miles of Redwood City every Monday night. Afterwards they pull another meeting name from a big plastic bag, lottery style, to visit the following week, posting it on their Google Groups website, which invites visitors to, “Put some adventure back into your sobriety.”

“Someone sticks their hand in the bag and whatever meeting name they pull out, that’s the meeting we’re going to,” said Seth, 39, who has been to almost every Adventure Group getaway for three years. “We don’t know where we’re going next week until someone pulls out the slip, kind of like a raffle – no debating, it’s been decided.” Although someone calls that city’s Central Office to confirm the meeting still exists.

Adventure Group



Adventure Group has visited Watsonville, Sebastopol, Solano County’s Suisun City next to Suisun Marsh, San Lorenzo, Morgan Hill, Monterey, Tracy, Modesto, “and all points in between,” said “Richmond District Resident Seth.”

They welcome car-pooling for non-car owners.

“I’m happy to give a ride to as many people as fit, even if they can’t pitch in for gas, as far as I’m concerned,” said Seth who sometimes mobilizes sponsees as well. “You just have to get in the car.”

“We get a newcomer in the car, we all load up and go to a meeting,” said 22-years-sober Paco D., 43, Seth’s sponsor. It’s a meeting on the way up there and a meeting on the way back. “I’ve gotten to do a Fifth Step on the way. It seems the more difficult it is, the more it’s an adventure.”

“I like listening to other people share about their situation,” said fellow Adventurer, SoMa resident Michael M., age 51, Seth’s sponsee. “We’re all the same.”

The sometimes tiny and remote rural host meetings are graciously receptive to big city Adventurers, and occasionally ask a visitor to return later as a speaker.

“Just last night I chaired a meeting in Fairfield that I went to a month before,” said Seth who values expanding his A.A. network in addition to secretarying a Friday 8 p.m. 2205 Sutter Speaker/Discussion, and a Saturday 10 a.m. meeting at St. Vincent de Paul’s 1175 Howard Street Ozanam Wellness Center.

“They’re really stoked to see us,” said San Jose’s Paco. They’ve all been going there for years. Here’s this group of people they’ve never met before.”

“Part of the fun is committing to go every time, wherever it is,” said Seth who gets home as late as midnight, and cites Stanislaus County’s pastoral farm town, Turlock on Highway 99, as his favorite destination so far.

“Going to that part of the state feels like going to the Midwest,” said Seth, a native of Franklin County, Washington, Missouri (corn cob pipe capital) and five-year city resident. “Definitely I never would have even known about it.”

“People act like it’s such a big deal to leave city limits,” marveled Seth. If you’re a member of Google Groups, you can learn more information by searching for AdventuregroupA.A.



Intergroup meeting summary – August 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 .

Artists & Writers	First Place	Keep Coming Back	Say Hey	Tiburon Haven
Attitude Adjustment Hour	Friday Morning 12 Steppers	Living Sober With HIV	Sesame Steps	Too Early
Blue Book Special	Girls Night Out	Marin Stag	Step Talk	What it's Like Now
Code Blue Big Book Study	Haight Street Blues	Miracles (Way) Off 24th St.	Sunday Rap	Women's 10 Years Plus
Come 'n Get It!	High Noon	Noon Smokeless	Ten Years After	Women's Promises
Cow Hollow Men's Group	High Noon Sa/Su	Saturday Beginners	They Stopped In Time	
Early Start	Huntington Square	Saturday Weekend Warrior	Thursday Thumpers	

This is an unofficial summary of the August 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.

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, August 1, 2012 at St. Andrew Presbyterian Church, 101 Donohue St, Marin City, CA.

The meeting was started with a call to order and the Serenity Prayer at 7:15pm. Baskets for rent and dinner were passed.

Officer Reports

Board Chair Report, Margaret J. Annual retreat occurred 7/21/12. Resulting goals include: 1) go live with online literature sales; 2) fill board/chair vacancies; 3) increase involvement in intergroup to 10% participation with 90% of IGRs participating on a committee; 4) standardize and strengthen committee participation and collaboration.

Treasurer's Report, Michelle C. Although June income was down from last year, we are in a much better financial position than we were a year ago. For the month of June, group contributions were \$916 under budget. Individual contribu-

tions were \$3,436 under budget. Bookstore sales were \$1,396 under budget in June, and are \$2,340 under budget year-to-date. Total expenses for June were \$1,150 under budget. We had a deficit of \$2,730 for June, compared to a budgeted surplus of \$412. Year-to-date net deficit is \$3,416. However, last year, at the end of June we had a deficit of about \$12,000.

Our unrestricted cash balance decreased from \$26,503 to \$24,627, which represents a little less than a month and a half of average operating expenses. After reviewing July financial statements, we're not in deficit because of contributions received. We believe this is because treasurers tend to turn over around this time and send in 7th Tradition contributions. It has been confirmed that the individual contribution limit has changed to \$5000.

Central Office Manager's Report, Maury P. Four of the new reps that joined last month have come back to tonight's meeting; Marin Unity Day is on Sat. Sep 8th, Corte Madera Rec Center. It's a great space, lots of stuff to do. We'll have an intergroup table and someone speaking on the service panel. If you haven't been, it's a great event. Different from San Francisco. Our delegate will be giving report from the General Service Conference. Attending the Nor Cal COC Managers' Meeting in Sacramento. Agenda topics include: How do other offices handle informing the fellowship when members pass away?; what are their protocols, approaches, etc. to 12th step calls?; how do they inform the fellowship about non-aa, but still relevant events (i.e. the recent Bill W. documentary or the announcement of the big book being named one of the 88 most important books by Library of Congress)?

Intergroup Committee Reports

Access Committee, Brian C. Monthly business meeting moving back to the first Tuesday of the month. Discussed giving people access tips so they can better serve their group for access. Tip for today: When you go to group make sure people can get by in the aisle way, so people can move around easily without tripping over each other.

Archives Committee, Michael P. We collect and catalogue historical material. Basically, putting things in sheet protectors and it's boring. It's been exciting lately because we discovered an album of photographs and we're trying to identify the people in them. Ray M and Bruce K are helping. Bruce adds: The plaque that was put up on the banister at 50 Potomac is currently down because the banister is being replaced. The owners are holding on to plaque and we're now waiting for Rick H, who made and mounted it, to recover from surgery so he can retrieve and re-mount it. Plaque was installed as the location of the first west coast meeting in Dec. of 1939.

Fellowship Committee, Blu Regarding fellowship ideas, she's received them and will be reviewing them with Michael P and creating a presentation for next month.

Orientation, Blu At tonight's orientation we kind of had a round table about service which was really informative. Anyone can join the committee!

SF PI/CPC, Rich G. July 14th speaker workshop was a huge success (16 attendants) Goal is to deliver a tight, clear message about A.A. as we are dealing with the public. Next workshop will be at SF Unity Day. Went to the area PI/CPC meeting last

Honorary Contributions

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

Amelia E. — 6 years, Sesame Steps
Linda B. — 20 years
Gerard W. — 23 years
Elizabeth C. — 23 years
Abby L. — 25 years

In Memoriam

Matt S. — 30 years

Saturday, met with other PI/CPC reps. Presentation was made by Marin rep working specifically with MCYPAA which is smart way to get them into schools. Rich will reach out to GGYPA. Please continue to encourage young people to help! Additionally, 3 roles need to be filled on the committee: 1) literature coordinator; 2) media coordinator 3) special events coordinator.

SF Teleservice, Carolyn R. Most shifts covered and all coordinator positions are covered! In next month Carolyn will reach out to those who can't make the regular committee meeting and try to find alternate additional time to meet.

Website Committee, Michael P. Looking for project management help. One of the things we're working on is a new-comer page geared to helping remove any barriers to getting a meeting, joining A.A..

Trusted Servant Committee, Michael P. Michael will email when the committee starts up again. Lynn and Michael attended one of the last workshops and found that many groups have no tradition of service, because, for example, the meeting is in a club and the club does a lot of that service for them. Also need more old timers to help carry the service message. Ted is working with Maury on revising the Guide to Group Service.

Liaison Reports

H&I H&I is moving effective this month, please announce. Final Orientation at Old First Church at Sacramento & Van Ness was in July. Going forward all orientations

and business meetings will be held on the 3rd Saturday of the month at 11AM, 2900 24th St., cross street Florida..

California Northern Coastal Area General Service Conference Summer assembly is coming up. It's a topic assembly without too much business, cnca06.org, Sat. Aug 11 at the Scottish Rites Center, San Jose.

New Business

Outreach, Phil L. Lots of unpopulated committees. Committees are open to anyone; don't have to be an IGR. It's a serious issue that these aren't staffed. The board isn't solely responsible for deciding how to make committees more active, the Intergroup does.

Round Table – Do we need a 12th step committee? Tables discussed and reported suggestions and questions to the larger group.

Agenda topics for next month: chair [@] aasf.org, board [@] aasf.org. Ideas for what will make committee participation increase welcome.

Meet the Meeting Keep Coming Back, Mike B. - Geared toward relapsers, been around a while, having some problems with rec and park. Working with Others, Seth – Sat at 10am, 1175 Howard, in the former Ozanam space, 2 speakers share briefly, drunks walking in and by the meeting, lots of enthusiasm, open to all.

Next IFB Meeting: Wed, Sept 5, 2012, 7—9pm, First Unitarian Universalist Church, 1187 Franklin at O'Farrell, SF CA .

COMMITTEE CONTACTS

The following is a list of names and email addresses for 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

VICE CHAIR

Phil L. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Rebecca M. 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

Michael P. tsw@aasf.org

WEBSITE COMMITTEE

OPEN. website@aasf.org

PI/CPC COMMITTEE

Rich G. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteleservice@aasf.org

aa group contributions

Fellowship Contributions	Jul. 12	YTD
Brisbane Breakfast Bunch		\$ 136
Contribution Box	\$ 100	\$ 309
Deer Park Discovery Group		\$ 60
GGYPAA		\$1,200
Gratitude in Action		\$ 658
ICYPAA		\$ 417
Intergroup	\$ 73	\$ 672
Marin Teleservice		\$1,500
Spirit of San Francisco		\$ 141
TSWC	\$ 25	\$ 50
Unidentified Group		\$ 42
Fellowship Total	\$ 198	\$5,184

Marin Contributions	Jul. 12	YTD
As Bill Sees It M 2pm	\$ 12	\$ 12
Attitude Adjustment 7D 7am	\$ 575	\$2,556
Awareness/Acceptance M 1030am		\$ 156
Blackie's Pasture Sa 830pm	\$ 200	\$ 450
Closed Women's SS Tu 330pm		\$ 242
Crossroads Sun 12pm		\$1,700
Downtown Mill Valley F 830pm		\$ 750
East San Rafael Big Book		\$ 100
Friday Night Book F 830pm	\$ 140	\$ 140
Girls Night Out W 815pm		\$ 47
Gratitude Tu 8pm	\$ 90	\$ 162
Happy Destiny F 7pm		\$ 350
High & Dry W 12pm		\$ 129
Intimate Feelings Sa 10am		\$ 337
Island Group Th 8pm		\$ 132
Just Can't Wait 'til 8 M 630pm	\$ 220	\$ 220
Living in the Solution F 6pm		\$ 139
Marin City Groups 5D 630pm		\$ 292
Marin City Groups 6D 630pm	\$ 251	\$ 251
Marin Stag 8pm		\$ 487
Mill Valley 7D 7am	\$ 801	\$2,115
Mill Valley Discussion W 830pm		\$ 121
Mill Valley Original Smokeless Th		\$ 150
Monday Blues M 630pm		\$ 500
Monday Night BB Study M 8pm		\$ 100
Monday Night Stag - 12 & 12 M 6pm		\$ 150
More Will Be Revealed F 12pm		\$ 50
Morning Attitude Adjustment	\$ 39	\$ 164
Nativity Monday Night BB 8pm		\$ 100
Newcomers Step M 730pm		\$ 208
On Awakening 7D 530am		\$ 722
Pathfinders Tu 12pm	\$ 150	\$ 325
Primary Purpose W 830pm		\$ 46

Marin Contributions	Jul. 12	YTD
Quitting Time M-F 530pm		\$ 500
Refugee Th 12pm	\$ 40	\$ 220
Reveille 7D 7am		\$ 200
Rise N Shine Sun 10am		\$ 165
San Geronimo Valley BS F 8pm	\$ 138	\$ 297
San Geronimo Valley M 8pm		\$ 526
Saturday Night Sa 8pm		\$ 226
Sausalito 12 Step Study Group		\$ 50
Serendipity Sa 11am		\$ 140
Sisters In Sobriety Th 730pm		\$ 62
Sober Sisters Wed 12pm		\$ 148
Spiritual Testosterone Stag Su 830a		\$ 284
Steps To The Solution W 715pm		\$ 100
Streetfighters Sa 9am		\$ 156
Sunday Express Sun 6pm	\$ 50	\$ 200
Sunday Night Corte Madera 8pm		\$ 223
Sunlight of the Spirit Th 7pm		\$ 300
Terra Linda Thursday Stag 8pm		\$ 300
TGIF F 6pm		\$ 158
The Fearless Searchers F 8pm		\$ 396
Thursday Night Book Club Th 7pm	\$ 0	\$ 21
Thursday Night Miracles Th 830pm		\$ 38
Tiburon Beginners & Closed Tu	\$ 142	\$ 1,494
Tuesday Chip Meeting Tu 830pm		\$ 700
We, Us and Ours M 650pm		\$ 250
Wednesday Night Candlelight W 8pm		\$ 110
Wednesday Night SD W 7pm	\$ 24	\$ 86
What's It All About F 12pm		\$ 60
Women For Women W 12pm		\$ 50
Women in Unity Th 1230pm		\$ 50
Women's Big Book Tu 1030am	\$ 275	\$ 485
Working Dogs W 12pm		\$ 250
Marin Total	\$3,146	\$21,644

SF Contributions	Jul. 12	YTD
10am Big Book W 10am		\$ 275
10am Step Study M 10am	\$ 15	\$ 15
6am Dry Dock 7D		\$ 134
6am Dry Dock Sa	\$ 21	\$ 221
6am Dry Dock Th		\$ 60
7am As Bill Sees It Fri		\$ 104
7am Living Sober W 7am		\$ 247
7am Smokeless Su 7am		\$ 107
7am Speaker Discussion Th 7am		\$ 218
7am Step Discussion Tu 7am		\$ 71
830am Smokeless F 830am		\$ 165
830am Smokeless Th 830am	\$ 108	\$ 299
830am Smokeless W 830am		\$ 269

SF Contributions	Jul. 12	YTD
A is for Alcohol Tu 6pm		\$ 164
Afro American Beginners Sat 8pm	\$ 136	\$ 262
After Work M 6PM		\$ 137
Agnostics & Freethinkers Su 630pm		\$ 91
All Together Now Th 8pm		\$ 114
Amazing Grace M 7pm		\$ 84
Any Lengths Sat 930am		\$ 684
Artists & Writers F 630pm	\$ 955	\$1,115
As Bill CCs It Sun 8am		\$ 100
As Bill Sees It Th 6pm	\$ 569	\$ 569
As Bill Sees It Th 830pm	\$ 80	\$ 95
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		\$ 316
Beginners 12 x 12 F 7pm		\$ 362
Beginner's Warmup W 6pm		\$ 81
Bernal Big Book Sat 5pm		\$ 424
Bernal New Day 7D	\$ 393	\$2,159
Big Book Basics F 8pm	\$ 220	\$ 394
Big Book Study Su 1130am		\$ 210
Blue Book Special Su 11am		\$ 157
Brokers Open Book Tu 130pm	\$ 20	\$ 46
Brothers in Arms M 8pm		\$ 198
Buena Vista Breakfast Su 12pm		\$ 171
Came to Park Sat 7pm		\$ 120
Castro Discussion Th 8pm	\$ 272	\$ 283
Code Blue Big Book Study W 7pm		\$ 588
Coit's Quitters		\$ 76
Cow Hollow Men's Group W 8pm		\$ 732
Cow Hollow YPTu 730pm		\$ 119
Design For Living - Big Book	\$ 32	\$ 140
Design for Living Sat 8am	\$ 327	\$1,058
Diamond Heights Tu 830pm		\$ 180
Dignitaries Sympathy W 815pm		\$ 295
Each Day a New Beginning F 7am	\$ 702	\$1,736
Each Day a New Beginning M 7am		\$ 186
Each Day A New Beginning Su 8am	\$ 667	\$1,732
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
Epiphany Group Th 8pm	\$ 180	\$ 180
Eureka Valley Topic M 6pm		\$ 90

Continued on p. 17

SF Contributions	Jul. 12	YTD	SF Contributions	Jul. 12	YTD	SF Contributions	Jul. 12	YTD
Excelsior "Scent" Free for All Sa 8pm		\$ 120	Newcomers Tu 8pm	\$ 9	\$ 126	Sunset 11'ers Su	\$ 10	\$ 240
Extreme Makeover M 730pm	\$ 35	\$ 113	No Reservations M 12pm		\$1,012	Sunset 11'ers Th		\$ 122
Federal Speaker Su 12pm		\$ 129	O.A.D.W. Mon 7pm		\$ 31	Sunset 11'ers Tu		\$ 91
Fell Street F 830pm	\$ 259	\$ 339	Off Broadway Book Th 730pm		\$ 31	Sunset 11'ers W	\$ 26	\$ 26
Firefighters & Friends Tu 10am	\$ 83	\$ 184	One Liners Th 830pm		\$ 144	Sunset 9'ers F	\$ 31	\$ 31
Fireside Chat Group Th 8pm		\$ 177	Park Presidio M 830pm		\$ 54	Sunset 9'ers Sa		\$ 110
Fireside Chat Sa 9pm		\$ 156	Parkside Th 8pm		\$ 711	Sunset 9'ers Su	\$ 138	\$ 138
Friday All Groups F 830pm	\$ 264	\$1,140	Pax West M 12pm		\$1,271	Sunset Speaker Step Sun 730pm		\$ 580
Friday Lunchtime Step F 12pm		\$ 109	Pax West Th 12pm	\$ 495	\$ 784	Surf Tu 8pm	\$ 167	\$ 271
Friday Night Blast F 630pm		\$ 50	Potrero Hill 12 x 12 M 630pm		\$ 211	Ten Years After Su 6pm	\$ 514	\$ 3,236
Friday Night Book F 830pm		\$ 374	Queers, Crackpots & Fallen Women	\$ 184	\$ 241	The Drive Thru W 1215pm	\$ 346	\$ 346
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		\$ 390
Friendly Circle Su 830pm	\$ 69	\$ 144	Rigorous Honesty Th 1205pm	\$ 322	\$ 322	The Parent Trap M 1230pm		\$ 12
Gold Mine Group M 8pm		\$ 331	Rise N Shine Sun 10am		\$ 174	The Pepper Group F 12pm	\$ 63	\$ 119
Haight Street Blues Tu 615pm	\$ 326	\$ 800	Room to Grow F 8pm		\$ 201	There is a Solution Tu 6pm		\$ 373
Haight Street Explorers Th 630pm	\$ 430	\$ 430	Rose Garden Big Book Th 1205pm		\$ 129	They Stopped In Time M 8pm		\$ 54
Happy Destiny Sa 630pm		\$ 405	Saturday Afternoon Meditation 5pm		\$ 522	Thursday Night Book Club Th 7pm		\$ 42
Happy Hour Ladies Night F 530pm		\$ 217	Saturday Beginners Sat 6pm		\$ 646	Thursday Night Women's Th 630pm	\$ 428	\$ 428
High Noon Friday 230pm		\$ 278	Saturday Easy Does It Sa 12pm	\$ 782	\$1,440	Thursday Thumpers Th 7pm		\$ 100
High Noon Monday 1215pm		\$ 119	Saturday Night Regroup Sat 730pm		\$ 644	Too Early Sat 8am	\$ 175	\$ 575
High Noon Saturday 1215pm		\$ 787	Say Hey Group M-F 6pm	\$ 253	\$ 483	Trudgers Discussion Su 7pm		\$ 300
High Noon Thursday 1215pm	\$ 46	\$ 46	Seacliff Th 830pm		\$ 75	Tuesday Big Book Study Tu 6pm		\$ 72
High Noon Wednesday 1215pm		\$ 47	Serendipity Sa 11am		\$ 137	Tuesday Downtown Tu 8pm		\$ 27
Hilldwellers M 8pm	\$ 338	\$ 700	Serenity House	\$ 150	\$1,050	Tuesday Men's Pax Tu 12pm		\$ 671
Home Group Sat 830pm		\$ 495	Serenity Seekers M 730pm	\$ 324	\$ 324	Tuesday's Daily Reflections Tu 8am		\$ 183
How Was Your Week? Sa 10am	\$ 173	\$ 348	Sesame Step Tu 730pm		\$ 224	Twelve Steps to Happiness F 730pm		\$ 72
Huntington Square W 630pm		\$ 468	SFPOA Th 7pm		\$ 200	Valencia Smokefree F 6pm		\$ 440
Join the Tribe Tu 7pm		\$ 199	Sinbar Su 8pm		\$ 101	Walk of Shame W 8pm		\$ 88
Like A Prayer Su 4pm		\$ 250	Sober Saturday Sa 830am	\$ 69	\$ 163	We Care Tu 12pm	\$ 51	\$ 175
Lincoln Park Sat 830pm	\$ 110	\$ 110	Sobriety & Beyond W 7pm		\$ 267	We Have a Solution F 7pm		\$ 91
Live and Let Live Su 8pm	\$ 170	\$ 515	Sometimes Slowly Sa 11am		\$ 306	Wednesday Afternoon With Bill		\$ 50
Living Proof Th 630pm		\$ 113	Sought to Improve Th 715pm		\$ 60	Weekend Worker Sat 7am		\$ 60
Living Sober on Sixth St.		\$ 25	St. Anne Book Study		\$ 125	West Portal W 8pm	\$ 386	\$ 386
Living Sober W 8pm		\$ 65	St. Francis Men's F 830pm		\$ 125	Wharfrats Th 815pm		\$ 200
Living Sober with HIV W 6pm		\$1,254	Step Talk Su 830am		\$ 687	Wits End Step Study Tu 8pm		\$ 84
Lush Lounge Sa 2pm		\$ 279	Steppin' Up Tu 630pm		\$ 307	Women's 10 Years Plus Th 615pm	\$ 436	\$ 436
Meeting Place Noon F 12pm	\$ 179	\$ 179	Stepping Out Sat 430pm		\$ 128	Women's Came to Believe Sa 10am	\$ 129	\$ 189
Meeting Place Noon W 12pm	\$ 375	\$ 375	Sunday Bookworms Sun 730pm		\$ 109	Women's Kitchen Table Tu 630pm	\$ 88	\$ 88
Mid-Morning Support Su 1030am	\$ 425	\$1,054	Sunday Coffee With Bill 10am		\$ 27	Women's Meeting There is a Solution	\$ 293	\$ 585
Midnight Meditation Sat 12am	\$ 72	\$ 72	Sunday Morning Gay Men's Stag	\$ 223	\$ 223	Women's Promises F 7pm	\$ 178	\$ 716
Mission Fellow. No Reservations		\$ 30	Sunday Night 3rd Step Group 5pm	\$ 107	\$ 441	Work In Progress Sat 7pm	\$ 214	\$ 403
Monday Beginners M 8pm		\$ 310	Sunday Night Castro SD Su 730pm	\$ 555	\$1,009	Working With Others Sa 10am		\$ 83
Monday Monday M 1215pm	\$ 75	\$ 135	Sunday Silence Su 730pm		\$ 90	YAHOO Step Sa 1130am	\$ 400	\$ 757
Monday Night Big Book Study 8pm		\$ 60	Sunday Step Study		\$ 87	San Francisco Total	\$16,100	\$67,239
Monday Night Women's M 8pm		\$ 290	Sunday Sunrise Su 7am		\$ 58	YTD	\$19,444	\$94,068
Moving Toward Serenity W 830pm	\$ 110	\$ 110	Sundown W 7pm		\$ 564			
New Friday Big Book F 12pm	\$ 218	\$ 218	Sunset 11'ers Sa	\$ 100	\$ 100			

profit and loss statement: June 2012

	Jun 12	Budget	Jan - Jun 12	Budget		Jun 12	Budget	Jan - Jun 12	Budget
Ordinary Income/Expense					Paper Purchased	200.62	200	1,398.49	1,727
Income					Payroll Expenses	10.15	8	119.67	48
Contributions from Groups	10,883.92	11,800	74,771.51	73,550	Phone Book Listings	91.00	86	546.00	516
Gratitude Month	37.00		5,658.27	2,845	PI/CPC	86.06	8	143.58	50
Individual Contributions	2,363.70	5,800	18,131.40	22,217	Postage	200.00		637.50	464
Newsletter Subscript.	0.00	55	55.30	265	Printing	0.00		0.00	600
Sales - Bookstore	8,803.58	10,200	56,942.03	59,282	Professional Fees	0.00	1,171	200.00	2,491
Special Event Income	1,130.00		4,431.37		Rent - Office	3,810.91	3,810	22,865.46	22,860
Total Income	\$23,218.20	27,855	\$159,989.88	158,159	Rent - Other	180.00	90	910.00	510
Cost of Goods Sold					Repair & Maintenance	271.57	280	1,847.52	1,760
Cost of Books Sold	6,186.86	6,680	40,723.42	38,412	Security System	0.00	118	118.00	236
Cost of Books Sold - Shipping	101.51	55	413.88	330	Software Purchased	175.00	500	175.00	500
Credit Card Processing Fees	291.49	330	2,146.76	2,029	Sunshine Club/12th Step	0.00	5	0.00	30
Inventory Adjustments	0.00	-25	103.43	-183	Telephone	198.02	200	2,256.61	1,702
Total COGS	\$ 6,579.86	7,040	\$ 43,387.49	40,588	Training	0.00	400	99.45	500
Gross Profit	\$16,638.34	20,815	\$116,602.39	117,571	Travel	0.00		278.41	
Expense					Total Expense	\$18,903.32	20,055	\$117,213.21	120,405
Reconciliation Discrepancies	0.00		0.03		Net Ordinary Income	\$ (2,264.98)	761	\$ (610.82)	-2,834
Access Expenses	120.00	708	2,280.00	4,252	Other Income/Expense				
Bank Fees	0.00		1.40		Other Income				
Employee Expenses	13,274.81	12,257	73,660.31	73,290	Interest Income	119.35	165	699.40	1,062
Equipment Lease	0.00		3,231.56	3,215	Total Other Income	\$ 119.35	165	\$ 699.40	1,062
Filing/Fees	0.00		143.40	165	Other Expense				
Intergroup Literature	0.00		0.00	125	Depreciation Expense	584.00	514	3,504.00	3,084
Intergroup Events	33.21		1,697.41	1,298	Total Other Expense	\$ 584.00	514	\$ 3,504.00	3,084
Insurance	0.00		2,402.00	2,383	Net Other Income	\$ (464.65)	-349	\$ (2,804.60)	-2,022
Internet Expense	93.47	108	560.82	651	Net Income	\$ (2,729.63)	412	\$ (3,415.42)	-4,856
Office Supplies	158.50	105	1,640.59	1,033					

Treasurer's Report

In June group contributions were \$916 under budget, individual contributions were \$3,436 under budget and bookstore sales were \$1,396 under budget. Year-to-date bookstore sales are \$2,340 under budget. Total expenses for June were \$1,150 under budget.

We had a deficit of \$2,730 compared to a budgeted surplus of \$412. Year-to-date our net deficit is \$3,416.

Unrestricted cash balance decreased from \$26,503 to \$24,627, which represents less than a month and a half of average operating expenses.

general service district 10



presents

marin county
unity day

saturday, september 8

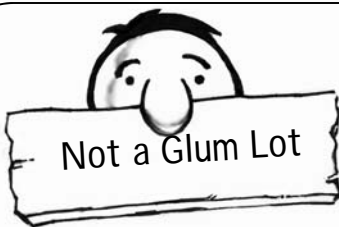
corte madera recreation center noon—11:00 pm

498 tamalpais dr. corte madera, ca 94925



Horace C., Helen P., Tom M., Tom B., Ruth H., Bill W., Dick S., Ray W., Lois W., Gordon M., Bob F.

Picture over the mantle reads: "But for the Grace of God –"



Bob walks into a sports bar around 9:58 p.m. He sits down next to this blonde at the bar and stares up at the TV. The 10:00 news was just coming on. The news crew was covering a story of a man on a ledge

of a large building about to jump.

The blonde looks at Bob and says, "Do you think he'll jump?"

Bob says, "You know, I bet he will."

The blonde replied, "Well, I bet he won't."

Bob placed \$20 on the bar and said, "You're on!"

Just as the blonde placed her money

on the bar, the guy did a swan dive off of the building, falling to his death. The blonde was very upset and handed her \$20 to Bob.

"Fair is fair," she says. "Here's your money."

Bob replies, "I can't take your money, I saw this earlier on the 5 o'clock news and knew he would jump."

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