

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

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

The Point

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10
October

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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The Point
is published monthly to inform
A.A. members about business and
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Finding All Powerful Help



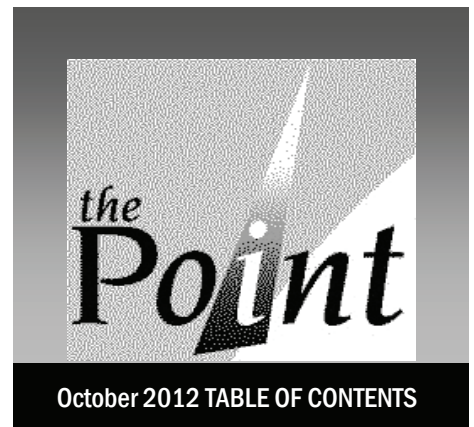
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- 8 Tradition Ten In Our Times
 - 10 The Man In The Movie
 - 19 Step Ten Fessing Up Freely

October 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2 <u>FIRST TUE</u> Access Committee Central Office 6pm	3 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St. Orientation 6pm Meeting 7pm
7	8 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	9 <u>SECOND TUE</u> The Point Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 7:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm	10 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
14	15 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	16	17
21 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	22	23 <u>FOURTH TUE</u> The Point Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	24
28	29	30	31 

THURSDAY	FRIDAY	SATURDAY
4	5	6
11 <u>SECOND THU</u> Fellowship Committee Central Office 7pm	12	13 7th Annual Bridging the Gap Forum Clubhouse at Fairgrounds Mobile Estates 2525 Flosden Rd American Canyon, CA 8:30am
18 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	19	20 <u>THIRD SAT</u> SF H&I Mission Fellowship 2900 24th St, SF Orientation 11am Business Meeting 12pm
25	26	27 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm

Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.



F.Y.I.

Calendar	2
Meeting Changes	4

DEPARTMENTS

From the Editor	5
How It Works	6
How It Works	7
Year of the Twelve	9
Pre A.A. History	11

BUSINESS

Faithful Fivers	5
IFB Meeting Summary	14
Group Contributions	16

In this book you read
again and again that faith did for us
what we could not do for ourselves.

Alcoholics Anonymous, p.70



Meeting Changes

New Meetings:

Mon	12:00pm	Marina
Thu	8:30pm	Outer Sunset
Fri	7:00pm	San Rafael

WOMEN'S GRAB BAG, 2118 Greenwich St / Fillmore St
 SOBRIETY IS CALLING, 2190 46th Ave / Rivera St
 FRIDAY NIGHT TERRA LINDA BIG BOOK STUDY, 195 North Redwood Dr

Meeting Changes:

Tue	6:00pm	Novato
Wed	6:00pm	Mill Valley
Thu	6:00pm	Mission
Fri	12:15pm	Mission
Sat	8:00pm	Castro

THERE IS A SOLUTION, 1907 Novato Blvd / McClay Rd (Was 789 Hamilton Pkwy)
 STRAWBERRY DISCUSSION, 118 E Strawberry Dr / Tiburon Blvd (Was labeled discussion)
 GUARDIAN NINJAS, 170 Valencia St / Duboce St (Was called A Step Beyond)
 HIGH NOON FRIDAY, 3261 23rd St / Capp St (Was at 2:30pm)
 AS BILL SEES IT, 152 Church St / Market St (Was a closed meeting)

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!***

Did you know you can see meeting schedule changes on our website??!
 From the home page click on “AA Meetings” and then “View Recent Schedule Changes”:

[Key for Meeting Codes \[pdf\]](#)

[View Recent Schedule Changes](#) 

[NEW! Online Trusted Servant Registration Form](#)

Some AAs use this as a means to keep their printed schedule updated.
 Have a look!

The Mission
 Fellowship Presents:



Fright Fellowship

Sunday October 28 2012
 @ 2900 24th St.
 San Francisco



Fellowship @ 5pm

Meeting @ 6pm

Costume Contest @ 7pm

50/50 Raffle

Bring your favorite fall desserts to share

From the Editor

With A Little Help From Our Friends

by MEM

Remember back to your first meetings, if you were one who resisted the idea of letting God back into your life (or maybe for the first time). A suggestion was to perhaps consider A.A. as your Higher Power, and then build from there. In contemplating the phrase, "Without help it is too much for us," we read in these pages how Gilbert found peace, strength and a strong reconnection with God as he encounters him in meetings, in A.A. literature and in the realm of service. Kathleen is able to look back and view her journey to a Higher Power who acts powerfully through other people in her life, with gratitude in the knowledge she doesn't have to do anything today without help.

We had a rare and exciting phenomenon in San Francisco this past month with the many screenings of Bill W., the newly released documentary film. Pam shares her experience, common to so many in the audience with

whom I've spoken, of absolutely falling in love with this flawed man, Bill Wilson, and gaining a deeper and broader insight into the entirety of A.A. through this moving portrait of its co-founder. I hope if you haven't seen the movie that you search for a place to see it (or take Pam's tip to sign on for information about the DVD). It's fortuitous that we have one of the most powerful scenes in the movie as the focus of our Pre-A.A. History segment on Bill's Spiritual Experience.

And with a little help from many of our other friends, this issue offers testimony about the ongoing power of Step Ten. What a glorious re-entry into a loving, respectful relationship with our fellow man this Step offers us.

Remember, as you stand in a circle at meeting's end before reciting the Serenity Prayer, that a power greater than us all flows through those linked hands and we really and truly do not have to do it alone.



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.)



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:

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David S.	Maryellen O.	Or
Denise H.	Mia M.	Here!
Dennis & Lucy O.	Michael G.	
Dianne E.	Michael P.	Or
Don N.	Michael Z.	Here!
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WITHOUT HELP

It Is too Much For Us

by Gilbert G.

“Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now!” This follows “Remember that we deal with alcohol—cunning, baffling, powerful!” and precedes “Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.”

I became fearful and anxious whenever the telephone rang

Without help, alcohol had become too much for me to handle. In fact, it simply took over my life. It handled me! I could not cope with the burdens of living a normal life. Paying bills had become onerous. I became fearful and anxious whenever the telephone rang and always thought twice about picking up the receiver. My only escapes from my real-life responsibilities were to drink Budweiser beers, Tanqueray and tonics, or large quantities of both. I felt stuck and trapped.

I had found my version of God as a young adult, but lost my connection to God over the years. I remember sitting on a beach on St. John Island, looking up at the night sky. The constellations were all visible. A shooting star crossed the sky. That’s when I realized that there was a power greater than myself: the maker of the universe. I suddenly felt at peace, both with myself and with the world.

That feeling of peace was, of course, temporary. It dissipated over time and over the course of my drinking career. It was easy to feel at peace while on vacation on a Caribbean island. It was another issue to be at peace while living in the real world. After I decided to get sober, the first three Steps helped me to reconnect with God.

First, I had to admit my powerlessness over alcohol. This step was extremely difficult. I thought that I had to be in control of myself and that nothing could control me. I was wrong: alcohol had me under its control. Then I had to believe that a power greater than myself could restore me to sanity. Once I realized that I was no longer in complete control of my life, I was ready to let God do the work for me. Finally, I had to turn myself over to the care of God, as I understood Him. All I now ask of God is for me to act according to His will and not mine. This is where the Third Step Prayer helps me. I recite it every night.

Third Step Prayer

“God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life. May I do Thy will always!”

I have finally found God. I find God in the meeting rooms of A.A., in the A.A. literature, and by doing service. I have finally integrated God into my life. No, I am not a religious zealot. I consider myself to be a spiritual



being who has found a higher power that works for me.

I can again say that I feel at peace, both with myself and with the world. That feeling of peace may come and go as life throws curve balls in my direction. I can get re-centered and feel balanced and calm again if I remember that “... there is One who has all power” I can ask for God’s protection and care with complete abandon. I can feel safe and secure.

TP





by Kathleen C.

When I was drinking and using, I was fiercely independent. I called myself a revolutionary and blamed the System, the patriarchal society – anybody but myself – for my problems and lack of success in life. A friend of mine and I used to share a bottle or two or three of Cold Duck and weep tears of self-pity for ourselves and the way we had been used and betrayed by men. I finally pulled myself up by my bootstraps, or so I thought, and went from being a drunken college dropout to being a drunken college student. Somehow, through the kindness of a Financial Aid Director and the forbearance of my professors, I graduated. One professor even gave me an A on a course where I hadn't even written the final paper. Needless to say, I never wrote the paper.

Some friends got me a job at a local hospital and I met the man of my dreams, a doctor. I must have recognized that he qualified for our sister program, and he took wonderful care of me as I sank into the depths of my alcoholism. He even mortgaged his house so I could attend graduate school, and assumed much of the care of our two little

girls. I was so proud of myself – look at me, a veritable Wonder Woman, getting an advanced degree and raising two kids. I was on academic probation twice and several professors counseled me how to lighten my course load and spread out the more difficult classes. I got my degree but I failed the exam to practice my profession.

At this point I was desperate enough to listen to my younger sister, who had been sober about a month. She had been dragging me to meetings, supposedly to support her, but finally she told me in no uncertain terms, “If you don't stop drinking you're going to die.” She scared me. So I started going to meetings, eventually stopped drinking, passed my exam and got a job. I took responsibility for my own life, as a sober woman, a wife and a mother. I started making living amends to my husband and our daughters. Eventually I got a sponsor, worked the Steps, took commitments and, after a few years, began working with newcomers.

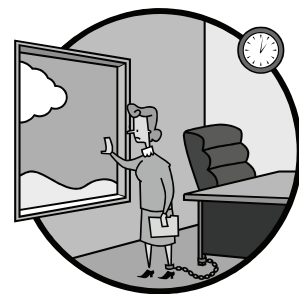
It has taken me a long time to fully realize how great a debt I owe to all the people who helped me over the years, despite my persistent attitude of ingratitude. There could be a hundred people gathered around holding me up, and I would still insist I was doing whatever I was doing All By Myself. Pride, stubborn pride, mixed with fear of looking foolish,

made me deceive myself that everything I had ever accomplished, I had done myself. No way.

*Stubborn pride,
mixed with
fear of looking foolish,
made me deceive myself*

My Higher Power acts through other people, and I have been surrounded my whole life by kind friends, family and even total strangers, who have saved me from myself. I could never have gotten sober alone. To this day I owe a debt to my sister, who Twelfth-Stepped me, to my sponsor, who walked me gently through the Steps, to the women I work with, who teach me far more than I teach them, to my husband and children, who are still quietly amused by me, and to my A.A. brothers and sisters, whose tears and laughter I share. Today I don't have to do anything without help.

tP



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Tradition Ten In Our Times

Growing Beyond The Rush of Righteousness

by Patty C.

I was raised in the late 1960s and 1970s in San Francisco, where I was deeply influenced by the political activism of my elders. Several years later, when I attended college, I enjoyed what I felt when I attended political rallies and protests on my college campus and throughout the Bay Area. I actively sought out individuals and groups of people who were enraged about the same social injustices that maddened me. I yelled at professors in lecture halls and sought out spotlights where I could rant and rage. Eventually, my alcoholic rage turned inward as madly as I expressed myself in the world. Somehow, by the grace of a power greater than myself, I arrived in A.A. desperate and willing to listen and change.

I was comforted and intrigued by the Tenth Tradition. The fact that “A.A. has no opinion on outside issues”

told me that I did not have to fight to defend my opinions about the state of the world and, likewise, I would not be pushed to believe in another person’s point of view. I saw that in the rooms of A.A., I was safe to simply be a person who needed help from others who practiced a spiritual solution to alcoholism.

I have had the opportunity through the years to live continuous sobriety due to the guidance of a power greater than myself and the help of many, many people with whom I would normally not mix, were it not for our primary purpose to help the alcoholic who still suffers. When I first got sober and began working with a sponsor, I was happy to discover that when we met, we simply studied the Twelve Steps of A.A. and discussed how to apply spiritual principles to our lives. I was relieved that heated debate of our opinions on issues outside of the spiritual solution for recovery from

alcoholism never needed to interfere with our Twelve Step work. Today I am grateful that I can work with other alcoholics to simply share our experience, strength and hope in recovery from alcoholism.

I am grateful that the founders of A.A. did the extremely difficult work of hammering out the Twelve Steps and the Twelve Traditions to safeguard the unity, recovery and service that I am allowed to participate in today. The fact that

*A.A. can remain
a sanctuary for
alcoholics who want
recovery from
alcoholism.*

“A.A.’s name ought never be drawn into public controversy” reassures me that no matter what issues current events stir up in the world, the rooms of A.A. can remain a sanctuary for alcoholics who want recovery from alcoholism and A.A. as a whole can exist for the sole purpose of making Twelve Step work possible, provided we continue to practice all of the Twelve Traditions within the groups of the fellowship.

The events that shook the world in the late twentieth century and continue to reverberate to this day bring up issues that trigger divisiveness in communities worldwide. I am grateful that, despite any issues that arise from the events of our times, the Tenth Tradition guides us to carry the message to alcoholics who still suffer and protect the unity of A.A. as a whole.





by david e.

“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues – particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.” (Tradition Ten, Long Form, Twelve and Twelve.)

Wording is very important to this author. The Twelve Traditions we know today grew out of the preface to the first edition of the Big Book of Alcoholics Anonymous. The version we know and quote today grew through a series of essays that appeared in *The Grapevine* (1946-1948) to its current format, which was adopted by a unanimous standing vote of the 3,000 attendees at A.A.’s 15th Annual Conference and 1st International Conference at Cleveland, Ohio, in June 1950. The list of items of possible controversy within the long form of Tradition Ten is in no way all-inclusive; it serves merely as the starting point of an ever evolving list of controversies that our floundering fathers suspected would unquestionably arise. A.A. is often described as both a democracy and, in Bill W.’s words, “a benign anarchy.” By allowing our understanding of this step to change and grow, we embody the envisioned disagreements of A.A. members that bring us to a broader understanding of ourselves and each other.

Tradition, by one definition, is a long established or inherited way of

TRADITION TEN

Is No Opinion an Opinion?

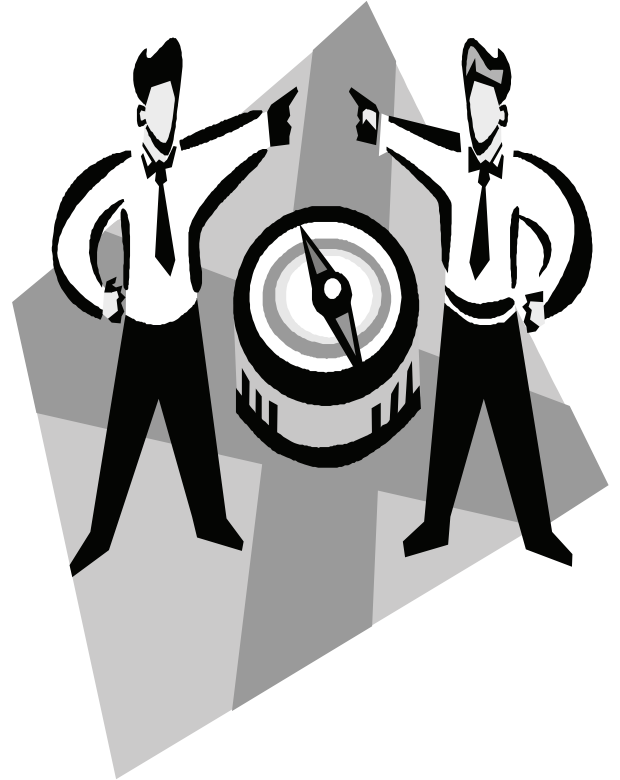
thinking or acting. A.A.’s Twelve Traditions are not instructions, but records of how our practices have been proven able to allow us to implement the Twelve Steps, which we consider to being true directives on how to stay sober. Here we should ask ourselves “How can we apply these Traditions in our lives, particularly Tradition Ten?”

As the title suggests, outsiders may view this tradition as an inexplicable oxymoron. This author has come to see it, as with all of its siblings, as one facet of a multi-faced jewel. Each one deals with a specific aspect of the larger whole; they are interconnected on many levels.

Tradition One asks “How can such a crowd of anarchists function at all?” By not taking on the issues of the world, we preserve A.A.’s unity. Tradition Two reminds us “... sometimes the good is the enemy of the best ...” No matter how high-minded the opinions of individual leaders and/or their disciples, might they not threaten our very existence? Tradition Four says “A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else [emphasis added] ... sobriety has to be its sole objective.” By avoiding opinions on outside affairs or people, “the unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning,

eloquence, or any special individual skills.” Thus we bring Tradition Five into our lives. Tradition Six is probably the closest parallel of Tradition Ten; “concerning endorsements ... we saw as never before that we could not lend the A.A. name to any cause other than our own.” Tradition Eight asks the question: what is professionalism? It answers “... the Twelfth Step couldn’t be sold for money ... perhaps the fear will always lurk in every A.A. heart that one day our name will be exploited by somebody for real cash.” (Twelve Steps and Twelve Traditions)

As far as applying all of these Traditions to each of our daily lives, “We claim spiritual progress rather than spiritual perfection.”



The Man in the Movie

Falling In Love With Bill W.

by Pam B.

Last night I fell in love. Work had been stressful and as I reached my front door I was in one of those "limbo" periods between my work-world and home-world. I was tired, self-absorbed and headed toward the kind of surrender that fully embraces self, ego, depression and general funkiness. A funk that waits patiently to grab my life and joy and swallow it whole. Last night I could have gone to a meeting. I could have called my sponsor, read the Big Book, or strengthened my quadriceps with a walk in the park. Luckily I did none of those things. I went to see the *Bill W.* documentary at the Roxie Theater. I got the last seat in the back of the theater and I proceeded to fall in love.

Bill W. was produced by Dan Carracino and directed by Kevin Hanlon. As my buddy Michael said, the film is a "warts and all" portrayal of Bill W. This is as true to life as I have ever seen. It is the story of a reluctant hero. For an hour and 44 minutes I didn't move.

This was no schoolgirl crush and I'm not smitten. I gained a new, mature understanding of how passionate, brilliant, deeply flawed and spiritually gifted this man was. He was a sick human being with a noble, terrible, wonderful struggle and he found a path to healing that works for millions of people every day. This was not a Hallmark drama. It was part dramatic representation and part rare archival material. Dr Bob is there, too, but this is Bill's story.

The film shows amazing photos of the early pioneers, A.A. Conventions, the story of fund-raising for the Big

Book, Bill's relentless depression throughout sobriety, interviews of Bill and Lois, and the amazing journey of the early struggles. Through watching *Bill W.* I found myself with a deeper knowledge of who I am. I felt more deeply the truth of who I can be when I define myself as an alcoholic, when I am part of us. I was in a dark theater but I was in the light and moving toward joy. I was sitting in the theater being part of A.A., smiling like crazy at the screen and laughing and applauding with all the other recovering citizens that made up the audience.

For the first time in my life I knew I really had a teacher, a sensei

I fallen in love a thousand times, but for the first time in my life I knew I really had a teacher, a sensei. Whenever I remember to ask for help and am willing to give up my pain, I am welcomed into the sunlight of the spirit. The disease tears us up and the program completely rebuilds us. The story is a universal theme that tells of the triumph of a human being who has found a path out of hell. I love the story of Bill, and the story of



us. I am so glad to have found an empty seat in the movie theater, and to be able to find an empty seat in every meeting room I enter. I can feel a sureness when I use our little code to introduce myself to a stranger who might be a fellow travelers. I know how real and how beautiful it is when I say to another person "I am a friend of Bill."

[Go to www.billw.com to read more about the film and to see when and where you can view this documentary. Register and you'll be notified when the DVD is available.]

PRE-A.A. HISTORY BOOK: HE WAS A FREE MAN!

Bill Wilson's Spiritual Experience

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

Ebby visited Bill on his third day at Towns Hospital. Bill inquired, "Ebby, what was that neat little formula?" Ebby reiterated the kitchen table message from Clinton Street on that recent bleak day in November 1934. At this juncture, Bill went through a process strikingly parallel with the 12 Steps of today (*Big Book*, p. 13). He humbly offered himself to God to do with him as he would, he acquainted his schoolmate (Ebby) with his problems and deficiencies, and made a list of people he had harmed.

Bill's depression was momentarily lifted, but after Ebby left, it returned with added severe guilt over how badly he had treated his ever-loyal wife, Lois. Somehow, his agnostic convictions began to fade. In a moment of despair and utter deflation he shouted: "If there be a God, let him show himself!" Bill was suddenly overcome by a sense of peace and serenity the likes of which he had never known. But when the

light and ecstasy subsided, he felt an overwhelming spiritual presence. A sense of victory over alcohol prevailed. He was a free man.

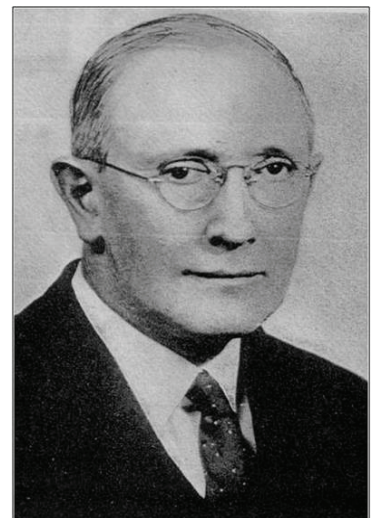
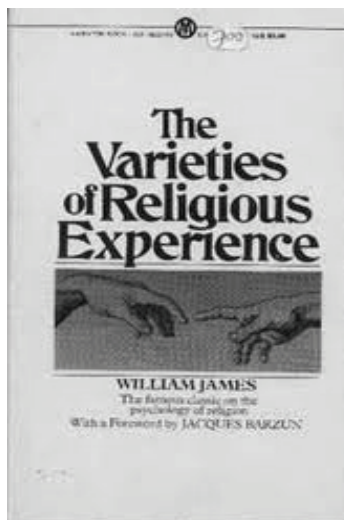
Bill wondered what had happened. Was this a hallucination from the medicine, or was he going crazy? But Dr. Silkworth noticed that Bill was strangely different. His trusted doctor told him that he had experienced a rare and benevolent psychic change, and he had better try to hold on to it. If Bill was not convinced, a happenstance of Carl Jung's 'Synchronicity' once again came into play. Ebby brought in a book that proved to remove all doubt – *The Varieties of Religious Experience* by William James. Bill read enough of this rather difficult book to convince him that he had similarities with those recorded conversions. There were three main comparisons: 1) all had experienced utter defeat in some vital area of their lives; 2) all had admitted they were defeated; and 3) all had appealed to a higher power for help. The book expressed the idea

that such 'religious experiences' had validity and value. History has certainly revealed the truth of this supposition in the magnificent life of Bill Wilson.

It is interesting to note that Jerry McAuley was succeeded at the Water Street Mission by S. H. Hadley. His example of recovery from alcoholism was cited in William James's *The Varieties of Religious Experience*. In the late 1920's Hadley's son, Harry, joined with the Reverend Sam Shoemaker to establish the Calvary Rescue Mission. It was the place from which Ebby Thacher carried a message of recovery to Bill W. Hadley was also in charge of the mission when Bill W., fresh out of Towns Hospital, visited to carry his newfound message.

This again seems to me another example Jung's 'synchronicity.' Or maybe, dare I say, the working will of what Bill Wilson called, "The Father Of Light."

tp



Without Help It Is Too Much For Us

Listening to the Lifeguard

by Michael W.

Across my recovery, I've noticed an expanding humility about a daily reprieve, daily maintenance of my spiritual condition. What I love about this phrase, is that since Day One, it is seeking God that keeps me sober. No matter how much I count my meetings per week, service commitments, sponsees or lack thereof, what Step I'm working on, getting on my knees or prayer anytime of the day, thy will be done, not mine -- I truly get a break from self.

Last weekend I was kayaking at sea. Before I left, the lifeguard admonished, "Do not go more than

30 yards out, hug the coast only, winds and current too powerful today." What did I do? First thought -- I'm an expert and unique, I can handle this. So I paddled out across the channel to battle some waves, utterly disregarding the lifeguard. The analogies and metaphors to my recovery and my disease start flooding my head. My best thinking got me to A.A. and my ego (the "expert" identified above) helped me to see myself, homeless with a shopping cart in Golden Gate Park's Panhandle. But when I found a higher power, I found my life preserver to stay sober and I found humility.

The current became too strong and I had a moment of clarity. God is the current which I am powerless to fight against. I followed the current three miles from our destination, thinking it would be better to finish alive versus fighting against a gale force wind and losing. God is the current I must follow, otherwise I will not survive.

The lifeguard eventually closed the beach that day. He is called a "lifeguard" for a reason. I am not an expert in anything. Moreover, I cannot live this life without God's help. It is too much for me.



Step Ten

Holding a Grudge No Longer a Virtue

by Jamie M.

When I first came to the rooms of A.A., I had thought that holding a grudge was a talent a a virtue; I worked at it diligently and achieved notable success. This led to my having many ex-friendships.

After being exposed to the Steps for awhile, even before I was formally on Step Ten, I found myself apologizing for stupid, hurtful things I may have said or done after a week or two -- and with sincerity. As I continued in the program, I soon got the point where I would apologize the next day. The next step in my growth was the day I said something stupid and hurtful and apologized in the course of the same conversation.

I realized that Step Ten had really worked me was the day I caught myself about to say or do something and *didn't do it*.

If we continue to take personal inventory and when we're wrong, promptly admit it, we may only have to admit to ourselves that we were wrong, and may avoid creating "wreckage of the present." We may avoid creating situations where there is a need to make amends.

As with many aspects of the program, I feel it's largely about having a good relationship with a Higher Power -- or a higher power, if capitals give you the willies. I'm one of the capital letter people, to be honest. But, not being as good with relationships as some people, my

relationship with my Higher Power has been worse/better/worse etc. over time.

I think that this is a Step that one may get value out of doing even if the first nine haven't been completed. In non-Program language, it's called being polite. Still, I think working the other steps really magnifies the power of this one, because I've developed (some) ability to look only at my wrong and deal with it, putting aside, to the best of my ability, the wrongs I believe (sometimes accurately, sometimes not) others have done.

It's called practicing a program for a reason. We're never perfect, we're still practicing. Better to practice this than the disease.



Step Ten

It's In The Book!

by Bob S.

Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it." In my early months of sobriety, a drunken monkey claimed dominion of my confused head. In response, I immediately began using Step Ten. And that is just what I did, I "used" it. I mean this in a negative sense. By simply following the Step Ten outline on the chart on the clubhouse wall, I was home free. There seemed very little need for personal change. Following Step Ten in this manner seemed quite permissible, because my old self, still in charge, would tell me things like:

Yes you did tell a bit of a lie. That was certainly wrong, but just admit it to yourself, and everything will be according to Hoyle [i.e. pursuant to supposed authority].

Yes, I was selfish to talk so long at last night's A.A. meeting and that was wrong. But so long as I admit that I had been selfish and wrong, everything will be okay. I will probably do the same again thing at my next meeting.

With my distorted-thinking old self in charge, I could logically get by with about anything. Nothing about me needed to be changed, because I was enveloped in a massive lie which seemed completely justified (true) by distorting the actual meaning of Step Ten. I was living in the misery of a fool's paradise and a price was to be paid.

After six months of this dryness, I almost ordered a gin and tonic. Terrified, I asked a Big Book style sponsor for help. It was explained that the two-part Step Ten on the wall did not contain all five directions on page 84, e.g.:

Watch for selfishness, dishonesty, resentment and fear.

When these crop up ask God, at once, to remove them.

Discuss them with someone immediately.

Make amends quickly if I had harmed anyone.

Resolutely turned my thoughts to someone I might help.

Wow! There are no loopholes in those clear-cut-directions. I began to live the Twelve Steps directly from the Big Book and within a few months that drunken monkey mysteriously disappeared and has never returned. I have learned that my directions for sobriety are not on the wall, they are in the Big Book.

TP

Step Ten

The World Of The Spirit

by Bob S.

Line 4 of the Step Ten directions tells us that, "We have entered the world of the spirit."

We begin to feel a new power flow in (p. 63 promises), then we begin to have a spiritual experience in Step Five (p. 75 promises), and now, we have actually entered into that world of the spirit.

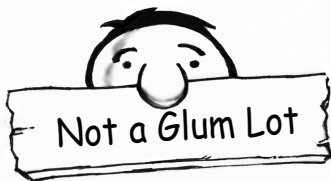
What does that mean? How am I different than before? I believe that 'Spirit' has given me an opportunity to escape from the bondage of my

old false self and live in the freedom and joy of my brand new God-Self. As I continue to follow the Step Ten directions, the further I am distanced from my old drunken ideas, emotions and attitudes.

Someone said about the Step Ten Spirit, "The further I am from my last drink, the further I am from my next drink." But should I decide to neglect Step Ten, then: "The further I am from my last drink, the closer I am to my next drink."

Well, if someone didn't say that, they should have.

TP



Overheard at sea. In the dining room of an ocean liner, a lady asked, "Who is this Bill W. anyhow?"

"I don't know," replied her companion, "but I've been on six cruises and he's been on every one!"

Intergroup meeting summary – September 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	Miracles (Way) Off 24th St.	Sober Saturday	Waterfront
Artists & Writers	Embarcadero Group	Monday Beginners	Step Talk	Women's Mtg There is a Solution
Blue Book Special	First Place	Noon Smokeless	Sunday Night Castro Discussion	Women's Promises
Came to Believe	Friday Morning 12 Steppers	On Awakening Group	Sunday Rap	
Came to Park	Friendly Circle	Pax West	Sunset Speaker Step	SF General Service
Castro Discussion (Show Of Shows)	Girls Night Out	Reality Farm	Ten Years After	SF H&I
Come 'n Get It!	Haight Street Blues	Saturday Beginners	Thursday Night Speaker	
Cow Hollow Men's Group	High Noon (M0)	Saturday Weekend Warrior	Tiburon Haven	
Design For Living	Keep Coming Back	Say Hey Group	Too Early	
Each Day A New Beginning	Marin Stag	Sesame Step	Walk Of Shame	

This is an unofficial summary of the September 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, September 5, 2012 at 1187 Franklin St, SF CA.

The meeting was started with a call to order and the Serenity Prayer at 7:02pm. Baskets for rent and dinner were passed. The August minutes and the Sept. agenda were approved.

Officer Reports

Board Chair Report, Margaret J.

Matt S. was unanimously approved as a new Board member. Thayer is leaving which leaves open new Board spot. Central office tax return coming up as well as 2013 budget prep. Please see the Service Opps/Announcements frames around the room, potential to use at meetings to make communication easier. Please give us feed-

back about these. The number of intergroup reps registered – SF 9.5%, Marin 4.5%. Still room to grow to get to our overall goal of 10%.

Treasurer's report, Michelle

Financial position is good. Tax return received from accountant. Being reviewed by Maury and I, then reviewed with board, then sent to IRS. More frequent contributions would be helpful rather than twice a year when commitments turn over. Tell your groups. P&L and BS on www.aasf.org.

Central Office Manager's report, Maury P.

Marin Unity Day is this Saturday. SF Unity Day is Sat, Nov. 10th. Committee chairs can host tables/workshops. Volunteer Appreciation Dinner coming up, hosted by Intergroup. Committee chairs, please invite your committee members. General Service Office eBooks project has been discontinued. They will maintain what they've created already. Box 459 is the newsletter put out by GSO. They would like us to help increase awareness of this at the group level. A meeting's GSR should be getting a copy of this. You can ask them or access it from aa.org.

Grapevine Quote of the day in your inbox or on their site is now available. Annual Intergroup Seminar in Washington, DC, Sep 27-30th.

Intergroup Committee Reports

Access Committee, Brian C. Resigning

as chair because of a move to Florida

Archives Committee, Michael P. 3rd

Sunday of the month, 2-4pm. Working on idea of a database to categorize and cross reference the archive info.

Fellowship Committee, Blu Need members to be available for the few events throughout the year. Let your meetings know we need people. Meet on the 2nd Thursday of month, 7pm at Central Office.

Orientation, Blu If you're on another committee, please consider coming early share with orientees what your committee does.

SF PI/CPC, Rich G. (Phil standing in) Young people needed!!!

SF Teleservice, Carolyn R. 12th Step committee was discussed at Teleservice Committee meeting. Agreed to maintain the list as is but not take on the committee itself.

The Point Committee, Charlie Good news: More material to put out than ever before. Bad news: Down to 2.5 members. Need more. Please put the word out for new members.

Trusted Servant Committee, Michael P. Trying to do monthly events related to the traditions. Possibly have groups sponsor them in particular, groups that are using the traditions. Example of upcoming one: "How we learned to love business meetings".

Website Committee, Becca Next com-

Individual Contributions

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

IN MEMORIAM

Arthur B., Ben N.

ANNIVERSARIES

High Noon: Adam H.—1 year, Jason C.—6 years

Lillian W.—8 years, and Dave H.—9 years

Andrew S.—5 years, Abby L.—25 years

Carlin H.—30 years, Martha S.—31 years

mittee meeting, Oct. 6th at Central office, 10:30am. Regarding the website committee's review of the issue of how to get the word out about members who've passed, our decision was to make space on the website available on demand for this kind of notification. Any further exploration of the issue will need to be picked up by another committee or other interested parties.

Sunshine Club, Carol, Co-Chair Trying to have a Sunshine Club training quarterly. The next one is after the Ten Years After meeting, Dorland between Dolores and Guerrero, 7:15pm, Sunday, Sept. 23. 1 year of sobriety and attendance at training is required to participate. The Sunshine Club brings meetings to members who are temporarily unable to get to a meeting. Marin Sunshine Club is now defunct, but if we have members who are in Marin, we need volunteers to take those requests.

Liaison Reports

Andy, General Service Liaison, District 6 SF Unity Day is coming. More will be discussed soon. The latest version of the Conference Report has been released from the 62nd Annual Meeting. Highly recommend reading this. The theme for 2013 is "General Service Conference Takes its Inventory." There is a difficulty with not having enough DCMs to address the 24 sub-districts in SF

H&I, Lynn Made the move to the 3rd Saturday at 2900 24th street: Orientation at 11am, business meeting at noon. Next meeting Sept 15. Currently have 87 group

reps though low business meeting attendance. We've added some important facilities to our list of meetings – Juvenile Hall, McCauley institute. We're pushing guidelines for people who are guest speakers at H&I meetings to prevent any issues. Question: How strict is the 2-year sobriety requirement for Jails? A: Flexible. Come to the business meeting and speak to the Jails coordinator about it.

Bridging the Gap, Margaret Helps members being released from prison get to meetings. Having a hard time getting off the ground and difficulty getting to Intergroup meeting. Would like an Intergroup Liaison to come to their meeting to bring it back to Intergroup to get support.

New Business

Board/Intergroup Commitment Opportunities One open position for board member – 9 months left – Charles volunteers. Recording Secretary Commitment open. Access Committee Chair open. 12th Step Committee Chair open.

Group Conscience on the 11th tradition in Intergroup? 11th tradition- do we as intergroup want to have an opinion on this tradition as it relates to social media? Suggestion is that IGRs speak to their GSRs.

Round Table – Accessibility at meetings Tables discussed and reported suggestions and questions .

Next Intergroup Meeting: Wed. Oct. 3, 2012, 7- 9pm, First Unitarian Church, 1187 Franklin St 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

OPEN 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			Aug. 12	YTD
Brisbane Breakfast Bunch	\$	36	\$	172
Contribution Box	\$	20	\$	329
Deer Park Discovery Group			\$	60
GGYPAA			\$	1,200
Gratitude in Action			\$	658
ICYPAA			\$	417
Intergroup	\$	72	\$	744
Marin Teleservice			\$	1,500
Spirit of San Francisco			\$	141
TSWC	\$	12	\$	62
Unidentified Group			\$	42
Fellowship Total	\$	140	\$	5,324

Marin Contributions			Aug. 12	YTD
12 & 12 Study Sa 815am	\$	195	\$	195
As Bill Sees It M 2pm			\$	12
Attitude Adjustment 7D 7am			\$	2,556
Awareness/Acceptance M 1030am			\$	156
Blackie's Pasture Sa 830pm			\$	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
Experience, Strength & Hope Sa 6pm	\$	75	\$	75
Friday Night Book F 830pm			\$	140
Girls Night Out W 815pm	\$	146	\$	193
Gratitude Tu 8pm			\$	162
Greenfield Newcomers Sun 7pm	\$	302	\$	302
Happy Destiny F 7pm			\$	350
Happy Hour (Marin) Th 6pm	\$	75	\$	75
Happy, Joyous & Free 5D 12pm	\$	950	\$	950
High & Dry W 12pm			\$	129
Intimate Feelings Sa 10am			\$	337
Inverness Sunday Serenity Su 10am	\$	169	\$	169
Island Group Th 8pm			\$	132
Just Can't Wait 'til 8 M 630pm			\$	220
Larkspur Beginners W 7pm	\$	66	\$	66
Living in the Solution F 6pm			\$	139
Marin City Groups 5D 630pm			\$	292
Marin City Groups 6D 630pm			\$	251
Marin Stag (aka Monday Night Stag)			\$	487
Mill Valley 7D 7am			\$	2,115
Mill Valley Discussion W 830pm	\$	79	\$	200
Mill Valley Original Smokeless SS Th			\$	150
Monday Blues M 630pm			\$	500
Monday Night Big Book Study M 8pm			\$	100
Monday Night Stag - 12 & 12 M 6pm			\$	150
More Will Be Revealed F 12pm			\$	50

Marin Contributions			Aug. 12	YTD
Morning Attitude Adjustment	\$	164		
Nativity Monday Night Big Book 8pm	\$	100		
Newcomers Step M 730pm	\$	208		
On Awakening 7D 530am	\$	722		
Pathfinders Tu 12pm	\$	325		
Primary Purpose W 830pm	\$	46		
Quitting Time M-F 530pm	\$	500		
Refugee Th 12pm	\$	60	\$	280
Reveille 7D 7am	\$	200		
Rise N Shine Sun 10am	\$	76	\$	241
San Geronimo Valley BS F 8pm			\$	297
San Geronimo Valley M 8pm			\$	526
Saturday Night Sa 8pm			\$	226
Sausalito 12 Step Study Group	\$	128	\$	178
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			\$	200
Sunday Night Corte Madera Sun 8pm			\$	223
Sunlight of the Spirit Th 7pm			\$	300
T.G.I. Tuesday 6pm	\$	75	\$	75
Terra Linda Thursday Stag 8pm			\$	300
TGIF F 6pm			\$	158
The Fearless Searchers F 8pm			\$	396
Thursday Night Book Club Th 7pm			\$	21
Thursday Night Miracles Th 830pm			\$	38
Tiburon Beginners & Closed Tu 7/830			\$	1,494
Tuesday Chip Meeting Tu 830pm	\$	555	\$	1,255
We, Us and Ours M 650pm			\$	250
Wednesday Mid-Week W 6pm	\$	75	\$	75
Wednesday Night Candlelight W 8pm			\$	110
Wednesday Night Speaker Disc 7pm			\$	86
What's It All About F 12pm			\$	60
Women For Women W 12pm			\$	50
Women in Unity Th 1230pm	\$	90	\$	140
Women's Big Book Tu 1030am			\$	485
Working Dogs W 12pm			\$	250
Marin Total	\$	3,115	\$	24,759

SF Group Contributions			Aug. 12	YTD
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			\$	299
830am Smokeless W 830am			\$	269
A is for Alcohol Tu 6pm			\$	164
A New Start F 830pm	\$	120	\$	120
Afro American Beginners Sat 8pm			\$	262
After Work M 6PM	\$	64	\$	201
Agnostics & Freethinkers Su 630pm			\$	91
All Together Now Th 8pm			\$	114
Amazing Grace M 7pm	\$	60	\$	144
Any Lengths Sat 930am			\$	684
Artists & Writers F 630pm			\$	1,115
As Bill CCs It Sun 8am			\$	100
As Bill Sees It Th 6pm			\$	569
As Bill Sees It Th 830pm			\$	95
As Bill Sees It Tu 1210pm			\$	180
Ass in a Bag Th 830pm			\$	439
Atheists, Agnostics & Others Sa 11am			\$	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	\$	372	\$	2,531
Big Book Basics F 8pm			\$	394
Big Book Study Su 1130am			\$	210
Blue Book Special Su 11am	\$	86	\$	243
Brokers Open Book Tu 130pm			\$	46
Brothers in Arms M 8pm			\$	198
Buena Vista Breakfast Su 12pm			\$	171
Came To Believe Su 830am	\$	154	\$	154
Came to Park Sat 7pm	\$	48	\$	168
Castro Discussion (Show Of Shows)			\$	283
Code Blue Big Book Study W 7pm			\$	588
Coit's Quitters			\$	76
Cow Hollow Men's Group W 8pm			\$	732
Cow Hollow Young Ppl Tu 730pm			\$	119
Design For Living BB Tu, Th 730am			\$	140
Design for Living Sat 8am			\$	1,058
Diamond Heights Tu 830pm	\$	60	\$	240
Dignitaries Sympathy W 815pm			\$	295
Each Day a New Beginning F 7am			\$	1,736
Each Day a New Beginning M 7am			\$	186

SF Group Contributions	Aug. 12	YTD	SF Group Contributions	Aug. 12	YTD	SF Group Contributions	Aug. 12	YTD
Each Day A New Beginning Su 8am	\$ 837	\$2,569	Monday Beginners M 8pm		\$ 310	Sunday Step Study		\$ 87
Each Day a New Beginning Th 7am		\$ 993	Monday Men's Meeting M 8pm	\$ 54	\$ 54	Sunday Sunrise Su 7am		\$ 58
Each Day a New Beginning Tu 7am		\$ 339	Monday Monday M 1215pm		\$ 135	Sundown W 7pm		\$ 564
Each Day a New Beginning W 7am		\$1,274	Monday Night Big Book Study 8pm		\$ 60	Sunset 11'ers Sa		\$ 100
Early Start F 6pm		\$1,014	Monday Night Women's M 8pm		\$ 290	Sunset 11'ers Su	\$ 40	\$ 280
Easy Does It Tu 6pm		\$ 85	Moving Toward Serenity W 830pm	\$ 112	\$ 222	Sunset 11'ers Th		\$ 122
Embarcadero Group 5D 1210pm		\$ 480	New Friday Big Book F 12pm		\$ 218	Sunset 11'ers Tu		\$ 91
Epiphany Group Th 8pm		\$ 180	Newcomers Tu 8pm		\$ 126	Sunset 11'ers W		\$ 26
Eureka Valley Topic M 6pm		\$ 90	No Reservations M 12pm		\$1,012	Sunset 9'ers F		\$ 31
Excelsior "Scent" Free for All Sa 8pm	\$ 60	\$ 180	O.A.D.W. Mon 7pm		\$ 31	Sunset 9'ers Sa		\$ 110
Extreme Makeover M 730pm		\$ 113	Off Broadway Book Th 730pm		\$ 31	Sunset 9'ers Su		\$ 138
Federal Speaker Su 12pm		\$ 129	One Liners Th 830pm		\$ 144	Sunset Speaker Step Sun 730pm		\$ 580
Fell Street F 830pm		\$ 339	Park Presidio M 830pm		\$ 54	Surf Tu 8pm		\$ 271
Firefighters & Friends Tu 10am		\$ 184	Parkside Th 8pm		\$ 711	Ten Years After Su 6pm		\$ 3,236
Fireside Chat Group Th 8pm		\$ 177	Pax West M 12pm		\$1,271	The Drive Thru W 1215pm		\$ 346
Fireside Chat Sa 9pm		\$ 156	Pax West Th 12pm		\$ 784	The Dry Dock Fellowship		\$ 195
Friday All Groups F 830pm		\$1,140	Potrero Hill 12 x 12 M 630pm		\$ 211	The Leaky Cauldron Su 930am		\$ 390
Friday Lunchtime Step F 12pm		\$ 109	Queers, Crackpots & Fallen Women		\$ 241	The Parent Trap 2 Wed. 430pm	\$ 80	\$ 80
Friday Night Blast F 630pm	\$ 100	\$ 150	Reality Farm Th 830pm	\$ 266	\$ 772	The Parent Trap M 1230pm		\$ 12
Friday Night Book F 830pm		\$ 374	Rebound W 830pm		\$ 120	The Pepper Group F 12pm		\$ 119
Friday Smokeless F 8pm	\$ 121	\$ 211	Rigorous Honesty Th 1205pm		\$ 322	There is a Solution Tu 6pm		\$ 373
Friendly Circle Beginners Su 715pm		\$ 65	Rise N Shine Sun 10am		\$ 174	They Stopped In Time M 8pm		\$ 54
Friendly Circle Su 830pm		\$ 144	Room to Grow F 8pm		\$ 201	Th Morning Men's BB Study 6am	\$ 532	\$ 532
Gold Mine Group M 8pm		\$ 331	Rose Garden Big Book Th 1205pm		\$ 129	Thursday Night Book Club Th 7pm		\$ 42
Haight Street Blues Tu 615pm		\$ 800	Saturday Afternoon Meditation 5pm	\$ 101	\$ 623	Thursday Night Women's Th 630pm		\$ 428
Haight Street Explorers Th 630pm		\$ 430	Saturday Beginners Sat 6pm		\$ 646	Thursday Thumpers Th 7pm		\$ 100
Happy Destiny Sa 630pm		\$ 405	Saturday Easy Does It Sa 12pm		\$1,440	Too Early Sat 8am	\$ 139	\$ 713
Happy Hour Ladies Night F 530pm		\$ 217	Saturday Night Regroup Sat 730pm		\$ 644	Trudgers Discussion Su 7pm		\$ 300
High Noon Friday 230pm		\$ 278	Say Hey Group M-F 6pm		\$ 483	Tuesday Big Book Study Tu 6pm		\$ 72
High Noon Monday 1215pm	\$ 105	\$ 224	Seacliff Th 830pm		\$ 75	Tuesday Downtown Tu 8pm		\$ 27
High Noon Saturday 1215pm		\$ 787	Serendipity Sa 11am		\$ 137	Tuesday Men's Pax Tu 12pm		\$ 671
High Noon Sunday 1215p	\$ 157	\$ 157	Serenity House	\$ 150	\$1,200	Tuesday's Daily Reflections Tu 8am	\$ 211	\$ 394
High Noon Thursday 1215pm		\$ 46	Serenity Seekers M 730pm		\$ 324	Twelve Steps to Happiness F 730pm		\$ 72
High Noon Wednesday 1215pm		\$ 47	Sesame Step Tu 730pm		\$ 224	Valencia Smokefree F 6pm	\$ 372	\$ 812
Hilldwellers M 8pm		\$ 700	SFPOA Th 7pm		\$ 200	Walk of Shame W 830pm	\$ 17	\$ 17
Home Group Sat 830pm		\$ 495	Sinbar Su 8pm	\$ 310	\$ 411	Walk of Shame W 8pm		\$ 88
How Was Your Week? Sa 10am	\$ 128	\$ 476	Sober at State MW 1210pm	\$ 135	\$ 135	We Care Tu 12pm		\$ 175
Huntington Square W 630pm		\$ 468	Sober Saturday Sa 830am		\$ 163	We Have a Solution F 7pm		\$ 91
Join the Tribe Tu 7pm		\$ 199	Sobriety & Beyond W 7pm		\$ 267	Wednesday Afternoon With Bill		\$ 50
Joys of Recovery Tu 8pm	\$ 30	\$ 30	Sobriety & Miracles Sa 5pm	\$ 84	\$ 84	Weekend Worker Sat 7am		\$ 60
Like A Prayer Su 4pm		\$ 250	Sometimes Slowly Sa 11am		\$ 306	West Portal W 8pm		\$ 386
Lincoln Park Sat 830pm		\$ 110	Sought to Improve Th 715pm		\$ 60	Wharfrats Th 815pm	\$ 148	\$ 348
Live and Let Live Su 8pm		\$ 515	St. Anne Book Study		\$ 125	Wits End Step Study Tu 8pm		\$ 84
Living Proof Th 630pm		\$ 113	St. Francis Men's F 830pm		\$ 125	Women's 10 Years Plus Th 615pm		\$ 436
Living Sober on Sixth St.	\$ 60	\$ 85	Step Talk Su 830am		\$ 687	Women's Came to Believe Sa 10am		\$ 189
Living Sober W 8pm		\$ 65	Steppin' Up Tu 630pm		\$ 307	Women's Kitchen Table Tu 630pm		\$ 88
Living Sober with HIV W 6pm		\$1,254	Stepping Out Sat 430pm	\$ 52	\$ 180	Women's Mtg There is a Solution W		\$ 585
Lush Lounge Sa 2pm		\$ 279	Sunday Bookworms Sun 730pm		\$ 109	Women's Promises F 7pm		\$ 716
Meeting Place Noon F 12pm		\$ 179	Sunday Coffee With Bill 10am		\$ 27	Work In Progress Sat 7pm		\$ 403
Meeting Place Noon W 12pm		\$ 375	Sunday Morning Gay Men's Stag		\$ 223	Working With Others Sa 10am		\$ 83
Mid-Morning Support Su 1030am		\$1,054	Sunday Night 3rd Step Group 5pm		\$ 441	YAHOO Step Sa 1130am		\$ 757
Midnight Meditation Sat 12am		\$ 72	Sunday Night Castro SD Su 730pm		\$1,009	San Francisco Total	\$ 5,403	\$ 72,643
Mission Fellow. No Reservations Su		\$ 30	Sunday Silence Su 730pm	\$ 40	\$ 130	YTD	\$ 8,658	\$102,726

profit and loss statement: July 2012

	Jul 2012	Budget	Jan-Jul 2012	YTD Budget		Jul 2012	Budget	Jan-Jul 2012	YTD Budget
Ordinary Income/Expense					Paper Purchased	225	200	1,624	1,927
Income					Payroll Fees	7	8	57	56
Gratitude Month	80	0	5,738	2,845	Phone Book Listings	91	87	637	603
Group Contributions	19,444	18,054	94,216	91,604	Postage	45	0	682	464
Individual Contributions	2,302	1,760	20,433	23,977	Printing	0	0	0	600
Newsletter Subscript.	22	30	77	295	Professional Fees	0	36	200	2,527
Sales - Bookstore	9,255	9,950	66,197	69,232	Rent - Office	3,811	3,810	26,676	26,670
Special Event Income	0	0	4,431	0	Rent - Other	0	90	910	600
Total Income	31,103	29,794	191,092	187,953	Repair & Maintenance	373	285	2,221	2,045
Cost of Goods Sold					Security System	118	0	236	236
Cost of Books Sold	6,622	6,350	47,346	44,762	Software Purchased	0	0	175	500
Shipping	120	55	534	385	Sunshine Club/12th Step	0	5	0	35
Credit Card Processing	0	400	2,147	2,429	Telephone	251	200	2,508	1,902
Inventory Adjustments	0	(125)	103	(308)	Training	0	0	99	500
Total COGS	6,742	6,680	50,130	47,268	Travel	0	500	278	500
Gross Profit	24,361	23,114	140,962	140,685	Total Expense	16,362	18,625	133,573	139,030
Expense					Net Ordinary Income	7,999	4,489	7,389	1,655
Access Expenses	330	708	2,610	4,960	Other Income/Expense				
Bank Fees	0	0	1	0	Other Income				
Employee Expenses	10,620	12,454	84,350	85,743	Interest Income	116	165	816	1,227
Equipment Lease	0	0	3,232	3,215	Total Other Income	116	165	816	1,227
Filing/Fees	0	0	143	165	Other Expense				
Insurance	0	0	2,402	2,383	Depreciation Expense	584	514	4,088	3,598
Intergroup Events	0	0	1,697	1,298	Total Other Expense	584	514	4,088	3,598
Intergroup Literature	21	29	164	204	Net Other Income	(468)	(349)	(3,272)	(2,371)
Internet Expense	93	108	654	759	Net Income	7,531	4,140	4,117	(716)
Office Supplies	377	105	2,017	1,138					

Treasurer's Report

In July, group contributions were \$1,390 over budget. Year-to-date group contributions are \$2,612 over budget. Individual contributions were \$542 over budget for July and year-to-date individual contributions are \$3,544 under budget. Bookstore sales were \$695 under budget in July, and are \$3,035 under budget year-to-date.

Total expenses for July were \$2,263 under budget and year-to-date total expenses are \$5,457 under budget.

We had a surplus of \$7,531 for July, compared to a budgeted surplus of \$4,140. Year-to-date surplus is \$4,117.

Unrestricted cash balance increased to \$30,087.41 from \$24,223.85, which represents a little more than a month and a half of average operating expenses.



Gratitude Month is Coming!

Many groups pass a second basket to support our Central Office at each of their November meetings. Some also make Gratitude Month a time to focus attention on AA's Twelve Traditions.

Individuals may also make Gratitude Month contributions directly to Central Office. Consider taking a group conscience to see how/if your group will participate.

Step Ten: Fessing Up Freely

The Tug of War Inside

by Suzan C.

At some point, I learned that admitting I was wrong had no payoff. It led to finger-pointing, "I told you so" and mockery. I concluded that admitting my wrongdoing was never advisable unless it was absolutely necessary to getting something I needed. This philosophy also had social reinforcement. Everyone knows not to offer his head up for the chopping block. Another image of foolhardy confession is "falling on my sword." At work, I could see that people who earned promotions and advancements were the ones who discretely blamed others when things went wrong. I never heard them say, "You're right, I dropped the ball on that." For all these reasons, it was safe to conclude that only idiots would admit wrongdoing unless someone had caught them on video.

Sometimes it seemed like the Twelve Steps were meant to beat me down as far as possible. I was not sure how this would help me abstain from drinking. But I kept trying to follow instructions. Hearing people share about the Tenth Step made me pay more attention to the wording of it, including the adverb "promptly." I began to see a pattern in the Steps and the shares, which showed that alcoholics were ill-suited to sitting with bad feelings. Once we have been wrong, we launch into a sustained effort to rationalize the

matter until we can convince a hypothetical bystander that the other person was equally or more to blame. This takes a lot of energy and rarely produces a tidy result.

Many principles of the Program are

*Having been sober
a while, I know
to call a time-out.*

designed to change our feelings naturally so that we don't have to obliterate them. Ideally, the truly uncomfortable feelings never reach peak intensity. I can achieve this if I pay attention to what is happening as it first begins to unfold. I like the description one alcoholic gave for knowing when he needs to make a Tenth Step amends. He says it is very much the same feeling he has if he is typing some words and hits the wrong key. As his fingers are rapidly moving on the keyboard, he knows by feel that they are in the right place at the right time. When they are not, there is a kind of hiccup in his hands, and he knows he has made a mistake. When I say or do something wrong, the first sign is that my brain jumps in with rapid chatter,

trying to reassure me that although someone seems upset or a moment has become awkward, it could not have been avoided. It often sounds like "She had it coming" or "Somebody had to tell her."

After my head chatters a while, explaining why my actions were okay or even beneficial, another emotional "typo" sets in. I now experience nagging doubt and a sense of guilt. The tug of war begins. Having been sober a while, I know to call a time-out. I have learned that it does not pay for me to argue with myself about whether or not I was wrong. Sometimes I'm not entirely sure why I was wrong, but I know that I need to set things right. It is time to get up, cross the room, and start with something like this: "I did not mean to say anything insensitive or harmful back there and I apologize if I did." Once that phrase has left my mouth, the Cerebral Supreme Court is no longer in session. The debate is ended and my distraction and distress are over. Most importantly, there is nothing left to numb.

AP



A polar bear, a giraffe and a penguin walk into a bar. The bartender says, "What is this, some kind of joke?"

Skeleton goes into a bar and says, "Give me a beer and a mop."

October 2012

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

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

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