

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

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

# The Point

2012 11  
November

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 meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). *The Point's* pages are open to participation by all A.A. members. Nothing published herein should be construed as a statement of A.A., nor does publication constitute endorsement by A.A. as a whole, the Intercounty Fellowship Board, the Central Office, or *The Point* Editorial Committee. Letters and articles to help carry the A.A. message are welcomed, subject to editorial review by *The Point* Committee.

## Half Measures Availed Us Nothing

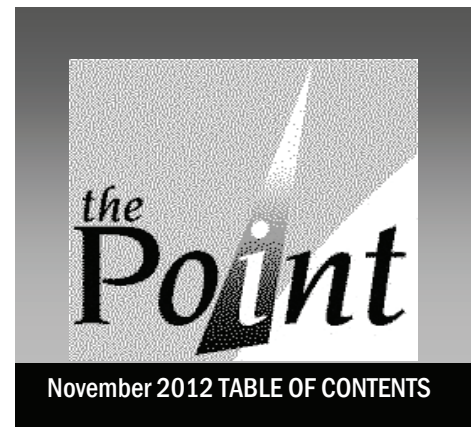


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# November 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>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.</p> <div>     </div>			
4	5	6	<b>7</b> <u>FIRST WED</u> Intergroup Meeting 101 Donohue St, Marin City Orientation 6pm Meeting 7pm
11	<b>12</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	<b>13</b> <u>SECOND TUE</u> <i>The Point Committee</i> 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	<b>14</b> <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
<b>18</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	<b>19</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	20	21
25	26	<b>27</b> <u>FOURTH TUE</u> <i>The Point Committee</i> Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	28

THURSDAY	FRIDAY	SATURDAY
1	2	3
<b>8</b> <u>SECOND THU</u> Fellowship Committee Central Office 7pm	9	<b>10</b> SF Unity Day 2012 Urban Life Center 1101 O'Farrell St, SF 10am to 4pm  SF H&I Orientation To be held at SF Unity Day 1pm
<b>15</b> <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	16	<b>17</b> <u>THIRD SAT</u> SF H&I Meeting Orientation moved to 11/10 Held at SF Unity Day Regular schedule next month
22	23	<b>24</b> <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
29	30	



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"[W]hen we turn away from meditation and prayer, we . . . deprive our minds, our emotions, and our intuitions of vitally needed support."

*Twelve Steps and Twelve Traditions,  
Step 11, p.97.*



## Meeting Changes

### New Meetings:

Sun 3:00pm Hayes Valley GRASPING AND DEVELOPING, 1748 Market St / Octavia

### Meeting Changes:

Mon 7:00pm	Bolinas	MONDAY NIGHT MEETING, 30 Brighton Ave / Park Ave (Was at 8:00pm)
Wed 10:30am	Tenderloin	GEARY ST DR JECKELS AT MR HYDE ST, 842 Geary / Hyde St (Was Wed Book Study)
Wed 4:00pm	Haight-Ashbury	THE PARENT TRAP 2, 1757 Waller St / Shrader St (Was at 4:30pm)
Sat 8:30am	Novato	AWAKENINGS, 5400 Nave Dr / Bolling Dr (Change begins 11/3. Was at 789 Hamilton Pkwy)

### No Longer Meeting:

Thu 7:30pm	North Beach	OFF BROADWAY GROUP, 800 Chestnut St
Fri 12:00pm	Western Addition	FRIDAY LUNCHTIME STEP, 2200 Post St / Scott St (Ends on 10/26)
Fri 7:00pm	Cathedral Hill	JUST ALKIES, 1101 O'Farrell St / Franklin St

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

## It's Gratitude Month!

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, or if, your group will celebrate.



## Alcoholics Anonymous



*Grateful for Sobriety*

### The Mission Fellowship's Thanksgiving Alcolthon 2012

Thursday November 22nd @  
2900 24th St. San Francisco

#### Alcolthon Meeting Schedule

10:00 AM—11:30 AM

12:00 PM—1:30 PM

2:00 PM—3:30 PM

4:00 PM—5:30 PM

6:00 PM—7:30 PM

8:00 PM—9:30 PM



If you like, bring treats to share!

From the Editor

## Step Eleven / Tradition Eleven – No Half Measures

by Charley D.

In this Gratitude Month issue, we examine the interaction of A.A.'s requirement for complete commitment to recovery with the Eleventh Step and Eleventh Tradition. Nowhere does A.A.'s pronouncement against half measures seem more fitting than in analyzing the Eleventh of both the Steps and the Traditions. The less half-hearted we are about them, in seeking greater contact with our High Power (Step Eleven) and in preserving anonymity (Tradition Eleven), the better life will work for all of us.

The Drunk Whisperer tells how Herman B., sober for more than four decades and now a devout Roman Catholic, seeks a closer connection with his Higher Power in the Jesuit tradition of St. Ignatius. Prayer and meditation provide the means of improving our contact with that Power. Bob S. gives a fascinating look into the origin of the Big Book's recommendation for nightly prayer and meditation.

Does eschewing half measures mean you always have to do it the long way? No, says, Jamie M., who proposes a shorter 11<sup>th</sup> Step prayer and, in another submission, recommends being as committed to recovery as we were to drinking. Half measures themselves can actually end up taking you the long way. So notes Leah Z. who tells how, if she'd stopped taking them and devoted

herself fully to recovery, she could have saved herself years of agony. Kathleen C. emphasizes that anonymity forms the basis of our humility and decries the tendency to relax Tradition Eleven's insistence on complete personal anonymity.

Don't know how to lose that half-hearted feeling that comes from taking half measures? How about a Hospital & Institution commitment? The Undercover Alky Reporter gives us an inside look at the H&I Committee. Not your cup of tea or, perhaps, you're looking for an additional commitment? Why not become your group's Intergroup representative? MEM describes Intergroup's workings and reports that only a very small fraction of our groups avail themselves of this important opportunity.

Take a moment to think of those who suffered for you and perhaps still suffer as the result of your disease. Our [help@A.A.sf.org](mailto:help@A.A.sf.org) column presents the harrowing story of an anguished parent desperate to rescue an alcoholic child. If you've decided you won't drink today, thank those who once suffered because you did drink, and think how grateful they must be now.

November presents important chances not to be half-baked, half-broiled or half-however you like your Thanksgiving turkey. For A.A., that makes this Gratitude Month. Don't go half way. Be thank-*full* for your sobriety.



## Thank You Faithful FIVERS! Thank You

Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

Alejandro D.	Jane K.	Paget V.
Andrea C.	Janet B.	Pat R.
Andy Z.	Janet M.	Patrick M.
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Barbara L.	Jocelyn & Ralf Z.	Penelope C.
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Blu F.	Karen C.	Rich G.
Braden B.	Karen K.	Rita B.
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CJ H.	Marit L.	Tracy F.
Craig S.	Mark B.	
Dan B.	Mark O.	Your
Dan & Sherry T.	Mary C.	Name
David J.	Mary D.	Here!
David S.	Mary L.	
Denise H.	Maryellen O.	Or
Dennis & Lucy O.	Mia M.	Here!
Dianne E.	Michael G.	
Eric P.	Michael P.	Or
Erin S.	Michael Z.	Here!
Evan K.	Michelle C.	
Fay K.	Mike M.	
Frederick D.	Molly G.	
Gregory G.	Nancy W.	
Herman B.	Nathaniel W.	
Ian M.	Niels R.	

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to *The Point*. And remember, individual contributions are 100% tax deductible!



# In Praise Of Intergroup

## Attend Unity Day on November 10

by MEM

“The Intergroup associations are the best insurance we can have that our life-line to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup.” (From pamphlet published by Intergroup Committee of New Jersey in March 1949.)

As individual members are to an A.A. group, so are the groups themselves to Intergroup. Our local Intergroup is called the Intercounty Fellowship, and it acts on behalf of A.A. groups in San Francisco and Marin counties. Formed in 1947 and originally encompassing most of Northern California, Intergroup operates the Central Office and its bookstore at 1821 Sacramento Street in San Francisco to facilitate Twelfth Step work and service opportunities.

Each and every A.A. group (which holds regularly scheduled meetings listed in the meeting schedule) has the right to designate an Intergroup Representative to attend the monthly meetings as their group’s representative and its conduit for information to the Intergroup, and back again. The organization of the Intercounty Fellowship (which is a non-profit corporation) has recently been revised to transfer business and administrative oversight to the Board of Directors, freeing the Intergroup members to focus almost exclusively on service-related activities. The Intergroup remains the ultimate voice of authority and approves the actions of the Board.

Each group can request consideration of its issues by having its Intergroup Rep contact the

Central Office Manager or the Board Chairperson for placement on the agenda at the monthly meeting. Meetings are the first Wednesday of the month in San Francisco, but rotate every third month to Marin.

When I first volunteered to be my home group’s Intergroup Representative, I thought I was making a huge service commitment by just showing up. I soon learned that the real service came at the level of the various committees which the Intergroup oversees. It was thus that I came to volunteer for *The Point* Editorial Committee, where I have remained happily engaged in service for the last five years.

But you don’t have to be a member of the Intergroup to volunteer for service to one of its committees. Some of them are:

Access Committee – making meetings accessible for people who need special accommodations.

Twelfth Step Committee/Sunshine Club – making Twelfth Step calls / taking meetings to those in hospitals or the temporarily home-bound.

Trusted Servants Workshop Committee – conducting periodic seminars for trusted servants at all levels.

Fellowship Committee – organizing and planning major A.A. events, such as Unity Day and Founders Day.

SF Teleservice – coordinating volunteers who answer telephones at Central Office by day, and from home whenever the Central Office is closed.

Archives Committee – reviewing, indexing and preserving archival documents from local A.A. history

and making much of it available on the website.

Web Committee – managing the website at [aasf.org](http://aasf.org).

SF Public Information/Cooperation with the Professional Community (PI/CPC) – carrying the A.A. message to the general public and professionals working with alcoholics.

General Service representatives are part of the General Service Conference structure, which is the conduit between local groups, the General Service Board and the General Service Office in New York on matters affecting A.A. policy as a whole. Intergroups act locally, providing services which the individual groups cannot – the life force behind the local service structure.

Sadly, the great majority of local A.A. groups do not avail themselves of their right to representation in the Intercounty Fellowship. If your group is one such, what about stepping up to be of service and making sure your group is represented? Service in the wider A.A. world is an enriching experience. The new A.A. friends you will make, and the satisfaction derived from being of service beyond making coffee or bringing cookies to a meeting, will help keep you sober and make your sobriety a more rewarding life.

Come to Unity Day on November 10 at the Urban Life Center, 1101 O’Farrell Street, San Francisco to share some wonderful fellowship and learn more about opportunities to be of service through the Intergroup and its service committees. Unity/Recovery/Service.



by Leah Z.

For more than a decade, I postponed my ultimate surrender to Step One with half measures of every kind. I declared times of the day or week when drinking was prohibited. I switched to milder (or at least different) intoxicants. I even tried applying parts of Alcoholics Anonymous – the parts I agreed with or felt I was capable of. But it wasn't until July 2010 that I realized none of these would work and I had to let go absolutely. My story is not uncommon and no doubt you, too, have employed numerous methods to control your drinking.

I lost count of the number of times I resolved to never drink on a “school night.” It seemed that if I could just avoid the hangovers at work, life would be manageable. With great sincerity, I vowed – again – to adhere to a strict schedule. Always within a few days (sometimes hours or even minutes), the rule would be breached. A neighbor might offer a beer during a backyard chat, or it would be a friend's birthday, or I'd get some bad news. Soon I would be back where I started. I didn't get into trouble every time I drank, but drinking did lead to trouble very soon – every time.

Limiting my drinking to after 5 p.m., sticking to only beer and wine, drinking only certain pricey bourbons – these attempts to regulate also met an unsuccessful end. As did switching to different substances, like pot or painkillers,

which often induced me to add stimulants to the mix just to even things out a little. Eventually the high itself weakened my resolve. I'd have a beer to take the edge off, and again I was back on the roller coaster.

I also tried using A.A. in my own way. I went to my first meeting in San Francisco in 1997. As soon as I walked in the room, I wept. I watched the clock for the hour, listened to the speaker, spoke to no

*I went to meetings  
occasionally, usually  
after a particularly  
damaging bender.*

one, and left as soon as the meeting closed. After that I went to meetings occasionally, usually after a particularly damaging bender.

Although I knew on some level that I needed help, I believed that I didn't need to surrender, or any of that nonsense. I could cherry-pick the parts that worked for me and lead a manageable life. I would go to meetings, read the Big Book, even share once in a while. I didn't need a sponsor. I didn't need fellowship. And I definitely didn't need the Steps: have you read those? Once you start working the Steps, they lead to Steps numbered Four and Nine, and I most certainly was not signing up for those. I could adopt the parts of the program I wanted, and

could continue enjoying a big glass of red wine with my steak.

Why did every one of these measures fail? Because ultimately no human power, certainly not my own, could control my drinking.

I would have saved myself many years of physical and financial damage if I'd begun the program in earnest on that day in 1997. I would have long ago begun my path of spiritual discovery, making myself available to God, working with others who struggle with addiction.

If you're not sure you're ready to turn your life and your will over to this simple yet powerful program absolutely, if you believe your problem is one of will power, that you could control your drinking if you could only manage well – I urge you to consider that there is another way. Take a moment to look objectively and honestly at the success of your own half measures. If you recognize, as so many of us have, that they are doomed to fail – know that you are in good company. We've tried it all, and we understand. We hope you'll join us.



# Half Measures Aailed Us Something

by Jamie M.

I know that the book says that "half measures aailed us nothing," but my experience is somewhat at variance with this. The one area in my experience where this is completely true is that it's useless to halfway surrender. Time and again, I've been unwilling to "let go absolutely" because I'm afraid of what will happen. I'm afraid of what kind of

tests I might have to face or what kind of strenuous labor I might have to perform. But when I surrender completely, the amount of work I have ended up needing to do, or the amount of pain I've ended up having to face have always been less than my fear had predicted. My life experience has generally upheld the folk wisdom of the rooms – "Your Higher Power will never give you more than you can handle" (or less).



by Jamie M.

When I was trying to get sober, I looked for the easier softer way. How could I possibly hit 90 in 90 meetings? I'm busy. My best thinking tells me that I can get sober or stay sober without doing all the work. Was I willing to crawl out of bed after 3 days of no sleep, a twisted hangover, and bruises from some

battle that I can't remember to buy more booze? Yes I was. Nothing could stop me from getting a drink while in my disease. "Half measures aailed us nothing" always reminds me that am I willing to go to any length to stay sober – paradoxically, the same efforts I would spend to feed my disease. Yes, I am willing to go to any length, which means that any half-effort in my recovery will not yield me long term results.

After many years sober, one day at a time, "half measures aailed us nothing" means new things to me. If

I'm on a business trip, am I willing to call Central Office or Google the meeting schedule and taxi to a local meeting? Yes. Can I take on service commitments even though I'm driving my teenagers around town every day? Yes. Can I find time to go to as many meetings as I can? Yes. Am I willing to read A.A. literature, help another alcoholic, get down on my knees and pray to HP for another day clean and sober? I sure am. Half measures is my disease, going to any length is the solution.



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

*\$12.00 for one year — 12 issues!!!*

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

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





# Year of the Twelve

## *If You See “Stars” -- Keep It Confidential*

by Kathleen C.

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” *Twelve Steps and Twelve Traditions*, p. 180.

My younger sister Twelfth-Stepped me into Alcoholics Anonymous, and her method was definitely promotion rather than attraction – “Get sober or die,” she told me. Then she lured me to meetings in Los Angeles, where she lives, with the promise that I would see movie and TV stars. I did, but I did not tell anyone who I had seen. However, sometimes at coffee after a meeting members discussed which movie and TV stars had been there. Sometimes I hadn’t even recognized the stars, maybe because first thing in the morning they weren’t styled the way they are in magazines. I was shocked at the way A.A. members talked about personalities who I didn’t even know were in A.A.. They even brought up the names of stars they had seen at other A.A. meetings.

If I were a celebrity, I might not want to attend meetings if I thought the members would gossip about me afterwards or tell their friends they had seen me at an A.A. meeting. I believe that this is breaking someone’s anonymity big time. I said this to a fellow member and she disagreed with me. Her opinion was that there is no anonymity within the fellowship, that it is OK to mention member’s names, as long as it is only to other A.A. members. This is not the way I understand anonymity at

all. Some A.A.s have to resort to “private” A.A. meetings to protect their anonymity. This deprives them of the fellowship of A.A., which is sad.

At some meetings we say as part of the meeting format: “Who you see here, what is said here, let it stay here.” To me this means that you don’t discuss either who was at a meeting or what they said. This applies to everyone, well-known or unknown, from the talk show host to the guy pushing a grocery cart. We are all just part of a Group of Drunks, trying to stay sober, one day at a time.

But what about the A.A. member who breaks his or her own anonymity? A

*“Anonymity keeps all  
of us humble”*

few years ago a well-known movie reviewer revealed his membership in Alcoholics Anonymous in his blog. I am happy for him that he is sober, and I’m sure he means well, but his revealing himself to be a member of A.A. doesn’t necessarily help either A.A. itself or another alcoholic. What if he drinks and therefore confirms someone’s opinion that the A.A. program doesn’t work? What if an alcoholic rejects A.A. because they don’t like him or his movie reviews? There is a reason we are Alcoholics Anonymous.

Anonymity in the early days of A.A. was to protect the members. In the Forward to the First Edition of the Big Book, *Alcoholics Anonymous*,



the authors explained: “It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal appeals which may result from this publication.”

Today anonymity serves two purposes – it protects the individual member of A.A. from repercussions if his addiction became known to the world at large, and it also keeps all of us humble. No A.A. is any more important than any other, not by length of sobriety, service, or outside issues like fame or fortune. We are a program of principles before personalities.



**Dear Help,**

**My daughter recently left rehab in Southern California and traveled to San Francisco with some friends that she met there. She has been at a hotel since June 5 and already relapsed. We live in another state and are trying to get her on a plane home. The friends too relapsed but got back on their feet and left. She is there, not answering a phone, email or text. We talked to her this morning but she was drinking very early. We just want to get her on a plane tomorrow and I don't believe this is going to happen. She has been chronically relapsing for about three years now; once she begins she just cannot stop. I don't know what to do at this point. The hotel is near the San Francisco airport. I believe that she will need to detox before she can get on a plane. I don't know what to do. Do you have people that could go and be with her or to get her to a detox facility if she will go? Please let me know. God bless you.**

**Worried Sick Mom**

Dear WSM,

I am a volunteer in recovery. I'm also a parent, and my heart goes out to you. What a terribly difficult situation.

By the way, it is very common for people to drink shortly after getting out of rehab.

We cannot send anybody to the hotel to take her to detox. However, if she would like to attend a meeting, we can arrange for a woman to meet her and go with her. However, your daughter needs to call us directly. The number is 415-674-1821. The phone is answered 24 hours a day. You and your daughter might both find it helpful to call us at that number and speak to a volunteer in recovery so as to get some idea of what to expect at meetings.

There is another organization that helps people who have a loved one who is an alcoholic. I'm sure this is driving you crazy. The organization is called Al-Anon [web link provided]. I wish you and your family the best of luck.

e-Volunteer #1

Dear WSM,

Your heart must be breaking. You must be very worried.

You have written to the help line at Alcoholics Anonymous in San Francisco. A.A. is a fellowship of men and women who help each other achieve sobriety. I am an alcoholic in recovery.

In A.A., we work with people with a desire to stop drinking. We are unable to provide detox or

emergency services. If your daughter contacted A.A. herself, we could talk to her about getting to an A.A. meeting (which is free). However, it sounds like your daughter may be too impaired to make such a call. If you believe that she is in danger, to herself or others, you should call the police in Brisbane, California (where the hotel is located, a town south of San Francisco, where the airport is actually located) and tell them. There are provisions in California law for holding a person who is a danger to herself for some period of time to permit the danger to pass. If she needs medical care, then the police can take her to an emergency room. Perhaps the hotel, if alerted, would call the police.

A.A. is for people who want to stop drinking and ask for help. If your daughter can make the call, she can reach other alcoholics in recovery who can talk to her at 415.674.1821.

Once this crisis has passed, you may wish to contact the organization Al-anon, which is for friends and family of people affected by alcoholism.

e-Volunteer #2

Dear WSM,

Your email was forwarded to me from the Manager of the San Francisco A.A. Office. My name is [X], and I am the Manager of the San

*(Continued on page 11)*

# Pre A.A. History: From Belief into Action!

## *He was a free man!*

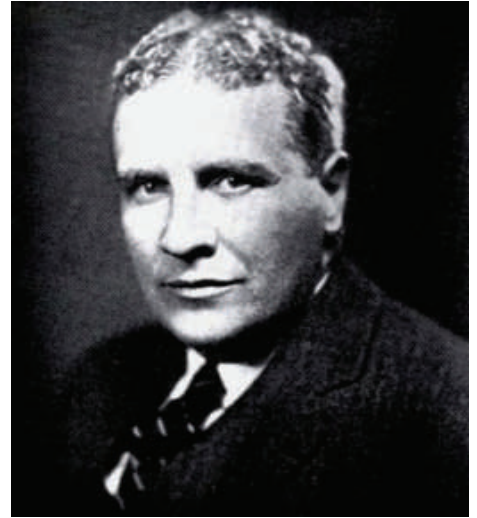
*An installment of excerpts from the Pre-A.A. History booklet by Bob S.*

The fact that Bill W., at 39, lived without an alcoholic drink until his death 36 years later, makes evident that his spiritual transformation at Towns Hospital was indeed a reality. He left the hospital a free man; free to go back to Wall Street; free to pursue his dream of living in that world of those affluent Manchester vacationers of his youth, or at least return to the times of 1920s when he felt that he "had arrived." But instead of making a bee line for those coveted financial towers, his days and nights were spent carrying his exciting message to the down-and-out sots at the Calvary Mission, as well as the upper class drunks at Towns Hospital. He brought drunks into his beautiful Clinton Street residence, fed them, prayed for them, and unceasingly attempted to transfer his wondrous alcoholic release; day after day, week after week, month after month, but they all stayed drunk – every one of 'em. But he steamrolled dead ahead, dismissing urges to give up his thrilling chase in honor of the financial rewards and respected positions awaiting him in the world of finance. Bill was indeed a changed man. He had undergone a

spiritual transformation.

Reverend Sam Shoemaker became Bill's spiritual mentor at the time Bill and Lois began regular attendance to the Oxford Group meetings at Calvary House. This must have been blessedly beneficial for such a newly defeated ex-agnostic such as Bill. The particulars of what transpired are not known, but doubtless a deep impression was stamped on Bill's willingness to believe in God. Bill and Lois made many other Oxford Group friends. They spent many evenings with them after meetings, at Stewart's Cafeteria, along with several alcoholics. Ebby and Rowland Hazard were also regulars. This practice has continued in today's coffee shops around the world; it is now tagged as the A.A. meeting-after-the-meeting.

Bill once stated that he couldn't remember whether it was Ebby or Rowland who brought him the all-important book, "The Varieties of Spiritual Experience," to Towns Hospital. Rowland never actually ever joined A.A. but was known to stop by the 24th Street Clubhouse from time to time. Rowland remained Ebby's Oxford Group 'sponsor'; he helped Ebby in prayer, encouraged him to give Oxford



**Sam Shoemaker, who was Bill's spiritual mentor. Shoemaker was asked to write the Twelve Steps, but declined.**

Group talks and even took him to his Alamogordo Ranch in New Mexico during the summer of 1935. Much to Bill Wilson's dismay, Ebby started drinking again in the spring of 1937, after two years and seven months of sobriety. It would seem that Rowland was also off and on the wagon after this period. He was probably sober in 1938-39, but there are no clear records. He died in 1945. Bill Wilson said he considered William James a founder of A.A., because his book played such an important part in his recovery.



*(Continued from page 10)*

Mateo County Office where the hotel is. So sorry to hear what your daughter is going through. Alcoholism is a cunning and baffling disease. In San Mateo County, we have two places that offer detox from alcohol and/or drugs. I don't

know if the airline would let your daughter board the plane if she was intoxicated. Detox takes a few days. I will give you the information: [contact info provided].

The A.A. Guidelines dictate to us that your daughter has to be the one to make the call for help. We have a

24-hour phone line, and the number is 650.577.1310. When she has that sober-enough moment, she has to make that call. We do have a list of people, males for men, and females for the women to talk to. That's when A.A. does their work! Try to get her to make that call!



# Conscious Contact

## *A Christian Member of the Fellowship Reflects on the 11<sup>th</sup> Step*



by Drunk Whisperer

(This is the third installment of an occasional series on the 11<sup>th</sup> Step: previously, we have featured a Vipassana meditator (April 2012) and an atheist (August 2012).)

*Herman B. has been sober more than 40 years; he got sober in San Francisco A.A. and his home group is Afro-American Beginners on Saturday night at 8pm. Raised Baptist, Herman entered the Roman Catholic Church around ten years ago when he became interested in Jesuit studies at the University of San Francisco. The spiritual exercises of St. Ignatius Loyola, the founder of the Jesuits, are considered by many to have been influential on the development of the Twelve Steps; at the least, they are compatible. Herman's spiritual journey continues each day; he is not complacent, and in that, he is a model. I interviewed Herman recently near his home in the Haight-Ashbury.*

"About two years ago, I got sort of burned out on seeking to be holy. I sort of backed off on church and picked up on A.A.," Herman told me. "I focused more on where I see God: at the beach, in nature, in the park. I couldn't be St. Teresa of Avila [16<sup>th</sup> century Spanish mystic] who reached advanced stages of contemplative thought. I decided to go along with Jesuit thinking and experience: seeing God in everything."

In his spiritual quest, Herman has used the retreat resources of his church to great advantage: at El

Retiro San Inigo in Los Altos, the *Spiritual Exercises* of St. Ignatius form the basis for all its retreats. Self-examination figures large in the "examen," as one part of the exercises is called.

Ignatius wrote that the Exercises: "have as their purpose the conquest of self and the regulation of one's life in such a way that no decision is made under the influence of any inordinate attachment." The exercises use various contemplative practices related to the Bible and the life of Jesus. One such practice is imagining yourself in certain Biblical scenes. Another is *lectio divina* which means reading spiritual material in a prayerful way. For Herman, there are particular scriptures that he finds important in his life. He particularly likes the King James version of the Bible for its poetic language. "Come to me, all you who are weary and heavy-laden, and I will give you rest," [Matthew 11:28]; that was really important to me when I first got sober. It still is," Herman said.

Some have even suggested that the Big Book of A.A. can be profitably used as the basis of *lectio divina* in groups or by individuals. [For example, in *Divine Therapy & Addiction*, by Thomas Keating.] This comes close to calling the Big Book divinely inspired, with all the baggage that entails: from one perspective, a potentially profane suggestion; from the other end of the spectrum, a laughable one.

Herman recalls that one of Bill W.'s spiritual advisors was a Jesuit priest

named Father Ed Dowling. [The story of their friendship is titled *The Soul of Sponsorship* by Robert Fitzgerald, S.J.] Father Dowling was not an alcoholic, but he struggled with smoking and compulsive over-eating.

Another Eleventh Step practice in the Christian tradition is centering prayer or Christian meditation. Similar methods are recommended in other spiritual paths: meditation twice a day for 20 minutes or so. When Herman has done this practice, "nothing appears to happen, but the fruits include that I am very calm in my life, not so excitable," he says. "But I have also learned that being fully human is probably the best I can be. I continuously attempt to answer these questions: What is going on in the world around me? What is going on inside me, in my interior life? What is happening on the inside with regard to exterior events? and What is the purpose and direction of my life; for what do I live on a day to day basis?"

Herman has also successfully incorporated elements of Jungian therapy and psychology in his life; he has found that the practice of writing down his dreams provides a point of departure for considering how God is being active in his life.

"Appreciation of life and of other people being in your life" is one way Herman describes his concept of his Higher Power. His generosity of spirit and enjoyment of every day pleasures testify to the presence of Spirit in his life.





by Undercover Alky Reporter

My sponsor suggested I have three commitments. That was fine by me, I was happy to oblige when the message came. So I meditated, prayed and waited for my assignment to be delivered, something along the lines of Mission Impossible, where I could refuse and the message would self-destruct after a period while I forgot about it. I waited at least a year for that all-important phone call, e-mail, text or tweet. Nothing came. Consequently, I was forced to take some initiative and investigate before that third commitment quietly became a vanishing vision.

Our local Hospital & Institution (H&I) committee had recently changed its meeting date and location, which was a sign that it might be time to find out what their maneuverings were all about. Of course I went undercover, as I did not want to be targeted as a potential volunteer. I took it upon myself to discover what H&I, that pinko-can group, was up to. Luckily, their new location was closer to my neighborhood, so spying on their activities (including stakeouts to get a lay of the land) was easy-peasy. Prior to this, I had reports of possible H&I openings at various locations. Going directly to the facility would deny me the opportunity of going to the top. I wanted to fully investigate just what was happening at those H&I meetings. Had they been run out of their old place? Were they looking to take over the 2900 as new territory?

On August 18<sup>th</sup>, the third Saturday, I

## Inside Report on H & I Activities

made my way over to 2900 24<sup>th</sup> Street and snuck into the gathering. No one knew I was undercover so they treated me just like everyone else. I was given the itinerary plus handouts. All the handouts were in pink – like the pink cans. I sensed a theme. I sat in the back so no one could “volunteer” me and there was no chance of being drafted.

I missed the opening prayer, as I was looking for parking, but arrived as someone read “the Purpose.” Surprisingly, the script for this reading was printed on one of those pink sheets they gave me. The upshot is that they want to talk A.A. with those who cannot get to meetings, or bring a meeting to designated places. It seemed pretty straight-forward. There were a couple stipulations, such as not being able to swear and that I couldn’t be “the addict from your worst nightmare,” but a regular alcoholic, as I would be, representing A.A. Six months of sobriety was mentioned and I also had to go by the rules of the facility where I was volunteering. This made sense.

The next thing was a sign-up sheet for those attending the meeting. I knew then that my cover was blown but, what the heck, it was time to get with the program. This sign-up sheet asked for all sorts of things – my full name, phone contact, email (which I’m hesitant to give out as I don’t want to be put on someone’s robo-call list; they said I wouldn’t be.) Then they asked for my sobriety date, if I had a car and past H&I experience. Then they wanted to know my interests and listed all the places that H&I goes: Rehabilitation,

Hospitals, Jails and as a Group Representative. The Group Representative is like a GSR, only for H&I.

The next part was when the people looking for volunteers told us about the places where we might volunteer. There were recovery facilities, hospitals and the jail, all looking for volunteers. There was no hard sell. It was more of this is what we need, if you’re interested, call. There was no Costco sampling and no Sarah McLaughlin singing for abandoned facilities and sad looking eyes searching for my help. They all ended their pitch with an, “If you’re interested take this number and give me a call.”

All in all, my undercover sleuthing at the H&I meeting was not what I expected. No one captured me and said I had to show up at the BlueBlood recovery center, and no one twisted my arm. They said that in order to volunteer, I had to attend an “orientation meeting” and, guess what, that was it. I’m now ready to go out and spread the word, as soon as I take off my invisibility cape.





# Intergroup meeting summary – October 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	Day at a Time	High Noon	Miracles (Way) Off 24th St.	Step Talk	Wit's End
Artists & Writers	Each Day A New Beg (M-F)	Keep Coming Back	Noon Smokeless	Sunday Night Castro Disc.	Women's Mtg: There is a Solution
Blue Book Special	Each Day a New Beg (S/S)	Live & Let Live	Pax West	Too Early	Women's Promises
Came To Believe	Friday Morning 12 Steppers	Living Sober with HIV	Queers, Crackpots & Fallen Women	Valencia Smokefree	
Come 'n Get It!	Girls Night Out	Marin Stag	Saturday Beginners	Walk Of Shame	SFGS
Cow Hollow Men's Group	Haight Street Blues	Marina Discussion	Say Hey Group	Waterfront	SF H&I

This is an unofficial summary of the October 2012 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website [www.aasf.org](http://www.aasf.org).

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

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

The meeting was held on Wed, October 3, 2012 at 1187 Franklin St, SF CA.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The September minutes and the Oct. agenda were approved.

## Officer Reports

**Board Chair Report, Margaret J.** Marin Unity Day – Fantastic event! Filled last remaining open board position. Working on 2012 tax returns and 2013 budget. Committee budget requests due now. General Service conference report is available tonight. Number of groups represented is roughly 7%, still well under our goal.

**Treasurer's report, Michelle** Written report and financial statements available on [aasf.org](http://aasf.org).

**Office Manager's Report, Maury P.** We need Central Office and PI/CPC. Sunshine Committee needs volunteers in Marin. They take meetings to people who are

temporarily homebound or hospitalized. Ben N., former Intergroup Chair and Central Office volunteer, passed away. We previously stated that the annual limit for individual contributions had been increased to \$5000. That was incorrect; the maximum amount of what you can leave AA in your will was increased to \$5000. Maximum annual contribution limit is still \$3,000. Volunteer Appreciation Dinner coming up to celebrate all who volunteer at Central Office and at the committee level. Intergroup to host. Returned from Annual Intergroup Seminar with new AA Grapevine publications: *Into Action* and *Happy, Joyous & Free*. Updates to Living Sober have been made as well as to several pamphlets. AA in India update: Incredible call volume based on a single TV show. Want to remind everyone that PI/CPC does outreach to religious leaders, legal community, addiction counselors, and other professions. None of that is happening right now because of lack of participation.

## Intergroup Committee Reports

**Archives Committee, Michael P.** 3<sup>rd</sup> Sunday, 2-4pm. Preserves the legacy of AA, catalogues materials. Working on new way of getting material catalogued, but the committee needs help. Please go back to your meeting and help us find volunteers.

**Fellowship Committee, Blu** Discussing event opportunities and long-term goals of the committee. Want to increase Intergroup events and take cues from young people's events. Considering working with YPAA. Could be great way to increase young AA's participation in PI/CPC. 2<sup>nd</sup> Thursday, 7pm.

**Orientation, Blu** Lots of new IGRs at orientation tonight. Yay!

**SF PI/CPC, Rich G. (Phil standing in)**

Young people needed!!! Additionally, not really talking to professional community at all. Active with some DUI classes and a few events. We need volunteers as there are a lot of missed opportunities to work with the professional community to carry the message of AA. The mission of the committee: Carry message to the public; professionals who interact with alcoholics; keep the fellowship informed. As IGRs, we need to take this message back to our groups and really encourage people to get involved. There will be a workshop held at unity day, 2pm.

**SF Teleservice, Carolyn R.** Teleservice participation is robust right now. Just 3 open slots. Can use more volunteers to help with holiday coverage.

**The Point Committee, Phil** When people register as a trusted service they get the Point. The Point needs writers.

**Trusted Servant Workshop Committee, Michael P.** The goal is to get the word out about the traditions. We hold workshops for secretaries and treasurers. Next Committee meeting Oct 18, 6ish, Central Office. Revisions to the local guide for group service have been made. Still discussing.

**Website Committee, Becca.** No news to report

**SF General Service, Karen, Chair** Meets 2<sup>nd</sup> Tues of month. Elections for officers coming up. If you have groups that don't have a GSR, let them know! There are 4 assemblies a year. The election assembly is the 1st one to be held this year. Ken M. is the outgoing delegate.

## Liaison Reports

**Andy, SF General Service Liaison, District 6** SF Unity Day is coming. More will be discussed soon. The latest version of

# Individual Contributions

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

## ANNIVERSARIES

**Karen K. — 11 Years,**  
**Herman B. — 41 years,**  
**Terry H. — 33 years**

the Conference Report has been released from the 62<sup>nd</sup> Annual Meeting. Highly recommend reading this. The theme for 2013 – “General Service Conference Takes its Inventory” There is a difficulty with not having enough District Committee Members to address the 24 sub-districts in SF.

**H&I, Lynn** Made the move to the 3<sup>rd</sup> Saturday at 2900 24<sup>th</sup> street: Orientation at 11am, business meeting at noon. Next meeting October 20<sup>th</sup>. Currently have 87 group reps though we have 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. Financial Report – doing much better than before but still down from 2010, but better than 2011. Decided to give reps whole list of all facilities rather than just openings, have copies available to-night. 24 recovery facilities alone. We welcome everyone to come to our next business meeting to find out how to get involved. In November, we're not meeting on 3<sup>rd</sup> Saturday. Instead we're having orientation at Unity Day.

### New Business

**Gratitude Month** November is almost here. Lot of annual income happens here but still need to remind people.

**Membership Survey** Was done last year by a professional firm AA contracted with. 8000 people polled nationally and filled out survey. AA comprised of Men 65%, Women 35%; more info on this in issue of grapevine. Also the PDF version is available on aa.org. This survey gives insight to how we could be doing better outreach. We could use more access to speakers of different language. We could reach out to community centers of different cultures

and ethnicities. Reach out to the unions, HR departments of big companies. This is what the PI/CPC committee could be doing.

**Round Table – Service Survey** Responses will be gathered and reported back to group in a few months.

### Meet the Meeting: Richard, Pax West

This is a big group that meets Monday, Tuesday, Thursday at noon and Wednesdays at 7:30 am. The various meetings have different formats. Average attendances is somewhere around 60 people. It's at Old St. Mary's in the financial district. It's been around for about 20 years. It's growing in membership and there is a desire to do 5 days a week. It's an all men's meeting. Lots of service opportunities and lots of fellowship. We have a yearly ski trip, summer BBQs, 49er tailgates, annual dinner (last year had 400 people!). Working on a back to basics approach – 12 steps in four Tuesday meetings for newcomers and doing it every quarter. Last time 100 newcomers did it.

**Volunteers for next month:** Claire - Girl's Night Out, Ethan - Artists & Writers.

**Next Intergroup Meeting:** Wed. Nov. 7, 2012, 7- 9pm, St. Andrew Presbyterian Church, 101 Donohue St., Marin City, CA. Orientation is at 6pm, dinner is served at 7pm.

Come check out the  
'New and Improved'  
Intergroup!

## COMMITTEE CONTACTS

The following is a list of names and email addresses for our Intergroup Officers and many of the committees. Please email that committee at the address below if you are interested in doing service on a committee, or if you wish to receive more information.

### 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	Sep. 12	YTD	Marin Contributions	Sep. 12	YTD	SF Contributions	Sep. 12	YTD
Brisbane Breakfast Bunch	\$ 26	\$ 198	Monday Night Big Book Study M 8pm	\$ 100		10am Big Book W 10am	\$ 275	
Contribution Box		\$ 329	More Will Be Revealed F 12pm	\$ 50		10am Step Study M 10am	\$ 15	
Deer Park Discovery Group	\$ 60		Morning After Sa 10am	\$ 50	\$ 50	130 Smokeless Th 130pm	\$ 100	\$ 100
GGYPAA	\$1,200		Morning Attitude Adjustment	\$ 164		6am Dry Dock 7D	\$ 134	
Gratitude in Action	\$ 658		Nativity Monday Night BB 8pm	\$ 100		6am Dry Dock Sa	\$ 221	
ICYPAA	\$ 417		Newcomers Step M 730pm	\$ 208		6am Dry Dock Th	\$ 60	
Intergroup	\$ 102	\$ 846	Novato Monday Stag	\$ 150		7am As Bill Sees It Fri	\$ 104	
Marin Teleservice		\$1,500	On Awakening 7D 530am	\$ 722		7am Living Sober W 7am	\$ 247	
Spirit of San Francisco	\$ 141		Pathfinders Tu 12pm	\$ 325		7am Smokeless Su 7am	\$ 107	
TSWC	\$ 62		Primary Purpose W 830pm	\$ 46		7am Speaker Discussion Th 7am	\$ 218	
Unidentified Group	\$ 42		Quitting Time M-F 530pm	\$ 650	\$ 1,150	7am Step Discussion Tu 7am	\$ 71	
<b>Fellowship Total</b>	<b>\$ 128</b>	<b>\$5,452</b>	Refugee Th 12pm	\$ 280		830am Smokeless F 830am	\$ 165	
			Reveille 7D 7am	\$ 200		830am Smokeless Th 830am	\$ 299	
			Rise N Shine Sun 10am	\$ 241		830am Smokeless W 830am	\$ 122	\$ 391
<b>Marin Contributions</b>	<b>Sep. 12</b>	<b>YTD</b>	San Geronimo Valley BS F 8pm	\$ 297		A is for Alcohol Tu 6pm	\$ 164	
12 & 12 Study Sa 815am	\$ 195		San Geronimo Valley M 8pm	\$ 526		A New Start F 830pm	\$ 120	
As Bill Sees It M 2pm	\$ 12		Saturday Night Sa 8pm	\$ 109	\$ 334	Afro American Beginners Sat 8pm	\$ 262	
Attitude Adjustment 7D 7am	\$ 620	\$3,176	Sausalito 12 Step Study Group	\$ 178		After Work M 6PM	\$ 60	\$ 261
Awareness/Acceptance M 1030am	\$ 156		Serendipity Sa 11am	\$ 50	\$ 190	Agnostics & Freethinkers Su 630pm	\$ 91	
Blackie's Pasture Sa 830pm	\$ 450		Sisters In Sobriety Th 730pm	\$ 62		All Together Now Th 8pm	\$ 114	
Candlelight Sun 830pm	\$ 195	\$ 195	Sober Sisters Wed 12pm	\$ 148		Amazing Grace M 7pm	\$ 144	
Closed Women's SS Tu 330pm	\$ 242		Spiritual Testosterone Stag Su 830a	\$ 284		Any Lengths Sat 930am	\$ 684	
Crossroads Sun 12pm	\$1,700		Steps To The Solution W 715pm	\$ 100		Artists & Writers F 630pm	\$1,115	
Downtown Mill Valley F 830pm	\$ 750		Streethunters Sa 9am	\$ 156		As Bill CCs It Sun 8am	\$ 100	
East San Rafael Big Book	\$ 100		Sunday Express Sun 6pm	\$ 200		As Bill Sees It Th 6pm	\$ 569	
Experience, Strength & Hope Sa 6pm	\$ 75		Sunday Night Corte Madera Sun 8pm	\$ 223		As Bill Sees It Th 830pm	\$ 95	
Friday Night Book F 830pm	\$ 140		Sunlight of the Spirit Th 7pm	\$ 300		As Bill Sees It Tu 1210pm	\$ 180	
Girls Night Out W 815pm	\$ 193		T.G.I. Tuesday 6pm	\$ 75		Ass in a Bag Th 830pm	\$ 439	
Gratitude Tu 8pm	\$ 162		Terra Linda Thursday Stag 8pm	\$ 300		Atheists, Agnostics & Others Sa 11am	\$ 15	
Greenfield Newcomers Sun 7pm	\$ 302		TGIF F 6pm	\$ 158		Bayview AA Th 7pm	\$ 60	\$ 120
Happy Destiny F 7pm	\$ 350		The Fearless Searchers F 8pm	\$ 396		Be Still AA Su 12pm	\$ 316	
Happy Hour (Marin) Th 6pm	\$ 75		There is a Solution Tu 6pm	\$ 61	\$ 61	Beginners 12 x 12 F 7pm	\$ 362	
Happy, Joyous & Free 5D 12pm	\$ 950		Thursday Night Book Club Th 7pm	\$ 21		Beginner's Warmup W 6pm	\$ 81	
High & Dry W 12pm	\$ 129		Thursday Night Miracles Th 830pm	\$ 38		Bernal Big Book Sat 5pm	\$ 389	\$ 812
Intimate Feelings Sa 10am	\$ 191	\$ 528	Tiburon Beginners & Closed Tu	\$ 565	\$ 2,059	Bernal New Day 7D	\$ 288	\$2,819
Inverness Sunday Serenity Su 10am	\$ 169		Tuesday Big Book Tu 830pm	\$ 75	\$ 75	Big Book Basics F 8pm	\$ 394	
Island Group Th 8pm	\$ 132		Tuesday Chip Meeting Tu 830pm	\$ 1,255		Big Book Study Su 1130am	\$ 267	\$ 476
Just Can't Wait 'til 8 M 630pm	\$ 220		We, Us and Ours M 650pm	\$ 250		Blue Book Special Su 11am	\$ 243	
Larkspur Beginners F 7pm	\$ 325	\$ 325	Wednesday Mid-Week W 6pm	\$ 75		Brokers Open Book Tu 130pm	\$ 46	
Larkspur Beginners W 7pm	\$ 66		Wednesday Night Candlelight W 8pm	\$ 110		Brothers in Arms M 8pm	\$ 14	\$ 211
Living in the Solution F 6pm	\$ 139		Wednesday Night SD W 7pm	\$ 86		Buena Vista Breakfast Su 12pm	\$ 171	
Marin City Groups 5D 630pm	\$ 292		What's It All About F 12pm	\$ 60		Came To Believe Su 830am	\$ 154	
Marin City Groups 6D 630pm	\$ 251		Women For Women W 12pm	\$ 50		Came to Park Sat 7pm	\$ 168	
Marin Stag M 8pm	\$ 420	\$ 907	Women in Unity Th 1230pm	\$ 140		Castro Discussion Th 8pm	\$ 283	
Mill Valley 7D 7am	\$2,115		Women's Big Book Tu 1030am	\$ 485		Castro Steps & Traditions W 8pm	\$ 600	\$ 600
Mill Valley Discussion W 830pm	\$ 200		Working Dogs W 12pm	\$ 250	\$ 500	Code Blue Big Book Study W 7pm	\$ 68	\$ 656
Mill Valley Original Smokeless SS	\$ 150		<b>Marin Total</b>	<b>\$3,560</b>	<b>\$28,319</b>	Coit's Quitters	\$ 76	
Monday Blues M 630pm	\$ 500							

SF Contributions	Sep. 12	YTD	SF Contributions	Sep. 12	YTD	SF Contributions	Sep. 12	YTD
Cow Hollow Men's Group W 8pm	\$ 360	\$1,092	Lincoln Park Sat 830pm	\$ 110		Sober Saturday Sa 830am		\$ 163
Cow Hollow Young People's Tu		\$ 119	Live and Let Live Su 8pm		\$ 515	Sobriety & Beyond W 7pm		\$ 267
Design For Living - Big Book Tu/Th		\$ 140	Living Proof Th 630pm		\$ 113	Sobriety & Miracles Sa 5pm		\$ 84
Design for Living Sat 8am		\$1,058	Living Sober on Sixth St.		\$ 85	Sometimes Slowly Sa 11am		\$ 306
Diamond Heights Tu 830pm		\$ 240	Living Sober W 8pm		\$ 65	Sought to Improve Th 715pm		\$ 60
Dignitaries Sympathy W 815pm	\$ 335	\$ 630	Living Sober with HIV W 6pm	\$ 136	\$1,390	St. Anne Book Study		\$ 125
Each Day a New Beginning F 7am		\$1,736	Lush Lounge Sa 2pm	\$ 87	\$ 366	St. Francis Men's F 830pm		\$ 125
Each Day a New Beginning M 7am		\$ 186	Meeting Place Noon F 12pm		\$ 179	Step Talk Su 830am		\$ 687
Each Day A New Beginning Su 8am		\$2,569	Meeting Place Noon W 12pm		\$ 375	Steppin' Up Tu 630pm		\$ 307
Each Day a New Beginning Th 7am		\$ 993	Mid-Morning Support Su 1030am		\$1,054	Stepping Out Sat 430pm		\$ 180
Each Day a New Beginning Tu 7am		\$ 339	Midnight Meditation Sat 12am		\$ 72	Sunday Bookworms Sun 730pm	\$ 270	\$ 379
Each Day a New Beginning W 7am		\$1,274	Mission Fellow. No Reservations		\$ 30	Sunday Coffee With Bill 10am		\$ 27
Early Start F 6pm	\$1,190	\$2,205	Monday Beginners M 8pm		\$ 310	Sunday Morning Gay Men's Stag		\$ 223
Easy Does It Tu 6pm		\$ 85	Monday Men's Meeting M 8pm		\$ 54	Sunday Night 3rd Step Group 5pm	\$ 206	\$ 647
Embarcadero Group 5D 1210pm		\$ 480	Monday Monday M 1215pm		\$ 135	Sunday Night Castro SD 730pm		\$1,009
Epiphany Group Th 8pm		\$ 180	Monday Night Big Book Study M 8pm	\$ 45	\$ 105	Sunday Silence Su 730pm	\$ 45	\$ 175
Eureka Step Tu 6pm	\$ 172	\$ 172	Monday Night Women's M 8pm		\$ 290	Sunday Step Study		\$ 87
Eureka Valley Topic M 6pm	\$ 136	\$ 226	Moving Toward Serenity W 830pm		\$ 222	Sunday Sunrise Su 7am		\$ 58
Excelsior "Scent" Free for All Sa 8pm		\$ 180	New Friday Big Book F 12pm		\$ 218	Sundown W 7pm	\$ 368	\$ 932
Extreme Makeover M 730pm		\$ 113	New Highs W 130pm	\$ 108	\$ 108	Sunset 11'ers Sa		\$ 100
Federal Speaker Su 12pm	\$ 171	\$ 301	Newcomers Tu 8pm		\$ 126	Sunset 11'ers Su		\$ 280
Fell Street F 830pm		\$ 339	No Reservations M 12pm		\$1,012	Sunset 11'ers Th		\$ 122
Firefighters & Friends Tu 10am		\$ 184	Noon Smokeless W 12pm	\$ 25	\$ 25	Sunset 11'ers Tu		\$ 91
Fireside Chat Group Th 8pm		\$ 177	O.A.D.W. Mon 7pm		\$ 31	Sunset 11'ers W		\$ 26
Fireside Chat Sa 9pm		\$ 156	Off Broadway Book Th 730pm		\$ 31	Sunset 9'ers F		\$ 31
Friday All Groups F 830pm	\$ 143	\$1,284	One Liners Th 830pm		\$ 144	Sunset 9'ers Sa		\$ 110
Friday Lunchtime Step F 12pm		\$ 109	Park Presidio M 830pm		\$ 54	Sunset 9'ers Su		\$ 138
Friday Night Blast F 630pm		\$ 150	Parkside Th 8pm		\$ 711	Sunset Speaker Step Sun 730pm		\$ 580
Friday Night Book F 830pm		\$ 374	Pax West M 12pm		\$1,271	Surf Tu 8pm		\$ 271
Friday Smokeless F 8pm		\$ 211	Pax West Th 12pm		\$ 784	Ten Years After Su 6pm		\$3,236
Friendly Circle Beginners Su 715pm		\$ 65	Potrero Hill 12 x 12 M 630pm		\$ 211	The Drive Thru W 1215pm		\$ 346
Friendly Circle Su 830pm		\$ 144	Progress Not Perfection Tu 830pm	\$ 114	\$ 114	The Dry Dock Fellowship		\$ 195
Gold Mine Group M 8pm		\$ 331	Queers, Crackpots & Fallen Women	\$ 174	\$ 415	The Leaky Cauldron Su 930am	\$ 103	\$ 493
Haight Street Blues Tu 615pm		\$ 800	Reality Farm Th 830pm		\$ 772	The Little Meeting That Could Su 6pm	\$ 31	\$ 31
Haight Street Explorers Th 630pm		\$ 430	Rebound W 830pm		\$ 120	The Parent Trap 2 Wed. 430pm		\$ 80
Happy Destiny Sa 630pm		\$ 405	Rigorous Honesty Th 1205pm		\$ 322	The Parent Trap M 1230pm		\$ 12
Happy Hour Ladies Night F 530pm		\$ 217	Rise N Shine Sun 10am		\$ 174	The Pepper Group F 12pm		\$ 119
High Noon Friday 230pm		\$ 278	Room to Grow F 8pm		\$ 201	There is a Solution Tu 6pm		\$ 373
High Noon Monday 1215pm	\$ 20	\$ 244	Rose Garden Big Book Th 1205pm		\$ 129	They Stopped In Time M 8pm		\$ 54
High Noon Saturday 1215pm		\$ 787	Saturday Afternoon Meditation Sat 5pm		\$ 623	Thursday Morning Men's BB 6am		\$ 532
High Noon Sunday 1215p		\$ 157	Saturday Beginners Sat 6pm		\$ 646	Thursday Night Book Club Th 7pm		\$ 42
High Noon Thursday 1215pm		\$ 46	Saturday Easy Does It Sa 12pm		\$1,440	Thursday Night Women's Th 630pm		\$ 428
High Noon Wednesday 1215pm		\$ 47	Saturday Night Regroup Sat 730pm		\$ 644	Thursday Thumpers Th 7pm		\$ 100
Hilldwellers M 8pm		\$ 700	Say Hey Group M-F 6pm		\$ 483	Too Early Sat 8am	\$ 172	\$ 885
Home Group Sat 830pm		\$ 495	Seacliff Th 830pm		\$ 75	Trudgers Discussion Su 7pm		\$ 300
How Was Your Week? Sa 10am		\$ 476	Serendipity Sa 11am		\$ 137	Tuesday Big Book Study Tu 6pm		\$ 72
Huntington Square W 630pm		\$ 468	Serenity House	\$ 150	\$1,350	Tuesday Downtown Tu 8pm		\$ 27
Join the Tribe Tu 7pm		\$ 199	Serenity Seekers M 730pm		\$ 324	Tuesday Men's Pax Tu 12pm		\$ 671
Joys of Recovery Tu 8pm		\$ 30	Sesame Step Tu 730pm		\$ 224	Tuesday's Daily Reflections Tu 8am		\$ 394
Keep Coming Back Sa 10am	\$ 213	\$ 213	SFPOA Th 7pm		\$ 200	Twelve Steps to Happiness F 730pm		\$ 72
Let It Be Now F 6pm	\$ 127	\$ 127	Sinbar Su 8pm		\$ 411	Valencia Smokefree F 6pm		\$ 812
Like A Prayer Su 4pm	\$ 204	\$ 454	Sober at State MW 1210pm		\$ 135			

*continued on p.*

# profit and loss statement: August 2012

	Aug 12	Budget	Jan-Aug 12	YTD Budget		Aug 12	Budget	Jan-Aug 12	YTD Budget
Ordinary Income/Expense					Paper Purchased	0	200	1,624	2127
Income					Payroll Fees	9	8	66	64
Gratitude Month	35	0	5,773	2845	Phone Book Listings	91	87	728	690
Group Contributions	8682	12515	102,898	104119	Postage	0	50	682	514
Individual Contributions	2084	1970	22,518	25947	Printing	0	0	0	600
Newsletter Subscript.	0	30	77	325	Professional Fees	0	75	200	2602
Sales - Bookstore	9890	9950	76,087	79182	Rent - Office	3811	3810	30,487	30480
Special Event Income	0	0	4,431	0	Rent - Other	75	75	985	675
Total Income	20691	24465	211,784	212418	Repair & Maintenance	272	280	2,492	2325
Cost of Goods Sold					Security System	0	0	236	236
Cost of Books Sold	6998	6500	54,343	51262	Software Purchased	429	400	604	900
Shipping	-93	55	441	440	Sunshine Club/12th Step	0	5	0	40
Credit Card Processing	344	320	2,958	2749	Telephone	261	200	2,769	2102
Inventory Adjustments	9	-25	112	-333	Training	25	0	124	500
Total COGS	7258	6850	57,854	54118	Travel	107	0	385	500
Gross Profit	13434	17615	153,930	158300	Total Expense	18899	20273	152,475	159303
Expense					Net Ordinary Income	-5465	-2658	1,455	-1003
Access Expenses	90	708	2,700	5668	Other Income/Expense				
Bank Fees	0	0	1	0	Other Income				
Employee Expenses	11862	12553.8	96,212	98297	Interest Income	120	0	937	1227
Equipment Lease	1635	1600	4,866	4815	Total Other Income	120	0	937	1227
Filing/Fees	0	0	143	165	Other Expense				
Insurance	0	0	2,402	2383	Depreciation Expense	584	514	4,672	4112
Intergroup Events	0	0	1,697	1298	Total Other Expense	584	514	4,672	4112
Intergroup Literature	2	8.25	166	212	Net Other Income	-464	-514	-3,735	-2885
Internet Expense	93	108	748	867	Net Income	-5929	-3172	-2,281	-3888
Office Supplies	138	105	2,155	1243					

## Treasurer's Report

For the month of August 2012, group contributions were \$3,833.31 under budget. Individual contributions were \$114.32 over budget. Bookstore sales were \$59.83 under budget in August.

Total Expenses was 1,374.31 under budget.

In August, our deficit was \$5,928.76 and the year-to-date deficit is \$2,280.57.

Unrestricted cash balance decreased from \$30,123.19 to \$25,991.70, which represents a little more than a month of average operating expenses.

## aa group contributions, continued

SF Contributions	Sep. 12	YTD	SF Contributions	Sep. 12	YTD
Walk of Shame W 830pm	\$ 26	\$ 43	Women's 10 Years Plus Th 615pm		\$ 436
Walk of Shame W 8pm		\$ 88	Women's Came to Believe Sa 10am		\$ 189
We Care Tu 12pm		\$175	Women's Kitchen Table Tu 630pm		\$ 88
We Have a Solution F 7pm		\$ 91	Women's Mtg There is a Solution W		\$ 585
Wednesday Afternoon With Bill		\$ 50	Women's Promises F 7pm	\$ 120	\$ 836
Wednesday Noon Steps W 12pm	\$ 60	\$ 60	Work In Progress Sat 7pm		\$ 403
Weekend Worker Sat 7am		\$ 60	Working With Others Sa 10am		\$ 83
West Portal W 8pm		\$386	YAHOO Step Sa 1130am		\$ 757
Wharfrats Th 815pm	\$ 78	\$427	<b>San Francisco Total</b>	<b>\$ 7,525</b>	<b>\$ 80,168</b>
What It's Like Now M 6pm	\$ 168	\$168			
Wits End Step Study Tu 8pm		\$ 84	<b>YTD</b>	<b>\$11,213</b>	<b>\$113,939</b>



# Origin Of A.A. Nightly Prayer and Meditation

## *Looking at the Oxford Group Precedent*

by Bob S.

For some years I have been in a quandary as to why the Big Book discussion on Step Eleven prayers began with “When we retire at night” (Alcoholics Anonymous, p. 86). Why not when we awake in the morning? I came up with several seemingly adequate answers for this, but the real motive of the editors of the Big Book had never occurred to me. First of all, let us look at how Bill Wilson began this paragraph in December of 1938 in the early manuscript. This is what he wrote:

“When you awake tomorrow morning, look back over the day before. Were you resentful, selfish, dishonest or afraid?” [Original Working Manuscript, p. 43- 4<sup>th</sup> paragraph]

Tomorrow morning? Well, what did the editors find wrong about that? I have read that the Oxford Group observed some rather similar morning practice and that some of the editors felt a need to disassociate the Big Book from all particular

religious groups; and as a matter of fact, there is – just above Bill’s words – scribbled largely in pencil: OXFORD GROUP. However, the editors did not cross out or even dismiss the morning idea in the Working Manuscript, but they did cross out all the words “you” and replaced them with “we.”

Obviously the wording was finally changed to the Big Book wording:

“When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?”

So, I find it interesting that the nightly prayers apparently never originally occurred to Bill Wilson when he wrote the manuscript. These nightly prayers are a very



important part of my A.A. program of action, so I remain exceptionally grateful for the additional alcoholic and non-alcoholic editors who so dramatically changed our basic text. Yes, Bill Wilson wrote our Big Book, but God was definitely in charge.

P.S. The above change makes me all the more convinced that there was an additional “Printer’s Copy” of the Manuscript.

**TP**



## Letters to the Editor

The Point has been especially wonderful lately, especially the September issue. A number of people have commented to me about it.

You rock!

Kathleen

*Sometimes A Glum Lot*

Not wanting to carp but will anyway. Just because you apologize beforehand doesn't make it right to tell a blonde joke. So, it wasn't hilarious at all to some of us. To me.

Sara D.

P.S. Still a faithful reader.

**TP**

# November 2012

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

NAME		
NEW ADDRESS		
CITY	STATE	ZIP
OLD ADDRESS		

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

ISSUE 11.12

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San Francisco CA 94109-3528

