

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013
1
January

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

1821 Sacramento Street
San Francisco, CA 94109-3528

San Francisco (415) 674-1821

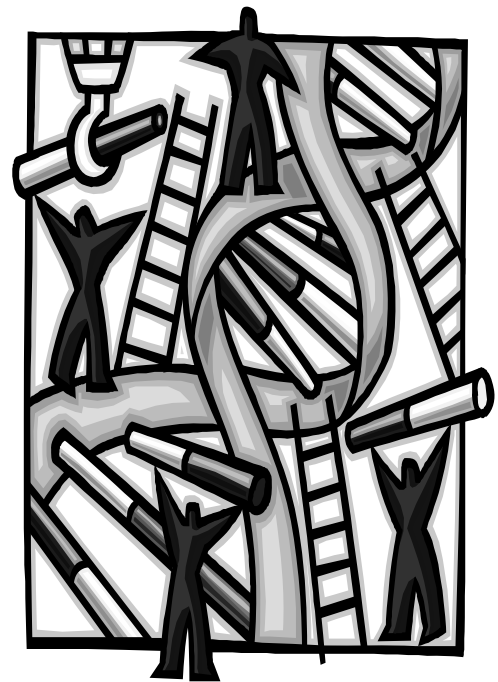
Marin (415) 499-0400

Fax (415) 674-1801

www.aasf.org

thepoint@aasf.org

The Whole Pattern of Living



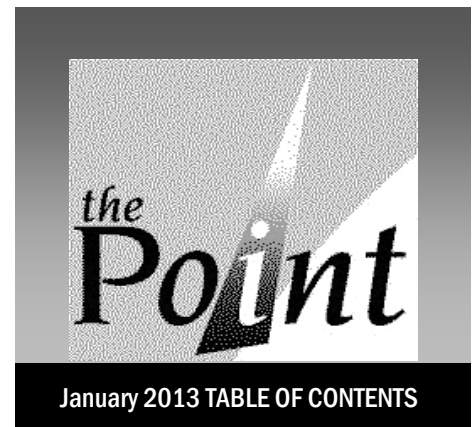
-
- 6 Step One: Seduction Revisited
 - 8 The Whole Catastrophe
 - 12 My Program Starts ...Now
 - 19 Higher Power

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

January 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6 FIRST SUN Golden Gate Young People in AA 1360 Lincoln Ave San Rafael Alano Club 2:30pm	7	8 SECOND TUE <i>The Point</i> 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	9 SECOND WED Intergroup Meeting (Just this month) 1187 Franklin St. SF Orientation 6pm Meeting 7pm Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
13	14 SECOND MON SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	15	16
20 THIRD SUN Archives Committee Central Office 2pm Business Meeting followed by Work Day Golden Gate Young People in AA 1748 Market St SF Alano Club 2:30pm	21 THIRD MON SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm	22 FOURTH TUE <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	23
27	28	29	30 <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>

THURSDAY	FRIDAY	SATURDAY
3	4	5
10 <u>SECOND THU</u> Fellowship Committee Central Office 7pm	11	12
17 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	18	19 <u>THIRD SAT</u> SF H&I Meeting Orientation 11am Business Meeting 12pm
24	25	26 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
31		



Calendar	2
Meeting Changes	4
From the Editor.....	5
Faithful Fivers.....	5
A New Year	6
Seduction: Step One Revisited	6
Concept One.....	7
The Whole Catastrophe	8
Twelfth Step Challenge.....	9
Help@aasf.org	10
Pre A.A. History.....	11
Step One.....	12
Not A Glum Lot.....	12
My Program Starts ... Now.....	13
Higher Power.....	13
IFB Meeting Summary.....	14
Group Contributions	16
P&L/Treasurer's Report.....	18

The vital question is:

Just where shall we fix the point where
personalities fade and anonymity begins?

The Language of the Heart p.15



Meeting Changes

New Meetings:

Mon	7:15pm	Hayes Valley
Wed	6:00pm	Novato
Thu	7:00am	Pt. Reyes Station

PEOPLE OF COLOR, 1800 Market St Rm 215/ Octavia St (Step study, Speaker, Gay)
 LAST STOP MEN'S STEP STUDY, 1545 South Novato Blvd (In back of restaurant, Step Study)
 DAILY REFLECTIONS, HHS Bldg 6th St / A St (Discussion)

Meeting Changes:

Sun	9:30am	Mission
Sun	12:00pm	Larkspur
Tue	7:00pm	Treasure Island
Fri	12:00pm	Castro
Fri	6:00pm	Hayes Valley
Fri	8:30pm	San Rafael

THE LEAKY CAULDRON, 938 Valencia St / 20th St (Was at 238 14th St)
 TIBURON HAVEN, Redwood Middle School 395 Doherty Dr (New location begins 1/6/13)
 FOGWATCH, 850 I Ave / 11th St (Now Big Book Study)
 LANGUAGE OF THE HEART, 152 Church St / Market St (Now Big Book Study)
 LET IT BE NOW, 1748 Market St (Contact Central Office 5 days in advance for interpreter)
 MARIN YOUNG PEOPLE, Marin Alano Club 1360 Lincoln Ave (Was at 620 Del Ganado Rd)

No Longer Meeting:

Sun	12:00pm	Novato
Sun	7:00pm	Novato
Wed	10:30am	South of Market

NORTH MARIN SPEAKER, 789 Hamilton Pkwy / Maple St
 CREEKSIDE NEW GROWTH, 5394 Nave Dr / Bolling Dr
 VETERANS COFFEE BREAK, 1060 Howard St / Russ 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!***

39th Anniversary of the Sinbar Group Sunday - January 27, 2013

MEETING – SPEAKER TBD

8:00 PM

9:00 PM

Pie and Ice Cream Social



St. Finn Barr's
415 Edna @ Hearst



BRING A PIE,
and
ENJOY THE MEETING AND SOCIAL

12th STEP WORKSHOP – IT'S BACK!



"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs."

**JOIN OUR LIST OF VOLUNTEERS
WHO FOLLOW UP ON THE 12TH STEP CALLS
THAT COME IN TO CENTRAL OFFICE.**

Wednesday, January 30, 2013 at 6:30pm
 Central Office, 1821 Sacramento St/Van Ness Ave.

Contact 12thstep@aasf.org for info.

From the Editor

A Start

by Charley D.

To start, to begin anew, to dare. In songs, speeches, and newspaper editorials, we humans constantly urge ourselves to begin something. "The first days are the hardest days." "Even a journey of a thousand miles begins with a single step." "Well begun is half done." The list of catch phrases and clichés about getting started rivals the length of an alcoholic's excuse list. Why do we have such a hard time making that first move?

In this issue, our first of 2013, we look at the sobriety and how it begins. See how Jamie M. stumbled onto Step One by admitting life had become a wreck and an inability to stop drinking. Patty Mc. reminds us that living one day at a time means treating every day as a new beginning. Read an intriguing exchange between a "functional alcoholic" and an A.A. volunteer in help@aasf.org. Did he make it to that first meeting? We can only hope. Bree L. revisits Step One and realizes that LSD won't provide the "answer" any more than all those years of drinking did. Teddy W. shows us how Concept One

ensures democracy in A.A. and makes our program possible. Leonard V. traces his own concept of a Higher Power to its origins in his family and shows how that works for him. Pre-A.A. History takes us back to the very beginning of our program, to a time when our founder's resolve almost faltered.

We hope *The Point* will help get your 2013 going in the right direction. This year, we'll have a new department, "The Twelfth Step Challenge," in which we examine the several exhortations that step makes to recovering alcoholics. The first: can we love the whole pattern of living as eagerly as we do the small segment of it we discover when we try to help other alcoholics to achieve sobriety? MEM explains how he began living this challenge in small ways that grew into a change in his life's outlook. Carol W. tells how living this challenge broadened her entire world.

Does all this sound a little too saintly for you? Just wait. Next month, we inaugurate another department, "The Seven Deadly Sins." Happy New Year.



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:

Alejandro D.	James W.	Niels R.
Amelia E.	Jane K.	Paget V.
Andrea C.	Janet B.	Pat R.
Andy Z.	Janet M.	Patrick M.
Ann W.	Jeanne C.	Peg L.
Anne C.	Jeff B.	Pene P.
Barbara L.	Jocelyn & Ralf Z.	Penelope C.
Barbara M.	John M.	Philip B.
Bette B.	John V.	Ralph P.
Blu F.	Karen C.	Rich G.
Braden B.	Karen K.	Robert C.
Brian O.	Kathleen C.	Robert W.
Bruce K.	Kevin S.	Sara D.
Bruce S.	Kurt P.	Sheila H.
Carlin H.	Laura B.	Stephen S.
Carole K.	Layne S.	Steve A.
Caroline A.	Lelan & Rich H.	Steve G.
Casey L.	Leo G.	Steve F.
Cathy P.	Leo H.	Stu S.
Charles L.	Linda L.	Susan C.
Charles D.	Lisa M.	Suzanne C.
Charlie O.	Lynn D.	Teddy W.
Chris L.	Lynne L.	Tim M.
Chris S.	Mabel T.	Tom S.
Chuck S.	Maria G.	Tony R.
CJ H.	Marit L.	Tracy F.
Craig S.	Mark B.	
Dan B.	Mark O.	Your
Dan & Sherry T.	Martha S.	Name
David J.	Mary C.	Here!
David S.	Mary D.	
Denise H.	Mary L.	Or
Dennis & Lucy O.	Maryellen O.	Here!
Dianne E.	Mia M.	
Eric P.	Michael P.	Or
Erin S.	Michael Z.	Here!
Evan K.	Michelle C.	
Fay K.	Mike M.	
Frederick D.	Molly G.	
Herman B.	Nancy W.	
Ian M.	Nathaniel W.	

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!

A New Year

What Can I Do To Be Of Help?

by Bob S.

Years ago, in preparation for yet another thrilling New Year's Eve celebration, I drank so heartily that the next afternoon found me coming to consciousness with a miserable hangover. I had missed the entire gala! As this New Year's Day unfolds, many alcoholic celebrants will experience, in one way or another, the same sort of meaningless blur, but it will be their last. This is because some will be sober with us in A.A. But sadly, others will never experience another New Year's because of much darker and heartbreaking reasons. I cannot do anything about the latter, but what can I do to prepare a welcome atmosphere for those who will be

walking through our doors in 2013? I can:

'Stand by the door,' so to speak, of my local club or home group to welcome the new person and offer a listening ear.

Make introductions to other solid A.A. members.

Engage in the sort of friendly and hopeful A.A. conversation that might entice the newcomer to join me for coffee after the meeting.

Present myself in such manner that he or she will feel safe to share phone numbers and email addresses.

Make sure they leave with a local meeting directory, a few appropriate A.A. pamphlets and offer a ride to

their next meeting.

Succinctly tell how A.A. has grown from two to two million members around the world.

Briefly explain how A.A. offers a program of action with clear-cut directions simply explained in the Big Book. I should not preach!

Try to influence my home group be in sync with the traditional values of A.A. so the spirit of unity is evident for the new person coming in this year; that hopefully a spirit of love and security will prevail, as it did for me. I need to remember that "We are responsible" to provide a solid and fertile ground from which the fragile seeds of the newcomers hope can grow into a sober reality.



Seduction—Step One Revisited

by Bree L.

A friend suggested to me that a bit of LSD would help improve my writing. He said he frequently had a dose over a weekend and he was writing better than ever. It would be nothing extensive, but the experience would enrich my creative world. I'd see things that I'd not seen before. I'd have new realizations well worth a short two day drop-out. I started walking down that seductive path. Maybe just a Saturday while my husband was away. Who would know?

Then I thought of the verbal fluidity that would come if I just had a small cocktail glass of Southern comfort on the rocks, not more than two fingers worth. I could write a bit, sip a bit. I'd

be a real writer like Tennessee Williams or Hemingway, composing free-flowing in effortless creativity. Meaningful words would pour onto the page. It could be the most vivid writing I'd ever done.

Then maybe I wouldn't have to limit myself to Southern Comfort, but also have a glass of wine. It would be in one of those large snifter glasses so I could smell the bouquet as I wrote. That would put me in the mood for startling characters. If I was writing about characters having cocktail and conversation, wouldn't it be more authentic if I also had some mild Merlot with them? I could almost taste it.

Then I remembered that I'd had Southern Comfort over those

clinking ice cubes and the only product of my experience was to pass out and wake up with a killer headache.

My wine episodes never resembled a jovial party with good conversation. There were maybe three minutes of joviality, followed by wanting to fit in and making sure my glass was full. Then came many, many arguments. I wanted to be a sophisticated socialite but never seemed to get there.

Finally I zeroed in on the emptiness of it all. LSD would never make me a better writer. I would probably go back to that "hole in my gut that the wind blows through" as I'd heard at meetings. It was more than time to call my sponsor and take my writer self to a meeting.





by Teddy W.

In addition to Twelve Steps to ensure our Recovery, there are Twelve Traditions to ensure our Unity and Twelve Concepts to ensure that our A.A. democracy is preserved through a legacy of Service.

I owe my sobriety to General Service, not because being of service within A.A. keeps me out of trouble (most of the time), but because without a national framework to preserve the integrity of the A.A. message and our Unity, A.A. would most likely have imploded long before I was even born.

Imagine (it's not hard) a group of rebellious drunks, children of chaos, having enough organization, let alone patience, to chart a steady course to ensure the preservation of our fellowship. Strange as it sounds, that's exactly what General Service does: coordinates the delivery of services beyond the meeting room door, ensuring that everyone has a say and is kept informed.

As A.A. grew, our co-founder Bill W. gave considerable thought as to how the group of trustees, responsible for the national office, publishing operation and the Grapevine and who looked to our co-founders for guidance, might be guided when he and Dr. Bob were no longer around. The answer that Bill devised, in keeping with A.A. Principles, was that your group would have the final say. This is the first Concept (or "step" if you will) of twelve that is our legacy on the third side of the AA

Conceptually, This is A.A.

Concept One

Triangle of Recovery, Unity and Service.

Sounds like a big responsibility, doesn't it? Well, yes, it is. The first Concept declares that it is the A.A. groups that hold the final authority. Obviously, each group cannot run A.A. and so what this Concept actually does is apply the group conscience principle (Tradition Two) and say that this goes for A.A. as a whole.

Whenever large matters that affect A.A. as a whole come up, they are communicated to your General Service Representative (G.S.R.) who brings them to your group's business meeting for y'all to form a group conscience upon. Your group entrusts your G.S.R. to take that conscience to A.A. as a whole, via our Delegate (who represents the Coastal Area of Northern California), to the General Service Conference (held annually in New York). At that conference something magical happens: the group conscience of A.A. as a whole emerges.

In this way A.A. evolves, not impulsively, but in a thoughtful, sober way in which the voices of all our groups and all our members are carefully considered and present.

Writing in Concept One, Bill W. (back in 1962) reflected with sorrow upon the breakdown of group conscience in the world at large, citing power-seeking by democratic systems, but concluded happily, "there seems little

prospect of such a calamity in A.A. ... we see in our Fellowship a spiritualized society characterized by enough enlightenment, enough responsibility and enough love of man and of God to insure that our democracy of world service will work under all conditions."

Fifty years on, every A.A. member can speak her or his mind in the business meeting, every group has the right to be wrong (and right), and annually our trusted servants gather in New York to steer a steady course for our Fellowship.

Seems like a good idea to me! If it seems like a good idea to you, too, maybe it's time to make yourself available to serve as your group's G.S.R., because none of this works without that indispensable link in the chain of communication that ensures all of our voices get heard.

TP



Twelfth Step Challenge

The Whole Catastrophe

by Carol W.

The challenge: Can we love the whole pattern of living as eagerly as we do the small segment of it we discover when we try to help other alcoholics to achieve sobriety? (*Twelve & Twelve*, p. 111)

We are being asked to love the process of living with all its ins and outs, rather than any result of that process. Can we love being alive even without getting the house / the car / the job / the toys / the lover / etc? A.A. literature answers this with a profound YES, and that answer shows up in many places and in many ways. The first that comes to my mind are the passages in Step Three reflecting on members practicing their sobriety even in the middle of battle "on the Salerno beachhead" in World War II. The discussion in Step Three focuses on quality of faith under all circumstances, but the circumstances of WWII also required A.A.s to live in close quarters with mostly non-A.A.s, and to live within a pattern that was challenging and brutal.

We don't get to pick and choose what life brings us most of the time, but we can choose our attitudes in response to life. When we get sober, we are given the choice to walk into a new way of living, and we only keep up old behaviors within that new life at our peril. The Twelfth Step is all about practicing these principles in all our affairs, right? If this is true, then we don't get to practice hypocrisy without putting

ourselves at risk of drinking, or at least of becoming insufferable idiots. We all know of at least a couple people who sound fantastic speaking from the podium, or from the floor at meetings, but scream at other drivers or are rude to the wait staff in a restaurant or who actually commit crimes – petty and otherwise, outside the rooms. I do not know of too many people who have lived this

*I didn't get sober
in order to make
my world smaller.*

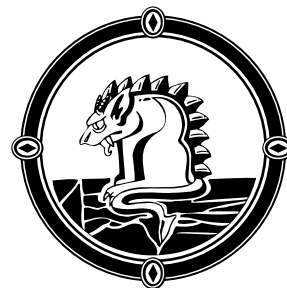
kind of spiritual Jekyll-and-Hyde life without eventually picking up again as well.

Just for argument's sake though, what if we do NOT love the whole pattern of life as much as we love working with other alkie? Can we still stay sober? What kind of life do we have? And what do we have to share with others? We can of course, stay sober, but if I live my life solely within the confines of A.A., then I must be actively avoiding life outside A.A. This may give me a feeling of safety, but it also brings me right back into the narrow, shrinking world that I lived in before I got sober. When I was a few years sober, I met a man who had a very rigorous religious practice (I guess you could say he was very pious) and he was also newly sober. He practiced his religion in sobriety as though he were aiming for some spiritual purity, and became interested in

practicing his program only with other members

who were also of his religious denomination. As a result, his social and spiritual circles became smaller and more exclusive, and he heard the same ideas over and over. We had a rather heated discussion about all this at one point, as he tried to convince me to join his group. "I didn't get sober in order to make my world smaller," I said.

A.A. calls on us to work the spiritual principals of this program in all our affairs, both as individuals and as members of society. When I first got into program, I heard a lot about "Walk your talk." It's basically the same admonition as "Say what you mean and mean what you say." Or "Faith without works is dead." We have a gazillion ways to express the same idea: We must live with integrity in order to stay sober and actually enjoy our sober lives. The emphasis on living a sober life in all areas also requires us to practice some humility, and puts a brake on our sense of 'terminal uniqueness.' Much of what we deal with as alcoholics – the insecurities and fears – are simply part of being human, but we only really start to understand that once we are living sober in wider society.



TP



Twelfth Step Challenge

Loving The Whole Pattern of Living

by MEM

My home group is a Twelve Steps and Twelve Traditions meeting, meaning we read from the 12&12 week after week (year after year). Sometimes the glossing-over response in my brain to hearing the “same old thing” is unavoidable, so I can only pray for an increase in the band-width of my attention span and my willingness. But of course there are the other times, when I hear something read aloud which strikes my ears as new and challenging.

And my ears did prick up recently when we were reading the chapter on Step Twelve, and I heard the provocative list of tests which we can consider when evaluating how thoroughly we “practice these principles in all our affairs.” The first of them asks, “Can we love the whole pattern of living as eagerly as we do the small segment of it we discover when we try to help other alcoholics achieve sobriety?”

I was reminded of my early days in A.A., when I wondered whether I could truly love even the small segment of alcoholics who were my fellows in the rooms. I attended 365 meetings in 365 days and often encountered alcoholics I simply could not understand or tolerate, much less love. I wondered how I could ever place principles before personalities and truly embrace the spiritual message of our program. I followed the advice to find a meeting where I could hear the message, and while this response was infinitely superior to staying home sulking, I felt it showed minimal spiritual growth on my part.

A few years have passed and I recently spoke at a meeting where one of my former nemeses was in attendance. She made a point of acknowledging me cheerfully, as she had always done. I was amazed at my need to shake her hand firmly and look her clearly in the eye while saying, “It’s good to see you again.” And it really was good to see her still sober (with twenty-some years) and to realize that I had shed some of my skin of intolerance.

My struggle to love the whole pattern of living has followed a parallel course. Avoiding people and situations which stress me became a constructive way to keep myself

*I wondered how I
could ever place
principles before
personalities.*

calm, but it didn’t teach me to love and accept them more willingly. After listening to myself whine to my sponsor in daily Tenth Step inventories about insanity on Muni or navigating the crush of humanity in neighborhoods where I live and work, I quietly began exploring different bus routes, walking down different streets, and sometimes even just walking on the other side of the same street. I am now able to avoid the challenges of Market Street 99% of the time and that has a huge effect on my peace of mind. I have also discovered quiet side streets with wonderful architecture and beautiful



gardens to contemplate, often turning my commute from a nightmare into an occasion for walking meditation.

Another positive result of taking these small steps has been to reduce the number of “unlovable” people and situations I encounter each day. If I have to circumnavigate around a single unconscious person blocking the sidewalk, rather than a dozen, I find can find myself praying for their comfort, safety and happiness rather than cursing the state of the world. When it’s only weekly that I might be forced take a bus filled with loud drunks or raving souls in the grips of madness, my mind can better hold its own serenity, and again offer up a prayer for those still suffering.

These challenges aren’t going to become any less frequent in 2013, but as I accumulate years of sobriety and comfort in my own skin, I am learning to live a better life, better able to love the whole pattern of living, as well as the subset I encounter in A.A.





Dear Help:

Good morning. What does it mean on the meeting finder when it says, "For those with a desire to stop drinking only."

I am a functional alcoholic and know I need to do something but afraid of the change, future. This looks like it may be appropriate. Thank you.

FA

Dear FA,

I'm so sorry it took me until this evening to check my emails and get your message. How wise of you to be able to look at your drinking realistically and to identify yourself as an alcoholic, albeit a "functional" one. As I'm sure you know, alcoholism is a disease – kind of like diabetes – and I've never known anyone who has been able to reverse either one of them. Neither is something we choose but, once it occurs, there it is. I was in a great deal of denial when I first started coming to meetings of A.A. I really didn't want to stop, I just wanted to get it under control. And, boy, was I angry when I realized that will never be the case for me. It was like turning my back on something that had been my best friend and refuge all my life. I was terrified of letting it go, even though it had turned on me a long time prior to my being willing to be truly honest about it.

Actually, since you identify yourself as an alcoholic you qualify to attend any meeting you wish, except, of course, those designated for women only. All A.A. meetings are for those who have a desire to stop drinking, it is the only qualification one needs to become a member. But when it states that the meeting is for "those who have a desire to stop drinking only" it means that only alcoholics are welcome at those meetings. Most of the meetings in S.F. are what we regard as "open" meetings, meaning anyone may attend. It doesn't happen often, but occasionally there may be a medical student attending, or sometimes one of us will bring a family member just to show off.

Believe me, all of us were afraid of the changes we thought we'd have to make - and indeed there are many. I'm about to celebrate an A.A. anniversary myself and the other day a friend said to me, "You must be very proud." I had to think about it for a minute, because I don't feel proud of the date. What I said to her was, "No, I'm grateful." A.A. not only changed my life, but it made it a life that's worth living.

If you like, we can arrange to have someone meet you, tell you what their experience has been with A.A. and go to a meeting with you so you won't have to go alone. Just call our office at 415-674-1821 and let us know you'd like to have someone

take you to a meeting. That phone is answered 24/7 but we are only in the office from 10-6 Monday through Friday and Saturday from 10-2.

You're also welcome to drop by if you'd just like to talk with one of us in person. The address is 1821 Sacramento Street, between Van Ness and Franklin, and we actually have a parking spot in the alley at the end of our building. It's marked for "Bookstore Only," but that's us.

Best of luck, Pete. I hope to see you in the rooms one of these days.

Peg L.

Volunteer, Central Office

What a wonderful message Peg. I so much appreciate your openness. I am OK with just showing up. I actually did quit several years ago for 10 years, went thru a divorce and then went out into the dating world. One thing led to another to another to where I am now. It seems like my only friend, hence the fear.

I will plan to attend a meeting soon and gain strength through fine people such as you.

FA

Pre A.A. History: An Akron Business Trip

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

This month, the Pre-A.A. History series recounts how Bill Wilson's sobriety was saved. While on a business trip, he remembered two lessons: one from his wife and the other from Dr. Silkworth. Bill then saved his sobriety by calling the Reverend Walter F. Tunks, a strong Oxford Group member. Synchronicity was again at work.

Bill Wilson learned two important lessons:

In the spring of 1935, Bill divulged to Lois that perhaps he had been a flop at fixing drunks. She replied, "But Bill, don't you see? You're sober!"

Dr. Silkworth also had his say on the situation. He told Bill to stop preaching and start discussing his allergy to alcohol and his seeming inability to stop starting – that he was hopeless not only after the first drink, but also before the first drink (Physical Allergy/ Mental Obsession). It was probable that

most of Bill's 'clients' had had their fill of sermons at Calvary Mission.

These two lessons were to save Bill's sobriety in the following month of May.

Businessman Howard Tompkins of New York's Beer & Company was impressed with Bill's recovery, which led to a job offer in relation to a proxy fight involving an Akron company, The National Rubber Machine Company. If Bill could have pulled this off, he might have been president and be back in the chips once again. Things were looking good, but after a brief return trip from New York, the tide had changed and the opponents seemed to have won. Yet there was hope in legal matters and Bill was left in Akron with the promise that Beer & Company would financially support his efforts. The others returned to New York on Friday, May 10th, 1935, leaving Bill alone in a strange city.

The next day, a Saturday afternoon, Bill's apprehension grew as he paced

the lobby of the Mayflower Hotel wondering what was next. He was down to ten dollars and bored. The cheerful chatter from the hotel bar certainly seemed inviting. How about enjoying a ginger ale and striking up a conversation—no harm in that. After all, had he not been dry for almost five months? Why, even just a few drinks might be all right.

But Bill immediately felt the grip of terror of that first drink. He remembered what Lois had told him (lesson #1 above) and realized he needed to talk with another alcoholic or it was curtains. He espied a directory of local ministers and for no conscious reason phoned a certain Reverend Walter F. Tunks, who turned out to be the strongest Oxford Grouper of all the ministers in Akron. Was this yet another occurrence of Carl Jung's 'synchronicity' or, dare say, that of a nature more Providential?

Next in this series: Bill Meets Henrietta.

TP



Mayflower Hotel



A rum hound from New York

Step One: The Necessary Desire

by Jamie M.

During a binge with the woman I was going out with, we discussed the fact that "there are A.A. meetings right here on Potrero Hill," but neither one of us did anything about them. Many was the time when I would tell my roommate, "I'm an alcoholic," and laughingly ask, "What am I going to do about it?" while heading to the fridge for another beer. The fact is, you don't have to be an alcoholic to go to A.A. "The only requirement for membership is a desire to stop drinking," but I didn't have that.

What happened, though, was as simple as a phone call. I had broken up with a girlfriend, gone on the wagon, and we were tentatively talking about getting back together. We had one of those phone calls that went poorly, and when I hung up, I wanted to talk to someone else. But I realized that there was no one else. If I wanted to go sit in a bar and have a drunken rant with the drunk on the next bar stool, I knew how to do that.

But if I wanted to have a sober conversation with someone, speak from my heart, and remember it the next day, there was no one in my life like that. So I did what I knew how to do and went to the liquor store. I drank a pint of whiskey for dinner.

The next morning, I didn't particularly have a hangover, and for the first time in my life, it occurred to me that drinking a pint of hard liquor and not having a hangover the next day was not something to put on my resume. It was a sign that I had a problem. I called A.A. and asked where to find a meeting. The person on the phone had several meetings to offer (I didn't know then how rich San Francisco is in meetings) and I got the name of a meeting not too far away, the next night. One of the minor miracles (I know now) was that a day later, I hadn't gotten over my problem, and I went to the meeting. And another miracle happened. After I had identified myself as a newcomer, someone from the meeting talked to me and



asked me how I was doing. I answered honestly, "Not so good," and I started to cry. That was a Wednesday. I went to another meeting on Friday. On one of these times, I remember walking along, saying to myself, "I can't stop drinking, my life is a wreck." Quite some time later, I realized that this sounds a lot like "We admitted we were powerless over alcohol, that our lives had become unmanageable." Coincidence? You be the judge.

Like most stories of people who end up in A.A., this one has a lot more details behind, under, over, and around it, but that's the nub.



A man driving down the highway was pulled over by a policeman, who had noticed the man's backseat full of hatchets when he

was passing. As the policeman approached the driver's door, the man rolled down his window and said, "I know what you're thinking, officer, but I'm not a serial killer. I'm a juggler!" The officer gave him a chance to demonstrate and so the man stood by the side of the road deftly juggling several hatchets in the air.

Another car passed by with two A.A.s on their way to a meeting. The passenger saw the juggler and gasped, "Thank God I got sober when I did. I could never have passed the new field sobriety test!"

Told by a volunteer at the recent Volunteer Appreciation Dinner.

My Program Starts ... Now

by Patty Mc.

I've been doing the bare minimum in A.A.

I haven't been to a meeting in a month.

I took a break from the program that turned into a year.

I'm back because I started to feel like I was about to drink/lose my mind/vandalize my ex's car.



I have heard a few comments like these in meetings lately. Maybe it was the holidays or the daylight disappearing. More likely I'm just paying attention to living examples of what our "one day at a time" motto looks like in real life.

When I was a newcomer, the program's saving grace for me was that I could focus on what was happening right now, not yesterday or tomorrow. I didn't have to worry about how impossible it was to quit drinking last week or how hard it would be to not drink at a wedding in six months. I didn't even have to worry about not drinking tomorrow. All I had to do was be sober right now.

As I have gotten further along in my program, with Steps and A.A. people guiding me, it has been less about the

struggle to stay sober and more about living a life. Not a perfect life, just one in which I can be awake and present, aware of the people around me, and living beyond the endless cycles of fear and resentment that made drinking a necessity for an alcoholic like me. Everything is better when I remember that no matter how lousy I feel, I can use the lessons and tools of A.A. to restart the day.

When I see A.A. people stumbling back to their seats, whether they had to drink or not, I am optimistic for them. Despite what they had to go through, I know from my own evidence that their program, like mine, starts right here and right now. And I appreciate the reminder.

Happy New Year!

TP

Higher Power

by Leonard V.

It's my belief that my first and initial higher power was my primary family (blood family). This is where I was given life and learned to live, was loved and learned to love, was nurtured and learned to nurture. I'm the youngest of seven kids and was very protected and cared for by my family. I sought acknowledgement, recognition, guidance, and forgiveness when I faltered. It wasn't long before I experienced a procession of higher powers, my school friends, my schools, my church, my teen age friends, and eventually alcohol and drugs. Since I joined Alcoholics Anonymous on

May 7, 2007, I'm happy to have remained sober. My sobriety, my involvement with Alcoholics Anonymous and the fellowship, practicing the principles of A.A. in all of my affairs, getting back to work, paying taxes and the beginnings of a dialog with my blood family, after many years of ducking and dodging all these responsibilities, are all so very rewarding. These are the areas of my life where I can practice what I have learned of my higher power.

TP



Intergroup Meeting Summary—December 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	Cow Hollow Men's Group	Keep Coming Back	Queers, Crackpots & Fallen Women	They Stopped in Time
Any Lenghts	Each Day A New Beginning	Live & Let Live	Saturday Weekend Warrior	Thursday Night Speaker
Artists & Writers	First Place	Living Sober With HIV	Say Hey Group	Thursday Thumpers
Attitude Adjustment Hour	Friday Morning 12 Steppers	Marina Discussion	Sober Saturday	Tiburon Haven
Blue Book Special	Girls Night Out	Miracles (Way) Off 24th St.	Step Talk	Walk Of Shame
Boys Night Out	Haight Street Blues	Monday Night Stag Tiburon	Sunday Night Castro Speaker Disc	What It's Like Now
Came to Believe	High Noon Mon	Noon Smokeless	Sunday Rap	Women's Mtg There is a Solution
Come 'n Get It!	Join The Tribe	On Awakening Group	Sunset Speaker Step	<i>San Mateo General Service</i>

This is an unofficial summary of the December 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., Dec 5th, 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 November minutes and the Dec. agenda were approved.

Officer Reports

Board Chair Report, Margaret J: Great turnout for SF Unity Day and volunteer appreciation dinner. Considering "service commitments" vs. "service conveniences" post workshop at Unity Day. Felt it was a good reminder for me how service should work. Please encourage meeting secretaries and treasurers to register as trusted servants. Currently, 28% of meetings have one person registered, 5% have both, 66% have none.

Treasurer's report, Michelle: We had a \$4409 surplus from October month a result

of \$1,000 from Drunks on Display and \$5,000 from Western Roundup. Individual and bookstore sales are down. November gratitude month has started to come in. Please tell groups who participated to send contributes by end of year. Our cash position is good. We have 6 months of prudent reserve and a month and half of unrestricted cash reserve.

Central Office Manager's Report,

Maury P: Stacey S., Area Treasurer and former Intergroup committee member passes away. I have more info for those who would like it. Central Office is going to be closed on Christmas Eve/Christmas and New Year's Eve/Day. Please let your groups know. We're doing inventory soon and literature stock can get a little low at this time. Open phone shifts at Central Office and we need help filling in for the holidays. The requirement is one year or more of sobriety and one training shift. Please let us know about holiday meeting closures ASAP. First Place is likely closing at the end of the year. There are rumors of several NYE event's (Thursday Mill Valley chip, Living Sober Western Roundup, and Spirit of SF though we have not received any event details. There will be alcohons at 2900 24th St. at Florida St., on both Christmas and New Year's. SF meeting schedules are likely going to print in early January. Please get any changes to the meeting schedule in immediately. There is an opening for a part-time special worker at Central Office. The job description is posted on our home page. The job requires lots of concentration, attention to detail and organization, but it is very rewarding. Please put the word out.

Intergroup Committee Reports

Archives Committee, Michael P: 3rd Sunday of the month, 2-4pm. We preserve the legacy of AA, research, documents, etc.

Access Committee, Steve F: Meeting coming up on January 8th at Central Office. Please pass the word that we need committee members.

Fellowship Committee, Blu: 2nd Thursday of every month, 7pm.

Orientation, Blu: First Wed of the month, 6pm - orientation.

SF PI/CPC, Rich G: 2nd Monday of month, 7pm at Central Office. Delighted to share that all committee positions been filled! That said, in November we delivered a number of presentations to DUI classes and schools and we still need younger people to send to high schools. We are getting more requests from schools. Younger means under 25 with at least two years of sobriety. On January 12th, 2013 we will have our annual meeting and a speaker workshop from 10am-12pm. We'll also be shifting to monthly workshops at 6pm on the 2nd Monday in February.

SF Teleservice, Carolyn R.: Teleservice answers the phones when Central Office is closed. We have a few openings and need people as back-up or holiday fill-ins. We meet the 3rd Monday at 6:30.

Trusted Servant Committee, Michael P: The goal is to get the word out about the traditions. We hold workshops for secretaries and treasurers. The local pamphlet we produce, "Guide to Group Service," is being updated and will be done by end of the year. Monthly trusted servant workshop schedule will be set soon. We would

Individual Contributions

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

**Denise H.—27 years,
Shirley K. — 44 years,
Barbara M.—55 years
Martha S.**

like to have one or two groups host the meeting and use it as an opportunity for groups to participate more. We'll discuss different topics focused on service commitments. We'd like to hold one or two meetings a year at the Mission fellowship to look at their steering committee practices.

Website Committee, Becca: Next meeting is Jan 19th. Slow but steady progress. Hopefully, in the next few months, we'll have designs to show to Intergroup.

General Committees Note

There are volunteer opportunities on most of these committees and they're shown on the handout in your packet. Please share that with your meeting.

Liaison Reports

Pat R. San Mateo, General Service Liaison : H&I, 42nd annual convention, PENYPAA breakfast this Saturday in Belmont, Bridging the Gap had 18 requests this month. The Grapevine is running at a deficit. If you have some extra dough, please invest. They have a Young and Sober book and if you register with them,

they'll send you a daily snippet.

New Business

2013 budget: Michelle reviewed the proposed 2013 budget and answered questions about how it was created. Steve motioned to pass the budget, Michael P. seconded. The motion carried.

New committee chairs

Steve F. was ratified as Access Committee Chair and Alex K. was ratified as 12th Step Committee Chair.

Sunshine Club Orientation Coming Up: Sun., December 30th at the West Bay Alano Club, 11am.

Proposed change of January 2013 Intergroup Meeting

Want to see if it makes sense to meet on the 9th in January (2nd Wed.) based on possible lower attendance due to the holidays. Jane made a motion we move it to the 9th, Mike B. seconded. The motion carries.

Next Intergroup Meeting: Wed. Jan. 9, 2012, 7pm, 1187 Franklin St. SF CA. Orientation is at 6pm, dinner is served at 7pm.

(the desserts too abundant, as I remain so powerless over chocolate!). Maury is an emcee par extraordinaire and a very witty one at that. And the shares of all who got up to speak were heartfelt and often hilarious.

Thanks from the bottoms of our hearts for this celebration of service and evening of fellowship. Yes, we'll keep coming back!

MEM (Editor, The Point)

Grateful Volunteers

On behalf of The Point Committee, the volunteers from Central Office and all those from the other Committees, I just want to say thank you to Maury and our Intergroup for the wonderful dinner and evening they hosted for the volunteers of A.A. on November 17.

The food was abundant and delicious

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

Alex K. 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

Steve F. access@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Michael P. tsw@aasf.org

WEBSITE COMMITTEE

website@aasf.org

PI/CPC COMMITTEE

Rich G. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteservice@aasf.org

aa group contributions

Fellowship Contributions	Nov. 12	YTD
Brisbane Breakfast Bunch	\$ 38	\$ 236
Contribution Box		\$ 329
Customer		\$ 6
Deer Park Discovery Group		\$ 60
GGYPAA		\$ 1,200
Gratitude in Action		\$ 658
ICYPAA		\$ 417
Intergroup	\$ 105	\$ 1,047
Marin Teleservice		\$ 1,500
Saint Helena Hospital	\$ 25	\$ 25
SF General Service	\$ 68	\$ 68
Spirit of San Francisco		\$ 141
TSWC		\$ 62
Unidentified Group		\$ 42
Western Roundup (Living Sober)		\$ 5,079
Fellowship Total	\$ 236	\$ 10,868

Marin Contributions	Nov. 12	YTD
11th Step Meeting M 8pm	\$ 50	
12 & 12 Study Sa 815am	\$ 195	
As Bill Sees It M 2pm	\$ 12	
Attitude Adjustment 7D 7am	\$ 3,329	
Awakenings	\$ 270	\$ 270
Awareness/Acceptance M 1030am	\$ 156	
Blackie's Pasture Sa 830pm	\$ 450	
Candlelight Sun 830pm	\$ 195	
Closed Women's Step Study Tu 330pm	\$ 345	
Crossroads Sun 12pm	\$ 1,700	
Design For Living W 7pm	\$ 30	\$ 30
Downtown Mill Valley F 830pm	\$ 1,267	
East San Rafael Big Book	\$ 100	
Experience, Strength & Hope Sa 6pm	\$ 75	
Friday Night Book F 830pm	\$ 140	
Girls Night Out W 815pm	\$ 193	
Glum Not! Su 9am	\$ 750	\$ 750
Gratitude Tu 8pm	\$ 162	
Greenfield Newcomers Sun 7pm	\$ 302	
Happy Destiny F 7pm	\$ 350	
Happy Hour (Marin) Th 6pm	\$ 75	
Happy, Joyous & Free 5D 12pm	\$ 950	
High & Dry W 12pm	\$ 113	\$ 242
Intimate Feelings Sa 10am	\$ 528	
Inverness Sunday Serenity Su 10am	\$ 179	\$ 348
Island Group Th 8pm	\$ 132	
Just Can't Wait 'til 8 M 630pm	\$ 220	
Larkspur Beginners F 7pm	\$ 325	
Larkspur Beginners W 7pm	\$ 66	

Marin Contributions	Nov. 12	YTD
Living in the Solution F 6pm	\$ 139	
Marin City Groups 5D 630pm	\$ 292	
Marin City Groups 6D 630pm	\$ 251	
Marin Pacific Group Tu 730pm	\$ 124	\$ 124
Meditation Weds 7pm	\$ 65	
Mill Valley 7D 7am	\$ 2,872	
Mill Valley Discussion W 830pm	\$ 291	
Mill Valley Original Smokeless SS Th 8pm	\$ 150	
Monday Blues M 630pm	\$ 500	
Monday Night Big Book Study M 8pm	\$ 100	
Monday Night Stag - 12 & 12 M 6pm	\$ -	
Monday Night Stag Tiburon	\$ 907	
Monday Night Women's M 8pm	\$ 175	
More Will Be Revealed F 12pm	\$ 50	
Morning After Sa 10am	\$ 100	\$ 150
Morning Attitude Adjustment	\$ 229	
Nativity Monday Night Big Book M 8pm	\$ 100	
Newcomers Step M 730pm	\$ 208	
Novato Monday Stag M 8pm	\$ 150	
On Awakening 7D 530am	\$ 722	
Pathfinders Tu 12pm	\$ 325	
Primary Purpose W 830pm	\$ 82	
Quitting Time M-F 530pm	\$ 1,150	
Refugee Th 12pm	\$ 280	
Reveille 7D 7am	\$ 200	
Rise N Shine Sun 10am	\$ 176	\$ 416
San Geronimo Valley Book Study F 8pm	\$ 297	
San Geronimo Valley M 8pm	\$ 133	\$ 659
Saturday Night Sa 8pm	\$ 334	
Sausalito 12 Step Study Group	\$ 178	
Serendipity Sa 11am	\$ 424	
Sisters In Sobriety Th 730pm (M)	\$ 62	
Sober Sisters Wed 12pm	\$ 148	
Spiritual Testosterone Stag Su 830a	\$ 284	
Steps To The Solution W 715pm	\$ 100	
Streetfighters Sa 9am	\$ 29	\$ 185
Sunday Express Sun 6pm	\$ 300	
Sunday Night Corte Madera Sun 8pm	\$ 329	
Sunlight of the Spirit Th 7pm	\$ 700	
T.G.I. Tuesday 6pm	\$ 75	
Terra Linda Thursday Men's Stag	\$ 300	\$ 600
TGIF F 6pm	\$ 158	
The Fearless Searchers F 8pm	\$ 467	
There is a Solution Tu 6pm	\$ 61	
Thursday Night Book Club Th 7pm	\$ 41	
Thursday Night Miracles Th 830pm	\$ 38	
Tiburon Beginners & Closed Tu	\$ 83	\$ 2,142

Marin Contributions	Nov. 12	YTD
Tiburon Women's Candlelight W 8pm	\$ 157	
Tuesday Big Book Tu 830pm	\$ 75	
Tuesday Chip Meeting Tu 830pm	\$ 173	\$ 1,428
We, Us and Ours M 650pm	\$ 250	
Wednesday Mid-Week W 6pm	\$ 75	
Wednesday Night Candlelight W 8pm	\$ 107	\$ 217
Wednesday Night Speaker Disc 7pm	\$ 144	
What's It All About F 12pm	\$ 60	
Women For Women W 12pm	\$ 50	
Women in Unity Th 1230pm	\$ 54	\$ 194
Women's Big Book Tu 1030am	\$ 835	
Women's log Cabin	\$ 87	\$ 87
Working Dogs W 12pm	\$ 500	
Marin Total	\$2,707	\$ 34,536

SF Contributions	Nov. 12	YTD
10am Big Book W 10am	\$ 275	
10am Step Study M 10am	\$ 15	
130 Smokeless Th 130pm	\$ 100	
6am Dry Dock 7D	\$ 134	
6am Dry Dock Sa	\$ 221	
6am Dry Dock Th	\$ 60	
7am As Bill Sees It Fri	\$ 166	
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	\$ 391	
A is for Alcohol Tu 6pm	\$ 60	\$ 224
A New Start F 830pm	\$ 120	
Afro American Beginners Sat 8pm	\$ 262	
After Work M 6PM	\$ 261	
Agnostics & Freethinkers Su 630pm	\$ 211	
All Together Now Th 8pm	\$ 114	
Alumni W 830pm	\$ 119	
Amazing Grace M 7pm	\$ 144	
Any Lengths Sat 930am	\$ 684	
Artists & Writers F 630pm	\$ 2,162	
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	\$ 120	

SF Contributions	Nov. 12	YTD	SF Contributions	Nov. 12	YTD	SF Contributions	Nov. 12	YTD
Be Still AA Su 12pm		\$ 460	Friendly Circle Su 830pm		\$ 144	Pax West Th 12pm		\$ 784
Beginners 12 x 12 F 7pm		\$ 782	Gold Mine Group M 8pm		\$ 331	Potrero Hill 12 x 12 M 630pm		\$ 349
Beginners' Step Study Sat 7pm		\$ 96	Haight Street Blues Tu 615pm		\$ 800	Progress Not Perfection Tu 830pm		\$ 114
Beginner's Warmup W 6pm		\$ 81	Haight Street Explorers Th 630pm		\$ 430	Queers, Crackpots & Fallen Women		\$ 415
Bernal Big Book Sat 5pm		\$ 812	Happier Destiny W 815pm		\$ 51	Reality Farm Th 830pm		\$ 772
Bernal New Day 7D	\$ 444	\$ 3,569	Happy Destiny Sa 630pm		\$ 405	Rebound W 830pm		\$ 120
Big Book Basics F 8pm		\$ 555	Happy Hour Ladies Night F 530pm		\$ 217	Rigorous Honesty Th 1205pm		\$ 322
Big Book Study Su 1130am		\$ 476	High Noon Friday 230pm		\$ 278	Rise N Shine Sun 10am		\$ 174
Blue Book Special Su 11am	\$ 61	\$ 465	High Noon Monday 1215pm	\$ 87	\$ 331	Room to Grow F 8pm		\$ 201
Brisbane Breakfast Bunch		\$ 28	High Noon Saturday 1215pm		\$ 787	Rose Garden Big Book Th 1205pm		\$ 129
Brokers Open Book Tu 130pm		\$ 46	High Noon Sunday 1215p		\$ 157	Saturday Afternoon Meditation 5pm		\$ 623
Brothers in Arms M 8pm		\$ 211	High Noon Thursday 1215pm		\$ 46	Saturday Beginners Sat 6pm	\$ 274	\$ 1,656
Buena Vista Breakfast Su 12pm		\$ 171	High Noon Wednesday 1215pm		\$ 47	Saturday Easy Does It Sa 12pm		\$ 1,440
Came To Believe Su 830am		\$ 154	Hilldwellers M 8pm		\$ 700	Saturday Night Regroup Sat 730pm		\$ 956
Came to Park Sat 7pm		\$ 168	Home Group Sat 830pm		\$ 495	Say Hey Group M-F 6pm		\$ 582
Castro Discussion (Show Of Shows)		\$ 283	How Was Your Week? Sa 10am	\$ 103	\$ 579	Seacliff Th 830pm		\$ 75
Castro Steps & Traditions W 8pm		\$ 600	Huntington Square W 630pm		\$ 700	Second Chance Th 215pm	\$ 170	\$ 170
Cocoanuts Su 9am	\$ 116	\$ 116	Join the Tribe Tu 7pm		\$ 391	Serendipity Sa 11am		\$ 137
Code Blue Big Book Study W 7pm		\$ 656	Joys of Recovery Tu 8pm		\$ 30	Serenity House	\$ 150	\$ 1,650
Coit's Quitters		\$ 76	Keep Coming Back Sa 10am		\$ 213	Serenity Seekers M 730pm		\$ 324
Cow Hollow Men's Group W 8pm		\$ 1,092	Let It Be Now F 6pm		\$ 127	Sesame Step Tu 730pm		\$ 224
Cow Hollow Young People's Tu		\$ 119	Like A Prayer Su 4pm	\$ 164	\$ 618	SFPOA Th 7pm		\$ 200
Design For Living Big Book Tu/TH		\$ 140	Lincoln Park Sat 830pm		\$ 110	Shamrocks & Serenity M 730pm		\$ 828
Design for Living Sat 8am		\$ 1,058	Live and Let Live Su 8pm		\$ 515	Sinbar Su 8pm		\$ 411
Diamond Heights Tu 830pm		\$ 297	Living Proof Th 630pm		\$ 113	Sober at State MW 1210pm		\$ 135
Dignitaries Sympathy W 815pm		\$ 630	Living Sober on Sixth St.		\$ 85	Sober Saturday Sa 830am		\$ 163
Each Day A New Beginning 5D 7am		\$ 808	Living Sober W 8pm		\$ 65	Sobriety & Beyond W 7pm		\$ 267
Each Day a New Beginning F 7am		\$ 2,481	Living Sober with HIV W 6pm		\$ 1,390	Sobriety & Miracles Sa 5pm		\$ 84
Each Day a New Beginning M 7am		\$ 186	Lush Lounge Sa 2pm		\$ 366	Sometimes Slowly Sa 11am		\$ 306
Each Day A New Beginning Su 8am		\$ 2,569	Meeting Place Noon F 12pm		\$ 179	Sought to Improve Th 715pm		\$ 60
Each Day a New Beginning Th 7am		\$ 1,403	Meeting Place Noon W 12pm		\$ 375	St. Anne Book Study		\$ 125
Each Day a New Beginning Tu 7am		\$ 339	Mid-Morning Support Su 1030am	\$ 364	\$ 1,419	St. Francis Men's F 830pm		\$ 125
Each Day a New Beginning W 7am		\$ 1,274	Midnight Meditation Sat 12am		\$ 72	Step Talk Su 830am		\$ 687
Early Start F 6pm		\$ 2,205	Miracle (Way) Off 24th St W 730pm	\$ 45	\$ 235	Steppin' Up Tu 630pm		\$ 517
Easy Does It Tu 6pm		\$ 85	Mission Fellow. No Reservations Su		\$ 30	Stepping Out Sat 430pm		\$ 180
Embarcadero Group 5D 1210pm	\$ 180	\$ 900	Monday Beginners M 8pm		\$ 404	Stepping Stone Step Study M 730pm		\$ 121
Epiphany Group Th 8pm	\$ 100	\$ 280	Monday Men's Meeting M 8pm		\$ 255	Sunday Bookworms Sun 730pm		\$ 379
Eureka Step Tu 6pm		\$ 172	Monday Monday M 1215pm		\$ 135	Sunday Coffee With Bill 10am		\$ 27
Eureka Valley Topic M 6pm		\$ 226	Monday Night Big Book Study M 8pm		\$ 105	Sunday Morning Gay Men's Stag		\$ 223
Excelsior "Scent" Free for All Sa 8pm		\$ 180	Monday Night Women's M 8pm		\$ 290	Sunday Night 3rd Step Group 5pm		\$ 647
Extreme Makeover M 730pm	\$ 30	\$ 143	Moving Toward Serenity W 830pm		\$ 222	Sunday Night Castro SD Su 730pm		\$ 1,009
Federal Speaker Su 12pm		\$ 301	New Friday Big Book F 12pm		\$ 218	Sunday Silence Su 730pm	\$ 85	\$ 260
Fell Street F 830pm		\$ 339	New Highs W 130pm		\$ 108	Sunday Step Study		\$ 87
Firefighters & Friends Tu 10am		\$ 184	Newcomers Tu 8pm		\$ 216	Sunday Sunrise Su 7am		\$ 58
Fireside Chat Group Th 8pm		\$ 177	No Reservations M 12pm		\$ 1,012	Sundown W 7pm		\$ 932
Fireside Chat Sa 9pm		\$ 156	Noon Smokeless W 12pm		\$ 25	Sunset 11'ers Sa		\$ 100
Friday All Groups F 830pm	\$ 106	\$ 1,424	O.A.D.W. Mon 7pm		\$ 31	Sunset 11'ers Su		\$ 380
Friday Lunchtime Step F 12pm	\$ 73	\$ 182	Off Broadway Book Th 730pm		\$ 31	Sunset 11'ers Th		\$ 122
Friday Night Blast F 630pm		\$ 150	One Liners Th 830pm		\$ 173	Sunset 11'ers Tu		\$ 91
Friday Night Book F 830pm		\$ 374	Park Presidio M 830pm		\$ 54	Sunset 11'ers W		\$ 26
Friday Smokeless F 8pm		\$ 211	Parkside Th 8pm		\$ 980	Sunset 9'ers F		\$ 106
Friendly Circle Beginners Su 715pm		\$ 65	Pax West M 12pm		\$ 1,271			

Continued on p. 19

Profit and Loss Statement: October 2012

	Oct 2012	Budget	Jan - Oct 2012	YTD Budget		Oct 2012	Budget	Jan - Oct 2012	YTD Budget
Ordinary Income/Expense					Payroll Fees	8.70	8	83	80
Income					Phone Book Listings	91.00	87	910	864
Gratitude Month	0.00	0	5,773	2,845	Postage	240.45	0	1,123	714
Group Contributions	19672.51	13011	133,774	129,005	Printing	0.00	0	0	600
Individual Contributions	1505.63	2845	26,326	31,102	Professional Fees	0.00	150	200	2,827
Newsletter Subscript.	11.06	15	111	355	Rent - Office	3810.91	3810	38,109	38,100
Sales - Bookstore	7932.97	9127	93,942	98,349	Rent - Other	-775.00	90	765	855
Special Event Income	0.00	0	4,431	0	Repair & Maintenance	271.57	280	3,036	2,885
Total Income	29122.17	24998	264,357	261,656	Security System	118.00	0	354	354
Cost of Goods Sold					Software Purchased	150.00	0	754	900
Cost of Books Sold	5724.91	6100	67,284	64,062	Sunshine Club/12th Step	0.00	5	25	50
Shipping	15.27	55	548	550	Telephone	254.77	200	3,279	2,502
Credit Card Processing	301.72	355	3,632	3,459	Training	0.00	0	124	500
Inventory Adjustments	-74.00	-125	335	(483)	Travel	657.76	700	1,068	1,200
Total COGS	5967.90	6385	71,799	67,588	Total Expense	18558.93	18913	188,722	197,703
Gross Profit	23154.27	18613	192,558	194,068	Net Ordinary Income	4595.34	-300	3,836	(3,635)
Expense					Other Income/Expense				
Access Expenses	0.00	708	2,940	7,084	Other Income				
Bank Fees	0.00	0	1	0	Interest Income	113.66	165	1,170	1,557
Employee Expenses	12398.02	12454	120,184	124,051	Misc. Income	0.00	0	300	0
Equipment Lease	169.36	0	5,036	5,000	Bag Fees	0.50	0	1	0
Filing/Fees	0.00	0	143	165	Total Other Income	114.16	165	1,469	1,557
Insurance	0.00	0	2,402	2,383	Other Expense				
Intergroup Events	775.00	0	2,472	1,298	Depreciation Expense	300.00	514	3,006	5,140
Intergroup Literature	0.00	8	166	229	Total Other Expense	300.00	514	3,006	5,140
Internet Expense	93.47	108	935	1,083	Net Other Income	-185.84	-349	(1,537)	(3,583)
Office Supplies	294.92	105	2,592	1,453	Net Income	4409.50	-649	2,300	(7,218)
Paper Purchased	0.00	200	2,021	2,527					

Treasurer's Report

For the month of October, group contributions were \$6,661.51 over budget. Year-to-date group contributions are \$4,769.04 over budget. Individual contributions were \$1,339.37 under budget for October and year-to-date individual contributions are \$4,775.74 under budget.

Bookstore sales were \$1,194.03 under budget in October, and are \$4,407.15 under budget year-to-date.

Total expenses for October were \$354.07 under budget and year-to-date total expenses are \$8,980.75 under budget.

We had a surplus of \$4,409.50 for October, compared to a budgeted deficit of \$649. Year-to-date surplus is \$2,299.62.

Unrestricted cash balance increased from \$26,393.71 in September to \$27,467.59, which represents a little more than a month and a half of average operating expenses.



I will make better mistakes tomorrow...

SPEAKERS WANTED!!

**Carry the AA message to schools, professional organizations,
the medical community, drunk driving classes and more.
Members 25 and under with two or more years of sobriety needed!**

PI/ CPC SPEAKER WORKSHOP and ANNUAL MEETING

(Speaker requirement: two years of continuous sobriety in AA)

Saturday, January 12, 2013 at 10am

Unitarian Universalist Church—Fireside Rm.

1187 Franklin St. at Geary, Blvd.

The **Public Information/Cooperation with the Professional Community** Committee has the same goal as every A.A. and service group: to carry the message to the alcoholic who still suffers. PI/CPC attempts to reach the alcoholic in three ways: 1) Informing the general public about the A.A. program; 2) Informing the "third party," whose work may be involved with the active alcoholic; 3) Keeping the fellowship well informed so that members and groups may carry the message more effectively.

For additional information email picpc@aasf.org or call Central Office: 415-674-1821



Reasonable Accommodations Policy: Persons requiring reasonable accommodations, including American Sign Language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office no later than January 04, 2013



aa *group contributions, continued*

SF Contributions	Nov. 12	YTD	SF Contributions	Nov. 12	YTD	SF Contributions	Nov. 12	YTD
Sunset 9'ers Sa		\$ 110	Thursday Morning Men's BB Study		\$ 532	Wednesday Noon Steps W 12pm		\$ 60
Sunset 9'ers Su		\$ 138	Thursday Night Book Club Th 7pm		\$ 42	Weekend Worker Sat 7am	\$ 120	\$ 180
Sunset Speaker Step Sun 730pm	\$ 264	\$ 844	Thursday Night Women's Th 630pm		\$ 428	West Portal W 8pm		\$ 386
Surf Tu 8pm		\$ 363	Thursday Thumpers Th 7pm	\$ 288	\$ 388	Wharfrats Th 815pm		\$ 427
Ten Years After Su 6pm		\$ 4,182	Too Early Sat 8am		\$ 1,078	What It's Like Now M 6pm		\$ 168
The Drive Thru W 1215pm		\$ 346	Trudgers Discussion Su 7pm		\$ 300	Wits End Step Study Tu 8pm		\$ 84
The Dry Dock Fellowship		\$ 195	Tuesday Big Book Study Tu 6pm		\$ 72	Women's 10 Years Plus Th 615pm		\$ 436
The Lads Fr 730pm		\$ 150	Tuesday Downtown Tu 8pm		\$ 27	Women's Came to Believe Sa 10am		\$ 237
The Leaky Cauldron Su 930am		\$ 493	Tuesday Men's Pax Tu 12pm		\$ 671	Women's Kitchen Table Tu 630pm		\$ 88
The Little Meeting That Could Su 6pm		\$ 31	Tuesday's Daily Reflections Tu 8am		\$ 394	Women's Meeting There is a Solution		\$ 585
The Parent Trap 2 Wed. 430pm		\$ 80	Twelve Steps to Happiness F 730pm		\$ 72	Women's Promises F 7pm		\$ 836
The Parent Trap M 1230pm		\$ 12	Valencia Smokefree F 6pm	\$ 291	\$ 1,103	Work In Progress Sat 7pm		\$ 403
The Parent Trap M 1pm		\$ 115	Walk of Shame W 830pm	\$ 24	\$ 95	Working With Others Sa 10am		\$ 83
The Pepper Group F 12pm		\$ 119	Walk of Shame W 8pm		\$ 88	YAHOO Step Sa 1130am		\$ 757
There is a Solution Tu 6pm		\$ 373	We Care Tu 12pm		\$ 175	San Francisco Total	\$3,602	\$ 94,670
There Is a Solution W 630pm		\$ 251	We Have a Solution F 7pm		\$ 91			
They Stopped In Time M 8pm		\$ 54	Wednesday Afternoon With Bill		\$ 50	YTD	\$6,544	\$140,073



January 2013

1821 Sacramento Street
San Francisco, CA 94109-3528

ADDRESS SERVICE REQUESTED

NON-PROFIT
ORGANIZATION

U.S. Postage PAID

San Francisco CA
Permit No. 3480

Moving?

Don't miss The Point! Please give us your new address.

NAME

NEW ADDRESS

CITY

STATE

ZIP

OLD ADDRESS

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528

You can also **email** or **phone** us with your new contact information.

thepoint@asf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400