

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2013
2
February

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship

of Alcoholics Anonymous

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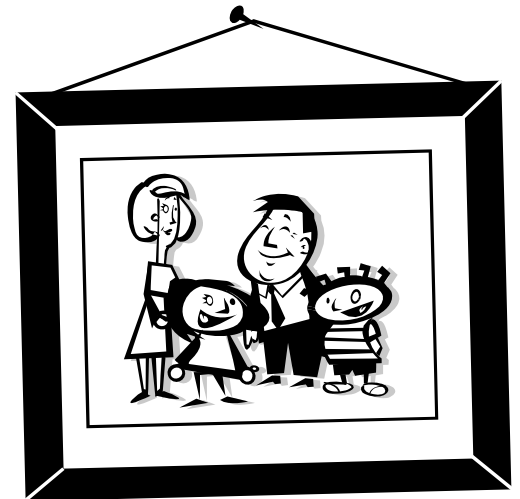
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Love and Tolerance in the Family



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The Spirit of Love and Tolerance

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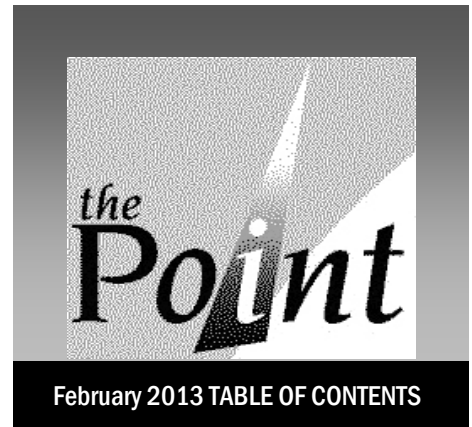
13 The Parthenon Group

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.

February 2013

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> 			
<p>3</p>	<p>4 <u>FIRST MON</u> 12th Step Committee Central Office 6:30pm</p>	<p>5 <u>FIRST TUE</u> Access Committee Central Office 6pm</p>	<p>6 <u>FIRST WED</u> Intergroup Meeting 101 Donohue St, Marin City Orientation 6pm Meeting 7pm</p>
<p>10</p>	<p>11 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 6pm Central Office 7pm</p>	<p>12 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm SF Bridging the Gap 1111 O'Farrell St 7:00pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm</p>	<p>13 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm</p>
<p>17 <u>THIRD SUN</u> 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</p>	<p>18 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm</p>	<p>19</p>	<p>20</p>
<p>24</p>	<p>25</p>	<p>26 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm</p>	<p>27</p>

THURSDAY	FRIDAY	SATURDAY
	1	2
7	8	9
14 <u>SECOND THU</u> Fellowship Committee Central Office 7pm	15	16 <u>THIRD SAT</u> SF H&I Meeting Orientation 11am Business Meeting 12pm
21 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	22	23 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
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Therefore guilt is really the
reverse side of the coin of pride.
Guilt aims at self-destruction and
Pride aims at the destruction of others.

Bill W., The Grapevine (1961)



Meeting Changes

New Meetings:

Sun-Sat	12:00pm	Pacific Heights	LUNCHTIME EXPRESS, 2205 Sutter St / Pierce St (Speaker/Discussion, Mon-Fri 45 min mtgs)
Wed, Thu	7:00am	Pt. Reyes Station	MORNING ATTITUDE ADJUSTMENT, 6th St / A St: HHS Bldg (Discussion)

Meeting Changes:

Sun	8:00am	Inner Sunset	SUNDAY SUNSET 9'ERS, 1320 7th Ave / Irving St: Gratitude Center (Was at 1329 7th Ave)
Sun	12:00pm	Larkspur	LARKSPUR HAVEN, 395 Doherty Ave: Krepes Conference Center (Was Tiburon Haven)
Wed	1:00pm	Inner Sunset	BYOL, 1320 7th Ave / Irving St: Gratitude Center (Was at 1329 th Ave)
Wed	6:00pm	Novato	WEDNESDAY SUNDOWNERS, 6979 Redwood Blvd / Hill St (Was at 6965 Redwood Blvd)
Wed	7:30pm	McLaren Park	77% RECOVERED, McLaren Park Yale St and Wayland St (Was called Into Action)
Thu	6:30pm	Mission	FREE THOUGHTS, 3555 Cesar Chavez St / Valencia St (Was called Freethinkers)
Fri	5:00pm	Inner Sunset	FRIDAY AT FIVE, 1320 7th Ave / Irving St: Gratitude Center (Was at 1329 7th Ave)
Fri	6:30pm	Inner Sunset	COME N GET IT!, 1320 7th Ave / Irving St: Gratitude Center (Was at 1329 7th Ave)

No Longer Meeting:

Sun-Sat	7:00am	Tenderloin	FIRST PLACE, 410 Ellis St / Jones St (No more 7am meetings)
Sun	3:00pm	Hayes Valley	GRASPING AND DEVELOPING, 1748 Market St / Octavia St
Tue	6:00pm	SoMa	TRICKS TO RECOVERY, 1349 Mission St / 10th St
Wed	7:00pm	Nob Hill	NEW LIFE, 1359 Pine St / Larkin St
Thu	8:00pm	Belvedere	ISLAND GROUP, 3 Bayview Ave: St. Stephen's Church / Golden Gate Ave
Sat	7:00pm	Pt. Reyes Station	SATURDAY NIGHT MEN'S BIG BOOK, 101 4th St: Pt. Reyes Fire Station

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!**

PI/ CPC SPEAKER WORKSHOP (Now MONTHLY!)

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

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!

Monday, February 11, 2013 at 6pm at Central Office
1821 Sacramento St. at Van Ness Ave, SF CA

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 February 4, 2013



From the Editor



Service, Sin, Love

by MEM

As we emerge from winter shadows and look forward to the return of daylight and warmth of spring, so my spirit has been warmed and inspired by rereading each of the articles offered by our members in this issue.

Pam writes of the joys and challenges of service in the Sunshine Club, whose members bring the order and familiarity of an A.A. meeting into the homes of our fellows who lay ill and sometimes near death. Her spirit in the embrace of this difficult service is another living reminder of the rewards of meeting and overcoming our fears.

Charley talks about the invasive qualities of that most famous of the Seven Deadly Sins – Pride. It works hand in hand with its cunning and baffling cousin, alcohol, to keep us on the road to absolute self-destruction, while deluding ourselves into believing that things are really being managed well and we're doing just fine, thank you. Jamie offers another succinct point of view on how pride can conspire to keep him from accepting the very help he has prayed for!

Ingrid tackles one of the Concepts, those towering pillars of doctrine which defy understanding to so many of us afraid and unwilling to enter through them, and tells the story of how she came to be a General Service Representative. It is another simply told and strong example of growing upward past fear to a higher spiritual level, while making sure that the hand of A.A. is available to those in need of help.

Mr. Anonymous contemplates the Twelfth Step Challenge of bringing the spirit of love and tolerance to his relations with his family, and decides he has some more work to do in that arena. He gladly embraces that challenge and the opportunity to lead a happier life. Ms. Anonymous tells of overcoming the terrors of a junkie-strewn alley in Athens to find a meeting place to call home away from home, and even an opportunity to be of service there.

These and the other words written in these pages make me so proud to be a part of this program and this fellowship. We know we don't have to retreat from the specter of our own or any else's shadow this February, as we continue to grow and develop in the light of the spirit.

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

*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!*

Concept II: Our Voice and Conscience

by Ingrid S.

When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole society.

So what exactly is the Conference and why does A.A. need a voice and an effective conscience? According to The A.A. Service Manual, the Conference is "...a body which is a representative cross section of our entire fellowship". So who gets to be in that "body," what do they do, how is the voice heard and really, why should I care?

The truth is, I don't need to care. I can simply attend meetings, work the steps with my sponsor, work with sponsees, never participate in the business side of A.A. and stay sober. In fact, if my only accomplishment is staying sober and helping another alcoholic achieve sobriety, then I am a successful member and A.A. is a successful organization because this is our only objective -- our primary purpose. So why bother getting more involved?

Because at some point, I have to ask myself if I'm really doing everything possible to help another alcoholic achieve sobriety. I think about service, unity and recovery, the triangle of A.A. Am I continuing to be of maximum service, in order to ensure A.A.'s unity and therefore my recovery? When the GSR

commitment was presented to me as an available commitment at my home group, I had to ask myself, why should I bother? Was it fear (fear of annoyance or boredom is still fear) or was this genuinely something I was not capable of?

I wasn't entirely sure I was capable, but I knew I had fear, so I took the commitment. So it was that I, as a GSR, became part of the body that represents you. As a trusted servant, I pass along to the Conference your opinion on such things as revised editions of the Big Book (should we and if so, what should be added/eliminated) or an A.A. Facebook page (does this violate our Traditions and/or is it time we revised some Traditions). Through the delegates, your opinion, along with the opinions from other cross sections, starts a conversation and decisions are made regarding the welfare of A.A. and its ability to continue to effectively carry out its primary purpose, to reach the still suffering alcoholic as he stands in our society today.

Just as Bill and Dr. Bob once had these conversations and made these decisions themselves, they have now transferred their authority and entrusted you, through Concept II, with the leadership and voice of A.A. that once belonged to them, as our final authority. The Conference is vital because without it, there would be no structure for your voice to be heard, your authority to be implemented and for A.A. to continue.

The last sentence in Concept II reads: "In making this momentous transfer, we old timers deeply hope that we have avoided those pitfalls into which societies have so often fallen because their originators have failed, during their lifetimes, to properly delegate and distribute their own authority, responsibility and leadership." I know I have been able to start and continue my sobriety because this society has not fallen. I know taking on the responsibility of a GSR has expanded my idea of leadership at a time when my life got bigger and so I needed it the most. I know the real ultimate authority is a loving God as we each understand him and this is just another opportunity to get closer to him. So that's why I bother and why I choose to care.





Pride

Wanting It My Way

by Jamie M.

One of the more hidden forms of pride (at least for me) is wanting help, but wanting it *my* way. So on one hand, I may ask for help – even loudly, insistently, repeatedly – but when someone offers, I refuse it because it’s not the help I had in mind. This can be a difficult thing. Do I really know what’s good for me? Our experience in A.A. suggests that the answer to that cannot be an unqualified *yes*.

That’s why, among other things, when you pick up the 12 and 12 to read about Step Seven, the essay has a big focus on the first word of the Step – HUMBLY. There’s no question that humility is the opposite of pride, and that when one is operating from real humility, it is very difficult to get humiliated. This is a relatively obvious benefit of humility as an antidote to pride, if one has been around the program long enough.

But as I said initially, the question of what kind of help, and from whom,

etc., is a more complicated one. I’m reminded of a guy I used to know who said he quit praying for patience because it always put him at the back of long lines. He started praying instead for guidance. So, even when we think we’re in a proper state of humility, we can still be influenced in our attitudes and actions by more subtle forms of pride. That’s why there are, if you think about it, four Steps (at least) that work on this problem – Steps 6, 7, 9 and 10 – all of which suggest that pride wants to keep coming back on us.



Tradition One: Unity

The Fellowship of the Spirit

by Bob S.

The Fellowship of the Spirit

Tradition One: “Our common welfare should come first; common welfare depends on A.A. unity.”

The word ‘unity’ seems to leap out from the above sentence.

Considering the tremendously vital importance of our group unanimity, it would appear that the remaining eleven Traditions were specifically designed to solidify and encourage this practical concept. Just as the Twelve Steps coagulate us as sober members of the A.A. fellowship, our Twelve Tradition values unify our groups as they maintain their role in helping us get started, and then

keeping us on the beam. Without said cohesion, our fellowship would have become quite a diverse, and probably nonfunctional, mixture after these nearly seventy-seven years of existence.

In regards to A.A. fellowship, I personally take two views:

First there exists the Fellowship. This includes any and all alcoholics who have a desire to stop drinking. Certain of these members may choose not to take the Big Book program of action seriously, may have little or no interest in A.A.’s Twelve Step process or volunteering for service work, and may even attend meetings weeks or months apart. Yet, so long as they maintain

sobriety, they are welcome and considered full-fledged members of the fellowship of Alcoholics Anonymous and are treated with all due respect.

Then there are those members who exist in the Fellowship of the Spirit. This majority, each in their own way, become involved in the many diverse activities that A.A. has to offer, which are too numerous to mention in this short article; yet the knowledge of, and adherence to, the Twelve Step process from the Big Book looms large in my mind when it comes to A.A. unity.

Bill W. writes about A.A.’s common solution on page 17: “The
(Continued on page 8)

The Spirit of Love and Tolerance



by Anonymous

I decided to write this article after I read the topic, which was, as usual, exactly what I needed to contemplate. Am I capable of bringing the same spirit of love and tolerance into my family life that I try to bring to my A.A. group? Page 111 of the Twelve Steps and Twelve Traditions states:

Now comes the biggest question yet. What about the practice of these principles in all our affairs? ... Can we bring the same spirit of love and tolerance into our sometimes deranged family lives that we bring to our A.A. group?

This question comes within the context of “What about the practice of these principles in all our affairs?” Wow, I need to practice these principles in all my affairs, including my dealings with my family. What a concept! So, I took some time to ponder this question.

When I attend an A.A. meeting, I see all sorts of people there, everything from the elite to the homeless. I need

to say that I try to show A.A. love and tolerance to all people at the meetings I attend. I will courteously listen to you, no matter who you are. I believe that I can hear the message from anyone. When there is a disturbance from a group member, I accept the fact that the person might have other issues, and I try not to be judgmental.

This behavior does not apply to when I am dealing with members of my family. “Love and tolerance” be dammed! It’s all about the pent up resentments after a lifetime of dealing with these people. So, that said, I will stand back, take a deep breath, and examine the situation.

I talked about listening carefully to people at meetings and of my attempt to hear the message from anyone. Why can’t I do this with my family? Why don’t I try it? In fact, I will try it. I will endeavor to listen to my mother with empathy and understanding. I will try not to judge her. The same goes for my sister. Right now, she and I are battling over some legal issues. I might try to hear

her side of the story with empathy, love, and understanding.

Will my new behavior bring peace and harmony to my family? Who knows, but it’s a start. I know that I need to practice these principles in all my affairs, and this includes my family. This is a selfish program. I am doing this so I can maintain a sense of serenity and peace.

That’s the critical point I keep forgetting. I’m not changing my behaviors and attitudes for someone else’s sake. I’m doing it for my own spiritual growth and to prevent me from taking another drink. It’s my insurance policy against going out and drinking. I am not doing anything for anyone else’s benefit. I am doing it for my own benefit.

So, as I continue to venture out into the real world as a sober man, I keep in mind that all people have faults, including myself. I can treat my family members with at least the same amount of love and understanding that I give any other A.A. member. If I can remember to do this, I will lead a happier life.—



(Continued from page 7)

tremendous fact for everyone of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.” The

fact that we join in brotherly and harmonious action marks for me a high point of A.A. unity. I personally enjoy the fellowship of the spirit members who engage in what I call “A.A. Speak,” or “Big Book Speak.” When my A.A. friends speak in page numbers, A.A. clichés, or historical A.A. events, I feel right at home. You might say in the fellowship of the

spirit! For yours truly, this style of A.A. unity is manna from Heaven.

Clarence S., founder of Cleveland’s first A.A. Group (1939), pronounced that unity is when one drunk gets mad at another drunk in his group and goes out and starts his own meeting. Clarence quipped: “We had a lot of ‘unity’ in Cleveland during those early days.”





Sunshine Club

by Pam B.

"Jim" is a member of A.A. who was too sick to attend the meeting that had kept him sober for 45 years. His family said that his happiest days were those days when the Sunshine Group brought meetings to Jim's home. The Sunshine Club had invited members to take meetings to Jim throughout the summer and I accepted an invitation on that rarest of days – a *sunny* day in the Sunset neighborhood. There was a "warning" on the emailed invitation – those who accepted the task should not be shocked by a very sick man who is dying with end stage renal failure. We were also told that communicating with Jim was challenging, not only because he was nearly deaf in one ear and totally deaf in the other ear, but because he had a tendency to tell (or I should say yell) off-color jokes. Who would spend a sparkling golden day like this Saturday in October with a person you have never met, and with whom you have nothing in common – right? I went to Jim's house with two other A.A. members of the Sunshine Group. Jim was everything that was promised – sick and frail, but chock

full of A.A. memories and wisdom. We all laughed at Jim's jokes (Jim laughed hardest) and we yelled what we had to share, and when we prayed the prayer we always pray – we yelled that too.

One of the great things about a Sunshine meeting is that these meetings are run like our other meetings. The meetings have a format - the format is in our little meeting schedule books. A Sunshine Club meeting is an A.A. meeting – it isn't a 12th Step call. The meeting has structure, it is kept to an hour in length, and it gives a person who is sick or hurt the fellowship to stay on track while health challenges aside from his alcoholism keep him from attending meetings.

Since that first one, I have survived and enjoyed other meetings with Jim. He doesn't really hear most of what I say and that's turned out to be another blessing – I've discovered a lot of what I say does not bear repeating! When communicating with someone is as challenging as it is with Jim, you find the true value of a colorful, probably inappropriate joke, a twinkling eye and the solid honesty of a man who found sobriety the year LBJ took the oath of office.

Alcoholism is a disease of isolation – we've all heard that. And recovery means I get to have the full complement of shipmates on my ship. Some of my shipmates are making the best of a rough passage and for some of us sobriety has brought us smooth sailing. While drinking I had narrowed my friends down until my friends were not just people who drank like me, but those who drank like me and would stay well away from me. I couldn't have imagined that a full life included a guy like Jim – but it does. Jim and I share the same disease and the same solution. My prayer is that I am sober when I am 93 and I ask you to bring me a Sunshine meeting. I hope we can continue to pray for the dying and work like hell for the living. Jim will keep living with alcoholism in remission, inappropriate jokes and a firm handshake as long as he can. I have come to believe, in part through knowing people like Jim, that with A.A. participation and practice, I get strength and support for my earth walk – and also courage and grace when it is time for me to take my final Third Step.



by Carol W.

From the first-ever "A.A. American Dictionary":

Hangover, n., The wrath of grapes.

Recovered, adv., The state of being upholstered, as in "*The man who fell into an upholstery machine is fully recovered.*"

Esplanade, v., To attempt an explanation while drunk.

P.S. I suggest a challenge for the Rule 62 edition, including the option that writers create/ contribute to the full-on A.A. American Dictionary (think the A.A. version of *The Onion*.)



Hello!

I am completing my MA with a concentration in Linguistics and plan to do a final research project on identity construction and the conceptualization of recovering in personal stories in A.A. As a researcher, my highest priority is to approach the data objectively; it is not my intention to either promote or slander the Twelve Step model or the A.A. organization, merely to assess the personal story as a medium that is uniquely characterized by self-reflection. I have the utmost respect for Alcoholics Anonymous and the positivity it brings both to its members and to the community at large, and especially for the Tradition of Anonymity that your organization abides by. My hope is to get permission to attend some meetings and, with the prior consent of the designated speaker, to record some personal stories. I have every intention to alter/protect the identity of participants, and anyone interested would of course have full access to my findings and paper. Is there someone in particular that I could talk to that might give me more information as to the logistics/ protocol for this research? Thank you so much for your time! Please email or call me with any

questions you have about me or the project.

MA Student

Dear MA Student:

We are always pleased to hear that members of professional communities are interested in learning about Alcoholics Anonymous. For many of us, it was a professional who first suggested Alcoholics Anonymous.

As you mentioned, anonymity is fundamental to the traditions of the fellowship of Alcoholics Anonymous. Moreover, what happens in meetings or is said in meetings is not supposed to leave the meeting in any way. Recording, of video and/or audio, is therefore not permitted at meetings.

Our traditions also prevent A.A. from having any opinion on outside issues and from endorsing or lending the A.A. name to any outside facility or venture. In furtherance of these traditions, any appearance that A.A. has associated with any form of research is prohibited.

Our schedule of meetings is listed on our website at A.A.sf.org. You are welcome to attend any meeting that is not specified as a closed meeting (the men/women designations must also be observed).

You indicated that you are interested in the personal story. You may find it instructive to read the book Alcoholics Anonymous. There are over 40 personal stories at the end of

the book, including people from a variety of time periods, ethnicities, and personal experiences. The book is available online at A.A.'s main website: www.aa.org. There you can access not only *Alcoholics Anonymous* (also referred to as the "Big Book"), but also a host of other literature and information, including a pamphlet titled "Understanding Anonymity."

Another A.A. book, *Experience, Strength and Hope*, also contains personal stories. Those stories tend to be older, as they are stories which appeared in one or more of the earlier editions of *Alcoholics Anonymous*.

All A.A. literature is also available for purchase at our office, at 1821 Sacramento St., San Francisco (M-F, 10-6; and Saturdays, 10-2).

It may be possible for you to post requests for people to speak to you of their personal experiences at clubhouses which rent space to A.A. meetings. Two in San Francisco are The Dry Dock and the San Francisco Alano Club. You can Google their contact information.

If you have any further questions, feel free to email us back, or to call us during our business hours at (415) 674-1821.

Best of luck with your research.

Sincerely,

Karen K.
Volunteer, Central Office



Pre A.A. History Book: Bill Meets

Henrietta and then Dr. Bob

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

This month recounts Bill Wilson's efforts to find another drunk in Akron. Bill was lucky enough, after making numerous telephone calls, to find someone to help him in his endeavor. Henrietta Seiberling introduced Bill Wilson to Dr. Bob Smith.

Reverend Tunks provided Bill with numbers of ten Oxford Group members, on which Bill risked his then-precious nickels to no avail, save one contact, Norman Sheppard, who knew about Henrietta Seiberling's efforts to help a doctor get off the hooch. Her very name made Bill wax diffident. He realized she was a member of the prodigious Goodyear Rubber Company; such a millionaire socialite would doubtless take a dim view on the prospect of helping some unknown New York drunk find another drunk. Bill left the telephone booth and dejectedly returned to his room. But in profound desperation, he finally made the call (note that was call #12!).

Only weeks before, Dr. Bob Smith had admitted to the Akron Oxford Group that he was a secret drinker and asked if they would they pray for him. Henrietta believed that Bob's answer would come through regular prayer. So, when a phone call came from a rum hound from New York who needed another drunk to keep him sober she thought to herself, "This is really manna from heaven." She replied, "You come right out here."

One must wonder whether Bill invested his limited funds on a taxi ride, or walked those several hilly miles. Henrietta did arrange for the two alcoholics to meet for supper at the gatehouse of the Stan Hywet mansion where she and her teenage children were then residing. This was Sunday evening, May 12, 1935. Dr. Bob Smith, his wife Ann and their 17 year old son, Bob, arrived at about five o'clock, but Dr. Bob's severe hangover would not allow him to partake of the supper.

Bill Meets Dr. Bob

Dr. Bob had in mind that time spent with this mug would be snappy, so he had made Henrietta promise that they would stay only 15 minutes after supper. But this notion became less compelling when Bill said something to the effect that Dr. Bob appeared to need a drink. The 15-minute talk continued on and on until eleven o'clock! Perhaps the prevailing factor sparking the doctor's continued interest was that Bill's revelations came from personal experience, unlike from other benignly motivated friends who spoke from book knowledge. Another factor would have been that Bill doubtless related Dr. Silkworth's ideas of the physical allergy and the mental obsession. Any true alcoholic would immediately see the truth in this concept through his or her own experience.

Bill's recently enlightened method of talking with new prospects reflects the lesson he learned from Dr. Silkworth. Dr. Silkworth pointed out the necessity that Bill change his



Henrietta Seiberling

approach from preaching to personal experience. This occurred at just the right time and may well have provided another example of Dr. Carl Jung's notion of 'synchronicity.'

Dr. Bob had been privy to the teachings of the Oxford Group for over two years, so he obviously would not have been impressed by Bill's newfound spiritual knowledge. Just as today, one drunk sharing his or her alcoholic experience with another alcoholic best implants the seed of hope into a newcomer's world of doubt and confusion.

But yet, it is not beyond reason that Ebby's miracle would have been discussed, as well as Bill's spiritual experience at Towns Hospital. Plus, certainly, both parties would have shared a mutual interest in the Oxford Group teachings of which they were both deeply and regularly involved.

Next installment: How the Oxford Group Came To Akron.





Pride

by Charley D.

Pride comes at the head of the list of seven. Why? Sages call it the deadliest sin of all. The Bible says it caused both the fall both of Lucifer and of Adam and Eve. Still, mothers tell their children to take pride in their homework and their appearance. The best we have to offer – whether it be a football team, a food item, or a local hero – we call the “pride” of our hometown. How do we explain this seeming contradiction? And what does all this mean to an alcoholic?

Let’s start with the second question first. For decades, I was too proud to admit I had a drinking problem. Sometimes I might realize I had a tendency to overdo it with the booze. But didn’t everyone go too far once in a while? So what if my episodes had become much more frequent and a lot more drunken than most people’s? I really felt I could take control of my drinking, and would one day soon but, for now, I guess I’ll have another drink. So my thinking went. I esteemed myself enough to believe I could solve my drinking problem and, then, at the times when it became clear I couldn’t, I denied having one or berated myself for my lack of will power.

Step One requires us to give up, to admit we’re powerless over alcohol. In other words, to begin to get sober, we must put aside that pride that, for all those years, told us either we didn’t have a problem or we could solve the problem or both. Wait.

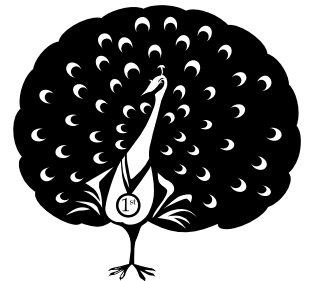
Doesn’t “powerless” mean weak? Yes, in a way. But admitting our own weakness when it comes to alcohol enables us to accept help – the experience, strength and hope our fellowship offers every suffering alcoholic. Until we overcome our pride, realize our own weakness and understand the need for assistance from a Higher Power, that pride will keep us drinking.

Now back to that first question. How do we explain the contradiction the concept of pride embodies? Well, let’s go back again to me the drinker, the guy who was sure he could handle his own problem drinking. There’s nothing wrong with feeling self-reliant, with having confidence in your ability to solve problems. If you have no faith in your own abilities, you won’t do anything. You’ll end up perpetually dependent on others for everything. You don’t want too little pride. You don’t want too much, either. Pride crosses the line from virtue to vice when it starts deceiving us or perhaps, to put it a better way, when we start deceiving ourselves. In my drinking days, I kept believing in myself in the face of overpowering evidence to the contrary in the form of broken vows, blackouts, and hangovers by the dozen. I overestimated my ability. I put too much faith in my own self. When it didn’t work, I’d berate myself and count myself an utterly worthless failure. That, of course, was just pride wearing a dark cloak.

Oh yes, pride surely leads to darkness. The self-loathing I felt

when I kept drinking, after promising myself and others I’d stop, was really just me refusing to let go of the exalted, unwarranted view I had of my own power. Once I got to the point that I couldn’t keep fooling myself – that spot alcoholics call their “bottom” – I was ready. Ready to admit my powerlessness, ready to take any step, ready to go to any length to find sobriety.

I’ve been sober now for over 11 years. Once in a while, an old friend who knew me when I drank will say something like, “You must be so proud of yourself for having stopped drinking.” When I hear that, I don’t know what to say. Like most in A.A., I don’t take any “pride” in my sobriety because I know I’m not responsible for it. The credit belongs elsewhere. Who did it? The other alcoholics who’ve helped me every day. It was my own dimly conceived Higher Power that overpowered my drinking, something I myself was too weak to do. All that has enabled the miracle to go on 11 years. I still try to take pride in what I do. I’ve learned to feel proud I’m an alcoholic. And, yes, I still keep fooling myself by overestimating my own abilities. Like you and every other human being, I’m proud in the best and worst ways.



The Parthenon Group

English speaking A.A. in Athens

by Anonymous

Midway through a recent vacation in Greece, I arrived in Athens from the island of Crete, sick with the flu and left behind by my traveling companions. After sleeping twelve hours straight at the hotel, I woke up feeling empty (in every sense) and lonely. What would my sponsor tell me to do? (Today, I can channel my sponsor even when I can't talk to her, a miracle of the program.) "Get to a meeting."

There is typically an English-speaking A.A. meeting in major cities around the world, in my experience. Online I found the Parthenon Group, where English is spoken. It met twice a day, at noon and 6:45 PM. I staggered out of the safe, clean neighborhood near the Acropolis and about a mile away found the meeting address at 66 Solomou (www.A.A.-greece.gr) after passing numerous shop fronts, presumably shuttered due to the economic crisis. I also had to step carefully over the glass pipes and other paraphernalia discarded by active drug users, who were nodding out on the sidewalk outside the building.

The meeting secretary arrived after I did, a warm, 60-ish native of Glasgow who had lived in Athens for 40 years. Madeline had gotten sober (twice) in Athens and she was full of gratitude for her sobriety and made me feel welcome. At noon, we were the only two people there; she assured me that members arrived late and we began by reading from Chapter 5 of the Big Book, just like every other meeting I've ever attended. A few other people drifted in, obviously

well known to each other and to Madeline. There were about ten people total by the end. The format was simply discussion on the reading and I found it interesting that Madeline made a comment after each person shared; it seemed she was the "senior partner" and provided A.A. wisdom in support of whatever each member was going through. Members included English-speaking Greeks, as well as expatriates from various English-speaking and even Spanish-speaking countries.

As is typical in these ex-pat meetings, everyone is very familiar with each other and really happy for some new blood, so I got to talk through what had been troubling me. As is often the case, it helped to sort out what was going on in my head, to talk it through in a room full of drunks: being alone in a hotel room in a strange city brought back memories of drinking and using by myself on business trips in hotel rooms years ago and the horror and darkness that filled every day. I don't have to repeat that behavior today and I have tools to deal with my fear and pain. Finding my seat and raising my hand really helps.

After the meeting, I joined Madeline and two other women for lunch at the local "anarchist café." The native Greek speaker of the group, Anna, invited me to be the speaker the next night at 6:45; as I have been taught to do, I always say yes to A.A. if possible.

Of course, when the next evening rolled around, I was nervous, both about speaking and about going back to that neighborhood after dark. I am

glad I didn't chicken out because speaking at a meeting almost always has a salutary effect on me. I kept the drunkalogue portion minimal and focused on how I had worked the steps of A.A. Every person who spoke gave feedback that they had never heard someone discuss working the steps in a share and how much they appreciated it. I felt some personal pride, but I also realized that it's the program of A.A. that was speaking through me.

Anna, the native Greek-speaking secretary, told me after the meeting that she doesn't attend the Greek-speaking A.A. meetings because the men in those meetings remind her of her father and she did not feel safe; the men are the bosses and, culturally, she felt they were not interested in a fellowship with no leaders. She said English-speaking A.A. had saved her life.

So that's my big fat Greek A.A. meeting story, and I felt right at home in spite of being 10 hours out of my time zone. Isn't that amazing?

TP



Intergroup Meeting Summary—January 2013

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 January 2013 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., Jan 9th, 2013 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 December minutes and the January agenda were approved.

Officer Reports

Board Chair Report, Margaret J. Still below goal of 10% of all meetings having Intergroup representation. Will circulate list of meetings without registered trusted servants. Baseline number of buzz subscribers is 1400. 250 are subscribers who've signed up on their own. That's the number we want to increase. Restarting an old tradition of having an IRG give a sample report to demonstrate what you can bring back to your groups

Treasurer's report, Michelle C. Detailed financial report online under Inter-

group Information.

Central Office Manager's Report, Maury P. First Place will continue for at least the next 3-months, however the 7am meetings are cancelled. The Gratitude Center at 7th and Irving is a 12 step location with some AA meetings. Not all new meetings made it into the SF schedule, which has been sent to the printer. Couldn't confirm all the meeting information, partially because we don't have registered trusted servants. Please encourage all meeting Secretaries and Treasurers to register at Central Office either online or by calling during business hours.

Intergroup Committee Reports

Archives Committee, Michael P. 3rd Sunday of the month, 2-4pm. January 20th. We request that all groups provide written copy of the "Meet the Meeting" presentations. We preserve the legacy of AA, research, documents, etc.

Access Committee, Steve F. We had the first meeting of 2013 and the first with Steve as Chair, which went well. Thanks again to former members for putting together notes and for Virginia and Carlin helping with the transition. We have a new member, who is deaf and notes instances where meetings are not helpful about getting people to sign. It requires 5 days notice to get someone to sign. Please pass the word to others that we need more members.

Fellowship Committee, Blu We meet the 2nd Thursday of every month at 6pm. We've been discussing a proposal to produce Jackie B.'s new play.

Orientation, Blu For new IGRs is held the 1st Wed of the month at 6pm, just prior

to the Intergroup meeting. We took 8 people through orientation tonight and our numbers appear to be increasing!

SF PI/CPC, Rich G. Meets the 2nd Monday of month, 7pm. In December we delivered five DUI classes and presented to five schools, but we only had one person delivering to schools and we usually send two. We still very much need more people under 25. In 2012, we gave 126 presentations, presented to 62 DUI classes, participated in 21 health events like Project Homeless Connect, National Alcohol Screening Day, etc. We have three new committee coordinators, including media, literature, and cooperation with the professional community. Kris has attracted many to her committee. Our new media coordinator is establishing contacts with broadcast, print, and social media, etc. We're trying to fend off breaks in anonymity by the media who don't know how to protect anonymity when reporting on AAs. The literature for our committee hasn't had organization around this, but our new coordinator is very detail oriented. January is our annual meeting and speaker workshop, which will be held here in the Fireside room. We'll have a speaker workshop at 10 and the annual meeting at 11am. Because of that there will not be a meeting on Jan 14th, but Rich will be there just in case someone shows up. We're switching to monthly workshops because it was clear that the quarterly schedule was not often enough.

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 of the month, Jan. 21st at 6:30pm. We cover all the holidays and will need some help for Jan/Feb holidays

Individual Contributions

to Central Office were made through January 15, 2013 honoring the following members:

ANNIVERSARIES

Nancy W. – 7 years

Kevin C. – 26 years

Laura B. – 27 years

Mr. Teddy Bear JC – 28 years

Linda L. – 29 years

The Point Committee, Charley We've introduced a 12 step challenge in *The Point*. We write about one per moth. Another new feature will focus on the seven deadly sins which starts in Feb. We have 3.5 members and we need more. We meet the 2nd and 4th Tuesday of each month, 5:30pm. Announcements that come in by the 15th of the month prior to the event can be listed.

12th Step Committee Workshop flyers were included in *The Point*. Our first workshop is on Wed., Jan. 30th at 6:30pm. The sobriety requirement to be on the committee is one year.

Trusted Servant Committee, Michael P. The goal is to get the word out about the Traditions. We hold workshops for secretaries and treasurers. We're going to start having once per month tea at central office starting Feb 9th about the topic "How I learned to love business meetings"

Liaison Reports


Pat R. San Mateo, General Service Liaison Held elections in Nov. Filled all chair positions. Potluck xmas party so not a lot of business completed in the last month.

New Business

New AA play Playwright of "In Our Own Words," Jackie B. spoke about her new play about the history behind the 12 Traditions. The purpose is to help people understand them and help people understand and care about our history. This is a full-length play. Charles L. made a motion that Intergroup support this endeavor. The motion was seconded and it passed.

Round Table: How to support our committees better: Get to know people's last name. Show up to events and

bring a friend. Consider rebranding the committees names, like changing "fellowship committee" to "party people", etc. Ask chairs what support they need and reach out to anyone to help with tasks. When committee members are presenting, have someone else on the committee give their experience of being on the committee, give personal stories. Personal messaging to target people for a committee they'd be good at. Highlight a committee a week. Make sure there are other IGRs on the committee so in case the committee chair rotates, there will be others who can pick up leadership. Make sure that we educate ourselves on issues and resources, not just at our meetings, but ANY meeting we attend. Remember to include that you can participate on committees even if not IGR. Get flyers out to advertise the workshop. Reach out to more people in Marin as IGRs. Access committee: increase number of certified sign language folks, how do we discover those people. Bring others to committees, workshops, etc. Network with people to get interest going. Target individuals – recruit. Talk to young people, go to young people meetings. Attend committee workshop to at least understand. Make important announcements in meetings even when you're not the IGR, assuming that the meeting doesn't have one. Resurrect tradition of quarterly meetings with all the committee chairs. There's an opportunity to address the needs that neither the Sunshine Club nor the 12 step committee fills. There are people who fall in the cracks like people who are permanently disabled and can't get to meetings. No real committee targeting this currently.

Next Intergroup Meeting: Wed, Feb. 6, 2013, 7pm. 101 Donohue St., Marin City. Orientation at 6pm, dinner at 6:30pm. 

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. sfteleservice@aasf.org

aa group contributions

Fellowship Contributions	Dec. 12	YTD	Marin Contributions	Dec. 12	YTD	Marin Contributions	Dec. 12	YTD
Brisbane Breakfast Bunch	\$ 30	\$ 266	Living in the Solution F 6pm	\$ 139		Thursday Night Miracles Th 830pm	\$ 38	
Contribution Box		\$ 329	Marin City Groups 5D 630pm	\$ 292		Tiburon Beginners & Closed Tu	\$ 2,142	
Customer		\$ 6	Marin City Groups 6D 630pm	\$ 251		Tiburon Women's Candlelight W 8pm	\$ 157	
Deer Park Discovery Group	\$ 15	\$ 75	Marin Pacific Group Tu 730pm	\$ 124		Tuesday Big Book Tu 830pm	\$ 75	
GGYPAA		\$ 1,200	Monday Night Stag Tiburon 8pm	\$ 487		Tuesday Chip Meeting 830pm	\$ 1,428	
Gratitude in Action		\$ 658	Meditation Weds 7pm	\$ 65		We, Us and Ours M 650pm	\$ 250	
ICYPAA		\$ 417	Men's 2 Plus M 7pm	\$ 50	\$ 50	Wednesday Mid-Week W 6pm	\$ 75	
Intergroup	\$ 92	\$ 1,139	Mill Valley 7D 7am	\$ 189	\$3,061	Wednesday Night Candlelight 8pm	\$ 217	
Marin Teleservice		\$ 1,500	Mill Valley Discussion W 830pm	\$ 291		Wednesday Night SD W 7pm	\$ 144	
Saint Helena Hospital		\$ 25	Mill Valley Original Smokeless	\$ 150		What's It All About F 12pm	\$ 60	
SF General Service		\$ 68	Monday Blues M 630pm	\$ 600	\$1,100	Women For Women W 12pm	\$ 50	
Spirit of San Francisco		\$ 141	Monday Night Big Book Study M 8pm	\$ 100		Women in Unity Th 1230pm	\$ 194	
TSWC		\$ 62	Monday Night Stag - 12 & 12 M 6pm	\$ -		Women's Big Book Tu 1030am	\$ 835	
Unidentified Group		\$ 42	Monday Night Stag Tiburon	\$ 420		Women's log Cabin	\$ 87	
Western Roundup (Living Sober)		\$ 5,079	Monday Night Women's M 8pm	\$ 175		Working Dogs W 12pm	\$ 500	
Fellowship Total	\$ 137	\$11,005	More Will Be Revealed F 12pm	\$ 50		Marin Total	\$2,187	\$36,723
			Morning After Sa 10am	\$ 150				
			Morning Attitude Adjustment	\$ 229				
			Nativity Monday Night BB 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	\$ 416				
			San Geronimo Valley BS F 8pm	\$ 113	\$ 410			
			San Geronimo Valley M 8pm	\$ 659				
			Saturday Night Sa 8pm	\$ 97	\$ 431			
			Sausalito 12 Step Study Group	\$ 178				
			Serendipity Sa 11am	\$ 424				
			Sisters In Sobriety Th 730pm	\$ 280	\$ 342			
			Sober Sisters Wed 12pm	\$ 70	\$ 218			
			Spiritual Testosterone Stag Su 830a	\$ 284				
			Steps To The Solution W 715pm	\$ 66	\$ 166			
			Streetfighters Sa 9am	\$ 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	\$ 600				
			TGIF F 6pm	\$ 158				
			The Fearless Searchers F 8pm	\$ 467				
			There is a Solution Tu 6pm	\$ 17	\$ 78			
			Thursday Night Book Club Th 7pm	\$ 41				

Marin Contributions	Dec. 12	YTD	SF Contributions	Dec. 12	YTD
11th Step Meeting M 8pm	\$ 50		10am Big Book W 10am	\$ 275	
12 & 12 Study Sa 815am	\$ 195		10am Step Study M 10am	\$ 15	
As Bill Sees It M 2pm	\$ 12		130 Smokeless Th 130pm	\$ 100	
Attitude Adjustment 7D 7am	\$ 198	\$ 3,527	6am Dry Dock 7D	\$ 134	
Awakenings	\$ 270		6am Dry Dock Sa	\$ 180	\$ 401
Awareness/Acceptance M 1030am	\$ 156		6am Dry Dock Th	\$ 60	
Blackie's Pasture Sa 830pm	\$ 450		7am As Bill Sees It Fri	\$ 166	
Candlelight Sun 830pm	\$ 195		7am Grab Bag	\$ 17	\$ 17
Closed Women's Step Study Tu 330pm	\$ 345		7am Living Sober W 7am	\$ 247	
Crossroads Sun 12pm	\$ 1,700		7am Smokeless Su 7am	\$ 107	
Design For Living W 7pm	\$ 30		7am Speaker Discussion Th 7am	\$ 218	
Downtown Mill Valley F 830pm	\$ 1,267		7am Step Discussion Tu 7am	\$ 28	\$ 99
East San Rafael Big Book	\$ 297	\$ 397	830am Smokeless F 830am	\$ 165	
Experience, Strength & Hope Sa 6pm	\$ 75		830am Smokeless Th 830am	\$ 299	
Friday Night Book F 830pm	\$ 211	\$ 351	830am Smokeless Tu 830am	\$ 200	\$ 200
Girls Night Out W 815pm	\$ 193	\$ 193	830am Smokeless W 830am	\$ 391	
Glum No! Su 9am	\$ 750		A is for Alcohol Tu 6pm	\$ 87	\$ 311
Gratitude Tu 8pm	\$ 162		A New Start F 830pm	\$ 120	
Greenfield Newcomers Sun 7pm	\$ 302		Afro American Beginners Sat 8pm	\$ 262	
Happy Destiny F 7pm	\$ 350		After Work M 6PM	\$ 101	\$ 362
Happy Hour (Marin) Th 6pm	\$ 75		Agnostics & Freethinkers Su 630pm	\$ 211	
Happy, Joyous & Free 5D 12pm	\$ 950		Alamo Square Su 7pm	\$ 10	\$ 10
High & Dry W 12pm	\$ 242		All Together Now Th 8pm	\$ 114	
Intimate Feelings Sa 10am	\$ 528		Alumni W 830pm	\$ 119	
Inverness Sunday Serenity Su 10am	\$ 348		Amazing Grace M 7pm	\$ 144	
Island Group Th 8pm	\$ 132		Any Lengths Sat 930am	\$ 172	\$ 856
Just Can't Wait 'til 8 M 630pm	\$ 220		Artists & Writers F 630pm	\$ 867	\$ 3,029
Larkspur Beginners F 7pm	\$ 325		As Bill CCs It Sun 8am	\$ 100	
Larkspur Beginners W 7pm	\$ 66		As Bill Sees It Th 6pm	\$ 569	

SF Contributions	Dec. 12	YTD	SF Contributions	Dec. 12	YTD	SF Contributions	Dec. 12	YTD
As Bill Sees It Th 830pm		\$ 95	Friday All Groups F 830pm		\$1,424	Noon Smokeless W 12pm		\$ 25
As Bill Sees It Tu 1210pm		\$ 180	Friday Lunchtime Step F 12pm		\$ 182	O.A.D.W. Mon 7pm		\$ 31
Ass in a Bag Th 830pm		\$ 439	Friday Night Blast F 630pm		\$ 150	Off Broadway Book Th 730pm		\$ 31
Atheists, Agnostics & Others Sa 11am		\$ 15	Friday Night Book F 830pm		\$ 374	One Liners Th 830pm		\$ 173
Bayview AA Th 7pm		\$ 120	Friday Smokeless F 8pm		\$ 211	Park Presidio M 830pm		\$ 54
Be Still AA Su 12pm		\$ 460	Friendly Circle Beginners Su 715pm		\$ 65	Parkside Th 8pm		\$ 980
Beginners 12 x 12 F 7pm		\$ 782	Friendly Circle Su 830pm		\$ 144	Pax West M 12pm		\$1,271
Beginners' Step Study Sat 7pm		\$ 96	Gold Mine Group M 8pm		\$ 331	Pax West Th 12pm	\$ 349	\$1,133
Beginner's Warmup W 6pm	\$ 95	\$ 175	Haight Street Blues Tu 615pm		\$ 800	Potrero Hill 12 x 12 M 630pm		\$ 349
Bernal Big Book Sat 5pm	\$ 278	\$1,090	Haight Street Explorers Th 630pm		\$ 430	Progress Not Perfection Tu 830pm		\$ 114
Bernal New Day 7D	\$ 403	\$3,972	Happier Destiny W 815pm		\$ 51	Queers, Crackpots & Fallen Women		\$ 415
Big Book Basics F 8pm		\$ 555	Happy Destiny Sa 630pm		\$ 405	Reality Farm Th 830pm		\$ 772
Big Book Study Su 1130am		\$ 476	Happy Hour Ladies Night F 530pm		\$ 217	Rebound W 830pm		\$ 120
Blue Book Special Su 11am		\$ 465	High Noon Friday 230pm		\$ 278	Rigorous Honesty Th 1205pm		\$ 322
Brisbane Breakfast Bunch		\$ 28	High Noon Monday 1215pm		\$ 331	Rise N Shine Sun 10am		\$ 174
Brokers Open Book Tu 130pm		\$ 46	High Noon Saturday 1215pm	\$ 189	\$ 976	Room to Grow F 8pm		\$ 201
Brothers in Arms M 8pm		\$ 211	High Noon Sunday 1215p		\$ 157	Rose Garden Big Book Th 1205pm		\$ 129
Buena Vista Breakfast Su 12pm		\$ 171	High Noon Thursday 1215pm		\$ 46	Saturday Afternoon Meditation Sat 5pm		\$ 623
Came To Believe Su 830am	\$ 66	\$ 220	High Noon Wednesday 1215pm		\$ 47	Saturday Beginners Sat 6pm		\$1,656
Came to Park Sat 7pm		\$ 168	Hilldwellers M 8pm		\$ 700	Saturday Easy Does It Sa 12pm		\$1,440
Castro Discussion (Show Of Shows)		\$ 283	Home Group Sat 830pm		\$ 495	Saturday Night Regroup Sat 730pm		\$ 956
Castro Nooners F 12pm	\$ 133	\$ 133	How Was Your Week? Sa 10am		\$ 579	Say Hey Group M-F 6pm		\$ 582
Castro Steps & Traditions W 8pm		\$ 600	Huntington Square W 630pm		\$ 700	Seacliff Th 830pm		\$ 75
Cocoanuts Su 9am		\$ 116	Join the Tribe Tu 7pm		\$ 391	Second Chance Th 215pm		\$ 170
Code Blue Big Book Study W 7pm		\$ 656	Joys of Recovery Tu 8pm		\$ 30	Serendipity Sa 11am		\$ 137
Coit's Quitters		\$ 76	Keep Coming Back Sa 10am		\$ 213	Serenity House	\$ 150	\$1,800
Cow Hollow Men's Group W 8pm		\$1,092	Koo Koo Hump Day W 6pm	\$ 149	\$ 149	Serenity Seekers M 730pm		\$ 324
Cow Hollow Young People's Tu 730pm		\$ 119	Let It Be Now F 6pm		\$ 127	Sesame Step Tu 730pm		\$ 224
Design For Living - Big Book Tu/Th		\$ 140	Like A Prayer Su 4pm		\$ 618	SFPOA Th 7pm		\$ 200
Design for Living Sat 8am		\$1,058	Lincoln Park Sat 830pm		\$ 110	Shamrocks & Serenity M 730pm		\$ 828
Diamond Heights Tu 830pm		\$ 297	Live and Let Live Su 8pm		\$ 515	Sinbar Su 8pm		\$ 411
Dignitaries Sympathy W 815pm		\$ 630	Living Proof Th 630pm		\$ 113	Sober at Slate MW 1210pm		\$ 135
Each Day A New Beginning 5D 7am		\$ 808	Living Sober on Sixth St.		\$ 85	Sober Saturday Sa 830am	\$ 70	\$ 233
Each Day a New Beginning F 7am		\$2,481	Living Sober W 8pm	\$ 120	\$ 185	Sobriety & Beyond W 7pm		\$ 267
Each Day a New Beginning M 7am		\$ 186	Living Sober with HIV W 6pm		\$1,390	Sobriety & Miracles Sa 5pm		\$ 84
Each Day A New Beginning Su 8am		\$2,569	Lush Lounge Sa 2pm		\$ 366	Sometimes Slowly Sa 11am		\$ 306
Each Day a New Beginning Th 7am		\$1,403	Meeting Place Noon F 12pm		\$ 179	Sought to Improve Th 715pm		\$ 60
Each Day a New Beginning Tu 7am	\$ 699	\$1,038	Meeting Place Noon W 12pm		\$ 375	Speaker Discussion F 1pm	\$ 52	\$ 52
Each Day a New Beginning W 7am		\$1,274	Mid-Morning Support Su 1030am		\$1,419	St. Anne Book Study		\$ 125
Early Start F 6pm		\$2,205	Midnight Meditation Sat 12am	\$ 90	\$ 162	St. Francis Men's F 830pm		\$ 125
Easy Does It Tu 6pm		\$ 85	Miracle (Way) Off 24th St W 730pm		\$ 235	Step Talk Su 830am		\$ 687
Embarcadero Group 5D 1210pm		\$ 900	Mission Fellow. No Reservations Su		\$ 30	Steppin' Up Tu 630pm	\$ 65	\$ 582
Epiphany Group Th 8pm		\$ 280	Monday Beginners M 8pm		\$ 404	Stepping Out Sat 430pm		\$ 180
Eureka Step Tu 6pm	\$ 175	\$ 347	Monday Men's Meeting M 8pm		\$ 255	Stepping Stone Step Study M 730pm		\$ 121
Eureka Valley Topic M 6pm		\$ 226	Monday Monday M 1215pm		\$ 135	Sunday Bookworms Sun 730pm		\$ 379
Excelsior "Scent" Free for All Sa 8pm		\$ 180	Monday Night Big Book Study M 8pm		\$ 105	Sunday Coffee With Bill 10am		\$ 27
Extreme Makeover M 730pm		\$ 143	Monday Night Women's M 8pm		\$ 290	Sunday Morning Gay Men's Stag		\$ 223
Federal Speaker Su 12pm		\$ 301	Moving Toward Serenity W 830pm		\$ 222	Sunday Night 3rd Step Group 5pm		\$ 647
Fell Street F 830pm		\$ 339	New Friday Big Book F 12pm		\$ 218	Sunday Night Castro SD Su 730pm		\$1,009
Firefighters & Friends Tu 10am		\$ 184	New Highs W 130pm		\$ 108	Sunday Silence Su 730pm		\$ 260
Fireside Chat Group Th 8pm		\$ 177	Newcomers Tu 8pm		\$ 216	Sunday Step Study		\$ 87
Fireside Chat Sa 9pm		\$ 156	No Reservations M 12pm		\$1,012			

Continued on p. 19

Profit and Loss Statement: November 2012

	Nov 12	Budget	Jan Nov 12	Budget		Nov 12	Budget	Jan Nov 12	Budget
Ordinary Income/Expense					Payroll Fees	9	8	92	88
Income					Phone Book Listings	91	87	1001	951
Gratitude Month	2021	1860	7794	4705	Postage	0	50	1123	764
Group Contributions	6553	8754	140327	137759	Printing	910		910	600
Individual Contributions	3952	3824	30278	34926	Professional Fees	1800	300	2000	3127
Newsletter Subscript.	33	15	144	370	Rent - Office	3963	3962	42072	42062
Sales - Bookstore	6837	7485	100779	105834	Rent - Other	75	75	840	930
Special Event Income	0		4431		Repair & Maintenance	272	285	3307	3170
Total Income	19396	21938	283753	283594	Security System	0		354	354
Cost of Goods Sold					Software Purchased	0		754	900
Cost of Books Sold	4818	4850	72102	68912	Sunshine Club/12th Step	25	5	50	55
Shipping	44	55	592	605	Telephone	290	200	3569	2702
Credit Card Processing	313	430	3945	3889	Training	39		163	500
Inventory Adjustments	-5	-100	331	-583	Travel	0		1068	1200
Total COGS	5170	5235	76969	72823	Total Expense	22148	18676	210870	216379
Gross Profit	14226	16703	206784	210771	Net Ordinary Income	-7922	-1973	-4086	-5608
Expense					Other Income/Expense				
Access Expenses	0	708	2940	7792	Other Income				
Bank Fees	12		13	0	Bag Fees	5		5	
Employee Expenses	12023	12554	132207	136604	Interest Income	98	165	1268	1722
Equipment Lease	936		5971	5000	Misc. Income	0		300	
Filing/Fees	50		193	165	Total Other Income	103	165	1573	1722
Insurance	0		2402	2383	Other Expense				
Intergroup Events	206		2679	1298	Depreciation Expense	300	514	3306	5654
Intergroup Literature	0	29	166	258	Total Other Expense	300	514	3306	5654
Internet Expense	93	108	1028	1191	Net Other Income	-197	-349	-1733	-3932
Office Supplies	206	105	2798	1558	Net Income	-8119	-2322	-5819	-9540
Paper Purchased	1148	200	3168	2727					

Treasurer's Report

For the month of November, total group contributions were \$2,200.67 under budget. Individual contributions were \$127.83 over budget. Gratitude month were \$160.92 over budget.

Bookstore sales were \$648.27 under budget in November.

Total Expenses was \$3,472.14 over budget which was due to paper purchased \$947.52, printing expenses of \$910 and accounting expenses to complete last year's tax return \$1,500.

In November, we had a deficit of \$8,119.15 and the year-to-date deficit of \$5,819.03.

Unrestricted cash balance decreased from \$27,467.59 to \$20,493.45, which represents a little more than a month of average operating expenses.



We'd appreciate it if all groups would send in any outstanding gratitude month collections. Thank

Trusted Servant Registration Drive!

Want the “hand of A.A. always to be there”? Then make sure your trusted servants are registered.

This time of year many groups elect new trusted servants. Regardless of when your elections are held however, please ask your groups Secretaries and Treasurers to register with Central Office.

It's easy to do online or, if you prefer, call us during office hours: 415. 647-1821 (415.499-0400 from Marin).

Benefits include a complimentary subscription to this fabulous newsletter!

It is exceedingly important for Central Office to communicate with the groups, and this is the single most effective method.

Go to the online meeting schedule, find your group, click on the address, and view “meeting info” that reports registration (as well as contributions to Central Office and literature purchases) or use a registration form included in this issue.



"When I'm happy joyous and free I feel like something's missing, and it is: my misery and my drama." (anonymous)

aa group contributions, continued

SF Contributions	Dec. 12	YTD	SF Contributions	Dec. 12	YTD	SF Contributions	Dec. 12	YTD
Sunday Sunrise Su 7am	\$ 58		The Parent Trap M 1pm	\$ 115		Waterfront Sun 8pm	\$ 261	\$ 261
Sundown W 7pm	\$ 932		The Pepper Group F 12pm	\$ 119		We Care Tu 12pm		\$ 175
Sunset 11'ers Sa	\$ 100		There is a Solution Tu 6pm	\$ 373		We Have a Solution F 7pm		\$ 91
Sunset 11'ers Su	\$ 380		There Is a Solution W 630pm	\$ 251		Wednesday Afternoon With Bill		\$ 50
Sunset 11'ers Th	\$ 122		They Stopped In Time M 8pm	\$ 127	\$ 181	Wednesday Noon Steps W 12pm		\$ 60
Sunset 11'ers Tu	\$ 91		Thursday Morning Men's BB Study	\$ 195	\$ 727	Weekend Worker Sat 7am		\$ 180
Sunset 11'ers W	\$ 26		Thursday Night Book Club Th 7pm	\$ 42		West Portal W 8pm	\$ 253	\$ 639
Sunset 9'ers F	\$ 106		Thursday Night Speaker 830pm	\$1,800	\$1,800	Wharfrats Th 815pm		\$ 427
Sunset 9'ers Sa	\$ 110		Thursday Night Women's Th 630pm	\$ 68	\$ 496	What It's Like Now M 6pm		\$ 168
Sunset 9'ers Su	\$ 138		Thursday Thumpers Th 7pm		\$ 388	Wits End Step Study Tu 8pm		\$ 84
Sunset Speaker Step Sun 730pm	\$ 844		Too Early Sat 8am	\$ 300	\$1,378	Women's 10 Years Plus Th 615pm		\$ 436
Surf Tu 8pm	\$ 363		Trudgers Discussion Su 7pm		\$ 300	Women's Came to Believe Sa 10am		\$ 237
Ten Years After Su 6pm	\$ 622	\$4,804	Tuesday Big Book Study Tu 6pm	\$ 72		Women's Kitchen Table Tu 630pm		\$ 88
The Drive Thru W 1215pm	\$ 346		Tuesday Downtown Tu 8pm	\$ 27		Women's Mtg There is a Solution		\$ 585
The Dry Dock Fellowship	\$ 195		Tuesday Men's Pax Tu 12pm	\$ 541	\$1,212	Women's Promises F 7pm		\$ 836
The Lads Fr 730pm	\$ 150		Tuesday's Daily Reflections Tu 8am	\$ 394		Work In Progress Sat 7pm		\$ 403
The Leaky Cauldron Su 930am	\$ 97	\$ 589	Twelve Steps to Happiness F 730pm	\$ 72		Working With Others Sa 10am		\$ 83
The Little Meeting That Could Su 6pm	\$ 31		Valencia Smokefree F 6pm		\$1,103	YAHOO Step Sa 1130am		\$ 757
The Parent Trap 2 Wed. 430pm	\$ 80		Walk of Shame W 830pm	\$ 10	\$ 105	San Francisco Total	\$ 9,018	\$103,688
The Parent Trap M 1230pm	\$ 12		Walk of Shame W 8pm	\$ 88		YTD	\$11,342	\$151,416

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