

# the Point

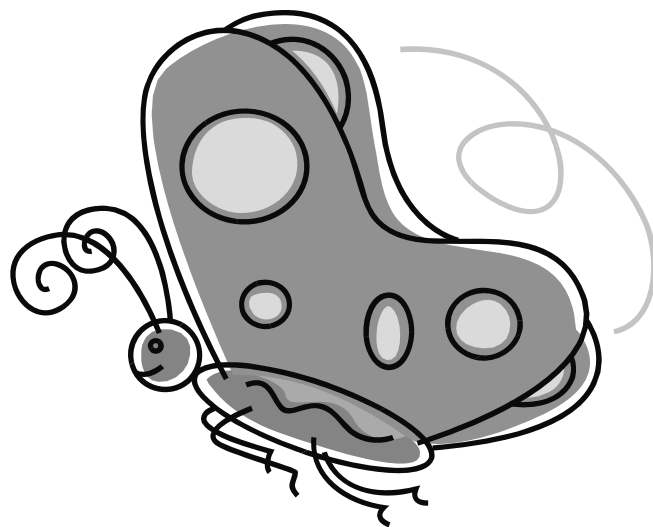
*The point is, that we are willing  
to grow along spiritual lines.*

from Chapter Five of the book, Alcoholics Anonymous

2013  
4  
April

A publication of the Intercounty Fellowship of Alcoholics Anonymous

## Carrying The A.A. Spirit



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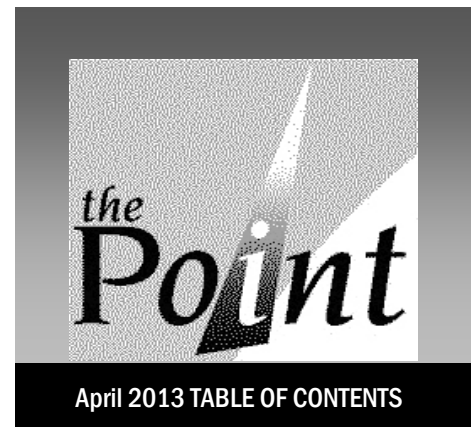
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of 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.

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# April 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>1</b> <u>FIRST MON</u> 12th Step Committee Central Office, 6:30pm	<b>2</b> <u>FIRST TUE</u> Access Committee Central Office, 6pm	<b>3</b> <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6pm Meeting 7pm
<b>7</b> 42nd Annual H&I Conference Crowne Plaza Hotel 1221 Chess Dr, Foster City, CA  General Service Area 06 Pre-Conference Assembly Antioch Charter Academy Contra Costa Fairgrounds 1201 W 10th St, Antioch, CA	<b>8</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office 7pm	<b>9</b> <u>SECOND TUE</u> The Point Committee Central Office 5:30pm  Marin H&I 1360 Lincoln San Rafael 6:15pm  SF General Service: Bridging the Gap & New GSR 7pm, District Meeting 8pm	<b>10</b> <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave San Rafael Alano Club 6:30pm
<b>14</b>	<b>15</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm  Marin General Service New GSR 6:30pm, District Meeting 8pm 9 Ross Valley Rd, San Rafael	<b>16</b>	<b>17</b>
<b>21</b> <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	<b>22</b>	<b>23</b> <u>FOURTH TUE</u> The Point Committee Central Office 5:30pm  Marin Teleservice 1360 Lincoln Ave San Rafael Alano Club 7:30pm	<b>24</b>
<b>28</b>	<b>29</b>	<b>30</b>	
<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>			
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THURSDAY	FRIDAY	SATURDAY
4	5 42nd Annual H&I Conference Crowne Plaza Hotel 1221 Chess Dr, Foster City, CA	6 42nd Annual H&I Conference Crowne Plaza Hotel 1221 Chess Dr, Foster City, CA  General Service Area 06 Pre-Conference Assembly Antioch Charter Academy Contra Costa Fairgrounds 1201 W 10th St, Antioch, CA
11 <u>SECOND THU</u> Fellowship Committee Central Office 7pm	12	13 SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop Central Office 10am
18 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	19	20 <u>THIRD SAT</u> SF H&I Mission Fellowship 2900 24th St, SF  Orientation 11am Business Meeting 12pm  Sunshine Club Orientation 1320 7th Ave, SF
25	26	27 <u>FOURTH SAT</u> General Service Area Meeting 320 N McDowell Petaluma, CA 10:00am
		



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Here we begin to practice  
all Twelve Steps of our program  
in our daily lives so that we  
and those about us may find  
emotional sobriety.

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*12&12, p. 106*

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## Meeting Changes

### New Meetings:

Mon	5:45pm	Laurel Heights	I ITH STEP; POWER, POWER, POWER, 25 Lake St / Arguello (Women, 45 minutes)
Wed	9:00am	Inner Sunset	WEDNESDAY REFLECTIONS, Gratitude Center: 1320 7th Ave / Irving (Book Study)
Wed	7:00pm	Inner Sunset	FREETHINKERS DISCUSSION, Gratitude Center: 1320 7th Ave / Irving (Discussion)
Thu	7:00am	Inner Sunset	GET UP AND GO, Gratitude Center: 1320 7th Ave / Irving (Speaker, Step Study)
Thu	12:10pm	Inner Sunset	LUNCHTIME QUICKIE, Gratitude Center: 1320 7th Ave / Irving (Discussion)
Fri	6:00am	Marina	FRIDAY WOMEN'S ROUND ROBIN DISCUSSION Dry Dock 2118 Greenwich / Fillmore
Sat	1:00pm	Inner Sunset	BETWEEN THE LINES, Gratitude Center: 1320 7th Ave / Irving (Book Study, Speaker/Disc)
Sat	8:30pm	Inner Sunset	JAYWALKERS, Gratitude Center: 1320 7th Ave / Irving (Speaker, Discussion)

### Meeting Changes:

Mon	6:00am	Inner Sunset	WE ARE ALL TOGETHER NOW, 1320 7th Ave / Irving (Was called Suit Up & Show Up)
Mon	6:30pm	Inner Sunset	CREATIVE ALCOHOLICS, Gratitude Center: 1320 7th Ave / Irving (Was at 1329 7th Ave)
Tues	6:30pm	Inner Sunset	RELAPSES, REBOUNDS, RETREADS & WINNERS, 1320 7th Ave / Irving (Was at 1329 7th)
Wed	6:00pm	Novato	WEDNESDAY SUNDOWNERS, 801 Grant Ave / Reichert (Was at 6979 Redwood)
Wed	8:00pm	Noe Valley	WALK OF SHAME, 455 Fair Oaks St / 26th St (Was at 8:30pm)
Thu	6:30pm	Inner Richmond	RICHMOND BIG BOOK STUDY, 360 18th Ave / Geary (Was at 7:30pm)
Fri	10:00pm	Mission	DARK SECRETS, 1449 Stevenson St / 14th St (Was at 1748 Market)
Sat	9:00am	Inner Sunset	SUNSET 9'ERS, Gratitude Center: 1320 7th Ave / Irving (Was at 1329 7th Ave)
Sat	8:30pm	Castro	KEEP IT SIMPLE, 100 Diamond St / 18th St (Was at 100 Collingwood)

**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!***



## Join the Sunshine Club!



We take meetings to AA members who are temporarily hospitalized or homebound due to illness or injury.

The next Sunshine Club Workshop will be at 2pm on Saturday, April 20th, 2013 at the Gratitude Center, 1320 7<sup>th</sup> Ave./Irving St.

Please call 415-674-1821 for more information or e-mail [sunshine@aasf.org](mailto:sunshine@aasf.org)

( One year sobriety requirement. )

**Reasonable Accommodations Policy:** Persons requiring reasonable accommodations, including sign

language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office (415) 674 - 1821 no later than five business days prior to the event.



From the Editor

## Carrying The A.A. Spirit

by MEM

"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." *Step Twelve*. Once again, our contributors demonstrate the lengths to which they have gone in practicing these principles, and have gone the extra mile to write to *The Point* and share their message with the wider world.

We welcome the return of "Drunk Whisperer," who interviewed local A.A. legend Bruce K. to preserve and share his story of extra miles traveled to spread the message, focusing in this segment on his adventures in Russia. Most of us will never have this experience and it is quite a story.

The *Twelfth Step Challenge* to "actually carry the A.A. spirit into our daily work" is well met by our anonymous writer, who shares her experience and how she ultimately learned that "ambition and humility were compatible" in the workplace. CLB has written an open letter to

God about her search for new employment, expressing gratitude for lessons learned in the workplace along her journey.

Spiritual struggles are always the order of some part of an A.A.'s day. Claire A. speaks of hers with *Step Eleven*, while a near stampede of writers came forth to share their struggles with overcoming the *Sin of the Month* – Lust. Their struggles are no less a spiritual quest for the true meaning of love as they openly examine their experience with this character defect.

Lynne L. shares why she goes to meetings and details the spiritual experience they offer her. Pre-A.A. History looks again at the spiritual influence of the Oxford Group on A.A.'s Founders and Dr. Bob's last bender at an AMA convention.

And that's our April issue, leavened with a couple fine offerings in our *Not A Glum Lot* feature to lighten the mood and give us laughter, that best of medicines.

### 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](http://www.aasf.org).)



## Faithful FIVERS!

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

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Chris S.	Lynn D.	
Chuck S.	Lynne L.	Your
CJ H.	Mabel T.	Name
Craig S.	Maria G.	Here!
Dan B.	Marit L.	
Dan & Sherry T.	Mark O.	Or
David J.	Mary C.	Here!
David S.	Mary D.	
David W.	Mary L.	Or
Denise H.	Maryellen O.	Here!
Dennis & Lucy O.	Mia M.	
Dianne E.	Michael P.	
Eric P.	Michael Z.	
Erin S.	Michelle C.	
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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!

# Have Big Book, Will Travel

## *Interview with Bruce K.*

*by the Drunk Whisperer*

Bruce K. got sober in 1986 at the age of 57. Within a couple of years, he was bringing the program to hopeless drunks in the Soviet Union, later Russia. Bruce traveled to Russia nine times and also to China and Cuba, to bring the A.A. message. Upon his retirement, Bruce served as the Central Office manager for four years during the 1990s. His record of service is exemplary; for instance, Bruce recently spearheaded getting a plaque on the house near Duboce Park commemorating the first A.A. meeting on the West Coast. He is soft-spoken and self-deprecating.

DW: Bruce, tell me the story of your A.A. “missionary” work to Russia, China, and Cuba.

BK: I had nothing to do with going to Russia the first time; there was a woman in southern California who got in touch with an organization in San Francisco that specialized in getting professional groups into the Soviet Union, nothing to do with alcoholism. They got together and formed an organization called “Creating a Sober World,” a very humble undertaking [laughter], and it made the first trip in 1986. I heard about it and actually sat in on a satellite TV meeting with alcoholics at a hospital in Russia from a place on Sacramento Street. It spoke to me and I wanted to find out how I could make one of these trips. So in 1988, I was qualified to do it; everyone had to have two years of sobriety.

On the first trip, traveling with U.S. A.A.s and Al-anons, we only stayed a night in Moscow and went to the Moscow Beginners meeting. We then went to a town called Yaroslavl, out

on the Volga River; we met with a group at a hospital, most were young people and they seemed very interested. We went to Moldova in another state in the Soviet Union and we met with people in the hospital there. They were fascinated; another group from Kiev met us and we all went on a big boat trip.

DW: Did you have readings from the Big Book, like we do here?

BK: Yes, we had interpreters; some were A.A. members from the Moscow Beginners group. So that was the meat of that first trip: Moscow, Yaroslavl, and Moldova. I made a total of nine trips to Russia. The early trips were all to the western part, Leningrad (St. Petersburg), which I loved. There were about three meetings when I first went there; when I stopped going there were five or seven. Also, to Odessa which, at that time, was still in the USSR down on the Black Sea. Another trip, we went down to Uzbekistan, but we didn’t get into any hospitals there.

We started focusing on the eastern part of the country, and went to Novosibirsk. We found a young doctor there at a recovery hospital who was at first reluctant to deal with us, but we continued to go and to help his patients get involved in A.A. and Al-anon, and after a while, he was really tickled to see a solution to these problems. He was not an alcoholic, but decided he would do the Twelve Steps because they were

so effective. There was a town not far from there, Barnaul, where we drove to meet with another doctor and his patients. He wanted to show us what they had discovered: that the workers in the Barnaul salt mines did not have as high an alcoholism rate as other people. So they had made this room in an office building where they glued salt on the walls and they also put up colored lights and music. They asked us if we wanted to try it; so we went in and sat down in camp chairs; they closed the door and we listened to the music in semi-dark for about ten minutes, then they asked us what we thought of it. I must admit, I’ve stayed sober ever since. [laughter]

On one trip, we were invited to the city of Magadan in the far northeast, and this married couple and I went to meet with a group of four or five drunks who were trying to stay sober. I was using the empty apartment of someone out of town and I awoke one morning alone and



*(Continued on page 7)*

# Spiritual Practice

## *How is your 11th Step journey coming?*

by Claire A.

My spiritual practice is coming along in fits and starts. On good days, I feel I can almost peek at God's will for me: a life of serenity. On bad days, I grouchy lie in bed praying, wallowing too much in self-pity to take the simple step of kneeling beside the bed, not to mention picking up my program materials. Needless to say, I don't actually write a Tenth Step on those days. Thankfully, the days when I have little conscious contact with God are getting fewer.

This is the first time I have "done" the 11<sup>th</sup> Step. To be honest, meditation is a real stumbling block for me. I get the idea, and I have felt the benefits of meditation: calmness and clarity. However, I'm afraid that phrase "... we often tend to slight serious

meditation and prayer as something not really necessary" (12&12 p.96) applies to me. I don't pray and meditate as if my life depended on it. But it does. After all, my heart may continue to beat if I don't pray, but is a heartbeat really *living*?

I've definitely noticed the quality of my life changing as I let go of the outcome. As I allow others to help me, take their suggestions, reach out to give or receive help, or hear other people's stories, I open up to a new way of living I can best describe as a gigantic, gently flowing river. I become connected to people and to God. If I just stop straining to hang on to the dock, then relinquish the tiller and trust that I'm heading in the right direction, I find peace. I'm making this sound easier than it is for me.

My inclination, before praying, is to write dozens of lists, plan my day to the last minute, and then stress out when it doesn't go according to plan. I become woeful if something like changing the oil in my car is needed; if it's not on my Grand Plan, it's a gigantic problem. If I don't get everything done, I beat myself up.

When I pray and when I meditate, what happens is that the things that are important to me bubble to the surface. I can access what really matters. Then, I can attend to those things. My higher power directs the show, revealing the priorities. If I can get out of the way, that is.

I'm grateful that this Step is a journey and not a destination. As long as I keep moving forward, at whatever pace I'm going, I make progress toward that life of serenity.



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*(Continued from page 6)*

very sick with something I had had years ago in the U.S. that required surgery to repair: internal bleeding. So I thought, golly, here I am in this little town, I don't even know if they have a hospital, I got to get out of here, was my first thought. Then this doctor that we had been meeting with came over and said you have to go the hospital; I didn't have much choice. They took me in an open truck to the hospital. This was a place where, when they use a piece of gauze or cotton, they throw it on the floor. Not even a wastebasket. Luckily, the wife of the couple I'd

come with spoke Russian, which helped a lot with communication. Some of the people from the new A.A. group came and watched over me. They would stay right outside the door of the combination ICU/emergency room; that was very kind. You know, I'd always wanted to know when I was going to die; I didn't just want to be crushed by a 16-wheeler, I wanted to know it in advance, and here was this chance. My kids were okay, they were adults now. I was going through all this in my mind, trying to use the steps to deal with the enormity. Finally, I realized that it would be okay if I died. So they took me into the

operating room and I looked up at the big OR lamp—I thought it was just going to be a single light bulb [laughter]. That was the kind of place it was, I assumed they wouldn't even have a suitable lamp for surgery, but when I saw that, I felt a little better. A few days later, my kids came; they didn't know if they'd be picking up a corpse or their dad. And I made it. In fact, my doctor later back at home said, "Boy, you really had a good surgeon."

Bruce also helped bring A.A. to China and Cuba. Read the rest of his story next month.



# In All My Business Affairs

by Anonymous

One of the hardest things for me to do in early sobriety was to reconcile the ideas I was learning in A.A. with the traits I thought were necessary for me to succeed in my career. How could I be humble and confident at the same time? How could I “let go and let God” and still be conscientious and diligent? How could I be “rigorously honest” and still protect my clients and present their information in the best light? I asked the Old Timers at my home group. They told me I would figure it out.

The first message I received about A.A. and work was that putting A.A. first could only do good things for me at work. I found this very hard to believe. It took me a long time in sobriety to understand how inefficiently I had worked during my years of drinking. Even if I were not drinking on the job, my physical, mental and emotional states were so impaired that I spent an inordinate amount of time worrying, indulging in paranoia about my co-workers and trying to “look busy” instead of actually working.

It was very hard for me to tear myself away from my desk and go to a noon meeting a few blocks away in the Financial District. I had spent a lot of time staring at the walls when I first got sober, because the withdrawals made me very absent minded and impeded my concentration significantly. I wanted to make up for this period of zombie activity by working extra hard when the fog cleared. But I soon learned that the price of missing a meeting included a different kind of inefficiency, this one caused by anxiety and restlessness. Eventually, I had to

admit that I felt 1000 times better after the noon meeting. The rest of the day always went smoothly and I managed to get a few things done and even smile at people once or twice.

In the longer term, I continued to see the connection between my spiritual fitness and my professional fitness. The less crazy I was, the better I functioned in the intellectual and inter-personal aspects of my work. I realized that a close connection to A.A. gave me a reprieve not just from obsession with alcohol, but from all kinds of neuroses, fears, resentments, moodiness and other impairments brought on by my twisted way of thinking and my lingering character defects. I also began to see something else: the “principles of the program” were critically important to my long-term satisfaction and well-being at work.

I learned that, yes, ambition and humility were compatible. I learned that success depends on competence and competence depends on a rigorously honest assessment of what I know and do not know. By having enough humility to admit all the things I do not know, I allow myself to actually learn and improve. In turn, the relief that comes from honestly learning and developing starts to take away the vague fear of being “discovered” or having the gaps in my knowledge exposed.

One of the most profound lessons for me in my work life was the need to let go of outcomes. Prior to joining A.A., I knew no other approach than to flail away at things and force them and assault them with my will power until I achieved my goals. Sometimes I did get the desired end result, only to have it unravel shortly after, due



to not being built on a solid foundation. I fancied myself a good negotiator because I forced my views down everyone's throat until they surrendered. I thought I was feared and respected. In fact, I was detested and ridiculed. In sobriety, I have learned not to enter into work discussions with rigid preconceived notions. Sometimes before difficult meetings, I will pray for the ability to listen carefully, to be creative in finding solutions, to create consensus and cooperation and to help produce an environment of mutual trust.

The biggest way in which A.A. has helped me at work has been to teach me how to get along with people. Before I got sober in the Program, I had a lot of conflicts at work. I always suspected my co-workers of trying to “back stab” me and so I had virtually no trust of anyone at the office. I would also develop resentments against a number of people in my environment. For months or years I would give them sideways glances or glares in the hallway, but most often, I would pretend they did not exist. In sobriety, I have had to admonish people, discipline them, and even fire them. But thanks to what I have learned in A.A., I have been able to handle all these situations with grace and compassion. Lastly, the great lesson that A.A. has taught me about workplace conflict is that I don't have to take everything personally. Live and let live has gone a long way at the water cooler.







# For The Lust of It

***How lust has taught me about love***

by Rebeca S.

The most valuable lenses to have dusted off and made use of in this journey of recovery are the eyes of compassion and humor. It's necessary to look at myself with this attitude when exploring my experience with lust, simply because I have caused myself so much pain, shame, embarrassment and insanity. With the gift of hindsight and having taken three Fourth Steps and sexual inventories (I sound very recovered, don't I?), I have a blurry view of instances (okay, the majority of my life) in which I mistook lust for love and how, in my desperation to be loved, I got my mental coattails hooked into the gears of the fixating axels of lust.

Studies suggest that the brain, in its phase of lust, is much like the brain on drugs. Clinical psychiatrist Dr. Judith Orloff says that MRI scans illustrate that the same area lights up when an addict gets a fix of cocaine as when a person is experiencing the intense lust of physical attraction. All of this meant nothing to me when I was caught up in a moment with someone, when I made a series of decisions based on that "lit-up part of my brain." If you had told me this then, I would have scoffed and exclaimed it was "Love!" I was drinking from the heaviest opiate of them all, denial, and the inability to handle self-examination into my challenges with sex and love. Lust allowed me the alluring glasses of

fantasy – I liked the shape of someone's head, their walk, laugh, physique, the fact they offered free alcohol or drugs – and I would immediately proceed to superimpose onto them my ideas of what I thought they were, the person I wanted them to be, mostly based on what I needed and wanted from them.

I was in a program my first ten months of sobriety and was told explicitly to stay away from the clients of the men's program. Did I listen? Nope. I almost got myself kicked out, stirring up intrigue, than drama, than lusty-lust-lust, a perfect distraction from working my Steps and focusing on the real problem. My

*"I've found the greatest love of all inside of me."*

hostage, I mean the guy I was messing with, was court-mandated to complete the program and would go to jail if he didn't. Did I consider his welfare? Nope. Next it was a guy with a young child; I would argue with him in front of the youngster and then take off in a loud and Hollywood worthy manner. Nowadays my desperation to change is still as pulsating as it was in my early days, only now my awareness has blossomed, my dexterity to hear and hold the truth has improved and my spiritual connection is broader and deeper. I'm learning to follow one of my era's icons in the sage

advice she sang, "I've found the greatest love of all inside of me."

Even though my intellectual self *knows* real love is not based on idealization or projection, it's absolutely, Guinness Book of World Records astounding how repetitively I catch myself on the fantasy pool diving board ready to belly flop into full flight from reality. I'm presently on a romantic comedy media diet, where I avoid all movies and shows that depict romance – period. I'm truly powerless over my lust and romance fantasies and, when I hand them the mental microphone, my life becomes unmanageable. My challenge to myself today lies in bringing my spiritual connection with a divine source to bear on those moments of spiraling upwards hormonal hysteria, and instead weaving elements of romance into all aspects of my daily life, from a morning commute to choosing vegetables at the farmers market.

**TP**



# Why I go to meetings

by Lynne L.

After being sober for over 39 years why do I still go to meetings? My life as a sober woman has been a joyous adventure and I have learned a lot. I was introduced to a Higher Power in my very first A.A. meeting and out of sheer desperation I surrendered to the A.A. program. I have no desire to drink alcohol or mess up my feelings with drugs ever again. I have had romance and fabulous relationships, a successful career and redemption in all areas of my life, parenting and family. I have experienced major miracles and the peace and comfort of knowing God even in moments of loss and fear.

Last night I walked into a meeting with my head full of screaming "human" ideas about many things in my life – not bad things, mind you, just things to be managed and decided and acted upon. The daily ruminations and challenges of a human life. I settle into my seat. I like to choose a seat up front where I can

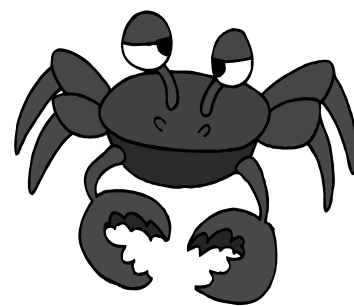
see everybody.\* I greet a few people I know.

The familiar rhythm of the meeting begins - right on time.

Serenity Prayer, introductions, the reading of the 5<sup>th</sup> chapter – and as I sink into the rhythm it is like a preparation for meditation. The crazy voices demanding attention in my head begin to quiet down while listening to the timeless meeting rhythm. In meetings that I have attended all over the world it is the same. Even when I don't understand the language of words, the rhythm remains the same.

A man is asked to lead and he chooses a reading from A.A. literature that focuses on honesty, open-mindedness and willingness. My brain says – yeah, yeah, we know all that – but I am breathing slower and deeper.

The discussion moves to powerlessness (over alcohol, drugs, life).



Somewhere, half-way through the meeting, I am swimming to the surface of the endless chatter in my head, I feel a small pin-prick of soothing comfort begin to bleed through, spread and seep into the whole of me. Maybe it is the soul of me. It is the center of my body where I had always looked for chemical relief.

I don't hear every word or remember each part of the discussion but something deep inside of me is comforted. I am safe. All will be well – may God keep it so forevermore.

And the meeting ends – right on time.

\*Gene D. in his recovery home in Calistoga, California had a sign on the wall of the meeting room: "People with crabs sit only in the back 2 rows". *I never sit in the back.*



Bill's pregnant sister was in a terrible car accident and went into a deep coma. After nearly six months, she woke up and saw that she was no longer pregnant.

Frantically she asked the doctor about her baby. The doctor replied, "You had twins, a boy and a girl. The babies are fine now. They were, however, doing poorly at birth and had to be christened immediately, so your brother Bill came in and named them."

The woman thought to herself, "Oh suffering Jesus, no, not my brother. He's a clueless drunken sot." Expecting the worst, she asked the

doctor, "Well, what's my daughter's name?"

"Denise," said the doctor.

The new mother was somewhat relieved and thought to herself, "Wow, that's a really beautiful name. I may have misjudged my brother. I really like Denise." Then she asked, "What's the boy's name?"

The doctor replied, "Denephew."

# Pre A.A. History Book: Dawn Of Hope Fades to Doubt

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

Now back to Bill Wilson and Dr. Bob Smith. Perhaps to insure that Bill continue in Akron to help Dr. Bob, Henrietta asked a neighbor to arrange that he be put up in nearby Portage Country Club for the following two weeks. But afterward, the Smiths asked Bill to move in with them, and he stayed for the entire summer, departing on August 29th. Bill was not entirely broke because the proxy fight financing from Beer & Company continued through the summer. A May 1935 letter to Lois told of their failed attempts to help a once prominent local surgeon who had become a “terrific rake and a drunk” recover. (So this was their first, maybe only, such pre-AA attempt.)

Henrietta and Ann encouraged the recovering imbibers to participate in daily spiritual reading; this included readings from the Good Book, such as Sermon on The Mount, Corinthians 1- Chapter 13, and James; also, a small Methodist pamphlet, The Upper Room. Of course, there were the precepts of the Oxford Group, which doubtless included the Four Absolutes (called Standards). Afterward, there would be a “quiet time” of perhaps a half-hour, but often lasting for a full hour.

Sue Smith, the teenage daughter, remembers a bottle on the kitchen shelf (to prove temptation wasn’t

there). Bill was adamant about this “proof,” which about drove Ann crazy, but to her relief, the bottles soon disappeared un-drunk.

At some point, perhaps in May, when Dr. Bob had been sober only two or three weeks, he announced he was looking forward to attending the yearly convention of The American Medical Association in Atlantic City, as he had been doing for years. But Ann brought up the disagreeable reality that every time he had gone to this get-together he got drunk. Bill Wilson, who kept whisky bottles on Ann’s sideboard, took the position that alcoholics had to learn to live in the real world. Dr. Bob won!

Dr. Bob recalled that he drank everything he could get his hands on as soon as he boarded the train, and bought several quarts on his way to the hotel. Five days later, Ann learned that he had returned boiled as an owl and was sleeping it off at his nurse’s home. Bill spent the next few days tapering him off with hookers of scotch and beer. Yet, Dr. Bob was extremely nervous and shaky; this was especially prevalent due to the fact the he had started a surgical procedure on a patient at Akron City Hospital of which he was solely responsible to complete on Monday; his already battered reputation was at stake.

**tP**



**Dr. Bob and Anne Smith**



# Lust

## ***Exact Nature Of A Character Defect***

by Rich H.

As I write this on the eve of my 37th anniversary as a clean and sober alcoholic, I continuously reflect on the process of working the 4th, 5th, 6th and 7th Steps with my sponsor, Si P., in 1983-84.

To be specific without prurience, my living problem was way too many sexual assignations with way too many different women during my “active period” between late 1979 thru the summer of 1984. As I attempted to name names, etc., Si stopped me cold and informed me with his abundant certainty that these women would be much better off if I never dealt with them in any manner, ever. He had me write down the term “promiscuous slut.” He told me that this was the exact nature of my wrongs regarding my sexual

*These acts plagued  
me with self-hate  
and misery.”*

adventures, that I urgently needed God’s help in becoming willing to lose this defect, and to do my 7th Step later that very evening, because this was one of the character flaws that made a problem drinker of me in the first place (p.73, *Twelve Steps and Twelve Traditions*). I knew

without doubt Si was right on, because these acts plagued me with self-hate and misery.

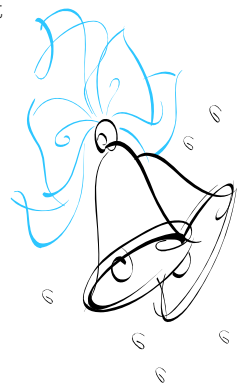
I took the step by means of a written dialogue with God, as I learned in a non-A.A. activity Si had highly endorsed for my cohorts and me. It was mystical and weird as I wrote out: “God, why do I continue to seduce by dishonesty and any other means available these wonderful women, and then retire at night contemplating suicide?” My hand glided effortlessly as I continued: “God: Richard, if doing these things makes you feel poorly about yourself, why don’t you stop?” I was stunned! There it was – the spiritual solution to my most serious dilemma!

A few weeks later Si and I were reviewing my 8th Step list. He pointed out that my Mother Jewel wasn’t on it, and belonged there. I had explained how my mother, a former federal fugitive in interstate flight for forgery, had ruined my family. Si said I must forgive her wrongs, real or fancied, or I would surely drink again. He also advised that I must return to Boise and make amends to her, for the offense of hanging up on her. There was no negotiating with Si P. I drove up there, found her in poor health in subsidized housing, still unrepentant, but unhappy, unhealthy, obese, chain-smoking cigarettes and drinking long-neck beers one after another. She and I sat and talked, caught up on our pasts and on our present lives. I told why I was there, and her

response was, “If those things had happened to me, I’m sure I’d feel just like you, Rich.” And so that happened, and the 9th Step Promises overcame me on the drive back to the City, in May, 1984. In the interim, my then dear friend Lelan left her husband in Marin and moved to the City. By the end of 1984, with Si’s support and delight, we became engaged. We were married August 3, 1985 and have never looked back. I will state unequivocally that my “problems” with women were over. All of them!

Lelan and I remain married and we are more in love than ever. The couple of hundred hours of therapy intended to help me get along with the opposite sex just became meaningless. Life has its challenges, but in A.A. recovery together we’ve weathered every storm, overcome heart-rendering medical problems, put our daughter Wendy through SFSU, and helped her raise my beloved grandson Danny for the several years they lived with us.

Of course I cannot “channel” Si, nor would I wish too. But the A.A. Steps he walked me through are the same steps freely available to anyone reading this “lusty” note I promised the Editor I would write.





# Lust

by Anonymous

"It is only when boy meets girl on A.A. campus" and love follows at first sight, that difficulties may develop. That was certainly my truth. Somehow I stayed sober (unlike some of the other parties involved), but with difficulties. Looking back now from sober year 29, I see that when the booze was gone, lust became the next frontier to be explored. And I sure did explore it, going to meetings and shopping like a girl in a candy store for that elusive buzz, failing to recognize or even consider the question, "Is it selfish or not?"

Joining A.A. at the relatively young age of 27, I had no clue about how to do anything right except keep the plug in the jug. Thank God for patient people and sponsors who tolerated my insanity and kept saying "keep coming back." I was a female predator, and it was not pretty, dignified or graceful. But I knew nothing else. I started drinking at 13 and this seemed "normal" to me. Lust was the path to get the attention I craved and the "love" I deserved. I had many hostages willing to play the part of being my drug of choice. (And yes, I have made amends to them all.)

My choices had unexpected results. I gave up a child for adoption (and I did that with integrity and grace). When I realized I was pregnant with a second child, the A.A. father said, "Not interested." My son's birth certificate lists "Bill Wilson" as his

father, but his real father was one of those "when boy meets girl on A.A. campus" relationships. With the grace of God and the fellowship of Alcoholics Anonymous, I traveled the road of single parenthood. I put my sobriety first, holding meetings in my home when people did not want my little son in outside meetings, talking with my poor sponsor daily, working with others, praying, doing the Steps, and not drinking.

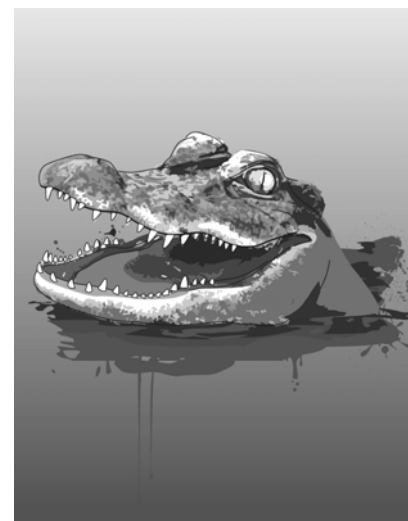
But my lusting days were not over. My ambitions were to find a family for my son (aka another male hostage) and I found a willing newcomer. With his child and mine, we squeezed into an 1100 square foot home and tried to make it work. (I also must tell you that trying to sponsor your partner is NOT recommended.) We had eight very challenging years, which catapulted me into Al-anon. When my sponsor said, "If you do not go to get the help Al-anon has to offer, you will probably get drunk," I did what she said. And from that point moving forward, I started to look at my selfishness and self-seeking motives in all my relationships. We both stayed sober, but with the selfish motives we started with and all the drama we created, the relationship had to end or I would get drunk.

And it was then, 13 years into my sobriety, that the question in the Big Book – "Is it selfish or not?" – started to make sense to me. I started to realize how selfish I had been with men, using them for power, meeting

my needs for security, social standing and my other ambitions (think column 3 of the inventory). I realized I had to change my actions, my thoughts and give this problem to God as outlined in the Big Book. Years of inventory have revealed where I was a "taker." I have learned that "It is not the matter of giving that is in question, but when and how to give." I realized I had to be a partner with my spouse/boyfriend, to give more than I received and to TRULY practice these principles in ALL my affairs, or I was not really working a program, I was just talking one.

Today I am in a healthy marriage, partnered with a man who is a human being deserving of all the respect and love that I want for myself. Someone told me to write a list of all the things I wanted in a mate and then to be the person on that list. I practice this on a daily basis. It is the best I can do.

TP



# Intergroup Meeting Summary—March 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 .

Each Day a New Beginning	Come 'n Get It!	Keep Coming Back	Step Talk	Women's 10 Years Plus
Meeting Place Noon	Cow Hollow Men's Group	Living Sober With HIV	Sunday Night Castro Speaker Disc	Women's Mrg: There is a Solution
Your Show of Shows	Day At A Time	Miracles (Way) Off 24th St.	Sunday Rap	Women's Promises
Mill Valley	Design For Living	Mission Terrace	Ten Years After	Tuesday Big Book Study
No Reservation	Early Start	On Awakening Group	They Stopped In Time	Tiburon Haven
A New Start	Embarcadero Group	Pax West	Thursday Night Speaker	Monday Night Stag Tiburon
A Is For Alcohol	Friday Morning 12 Steppers	Queers, Crackpots & Fallen Women	Thursday Thumpers	Marin General Service
Artists & Writers	Girls Night Out	Reality Farm	Too Early	Marin Teleservice
As Bill Sees It	Haight Street Blues	Saturday Beginners	Valencia Smokefree	San Mateo General Service
Blue Book Special	High Noon Mon	Say Hey Group	Walk Of Shame	SF General Service
Came to Park	Join The Tribe	Serenity Seekers	Wits End Step Study	SF H&I

This is an unofficial summary of the March 2013 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes see "Intergroup" at [www.aasf.org](http://www.aasf.org).

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

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

The meeting was held on Wed., March 6th, 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 February minutes and the March agenda were approved.

## Officer Reports

**Board Chair Report, Margaret J.** Goal for Intergroup representation is 10%. Currently 8% in SF and 4.4% in Marin. Trusted Servant representation is up (30% registered). Board elections coming up (June) Questions? Talk to members of the Board.

**Treasurer's report, Michelle C.** Overall financial position is excellent. Partly due to rotation and gratitude month contribu-

tions from 2012 coming in.

## Central Office Manager, Maury P.

David W – new special worker. Prior intergroup experience and has been on several YPAA conference committees. We need central office volunteers, 1 year sobriety requirement. Call to volunteer.

## Intergroup Committee Reports

**Access Committee, Steve F.** Mission to carry message to people who can't get to meetings, discussed developing a survey to bring back to home groups Also a pamphlet with information, aasf.org has good info. as does The Point.

**Archives Committee, Michael P. Meets** 3<sup>rd</sup> Su from 2-4pm. Mission is to preserve the legacy of AA, research, documents, etc. Please send meeting histories via email to [archives@aasf.org](mailto:archives@aasf.org).

**Fellowship Committee, Blu Meets** 2<sup>nd</sup> Th at 6pm. Founder's Day, June 8<sup>th</sup>, looking for volunteers. Jackie B.'s new play, Our Experience Has Taught Us, about the 12 Traditions in the works. For more info, email [play@aasf.org](mailto:play@aasf.org).

**Orientation, Blu** IGR orientation held 1st Wed of the month at 6pm.

**SF PI/CPC, Rich G.** Meets 2<sup>nd</sup> M at 7pm. Feb – had speakers at 4 DUI classes, 1 school, 1 special event. Speaker workshops now monthly. Kris M, outreach coordinator, forming subcommittee to reach professionals.

**SF Teleservice, Carolyn R.** Teleservice

answers the phones when Central Office is closed. Constantly looking for volunteers, Meet 3rd M at 6:30pm.

**The Point Committee, Charlie** Deadly Sins focus – this month its green with Envy. Committee up to 3 people. Looking for recording secretary and committee liaison.

**Trusted Servant Committee, Michael P.** Increase awareness about the traditions. We hold workshops for secretaries and treasurers. Guide to Group Service has been reproduced and is for sale at Central Office and available on [www.aasf.org](http://www.aasf.org).

## Liaison Reports

**Pat R – San Mateo General Service liaison,** H&I conference Foster City April 5, 6, 7 rooms \$99 a night. Staying in hotel brings cost of convention rent down.

**Rudy S – Marin General Service** Pre-conference assembly in Antioch. Area throttling back on visiting officers. Passed motion to send \$2000 to GSO, Bridging Gap in Marin needs a chair. H&I starting to have literature shipped directly to areas instead of warehouse, will save money for H&I.

**Marin Teleservice, Dan** Expanding 12th Step list, improving communication with Central Office. Looking for more phone volunteers, sign up [Marinteleservice.com](http://Marinteleservice.com).

**SF H&I, Lynn D** 6 months sobriety for Hospitals, 2 years sobriety to go into Jails. Have 90 registered group reps but 15 people show up at meetings. Should H&I reim-



# Individual Contributions

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

## IN MEMORIAM

**Veronica McC. 30 years**

## ANNIVERSARIES

**Beverly C. 33 years, Karen C. 26 years,**

**David W. 21 years (Room To Grow),**

**Janet S. 15 years, Joe O. 10 years (High Noon)**

**Janice E. 6 years (High Noon), Rory K. 6 years (High Noon)**

burse steering committee reps for travel? Big deal for H&I, vote coming up in April, so far nobody getting paid, all H&I can money goes to books, not for travel.

### **Old Business**

Feedback was given on the merits and drawbacks of maintaining a hard copy of The Point, our monthly newsletter. Discussion to be continued in April.

### **New Business**

Margaret - Sample two-sided frames around the tables, post feedback. Additionally, announcements were date specific, so too hard to update. Scaled back to service opportunities and announcements only. Cost is about \$10 each. Teddy W., DCMC for SF General Service It's about getting the group conscience to GSO. Groups have ultimate authority in AA via the annual General Service Conference Agenda topics are circulated throughout AA; there may be anywhere from 40-80 topics, this year 70. Trusted servants distill the info. into a brief description of each item. Instead of 700 pages of material, we get 35 pages. Pre-conference assembly to be held April 6-7. Delegate will hear group conscience from all represented groups on all topics. Maury: Are there agenda topics with the words Central Office or Intergroup or related? No, except selling literature via digital stores might have an impact on Intergroup and Central Office sales.

**Round Table:** Does your group have a GSR? What can we do as Intergroup to get full representation. What is difference between meeting and a group? Only represent home group? What do agenda topics

mean to us as IGRs, and general concept about bottom up organization, responsibility to represent? Feedback from the tables: Why is participation so low? Apathy, they don't know the value of the service, tired, have jobs, going to meetings already? Is it broken? Usually 10% of people make decisions for group. Having 2 year requirement for GSR's is a deterrent. Home Group vs. Meeting? Groups have meetings, but a meeting is not a group, who cares? Does it matter? If you are just going to meetings, not taking or participating in group conscience, or determining group direction, etc., then you are not a group. Group does matter! Announce need for GSRs at every meeting just like IGRs. GSR position hard to fill, long service commitment, number of outside meeting requirements. Some meetings don't have many members with over 2 years sobriety. Some meetings don't care about having a GSR. Have meeting after the meeting to discuss GSRs.

### **Meet the Meeting**

**Castro Sun Night Discussion, 7:30 pm, Most Holy Redeemer** Giant room, 100 people every week, started in 1990. Chips every week. 1hr 15 min long.

**A is for Alcohol, Tu 6pm 2900 24th St** Have a reading, and focus on looseness of 5th tradition. We read conference approved literature, study obscure pamphlets and literature. Great mix of long and short term sobriety. Newcomers welcomed and encouraged to find a sponsor.

Next Intergroup meeting to be held at 7pm on April 3, 1187 Franklin St. Orientation is at 6pm; dinner served 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. sfteservice@aasf.org

# aa group contributions

Fellowship Contributions	Feb. 13	YTD	SF Contributions	Feb. 13	YTD	SF Contributions	Feb. 13	YTD
Brisbane Breakfast Bunch		28	Afro American Beginners Sat 8pm	103		Monday Monday M 1215pm	54	54
Contribution Box	20	72	After Work M 6PM	26		New Friday Big Book F 12pm		78
Intergroup	81	196	Artists & Writers F 630pm	174	174	New Life W 7pm	240	240
<b>Fellowship Total</b>	<b>\$ 101</b>	<b>\$ 296</b>	As Bill Sees It Th 6pm	380		No Reservations M 12pm		614
As Bill Sees It M 2pm		14	Bernal New Day 7D	339		Park Presidio M 830pm		138
Attitude Adjustment 7D 7am	381	541	Bernal New Day 7D	376	376	Pax West M 12pm		788
Back to Basics Su 930am	130	130	Blue Book Special Su 11am	192		Pax West M 12pm	600	600
Day At A Time 7D 630am		120	Brothers in Arms M 8pm	54		Potrero Hill 12 x 12 M 630pm	210	210
Friday Night Gay Men's Stag	53	53	Buena Vista Breakfast Su 12pm	20		Queers, Crackpots & Fallen Women		190
Girls Night Out W 815pm		116	Came To Believe Su 830am	23	23	Refugee Th 12pm	60	60
Greenfield Newcomers Sun 7pm		335	Closed Women's Step Study Tu 330pm	103		Rigorous Honesty Th 1205pm		149
Happy, Joyous & Free 5D 12pm	1528	1528	Cow Hollow Men's Group W 8pm	264		Saturday Afternoon Meditation 5pm		222
Intimate Feelings Sa 10am		62	Design for Living Sat 8am	455		Saturday Beginners Sat 6pm		440
Marin City Groups 6D 630pm	400	400	Each Day a New Beginning F 7am	626		Saturday Easy Does It Sa 12pm		362
Meditation Weds 7pm	89	89	Each Day a New Beginning M 7am	388		Saturday Night Regroup Sat 730pm		367
Mill Valley 7D 7am		745	Each Day A New Beginning Su 8am	620		Say Hey Group M-F 6pm		99
Mill Valley Discussion W 830pm		113	Each Day a New Beginning Th 7am	300		Serenity House	300	300
Monday Night Stag Tiburon	320	320	Each Day a New Beginning Tu 7am	424		Serenity House		
Monday Night Women's M 8pm	92	92	Each Day a New Beginning W 7am	207		Sisters Circle Su 6pm	141	141
Morning After Sa 10am		200	Early Start F 6pm	1081	1081	Sober Saturday Sa 830am		110
Morning Attitude Adjustment		73	Epiphany Group Th 8pm	100	100	Sobriety & Beyond W 7pm	137	137
Newcomers Step M 730pm		1070	Excelsior "Scent" Free for All Sa 8pm	60	60	Sought to Improve Th 715pm	120	120
On Awakening 7D 530am		858	Extreme Makeover M 730pm	23	23	Sunday Night 3rd Step Group 5pm		274
Refugee Th 12pm	20	20	Fell Street F 830pm	552	552	Sunday Silence Su 730pm	85	85
Rise N Shine Sun 10am		164	Firefighters & Friends Tu 10am	136		Sundown W 7pm		363
Saturday Women's Speaker 6pm		273	Friday All Groups F 830pm	40		Sunset 11'ers Su		160
Serendipity Sa 11am		100	Friday Smokeless F 8pm	168		Sunset 9'ers F		45
Sunday Express Sun 6pm		100	Friendly Circle Beginners Su 715pm	96		Sunset 9'ers Sa		31
Three Step Group Sa 530pm	250	250	Gold Mine Group M 8pm	140		Sunset 9'ers Su		222
Tuesday Chip Meeting Tu 830pm		120	Haight Street Blues Tu 615pm	205		Sunset Speaker Step Sun 730pm	150	150
We, Us and Ours M 650pm		200	High Noon Friday 1215pm	31		Ten Years After Su 6pm		318
Women's Big Book Tu 1030am		215	High Noon Sunday 1215p	476		The Lads Fr 730pm		71
Women's Lunch Bunch F 12pm		325	High Sobriety M 8pm	112	112	The Pepper Group F 12pm		106
Working Dogs W 12pm	250	250	Hilldwellers M 8pm	255		There is a Solution Tu 6pm		230
Young People's Chopsticks	43	43	Huntington Square W 630pm	161	161	They Don't Know Who We Are Sat 7pm		100
<b>Marin Total</b>	<b>\$3,556</b>	<b>\$8,918</b>	Like A Prayer Su 4pm	202		Trudgers Discussion Su 7pm	180	180
<b>SF Contributions</b>	<b>Feb. 13</b>	<b>YTD</b>	Lincoln Park Sat 830pm	7		Tuesday Big Book Study Tu 6pm		72
12 & 12 Study Sa 815am	146	146	Live and Let Live Su 8pm	15		Tuesday's Daily Reflections Tu 8am	157	157
6am Dry Dock Fri		65	Live and Let Live Su 8pm	289	289	Valencia Smokefree F 6pm	331	331
6am Dry Dock Tu		150	Living Sober with HIV W 6pm	101		Walk of Shame W 830pm		37
830am Smokeless F 830am		228	Living Sober with HIV W 6pm	130	130	Waterfront Sun 8pm		100
830am Smokeless Th 830am		166	Meeting Place Noon F 12pm	150		Waterfront Sun 8pm		117
A is for Alcohol Tu 6pm	60	60	Meeting Place Noon W 12pm	245		We Care Tu 12pm		124
A New Start F 830pm		150	Mid-Morning Support Su 1030am	292		Wednesday Night Speaker Disc 7pm		25
AA As You Like It Tu 530pm		200	Miracle (Way) Off 24th St W 730pm	140		Wednesday Noon Steps W 12pm	60	60
			Monday Beginners M 8pm	111		Wharfrats Th 815pm		126
			Monday Men's Meeting M 8pm	120				

continued on p. 18



# Dear God

## *I'm looking for a new job*

by CLB

Dear God,

I'm really bored with my job. I've been running my company for seven years and I believe my feelings of stagnation have caused my brain to turn to gray matter. So, I've decided to make a change. I've been applying to other jobs and have some interesting leads but as there aren't a plethora of opportunities for people with my degrees and work experience, these days, I'm doing a lot of sitting around.

Allow me to say how grateful I am for the seven years you have given me to be a working entrepreneur. Running my company under the influence for the first two years definitely contributed to my request for your help. I believe I would have gotten sober somewhere along the line but faced with the enormous responsibilities of being self-employed, sobriety became mission critical to stay in the game.

Do you remember that Sunday at church, after a gnarly night of Groundhog Day-like booze and pot consumption? I leaned back in my pew, looked up at the ceiling of that historic church where it seems a century of prayers are nestled in the plaster, and asked for your help. As far as I can recall, it was the first time I had ever asked for *your* help with my addictions. I had asked myself hundreds of times, written lists and made promises to stop. I have several journals filled with reasons why drugs and alcohol were no longer working – plenty of proof in black and white. But that strung-

out, hung-over morning I asked you for your help and I felt you hear me.

Of course it didn't happen right away but I believe you set the wheels in motion. Thank you. Since then I've had so many interesting experiences. Being an entrepreneur in San Francisco is a lot of fun; being Silicon Valley-adjacent is wonderfully inspiring. There are so many intelligent, motivated, fearless people trying and failing and trying again to make something from nothing. See, after seven years of building a business from scratch, trying to figure out how to work with and then win bureaucratic clients, hiring employees, setting up an office, making and managing money, completing projects, negotiating contracts, legalese, and on-and-on – I'm burnt out.

God, I have to say I am charmed and touched that you allowed me have this is amazing experience. That after two years of running the company you helped me find sobriety and have allowed me to stay sober for the last five. I've traveled the country and met hundreds of fascinating people; had a lot of fun trying to figure out how to exercise my dreams for world domination; and then to find humility and be able to get business from people who I could look in the eyes. You helped me keep turning on the lights and computers day-after-day, always believing that there was more to be had.

But now that I have this new desire to do something else, try something new, I'm asking again for your guidance and support. I am going to



need help with the following, please: patience, continued motivation, a good attitude, humor, resilience, perseverance, graciousness, confidence, and humility. Humility will help me: be OK when no new jobs are posted or when jobs I really want slip through my fingers; reach out to the network I worked hard to build and ask for help; and remain calm and composed during this unpredictable transition.

God, thank you for your eminent wisdom, love, forgiveness, and patience with me. Thank you for your ever present ear and heart. Thank you for giving me a safe and healthy place to live, a husband who loves me and a beautiful, precious daughter. Thank you for helping me manage my money and keep savings in the bank so that if this transition lasts longer than anticipated our bills will still get paid. Thank you for allowing me build and run a successful small business. Perhaps one day we'll both decide that it's something to pursue again – although next time let's do something with a quick sales cycle and plenty of cash flow, please. God, you are my best ally, most consistent cheerleader, greatest mentor and confidant and I truly appreciate the gift of entrepreneurship that you've shared.

With love,

CLB



# Profit and Loss Statement: January 2013

	Jan 2013	Budget		Jan 2013	Budget
Ordinary Income/Expense			Internet Expense	123	115
Income			Office Supplies	72	75
Gratitude Month	3136	3400	Paper Purchased	375	350
Group Contributions	21326	23000	Payroll Fees	7	9
Individual Contributions	2636	4500	Phone Book Listings	91	91
Newsletter Subscript.	33	9	Postage	400	250
Sales - Bookstore	12245	12200	Rent - Office	3963	3965
Total Income	\$39,375	\$43,109	Repair & Maintenance	384	385
Cost of Goods Sold			Telephone	268	250
Cost of Books Sold	8896	9100	Total Expense	\$18,921	\$18,699
Shipping	17	25	Net Ordinary Income	\$11,401	\$14,985
Credit Card Processing	258	300	Other Income/Expense		
Inventory Adjustments	-117	0	Other Income		
Total COGS	\$ 9,054	\$ 9,425	Bag Fees	6	7
Gross Profit	\$30,322	\$33,684	Interest Income	100	100
Expense			Miscellaneous Income	30	0
Access Expenses	382	520	Total Other Income	\$ 136	\$ 107
Employee Expenses	10536	10394	Other Expense		
Filing/Fees	20	20	Depreciation Expense	300	300
Insurance	1615	1600	Total Other Expense	\$ 300	\$ 300
Intergroup Events	600	600	Net Other Income	\$ (164)	\$ (193)
Intergroup Literature	84	75	Net Income	\$11,237	\$14,792

## Treasurer's Report

For the month of January, total group contributions were \$1,674.28 under budget. Individual contributions were \$1,864.00 under budget. Gratitude month contributions were \$263.87 under budget. Bookstore sales were \$44.60 over budget .

Total Expenses was \$222.31 over budget.

In January 2013, our net income was \$11,236.78.

Unrestricted cash balance increased from \$43,651.13 to \$45,619.68 which represents a little more than two months of average operating expenses.

### Self Support: Where Money and Spirituality Mix... Or, where to send contributions:

Central Office  
1821 Sacramento St.  
San Francisco, CA 94109

SF General Service  
PO Box 421907  
San Francisco, CA 94142

General Service Office  
PO Box 459  
New York, NY 10163

Marin General Service  
PO Box 9193  
San Rafael, CA 94912

California Northern Coastal Area  
PO Box 884222  
San Francisco, CA 94188

Hospital and Institutions  
PO Box 192490  
San Francisco, CA 94119

## aa group contributions, cont'd.

SF Contributions	Feb. 13	YTD	SF Contributions	Feb. 13	YTD
What It's Like Now M 6pm		120	Work In Progress Sat 7pm	212	212
Women's 10 Years Plus Th 615pm		557	YAHOO Step Sa 1130am		212
Women's Came to Believe Sa 10am		63	<b>SF Total</b>	\$6,324	\$22,093
Women's Kitchen Table Tu 630pm		172			
Women's Promises F 7pm		180	<b>Total</b>	<b>\$9,981</b>	<b>\$31,307</b>



A successful rancher died and left everything to his devoted daughter, Barb. She was a very good-looking woman and determined to keep the ranch, but knew very little about ranching. So she decided to place an ad in the newspaper for a ranch hand.

Two cowboys applied for the job. One was gay and the other a drunk. She thought long and hard about it and, when no one else applied, she decided to hire the gay guy, figuring it would be safer to have him around the house than the drunk. He proved to be a hard worker who put in long hours every day and knew a lot about ranching.

For weeks, the two of them worked and the ranch was doing very well. Then one day, the rancher's daughter said to the hired hand, "You have done a really good job and the place looks great. You should go into town and kick up your heels." The hired hand readily agreed and went into town that Saturday night.

One o'clock came, however, and he hadn't returned. Two o'clock and no hired hand. Finally, he returned around two-thirty and, upon entering the room, he found the rancher's daughter sitting by the fireplace with a glass of wine, waiting for him.

She quietly called him over to her. "Unbutton my blouse and take it off," she said. Trembling, he did as she directed. "Now take off my

boots." He did as she asked, every so slowly. "Now take off my socks." He removed each gently and placed them by her boots. "Now take off my skirt." He slowly unbuttoned it, constantly watching her eyes in the fire light. "Now take off my bra."

Again, with trembling hands, he did as he was told and dropped it to the floor.

Then she looked at him and said, "If you ever wear my clothes into town again, you're fired."

**TP**

# Anniversary Party

Join us to Celebrate the  
**Mission Fellowship**  
**13th Anniversary**  
**@ 2900 24th St. (at Florida St.)**

**Sunday 04/14/13**

Fellowship: 3:30pm-4pm  
Meeting: 4pm-5pm  
Sobriety Countdown





**Dinner Provided**  
**Side-dishes and**  
**desserts welcomed!**





1821 Sacramento Street  
San Francisco, CA 94109-3528

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# April 2013

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ISSUE 04.13

## 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@aasf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400