

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013  
May 5

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## The World At Large



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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.

# May 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><b>1</b> <u>FIRST WED</u> Intergroup Meeting (Just this month) 101 Donohue St, Marin City Orientation 6pm Meeting 7pm</p>	
	<p><b>5</b></p> <p><b>6</b> <u>FIRST MON</u> 12th Step Committee Central Office 6:30pm</p>	<p><b>7</b> <u>FIRST TUE</u> Access Committee Central Office 6:00pm</p>	<p><b>8</b> <u>SECOND WED</u> Marin Bridging The Gap Marin Alano Club 1360 Lincoln Ave San Rafael 6:30pm</p>
	<p><b>12</b></p> <p><b>13</b> <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm</p>	<p><b>14</b> <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm Fellowship Committee Central Office 6:30pm SF Bridging the Gap 1111 O'Farrell St 7:30pm Marin H&amp;I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell St 8pm</p>	<p><b>15</b></p>
<p><b>19</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</p>	<p><b>20</b> <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd San Rafael 8pm</p>	<p><b>21</b> <u>THIRD TUE</u> PI/CPC Literature Study Central Office 6:30pm</p>	<p><b>22</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b> <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><b>29</b></p>



THURSDAY	FRIDAY	SATURDAY
2	3 <u>FIRST FRI</u> 12th Step Workshop Central Office 6:30pm	4
9	10	11
16 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	17	18 <u>THIRD SAT</u> SF H&I Meeting Mission Fellowship 2900 24th St, SF <b>Orientation</b> 11am <b>Business Meeting</b> 12pm  General Service Area 06 Post-Conference Assembly 4444 East Ave Livermore 9:30am-5pm
23	24	25 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
30	31	



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[A] bottom is the point when the last thing you lost or the next thing you are about to lose is more important to you than booze.

"Window of Opportunity,"  
*The Big Book, p.425.*



## Meeting Changes

### New Meetings:

Sun	12:00pm	Novato	NORTH MARIN SPEAKER Druids Hall 801 Grant Ave @ Reichert Ave (Speaker/Discussion)
Wed	6:00am	Inner Sunset	HIGHER POWER Gratitude Center: 1320 7th Ave / Irving (Discussion)
Wed	7:30am	Inner Sunset	DOWN AND DIRTY AT 7:30 Gratitude Center: 1320 7th Ave / Irving (Speaker/Discussion)
Thu	6:00am	Inner Sunset	11 AT 6 Gratitude Center: 1320 7th Ave / Irving (Step Study)
Sat	8:00am	Bayview	HUNTER'S POINT TIME 4622 3rd St @ McKinnon (Speaker/Discussion)
Sat	9:00am	Inner Sunset	SUNSET 9'ERS Gratitude Center: 1320 7th Ave / Irving (Big Book/Discussion)
Sat	6:00pm	Inner Sunset	STEP DISCUSSION Gratitude Center: 1320 7th Ave / Irving (Speaker/Step Study/Discussion)

### Meeting Changes

Mon	8:30pm	Castro	THEY STOPPED IN TIME, 45 Castro St Davies Medical Center, Level B( Was 8:00pm)
Tue	1:00pm	Inner Sunset	GETTING FIT AT ONE O'CLOCK Gratitude Center: 1320 7th Ave (Was @1329 7th Ave)
Thu	1:00pm	Inner Sunset	SUNSET REFLECTIONS, Gratitude Center: 1320 7th Ave / Irving (Was at 1329 7th Ave)
Sat	8:00pm	Excelsior	EXCELSIOR "SCENT" FREE FOR ALL 32 Ocean Ave (Was at 7:00pm)

### No Longer Meeting:

Mon	6:00pm	Mission	Women Recovering Collectively (Was at 930 Bryant St)
Mon	6:00pm	Hayes Valley	Wombly's Clapboard Factory (Was at 1748 Market St)
Mon	8:00pm	San Rafael	Relapsers: Half Measures Aailed Us Nothing (Was at 1360 Lincoln)

**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!***

## 12th Step Workshop

Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (Page 77)

"Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we meet their needs." (Page 20)

"Practical experience shows nothing will so insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." (Page 89)

**Friday, May 3, 2013 at 6:30pm**

**Central Office, 1821 Sacramento St / Van Ness Ave.**

12th Step volunteers are local members who are willing to respond to the person who has called AA for help - day or night. These are men and women who believe it is very important to give back what was so freely given to them. By doing so, they are fulfilling the 12th Step of their own program while ensuring that the hand of AA really is there for the suffering alcoholic. While there is no sobriety requirement to become a 12th Step volunteer, you do need to simply attend one of our workshops and fill out the form letting us know when you're available.

For additional information, email the committee at [12thstep@aasf.org](mailto:12thstep@aasf.org).

From the Editor

# The Point of Springtime

by Charley D.

Now, with May, comes the magical rebirth of spring. Even though the vernal equinox passed several weeks ago, we haven't really felt the season until now, when the days get long enough and, perhaps, warm enough to cause the profusion of springtime flowers that bring that feeling summer is on its way. Even in San Francisco, the City of perpetual springtime, we see signs of Mother Earth coming to life again.

Read how Carole P. found rebirth in the death of her own mother and, at the same time in a happy surprise, encountered a sister in A.A. Our program doesn't always seem a spring-like bed of roses. Anonymous tells of his frustrations in working or at least trying to work our program with a difficult sponsee. Our Twelfth Step Challenge for May is "Can we bring our new responsibilities to the world at large?" Another author, also "Anonymous," shows how living the Twelve Steps enabled her to make a challenging encounter with her partner's ex-spouse peaceful and somewhat constructive instead of the explosion of spite and resentment it might have been. Ever wonder what it's like to be on the other end of a

Ninth Step amends? In our regular help@aasf.org column, take a look at the fascinating exchange between an A.A. member volunteer and a non-A.A. member to whom another A.A. member has attempted amends.

Stephen R. explains how Tradition Five's directive to carry the message of A.A. to the still-suffering alcoholic shows through despite the proliferation of meeting types. Our article on Concept V, which protects the right of minority opinion in A.A. decision-making, demonstrates how this precept makes A.A. more open and attractive to everyone who suffers from alcoholism. In May's "Sin of the Month" feature, see anger almost, but not quite, consume an A.A. member. A.A. can also work in other amazing ways and locations. In the second installment of our Longtimer Interview with Bruce K., learn how he brought the message to China and Cuba, returning a decade later to Cuba to see A.A. in full flower. Okay, but when did it all start? Our Pre-A.A. History feature pinpoints the date in the spring of 1935 when our program came to life.

As the "point" is being "willing to grow along spiritual lines," let us look for a springtime of the spirit, now that spring is really here.

## 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:

Alejandro D.	James W.	Paget V.
Amelia E.	Jane K.	Pat R.
Andrea C.	Janet B.	Patrick M.
Ann W.	Janet M.	Peg L.
Barbara L.	Jeanne C.	Pene P.
Barbara M.	Jeff B.	Penelope C.
Bette B.	Jocelyn & Ralf Z.	Philip B.
Blu F.	John M.	Ralph P.
Braden B.	John V.	Rich G.
Brian O.	Karen C.	Robert W.
Bruce K.	Karen K.	Ron H.
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David J.	Mark O.	Your
David S.	Martha S.	Name
David W.	Mary C.	Here!
Denise H.	Mary D.	
Dennis & Lucy O.	Mary L.	Or
Dianne E.	Maryellen O.	Here!
Eric P.	Michael P.	
Erin S.	Michael W.	Or
Evan K.	Michael Z.	Here!
Fay K.	Michelle C.	
Frederick D.	Mike M.	
Garrett L.	Mily T.	
Gregory G.	Mirch R.	
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Ian M.	Oswald G.	

*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!*

# You Never Have To Be Alone Again

by Carole P.

Tammy M. was in the room when my mother died. I had forgotten she was there until she touched my shoulder and asked me if it was OK to open the window. When she did, I felt my mother's spirit whoosh out of the opening and fly free in the late afternoon light. The body that remained in the bed was 100 years and three days old. Birthday flowers, still fresh, sat in a vase by the bedside. Tammy and I washed my mother's body and we put some of the blossoms on her pillow, and in her hair. It was a moment of great tenderness and great healing.

Tammy started visiting my Mom before we ever met. In December, Hospice called me in California to say they thought my mother would be dying soon. It was time for me to fly back to Connecticut again, but I could not leave immediately. I have no real family back East that I can count on, so in desperation, I called a member of the CT fellowship. I asked if he knew anyone, maybe a chaplain, who could stop in to see my mother until I got there. He called back the next day and told me Tammy M., a nurse in the fellowship, had volunteered to visit and watch over my mom until I arrived.

Tammy did show up and made several visits to my mother before I arrived in CT. And while I was there, she continued to visit. Sometimes she would bring her 8 year old son Alberto. And once Alberto smuggled his new puppy Cole into the nursing home to show my Mom. Tammy also checked Mom's medical chart and she kept an eye on the nursing home staff. She was amazing. In the evening when she left my mother's

room for the night, she would lean over mom's thin body, and whisper "I love you" to her, softly, like a prayer. Who was this young woman who behaved like a second daughter to my mother? And why was she here? She had never met either one of us, and my mother was not an A.A. member.

The mystery was solved one night over dinner when Tammy told me "her story". She was working the steps and was stuck on Step 9 because she couldn't make amends to her own mother. There was conflict between them, and it wasn't safe for her to approach her mom directly. She had heard me share at meetings about the difficulties I had to overcome in my own relationship with my mother and she related to my story. When the opportunity arose to be of service to my mother, her HP told her to do it. So Tammy made amends to her mother through my mother. She was not sentimental or mushy. She had discussed all this with her sponsor beforehand. Tammy had relapsed after years in recovery, and this time she was resolute in her desire not to drink again. She had to help my mother in order to save her own life.

When I was early in recovery, my bones aching with loneliness, I heard people say, "You never have to be alone again." At first I thought that



meant I would make friends in A.A. Later, I came to believe it meant I would have a HP with me at all times to comfort me. Today, I know it means both of those things and much, much more. When I flew to CT from CA, I was afraid that I would have to sit at my mother's bedside alone. But I knew I had to suit up and show up. What I didn't know was that an A.A. Angel was about to appear. She landed on my shoulder and beamed her kindness into my life. How could I ever imagine that in such a time of aloneness I would find a sister I never even knew existed, and a HP who held my hand and walked with me so that I could walk my mother home.



# Working with a Difficult Sponsee

by Anonymous

It's been over two years that I've been a sponsor for a man that, for anonymity's sake, I'll call Sam. The relationship started innocently enough. Sam asked me to be his sponsor, I visited him at his home to discuss it, and I agreed.

I was new to sponsoring then. I should have opened up our initial conversation to include my vision of what the sponsor/sponsee relationship should be. I kind of did this. I asked Sam whether he wanted to work the 12 Steps again. He replied "no" because he and his first sponsor had already worked the 12 Steps and 12 Traditions. I then asked him what he wanted to get out of my sponsoring him. He replied that he wanted someone with whom to check in on a regular basis. Sensing that this really isn't enough for a sponsee to get from a sponsor, I then asked Sam whether we could discuss the 12 Steps to help him face life's challenges as they come up. Sam was open to doing that.

I now regret not setting clearer boundaries. I regret it now because, if I had set some clear, defined boundaries, or working parameters, at that first meeting, I wouldn't be writing this article. I wouldn't be debating whether I should end this relationship.

Signs of trouble came early enough. In fact, our first meeting to discuss my sponsoring, Sam required that I travel to his home. He has medical issues, and I accommodated his request. Yet, there was no real need for me to travel to Sam's home. Sam was well enough to meet me at some

coffee shop. Oops, there's resentment here!

As time went on, Sam's life went from an ordinary, but healthy, lifestyle, to one in which his addictive personality has helped him find new addictions (aside from drugs and alcohol). These new addictions are now leading him from one crisis to another. I try to point out to him that these crises that are due to his new addictions, but he only justifies his behavior with some form of reasoning. When I try to get Sam to practice Steps 10, 11 and 12, he claims to do them – in his own way.

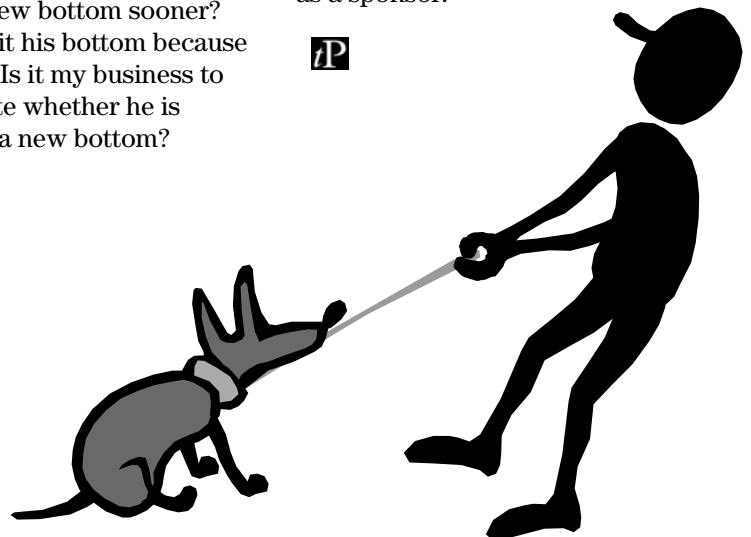
*If I quit being his sponsor, would he hit a new bottom sooner?*

As Sam's life seems to spiral out of control, my dilemma centers on whether my being his sponsor helps him at all. If I quit being his sponsor, would he hit a new bottom sooner? Has he not yet hit his bottom because I've been there? Is it my business to even contemplate whether he is heading toward a new bottom?

I think that the answer to that last question is "yes". It is my business to help my sponsee live a life fashioned after the spiritual program outlined in the book *Alcoholics Anonymous*. It is my responsibility to let my sponsee know that he should not expect to have the gifts of the program if he is not willing to do the work. Also, it is my responsibility, as a sponsor, to let someone go if he is not willing to do the work. Like I heard other people say, "I can make myself available to someone else who is willing to do the work to stay sober and follow this spiritual program."

Finally, I am the one who needs to be honest and have the difficult conversation with my sponsee. I need to take an inventory around this issue, talk to my sponsor about it, and be honest enough to convey the ideas I presented in this article to my sponsee. As for any future sponsee that I may have, I will endeavor to not feel so flattered that I've been asked to sponsor someone that I lose sight of what my responsibilities are as a sponsor.

IP



# Can we bring our new responsibilities to the world at large?



by Anonymous

“You may be the only copy of a Big Book that someone ever reads.”

I was only 19 years old and standing outside of a meeting when I first heard those words. I was listening to a sweet older woman give this cryptic advice (cryptic to someone with only a month of sobriety, anyway) to another woman in the group.

What does that mean?! I had a copy of the Big Book – it was currently keeping my bedroom window open. I didn’t have to actually *read* it, right? I mean, it was so outdated and couldn’t possibly apply to *me*, a 19-year-old college student who just happened to hit a rough spot with drinking...for the last five years. I’m too young to be a *true* alcoholic, I didn’t have to read that book and I didn’t have to do what it suggested.

Thankfully, I found a sponsor, and she took me through the Steps as they are laid out in the Big Book. Finally, we got to the 12<sup>th</sup> Step, the Step that states: “*Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in all of our affairs.*” It was then that my sponsor lovingly pointed out that there is so much more to Step 12 than I had originally thought. It is only when I, as an alcoholic, have had a spiritual awakening and embraced the principles of the Steps (i.e. honesty,

humility, spirituality, willingness, etc.), that I can truly be of service.

“Carrying the message” is so much more than talking in meetings or sponsoring newcomers. These two things are important, but there are so many ways to carry the message of A.A. to everyone we encounter. A few years ago, I was traveling through rural India. I found an A.A. meeting at a small church near where I was staying. The meeting was completely in Hindi, but the message of A.A. was loud and clear. To me, the message wasn’t in the words that

*And if I’ve truly been wronged, then I want you and the rest of the world to know it.*

were spoken, but in the twinkle in their eyes, the smile on their faces, and the absolute gratitude for a chance at a new life. It was the warm handshake, the loving way the group’s members poured me tea and asked in broken English if I wanted to share in the spirit of inclusiveness and love.

It was then I realized that while the message we speak is important, the message we don’t speak is essential.

It’s easier said than done. Life happens. There are plenty of situations that are less than ideal:

gossiping co-workers, difficult relationships, money issues, illness, etc. At times it seems so much easier to be cold, callous, and rude while in the world. These people don’t know I’m supposed to be living by spiritual principles – wouldn’t it be easier to act like a walking character defect to get what I want? And if I’ve truly been wronged, then I want you and the rest of the world to know it.

Recently, my partner’s ex spouse heard through “the grapevine” that I was in recovery. Her reaction was negative and she said some really hurtful things about me, even questioning whether or not I was safe to be around their children.

It was really hard not to get defensive, fearful and angry. In my mind, these feelings are justifiable: what was said was untrue, so I’m hurt. I have every right to be



(Continued on page 17)



# Tradition Five: Keep the Eyes On The Prize

## *What's in a name?*

by Stephen R.

In our A.A. groups, it's often a commonality among members which brought them together to form it. Those secondary purposes of identification and fellowship are available to those they might attract. When we listen to announcements or peruse the schedule names here in San Francisco and Marin, we get a real feel for the range and disparity of these connections: Afro-Americans and atheists, bikers and brokers, breakfast and early birds, chopsticks and childcare, coven and wolves, healing and HIV, freethinkers and years, gay and lesbian, shamrocks and silence, smokeless and scent-free, refugees and street fighters, sex workers and relationships. Then, of course, there is the most common dichotomy of all – men and women. If we look across the country and around the world, we can increase the list *ad infinitum*.

But then we turn off the motor, close the electronic device (don't we?), settle into a seat, leave the world outside, let our trusted servants do their job and let the spiritual expression of the group conscience settle the room. Then we are at Tradition Five – or we, as individual groups, soon perish. When the peripheral identification becomes more important than providing a place where new members may bring their problems and returning members are welcomed back, the purpose as an A.A. meeting is lost. The group may remain viable as some entity, but it's no longer Alcoholics Anonymous. Practicing A.A.s will not remain and word travels quickly.

I recall that more than twenty years ago in San Francisco a meeting decided on 'no newcomers.' Well, the feedback was substantial. I don't remember whether the meeting closed or changed, but it didn't stay the same. On the other hand, some time ago when I began to serve in Intergroup, a naming crisis was just winding down. At issue was who would decide whether to include groups in the schedule with names that referenced non-alcoholic circumstances. One that stood out then as a potential outside issue, but which has subsequently stood the test of time, was Living Sober with HIV. I can say personally that the meeting fully conforms to the traditions, seats everyone and sends strong representation to the service boards. Recovery from alcoholism is the basis of discussion and participation. I can also say that others' discussion of AIDS as it relates to their recovery, and my ability to share about my own experience in that regard, is rewarding.

But time marches on and meetings change. Groups are tested when the members' composition slowly rotates until it's a different group altogether. My home group, Valencia Smokefree, is one of several which faced the curious circumstance of its original identity being removed when city ordinances eliminated smoking in meeting rooms. Happily, we never missed a beat as the core group remained active. The primary purpose was always to welcome the newcomer and bring members through the Steps. Over the years some of us have floated the idea of changing the second half of the



name, to no avail. The old name dates us and implies we've been around a few twenty-four hours, which is an attraction.

When we travel, we may be surprised at the quirks some distant meetings have acquired, while still carrying the message. Near Seattle at the time of the convention there, a group announced that visitors would not be recognized or asked to share, as the local work with sponsees took all priority over chatting with passers-by. In Buffalo, a group purchased an old tavern building (where I once had a drink) and has some meetings at the rail; they go through all the old rituals of buying each other drinks (coffee, etc.) and playing pool. In the Seneca nation, the Seven Clans Group has a 'fire' meeting where a strict protocol is followed in seating

*We'll keep our focus  
firmly on our groups'  
primary purpose*

and speaking (while holding a large turkey feather).

Our literature tells us that A.A. is neither a matrimonial agency nor a dating service, nor an employment source. Will we clear the benches now? Hardly. We'll keep our focus firmly on our groups' primary purpose, and continue to re-enact the early miracles of our fellowship.





A Question from Outside the Fellowship about Ninth Step Amends

**Dear help:**

**I'm not an alcoholic, but my ex-partner is. We separated because of bad things related to his substance abuse. He's in recovery now. He recently sent me a text message saying, "I need to make amends and ask for forgiveness for my behavior."**

**Did he adequately make amends? It doesn't really feel good enough for me and I wonder if it's good enough for his Twelve Step requirements. He lives in another state now. Should I ask him to write a letter to me with more information or should I just leave this whole thing (and him) alone?**

**Thank you.**

**Stanley (pseudonym)**

Dear Stanley,

I'm sorry your life has been so affected by your ex-partner's alcoholic behavior. It is indeed an equal opportunity destroyer and creates damage in all those around us. I'm glad to hear that he is now in recovery.

No one is required to do anything in A.A., including the Twelve Steps, although it is highly recommended. Making amends for harm we have done to other people is our Ninth Step. Only you can make the decision

whether his amends are good enough for you and what you want to do about it. A.A. itself has no opinion on what or how amends are made.

I will, however, share with you some of my personal experience. At one time there was someone in my life who wanted to use the amends step to become more involved with me (I was not interested) and kept leaving me phone messages that were infuriating me. I wanted to reply to that person but fortunately spoke with my sponsor before I did so. She gave me a suggestion that I still try to keep in mind today, particularly when I want to be mean. She asked if I was interested in resuming the relationship in any way. I replied, "No." She said that if I didn't engage with that person in any way then I wouldn't have to disengage in the future. It's been valuable for me a number of times and I hope it will help you as well.

Sincerely,

e-Volunteer, Central Office



**Dear help:**

**Thank you for writing back to me concerning my questions. Your last paragraph was especially helpful. I've been thinking about it all day.**

**My last question for you is whether or not drug and alcohol abuse causes any permanent changes for the abuser. He was using crack cocaine, marijuana, Ritalin and alcohol for at least 13 years. After all that and the lifestyle that goes with it, is it possible he can return to the good person he was before this addiction started? Or will he be changed, emotionally retaining some of the bottom-dwelling traits he learned and lived with for over a decade?**

**Even after being sober and clean, will he still be a different person instead of a fully recovered one? Thank you.**

**Stanley**

Dear Stanley,

Your last question is one A.A. really can't answer. If you ask your doctor or a drug counselor they might be able to, but there are a lot of variables to be considered.

I can, however, simply share some of my own experiences and observations. No matter what, he is

*(Continued on page 11)*

# Pre A.A. History Book: A.A. Begins!

*The final installment from the Pre-A.A. History booklet by Bob S.*

Dr. Bob's tapering off was augmented with a diet of tomato juice, sauerkraut and Karo corn syrup (believed to supply both vitamins and energy), plus a little beer to quiet his nerves. Bob and Bill shared one of the upper bedrooms that was large enough for two beds during this crucial period. Early Monday morning, on the day of the scheduled operation, Bill was awakened by Bob's statement, "I am going through with this!" Bill inquired, "You mean the operation?" Dr. Bob replied, "Yes," meaning both that he was going to perform the operation and also do what ever it took to get sober and stay sober. They fell back to sleep. The scheduled operation was just a few hours hence.

The doctor was still shaking as Bill and Ann drove him to Akron City Hospital, but just before leaving the car, Bill gave him some beer and a "goofball" (barbiturate) to hopefully calm his erratic nerves. A misguided scalpel could end the life of his patient as well as his career. Bill and Ann returned to 855 Ardmore and

nervously listened for Dr. Bob's phone message of success or no. Hours passed, but finally came the good news that they were praying for. But then more hours passed and dire anticipation arose, as the newly sobered alcoholic had not returned. They feared the worst. At last he walked in the door, happily announcing that he had simply been busy "mending fences" (making amends to fellow doctors and associates). In other words his "program of action" had finally begun. Up till this time Dr. Bob simply had a 'fellowship,' but now he had a "program of action" to go along with it. He never drank again.

A.A. celebrates this day as the date that A.A. started. The official date is June 10, 1935.

However, it seems probable that the actual date of Dr. Bob's sobriety may be a week later than generally supposed, on June 17, 1935. The JAMA excerpt below makes clear that their Atlantic City convention started on June 10th, 1935, not on June 3rd, as Dr. Bob's account reports. Here follows a probable timeline:

Sunday, June 9th: Dr Bob starts drinking on the train; buys more booze upon arrival.

Monday, June 10th: Stays sober till evening.

Tuesday, June 11th: Checks out of hotel.

Wednesday, June 12th: Blackout begins.

Thursday, June 13th: May have arrived back to Akron train depot.

Friday, June 14th: Picked up by nurse.

Saturday, June 15th: Drying out.

Sunday, June 16th: Day 3 of drying out.

Monday, June 17th: Last drink!

It is the sincere hope of this author that this scant view of pre-A.A. history will raise the level of the reader's interest so as to better keep our precious past alive. It is my hope that you will reprint these pages for your sponsees, Home Group, District, Area, Intergroup, local clubhouses and for your A.A. friends.



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(Continued from page 10)

and will be a changed person – one hopes a much nicer one in recovery. It usually takes a long time and a lot of work on the part of the addict/ alcoholic for change to occur and there are no guarantees. You might want to try reading the Big Book of A.A. to see what we strive for, and to know that those of us who "get it" are truly the lucky ones. I was taught

very early on that if you sober up a horse thief what you get is a sober horse thief. I've been sober over 31 years and done a lot of "remedial" work but I still have my days when I'm a horse thief and that is what the amends steps are about. The true definition of amend is to change, not simply to say "I'm sorry," and it's a lifelong endeavor.

There's a Twelve Step program for

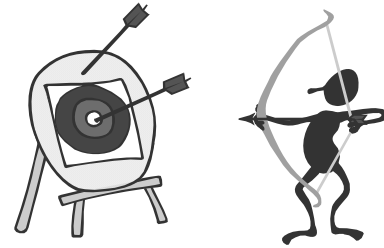
the families and loved ones of addict/ alcoholics called Alanon that you might find helpful, whether you go back to that relationship or not. At the least you'll find other people who have experienced the same things and learned how they want to handle them.

I hope you'll find this helpful.

e-Volunteer, Central Office



# Sin of the Month: Anger



by Anonymous

For me it is one of the deadliest ways to self-destruct and cause harm ... and learn. Anger was always justified in my eyes. From age 12, I worked multiple jobs to buy my own things, save for a car, pay for college, so I could escape my alcoholic parents. They were not just angry, their fits of rage, mixed with workaholism and alcohol, made life intense and scary. So as my alcoholism progressed into my mid-20's and my anger started to get out of control, I knew I needed help.

Throughout my teenage years, my anger usually came out while playing sports, screaming at my boyfriend or siblings and driving aggressively -- cutting people off while accelerating up to 100mph in my 1989 Buick.

Whether you "got in my way" on the

*I would stare you  
down with "eyes of  
hate and rage"*

road, in public, on the phone, at work or in school, I let you have it! This usually consisted of me screaming at you, calling you names, cursing, sometimes getting in your face and pointing out what you did "wrong." And if you dared to question me, I would stare you down with "eyes of hate and rage." Usually saying, "You don't want to mess with me, I will mess you up." This was my justified anger growing into rage. So one day while I was home alone and took it out on myself, I got scared.

I was 25, walking down my hallway and dropped a pencil on the floor, and it was me who snapped. In that moment the urge to throw my head into the wall and knock myself out was overpowering. Anger took over me while I punched the wall, screaming at the top of my lungs for a few minutes. I collapsed to the floor crying, "Shit, I've turned into my mother!" with uncontrollable RAGE!

Within a few months I started therapy and about 5 years later I got sober. The anger became less and less intense over the years as I learned breathing techniques and martial arts, but especially doing my A.A. Steps -- particularly 4, 10 and 11 -- helped release all the build-up.

At about 2½ years sober, I had an incident with a guest staying in my home. She had claimed she was awaiting a money transfer to arrive within 5 business days and would then pay me for her stay for the month. In good faith and with a copy of her passport, I agreed to wait.

On the day of payment she tried to pay what she wanted and had moved all her things out while I was out during the day. Beyond angry, since I had previously denied 2 other guests that day, I tried to remain calm. As she stuttered and lied to my face about being unhappy and she has another friend to stay with, all I could think of was now I couldn't visit my sister. Why the hell did I trust this woman?

As she handed me a small amount of money and the key, I began to

shake with anger. She tried to shove past and lightly, but assertively, I pushed her back. She yelled "Don't touch me!" I yelled back, "This is my house, back the fxxx up! You have stayed for a week and you will pay what you owe!" She got within inches of my face and again tried to leave. I stared her in the eyes and knew she wasn't going to pay. Then like an ocean wave crashing over me I felt the rage and my whole body started to shake uncontrollably. My martial arts training flashed into mind and I visualized throwing two swift moves to her head and throat and throwing her down the stairs. Within a second I knew if she didn't exit I was going to jail. I stepped to the side and screamed "GET OUT NOW! I continued to shake for almost 2 days but was so relieved each day I woke up that I didn't harm her and risk my own freedom and sanity. She wasn't worth jail.

**TP**



# Have Big Book, Will Travel, Part 2

## *Bringing A.A. to China and Cuba*

by the Drunk Whisperer

*Last month, we published Bruce K.'s adventures in bringing A.A. to Russia. In this month's interview, Bruce talks about travel to China and Cuba to carry the message.*

BK: Then in 1999, a group of us got interested in visiting China. We found a Chinese-American doctor, Dr. Lawrence Luan, down in Santa Barbara, who wanted to help us; he was amazing; he got us into hospitals in major cities in China to see doctors and alcoholics.

DW: Was he an alcoholic?

BK: No, no he wasn't, he just wanted to be part of what we were trying to do. He could translate for us, too. A.A. effort was very difficult in China because the authorities were very suspicious; they wouldn't let Chinese meet with Americans unless they knew exactly what it was all about. There were some American ex-patriots having private A.A. meetings in people's homes, just for Americans, who started reaching out to Chinese. There were two young doctors who had been working with alcoholics with very little success, who were very interested in A.A. We went back a second time and met with the doctors, with A.A. members, with ex-patriots. It's going now, but it's very slow. They have several groups in Beijing, maybe two groups in Mongolia. And there is a group in Shanghai. So it's planted. I don't worry about its future, because the experience has been that once it gets started, it just takes off. It doesn't need a lot of transfusions from the

United States.

DW: Do you have anything to say about the relative rates of alcoholism between Russia and China? Notoriously, Russians have high rates of alcoholism.

BK: Yes, it's generally understood that is the case. First of all, in Russia, it's sort of culturally okay. And the Chinese have a different approach, you'll find it even here in San Francisco, they take their alcoholics and sort of fold them into the family; it's the family's job to take care of them and they're not anxious for anybody to know.

DW: And in China, did the influence of communism hinder a belief in a higher power?

BK: I can't generalize; I only went twice and only met a few alcoholics. I don't want to try and guess what their philosophical position is. There are actually a lot of different religions and philosophies in China. I assume they had to do what we all did: that a higher power could be whatever they wanted as long as they admitted they were not it. A lot of people did as I did, that is, take the A.A. fellowship as a higher power.

BK: Ready for Cuba? On day in late 1992, I was at home and the phone rang and it was a woman from Miami who was Cuban-American and wanted to expedite the spread of A.A. to Cuba. She told me what she had in mind, that there was a Baptist Church in Havana that had some young people who

were alcoholics and they wanted to know how to help these young people.

So about eight of us got together and flew to Miami, met her and got on the airline of some South American country. We had a letter from the Baptist Church saying they needed us for such and such a purpose. So the airline said okay and they took us. We arrived at the Havana airport with no visas or anything and then we found out they don't give visas at the Havana airport ahead of time. And they don't stamp your passport, they give you a visa separately on a separate piece of paper so you can throw it away and have no evidence that you were ever there. That was to get around the American law.

They took us to this Baptist Church and they put us up in a dormitory arrangement; we were there for a week. The meat of it was that we had a room in the church and we started having A.A. meetings there right



(Continued on page 17)

# Intergroup Meeting Summary—April 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 New Start	Design For Living	Living Sober With HIV	Say Hey Group	Walk Of Shame
Artists & Writers	Early Start	Meeting Place Noon	Serenity Seekers	Wits End Step Study
As Bill Sees It	Embarcadero Group	Miracles (Way) Off 24th St.	Sober Saturday	Women's Mtg: There is a Solution
Attitude Adjustment Hour	Extreme Makeover: Women's SS	Mission Terrace	Sun Night Castro Speaker Disc	Women's Promises
Blue Book Special	Friday Morning 12 Steppers	Monday Night Stag Tiburon	Sunday Rap	
Came to Park	Haight Street Blues	On Awakening Group	Ten Years After	<i>Marin General Service</i>
Castro Discussion (Show of ...)	High Noon Mon	Parkside	Thursday Night Speaker	<i>Marin Teleservice</i>
Cow Hollow Men's Group	Intergroup	Reality Farm	Thursday Thumpers	<i>San Mateo General Service</i>
Day At A Time	Keep Coming Back	Saturday Weekend Warrior	Too Early	<i>SF H&amp;I</i>

This is an unofficial summary of the April 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](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., April 3rd, 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 March minutes were presented and the April agenda was approved.

## Officer Reports

**Board Chair, Margaret J.** Intergroup registration went up, meeting count up 20 to 770 meetings per week. 65% have no trusted servant registration. Contributions to Central Office can be made online. There will be three open Board positions. In the last 4 years we've renovated Central Office, created new bylaws, hosted 65<sup>th</sup> Anniversary Party, are moving toward online sales, added roundtable discussions and Meet the Meeting to Intergroup and

started regular committee chair meetings in addition to regular business.

**Treasurer, Charles delivered report for Michelle C.** Financial position is good. Balance Sheet and Profit and Loss are in line with expectations.

**Central Office Manager, Maury P.** There are open volunteer shifts from 3-6pm, 1 year sobriety requirement. Faithful Fiver forms are no longer in The Point. Trying to reduce amount of printed material that comes out of Central Office per Board request.

## Intergroup Committee Reports

**Access, Virginia for Steve F.** Effort to develop a conference of different entities and group to discuss the AA members falling through the gaps in service, such as the elderly and people going from temp to long term or permanent disability. 7 people left the umbrella of the sunshine club. Let's discuss where and who we are going to serve and who wants to serve?

**Archives, Michael P.** Meets the 3rd Sunday, 2pm. Please submit written group histories.

**Fellowship, Blu** Moving regularly scheduled meeting from 2<sup>nd</sup> Thursday to 2<sup>nd</sup> Tuesday at 6:30pm effective immediately. Founder's Day, June 8<sup>th</sup>, need volunteers. Also working on production of Jackie B.'s new play, Our Experience Has Taught Us, about the 12 Traditions. The cast is set, stay tuned for more details! Please take flyers and announce at meetings. For more info email [play@aasf.org](mailto:play@aasf.org).

**Orientation, Blu** Held 1<sup>st</sup> Wed of the month at 6pm.

**SF PI/CPC, Maury for Rich G.** Meets 2<sup>nd</sup> Monday at 7pm at Central Office. Beginning a monthly PI/CPC focused literature study on the 3<sup>rd</sup> Tuesday at 6:30pm at Central Office. There are 2 unfilled service positions: Coordinator and Support Recording Secretary who communicates PI/CPC messages Treasurer with 1 year sobriety, pay expenses and records meetings.

**SF Teleservice, Carolyn R.** Teleservice answers the phones when Central Office is closed. Constantly looking for volunteers, Meets 3rd Monday at 6:30pm. Can bring training to people who can't make the meeting upon special request.

**The Point Committee, Charley D.** Now have 5.5 members, which includes two new recruits.

**Trusted Servants Workshop, Michael P.** The goal is to get the word out about the Traditions. We hold workshops for secretaries and treasurers.

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

## Liaison Reports

**Dan, Marin Teleservice Liaison** We need volunteers. We are our own entity and want to increase the number of 12 step workers, especially women. Look us up on [www.marinteleservice.com](http://www.marinteleservice.com).

# Individual Contributions

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

## IN MEMORIAM

**Veronica McC. 30 years**

## ANNIVERSARIES

**Yvonne D. - 26 years**

**Dennis C. – 17 years**

**Sue L. – 9 years**

# 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

### **Pat R, General Service, San Mateo**

There's a push to fill positions for the San Mateo DCM (District Committee Member).

**Rudy S, Marin GSR** Had a sharing session with Area 06 delegate, Padee M, who is on the theme committee for the conference. Looking at agenda item A: the theme for the 2014 conference. If you have an idea, email us. Marin Unity Day is Sept 14<sup>th</sup>, 2013.

**Lynn D, H&I** We have 600 volunteers going into SF facilities per week. There is a lot of activity; we are about to storm San Quentin. We still need women and men with 2 or more years of sobriety. We have 3 new facilities, two of which are Salvation Army. Make sure your meeting has an H&I meeting / facility to attend. We have meetings and orientations on the 3<sup>rd</sup> Saturday at 11am at 24<sup>th</sup> Street Mission Fellowship. We are going to vote next month on paying travel expenses for H&I business (not the bringing meetings into jails portion).

### **Old Business**

### **Vote on keeping The Point in hard-copy or not, yes or no.**

Motion to include both vote to have hard copy or not with a second vote for an opt-out option for registered trusted servants. The first vote was in favor of having The Point still available in hard copy. Roger made the motion, Ashley seconded. Vote All for, none against. The second motion by Charles to have an opt-out option for registered trusted servants. The vote was

17 for and 16 against the opt out option. We heard the minority opinion, with many people providing opinions around polling trusted servants, the value of physical copies at meetings, that this is not an expense decision, and that new trusted servants don't always know the value of The Point, and more. The vote changed after the minority opinion, and the motion failed. The vote stands at keeping The Point as is, in hard copy AND on the website available for download.

### **New Business**

Three board positions open. The board meets monthly on the 4<sup>th</sup> Monday. Board members sometimes also represent committees and it's a chance to get to know the service entities. You can apply related business or non-profit experience. We solicit other's views, are available by phone, email, are aware of three legacies, Central Office policies and participate in the SF/Marin events. Submit a Statement of Interest to nominating@aasf.org if making yourself available. Elections held in June.

### **Meet the Meeting**

**Jason, As Bill Sees It** Longest standing meetings at 28 years, 14 years in its current location. There are a lot of newcomers, not always a lot of long time sobriety in the recent meetings.

**Next Intergroup Meeting:** Wed. May 1st, 2013, 7pm, 101 Donohue St, Marin City CA. Orientation is at 6pm, dinner is served at 6:30pm.

# aa group contributions

Fellowship Contributions	Mar. 13	YTD
Brisbane Breakfast Bunch	\$ 42	\$ 70
Contribution Box	\$ 50	\$ 122
Intergroup	\$ 109	\$ 305
<b>Fellowship Total</b>	<b>\$ 201</b>	<b>\$ 497</b>

Marin Contributions	Mar. 13	YTD
As Bill Sees It M 2pm	\$ 14	
Attitude Adjustment 7D 7am	\$ 541	
Back to Basics Su 930am	\$ 130	
Blackie's Pasture Sa 830pm	\$ 200	\$ 200
Candlelight Meditation M 730pm	\$ 34	\$ 34
Conscious Contact Sa 6pm	\$ 59	\$ 59
Day At A Time 7D 630am	\$ 120	
Downtown Mill Valley F 830pm	\$1,050	\$1,050
Friday Night Book F 830pm	\$ 257	\$ 257
Friday Night Gay Men's Stag	\$ 53	
Fri Night Terra Linda BB Study	\$ 80	\$ 80
Girls Night Out W 815pm	\$ 116	
Greenfield Newcomers Sun 7pm	\$ 335	
Happy, Joyous & Free 5D 12pm	\$1,528	
High & Dry W 12pm	\$ 45	\$ 45
Intimate Feelings Sa 10am	\$ 62	
Last Stop Men's Step Study	\$ 150	\$ 150
Marin City Groups 6D 630pm	\$ 400	
Meditation Weds 7pm	\$ 89	
Mill Valley 7D 7am	\$ 745	
Mill Valley Discussion W 830pm	\$ 113	
Monday Night Stag Tiburon	\$ 320	
Monday Night Women's M 8pm	\$ 92	
Morning After Sa 10am	\$ 200	
Morning Attitude Adjustment	\$ 73	
New Highs W 130pm	\$ 36	\$ 36
Newcomers Step M 730pm	\$1,070	
On Awakening 7D 530am	\$ 858	
Primary Purpose W 830pm	\$ 26	\$ 26
Quitting Time M-F 530pm	\$ 750	\$ 750
Refugee Th 12pm	\$ 60	\$ 80
Rise N Shine Sun 10am	\$ 164	
Saturday Night Sa 8pm	\$ 37	\$ 37
Saturday Women's Speaker	\$ 273	
Serendipity Sa 11am	\$ 100	
Sisters In Sobriety Th 730pm	\$ 53	\$ 53
Six O'Clock Sunset Th 6pm	\$ 570	\$ 570
Sunday Express Sun 6pm	\$ 100	
Surf Tu 8pm	\$ 150	\$ 150
Terra Linda Group Th 830pm	\$ 176	\$ 176
The Barnyard Group Sa 4pm	\$ 190	\$ 190

Marin Contributions	Mar. 13	YTD
Three Step Group Sa 530pm	\$ 250	
Tuesday Chip Meeting 830pm	\$ 120	
We, Us and Ours M 650pm	\$ 50	\$ 250
Wednesday Sundowners 6pm	\$ 200	\$ 200
Women's Big Book Tu 1030am	\$ 215	
Women's Lunch Bunch 12pm	\$ 325	
Working Dogs W 12pm	\$ 250	
Young People's Chopsticks	\$ 43	
<b>Marin Total</b>	<b>\$4,174</b>	<b>\$13,092</b>

SF Contributions	Mar. 13	YTD
12 & 12 Study Sa 815am	\$ 146	
6am Dry Dock Fri	\$ 65	
6am Dry Dock Tu	\$ 150	
830am Smokeless F 830am	\$ 228	
830am Smokeless Th 830am	\$ 166	
A is for Alcohol Tu 6pm	\$ 60	
A New Start F 830pm	\$ 150	
AA As You Like It Tu 530pm	\$ 200	
Afro American Beginners Sat 8pm	\$ 103	
After Work M 6PM	\$ 26	
Artists & Writers F 630pm	\$ 174	
As Bill Sees It Th 6pm	\$ 380	
As Bill Sees It Th 830pm	\$ 53	\$ 53
As Bill Sees It Tu 1210pm	\$ 548	\$ 548
Bayview AA Th 7pm	\$ 60	\$ 60
Bernal Big Book Sat 5pm	\$ 347	\$ 347
Bernal New Day 7D	\$ 715	
Big Book Study Su 1130am	\$ 297	\$ 297
Blue Book Special Su 11am	\$ 77	\$ 269
Brothers in Arms M 8pm	\$ 54	
Buena Vista Breakfast Su 12pm	\$ 20	
Came To Believe Su 830am	\$ 23	
Castro Discussion/Show Of Shows	\$ 509	\$ 509
Castro Nooners F 12pm	\$ 69	\$ 69
Closed Women's Step Study	\$ 103	
Cocoanuts Su 9am	\$ 126	\$ 126
Cow Hollow Men's Group W 8pm	\$ 264	
Cow Hollow Young People's	\$ 281	\$ 281
Design for Living Sat 8am	\$ 455	
Each Day a New Beginning F 7am	\$ 626	
Each Day a New Beginning M 7am	\$ 388	
Each Day A New Beginning Su 8am	\$ 620	
Each Day a New Beginning Th 7am	\$ 300	
Each Day a New Beginning Tu 7am	\$ 424	
Each Day a New Beginning W 7am	\$ 207	
Early Start F 6pm	\$ 1,081	

SF Contributions	Mar. 13	YTD
Epiphany Group Th 8pm	\$ 100	
Eureka Valley Topic M 6pm	\$ 163	\$ 163
Excelsior "Scent" Free for All Sa 8pm	\$ 60	
Extreme Makeover M 730pm	\$ 23	
Federal Speaker Su 12pm	\$ 164	\$ 164
Fell Street F 830pm	\$ 552	
Firefighters & Friends Tu 10am	\$ 136	
Friday All Groups F 830pm	\$ 40	
Friday Smokeless F 8pm	\$ 168	
Friendly Circle Beginners Su 715pm	\$ 96	
Gold Mine Group M 8pm	\$ 140	
Haight Street Blues Tu 615pm	\$ 205	
Haight Street Explorers Th 630pm	\$ 267	\$ 267
High Noon Friday 1215pm	\$ 22	\$ 53
High Noon Sunday 1215p	\$ 476	
High Sobriety M 8pm	\$ 112	
Hilldwellers M 8pm	\$ 255	
Huntington Square W 630pm	\$ 31	\$ 192
Joys of Recovery Tu 8pm	\$ 175	\$ 175
K.I.S.S. M 6pm	\$ 183	\$ 183
Like A Prayer Su 4pm	\$ 202	
Lincoln Park Sat 830pm	\$ 7	
Live and Let Live Su 8pm	\$ 304	
Living Sober with HIV W 6pm	\$ 231	
Meeting Place Noon F 12pm	\$ 150	
Meeting Place Noon W 12pm	\$ 245	
Mid-Morning Support Su 1030am	\$ 292	
Miracle (Way) Off 24th St W 730pm	\$ 140	
Monday Beginners M 8pm	\$ 111	
Monday Men's Meeting M 8pm	\$ 120	
Monday Monday M 1215pm	\$ 54	
New Friday Big Book F 12pm	\$ 78	
New Life W 7pm	\$ 240	
No Reservations M 12pm	\$ 614	
Park Presidio M 830pm	\$ 138	
Pax West M 12pm	\$1,388	
Potrero Hill 12 x 12 M 630pm	\$ 210	
Queers, Crackpots & Fallen Women	\$ 190	
Reality Farm Th 830pm	\$ 344	\$ 344
Refugee Th 12pm	\$ 60	
Rigorous Honesty Th 1205pm	\$ 149	
Saturday Afternoon Meditation 5pm	\$ 222	
Saturday Beginners Sat 6pm	\$ 440	
Saturday Easy Does It Sa 12pm	\$ 362	
Saturday Night Regroup Sat 730pm	\$ 164	\$ 531
Say Hey Group M-F 6pm	\$ 99	

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(Continued from page 8)

defensive. Anyone in my position would be angry. *It's justifiable.* I have every right to tell her where to go while putting my war paint on. Two can play at this game and the *game is on!*

In my experience, blurring that line can be a dangerous place. I've found to truly be of service to anyone, anywhere, I need to walk the walk if I'm going to talk the talk, in the rooms of A.A. and out. I truly believe that having time in A.A. doesn't mean much if I'm not willing to bring the program into *every* aspect in my life.

Because I might be the only copy of a Big Book someone ever reads.

So, after allowing myself to have the initial anger and fear, I moved into action mode. I prayed. I went to meetings. I got honest. I talked to my sponsor. I checked my ego at the door and really looked at my defects of character. I prayed some more. I meditated. I tried to understand her point of view rather than imposing mine on the situation. None of it easy, and none of it could I do alone without the support of some amazing people in this program.

In the end, we met for coffee. I was hurt and scared, but A.A. has taught

me how to be loving and open in the face of adversity. I was able to put my sword down and walk into a situation where the outcome could have been bad. In this situation, it wasn't. She kept her sword on the floor as well. We ended up walking away with a better understanding of one another, which is best for everyone involved.

Some situations don't change immediately, if they ever change at all. It's my attitude and living by the principles that change how I act, regardless of what is going on around me.



(Continued from page 13)

away; we had a week to do it. We had brought Big Books in Spanish, we showed them how to run meetings, they chose a secretary and chose a name for their group, the Grupo Sueño, the Dream Group, then we departed, left these six young men, we had no idea what was going to happen. Apparently, quite a lot did; they brought a lot of new people in, and today it is the inaugural A.A. group in Cuba. The six guys themselves all went out, but they were able to bring enough people in that it has lasted.

Later, we were invited to go back for the 10-year anniversary. That was a phenomenal experience. They had 3000 members there, and something like 300 groups. We were heroes; they couldn't believe they had the very Americans who brought A.A. to Cuba ten years ago. They all had to hear the story over and over again. We don't know what ever happened to those six guys, but it's a good lesson. A.A. survives on its own.



## aa group contributions, cont'd

SF Contributions	Mar. 13	YTD	SF Contributions	Mar. 13	YTD
Serenity House	\$ 150	\$ 450	Trudgers Discussion Su 7pm	\$ 180	
Sisters Circle Su 6pm	\$ 141		Tuesday Big Book Study Tu 6pm	\$ 72	
Sober Saturday Sa 830am	\$ 110		Tuesday's Daily Reflections Tu 8am	\$ 157	
Sobriety & Beyond W 7pm	\$ 137		Twelve Steps to Happiness F 730pm	\$ 31	\$ 31
Sought to Improve Th 715pm	\$ 120		Valencia Smokefree F 6pm	\$ 331	
Sunday Bookworms Sun 730pm	\$ 201	\$ 201	Walk of Shame W 830pm	\$ 37	
Sunday Night 3rd Step Group 5pm	\$ 274		Waterfront Sun 8pm	\$ 216	
Sunday Silence Su 730pm	\$ 85		We Care Tu 12pm	\$ 124	
Sundown W 7pm	\$ 228	\$ 591	Wednesday Night Speaker Disc 7pm	\$ 25	
Sunset 11'ers Su	\$ 160		Wednesday Noon Steps W 12pm	\$ 60	
Sunset 9'ers F	\$ 45		Wharfrats Th 815pm	\$ 126	
Sunset 9'ers Sa	\$ 31		What It's Like Now M 6pm	\$ 120	
Sunset 9'ers Su	\$ 222		Women's 10 Years Plus Th 615pm	\$ 557	
Sunset 9'ers W	\$ 42	\$ 42	Women's Big Book Tu 1030am	\$ 475	\$ 475
Sunset Speaker Step Sun 730pm	\$ 150		Women's Came to Believe Sa 10am	\$ 63	
Ten Years After Su 6pm	\$ 318		Women's Kitchen Table Tu 630pm	\$ 172	
The Lads Fr 730pm	\$ 71		Women's Promises F 7pm	\$ 180	
The Pepper Group F 12pm	\$ 106		Work In Progress Sat 7pm	\$ 212	
There is a Solution Tu 6pm	\$ 230		YAHOO Step Sa 1130am	\$ 212	
They Don't Know Who We Are Sat	\$ 100		<b>San Francisco Total</b>	<b>\$5,231</b>	<b>\$27,324</b>
Thursday Night Women's Th 630pm	\$ 225	\$ 225	<b>YTD</b>	<b>\$9,606</b>	<b>\$40,912</b>

# Profit and Loss Statement: February 2013

	Feb 13	Budget	Jan - Feb 13	Budget		Feb 13	Budget	Jan - Feb 13	Budget
Ordinary Income/Expense					Payroll Fees	9	9	16	18
Income					Phone Book Listings	91	91	182	182
Gratitude Month	97	500	3,233	3,900	Postage	0	0	400	250
Group Contributions	9,981	10,000	31,307	33,000	Rent - Office	3,963	3,965	7,927	7,930
Individual Contributions	2,901	2,400	5,537	6,900	Rent - Other	75	75	75	75
Newsletter Subscript.	33	32	66	41	Repair & Maintenance	282	285	667	670
Sales - Bookstore	9,840	10,500	22,085	22,700	Security System	0	0	0	0
Special Event Income	0	0	0	0	Software Purchased	0	0	0	0
Total Income	\$22,852	\$23,432	\$ 62,228	\$66,541	Sunshine Club/12th Step	0	25	0	25
Cost of Goods Sold					Telephone	257	257	525	507
Cost of Books Sold	7,167	7,000	16,063	16,100	Training	0	0	0	0
Shipping	-20	20	-3	45	Travel	0	0	0	0
Credit Card Processing	458	425	801	725	Total Expense	\$17,036	\$16,850	\$ 36,246	\$35,549
Inventory Adjustments	-5		-122	0	Net Ordinary Income	\$ (1,784)	\$ (863)	\$ 9,243	\$14,122
Total COGS	\$ 7,600	\$ 7,445	\$ 16,739	\$16,870	Other Income/Expense				
Gross Profit	\$15,252	\$15,987	\$ 45,489	\$49,671	Other Income				
Expense					Bag Fees	6	7	12	14
Access Expenses	528	520	911	1,040	Interest Income	98	100	198	200
Employee Expenses	11,346	11,345	21,882	21,739	Miscellaneous Income	0		35	
Equipment Lease	-16	0	-16	0	Total Other Income	104	107	245	214
Filing/Fees	0	0	20	20	Other Expense				
Insurance	0	0	1,615	1,600	Amortization Expense	0	0	0	0
Intergroup Events	0	0	600	600	Depreciation Expense	300	300	600	600
Intergroup Literature	77	0	161	75	Total Other Expense	\$ 300	\$ 300	\$ 600	\$ 600
Internet Expense	93	96	217	211	Net Other Income	\$ (196)	\$ (193)	\$ (355)	\$ (386)
Office Supplies	329	182	690	257	Net Income	\$ (1,980)	\$ (1,056)	\$ 8,888	\$13,736
Paper Purchased	0	0	375	350					

## Treasurer's Report

For February 2013, group contributions were \$19 under budget, total individual contributions were \$500 over budget and Gratitude month were \$403 under budget. Bookstore sales were \$660 under budget in February. Total Expenses was \$186 under budget.

In February 2013, we had a deficit of 1,980.

Unrestricted cash balance increased from \$45,274 to \$49,245 which represents 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  
(50% Marin / 60% SF)

General Service Office  
PO Box 459  
New York, NY 10163  
(30%)

California Northern Coastal Area  
PO Box 884222  
San Francisco, CA 94188  
(5%)

SF General Service  
PO Box 421907  
San Francisco, CA 94142  
(5% - SF only)

Marin General Service  
PO Box 9193  
San Rafael, CA 94912  
(5% - Marin only)

Hospital and Institutions  
PO Box 192490  
San Francisco, CA 94119  
(Pink can collections)

(The above percentages are suggestions only. The manner in which an individual group distributes 7th Tradition contributions is a matter of group conscience.)

# Concept Five

by Rhys G.

“Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

A.A. World Services, Inc. and The A.A. Grapevine, Inc. are corporations chartered in the State of New York and operated under the authority of boards of trustees. The trustees have the **legal** authority to act on behalf of these entities, but the **spiritual** authority always has been and will remain in the hands of the membership of Alcoholics Anonymous. Ultimately, the Group Conscience – as stated in Tradition Two – is the final authority for the larger issues that may confront our Fellowship.

Concept V was originally written to handle grievances that cropped up among the staff, committees, boards and Trustees when A.A. was still relatively young. In fact, everyone was “encouraged to file minority reports whenever they feel a majority

to be in considerable error.” In time, this practice of listening to the minority opinion was expanded to include all matters of importance, including those at the group level.

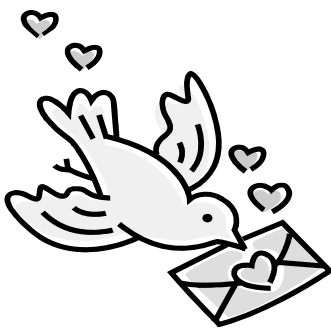
We, as alcoholics, trusted servants and stewards of the Traditions, are charged with respecting the rights of all who claim membership without prejudice – regardless of length of sobriety, social standing, or beliefs. With that responsibility, we must always strive to be elder statespersons, so that we not only listen to the minority opinion, but more importantly, ASK for the minority opinion. We recall what it was like to be new in the program and fearful of speaking up, especially in business meetings, and felt intimidated by the bleeding deacons.

It has been A.A. experience that it is best for those who have a diverse view of any question, to bring that view into light during the discussion, rather than wait for the vote and then express their minority opinion. It not only saves time but also can change people’s minds prior to the final vote. The interjection of non-majority



insights helps temper discussions and the danger of hasty decisions. There is no Tradition greater in A.A. than that of Unity.

It can seem to someone not familiar with General Service that all we do is discuss things into the ground for seemingly endless periods of time; however, our goal is to assure that no issue is steamrolled into approval by a too vocal, overbearing or possibly misinformed majority. Sometimes, the purpose of General Service is not to see that things change in A.A., but rather to see that things don’t change in A.A. One of those things that this Concept assures is that our Fellowship will only survive when all members are allowed to bring their opinions forward without fear of reprisal or being ostracized.



## Letters to the Editor

Dear sir,

Just a quick note to express my feelings regarding the 'Not a Glum Lot' story in the April *Point* issue.

I find this story offensive as a 'gay guy.' I don't wear women's clothing,

nor do any of my friends. This is a negative stereotype being perpetuated by A.A.

I think a polite retraction is in order.

take care,

Jeff T.

# the Point

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San Francisco, CA 94109-3528

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## May 2013

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