

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013
6
June

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

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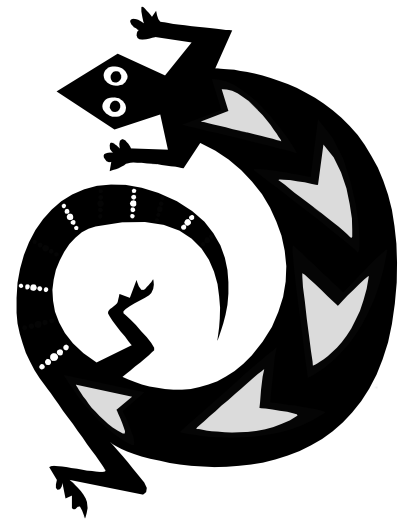
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The Religion of Our Choice



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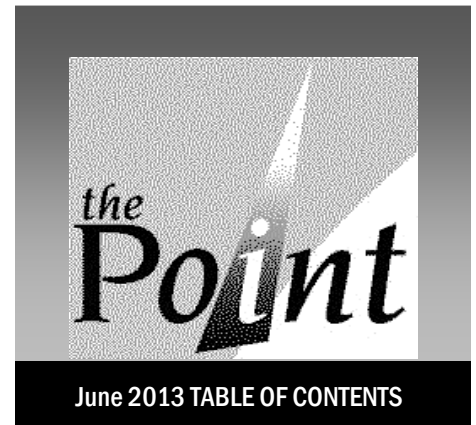
19 Concept VI

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.

June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3 <u>FIRST MON</u> 12th Step Committee Central Office 6:30pm	4 <u>FIRST TUE</u> Access Committee Central Office 6:00pm	5 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF, CA Orientation 6pm Meeting 7pm
9	10 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	11 <u>SECOND TUE</u> The Point Committee Central Office 5:30pm Fellowship Committee Central Office 6:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF Bridging the Gap 1111 O'Farrell St 7:30pm SF General Service 1111 O'Farrell St 8pm	12 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave Marin Alano Club San Rafael 6:30pm
16 <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	17 <u>THIRD MON</u> SF Teleservice Central Office 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation/Concepts Study 6:45pm Business Meeting 7:30pm	18 <u>THIRD TUE</u> PI/CPC Literature Study Central Office 6:30pm	19
23  30	24	25 <u>FOURTH TUE</u> The Point Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave Marin Alano Club San Rafael 7:30pm	26

THURSDAY	FRIDAY	SATURDAY
		1
6	7	8 FOUNDER'S DAY 2013 First Unitarian Universalist Church 1187 Franklin St SF CA Doors Open/Dinner 6pm Speaker Meeting 7pm "Our Experience Has Taught Us" Special Preview 8pm Pie Social 8:30pm
13	14	15 THIRD SAT SF H&I Meeting Orientation 11am Business Meeting 12pm 2900 24th St, SF
20 THIRD THU Trusted Servants Workshop Committee Central Office 6pm	21	22 FOURTH SAT CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
27	28	29 



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If willingness is the key
to unlock the gates of hell,
it is action that opens those doors
so that we may walk freely
among the living.
"My Chance to Live," Big Book p.317.



Meeting Changes

New Meetings:

Sun	12:00pm	Novato	NORTH MARIN SPEAKER, 801 Grant Ave / Reichert Ave (Speaker/ Discussion)
Tue	8:30pm	San Anselmo	THE HEADLESS HORSEMEN, 100 Tarry Rd / Greensburgh Lane (Men's, Speaker/Discussion)
Wed	4:30pm	Inner Sunset	THE PARENT TRAP 2, 1320 7th Ave / Irving (Gratitude Ctr) (Speaker/Discuss., Child Care)
Thu	12:10pm	Financial Dist.	WOMEN'S FINANCIAL DIST. LUNCHTIME, 660 California St / Grant (Women's, Step Study)
Sat	6:00pm	Inner Sunset	STEP DISCUSSION, 1320 7th Ave / Irving (Gratitude Ctr) (Speaker/Step Study, Wheelchair)

Meeting Changes:

Tue	6:30pm	Parkmerced	STEPPIN' UP, 777 Brotherhood Way / Junipero Serra (Now Wheelchair Accessible)
Thu	6:45pm	Cathedral Hill	THE BROAD HIGHWAY, 1337 Sutter St / Franklin (Was at 6:30pm)
Sat	10:00am	Mill Valley	MORNING AFTER, 305 Montford Ave / Melrose (Was at 315 Montford Ave)
Sat	7:00pm	Excelsior	EXCELSIOR "SCENT-FREE" FOR ALL, 32 Ocean Ave / Persia (Was at 8:00pm)

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!***

78th Annual



The Intercounty Fellowship of San Francisco & Marin presents

Founders Day Celebration

Saturday, June 8th 2013

6pm Doors Open & Dinner
no early admittance

7pm AA Speaker Meeting

8pm *Our Experience Has Taught Us*
special preview of Jackie B's new play, opening September

8³⁰pm Door Prizes & Pie Social
please bring a pie to share






Persons requiring reasonable accommodations, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office (415) 674-1821 no later than June 3rd, 2013

First Unitarian Universalist Church

1187 Franklin St., San Francisco, CA

Suggested Donation: \$5 no one turned away for lack of funds
www.aasf.org/events • fellowship@aasf.org

From the Editor

Founders' Day

by Charley D.

We know it happened this month, 78 years ago. Dr. Bob had his last drink on June 10 (or maybe June 17), 1935 and joined forces with Bill W. Together they set in motion the A.A. program that would save millions of lives, including mine and, I hope, yours. Come celebrate Founders' Day with us on Saturday, June 8, 2013 at the First Unitarian Universalist Center, Franklin at Geary, starting at 6:00 pm. This year's event is bound to dazzle, especially with a sneak preview of Jackie B.'s play, *Our Experience Has Taught Us*.

In this issue, Leah Z. fittingly writes how Tradition Six sprang from those founders' early successes in A.A., prompting them, after the fellowship had appeared to lose focus, to reaffirm A.A.'s sole purpose – to help the suffering alcoholic. In our 12th Step Challenge – “Can We Bring New Purpose and Devotion to the Religion of Our Choice?” – see how Anonymous surprised herself by getting

sober and, then even more, by finding a new spiritual foundation in Roman Catholicism. And what's religion without sin? Claire A. tackles Gluttony, our Sin of the Month, with the same tools she uses to stay sober. CLB shows how Step Six helped identify and remove the character defects that stood in the way of a joyous and free life. Michael W. provides a somewhat different take on Step Six, explaining how facing and being ready to release character defects made service to others easier. Kristina Z. tells how, under Concept VI, A.A.'s General Service Board can exercise the trust put in it by A.A. groups and their members and thereby facilitate the A.A. mission.

A month from now, the United States will celebrate Independence Day, when our nation obtained its freedom and the American dream began. On A.A.'s Founders' Day, when our two founding fathers made their own declaration of independence and freedom, let's dream big and have fun. We hope to see you on June 8.

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.)



Thank You Faithful FIVERS! Thank You

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

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

Northern California Hospital & Institution Committee

Why the Pink Cans?

The Hospital & Institution Committee of Northern California is an organized committee of Alcoholics Anonymous with the purpose of carrying the message of A.A. to those who are confined in prisons, hospitals and other institutions. Northern California H&I provides almost 42,000 meetings a year, serving 22 major state and federal institutions and hundreds of local jails, hospitals, rehabs and other community facilities. Those who are confined have no money to buy the A.A. literature brought in by the H&I volunteers, so the Pink Can, with your donations, covers this cost.

In the fiscal year ending November, 2012 Nor Cal H&I spent \$450,000* for books and literature from A.A. World Services; \$42,500* for the A.A. Grapevine in both English and Spanish; \$5700* to purchase Meeting Directories from the local Central Offices; and \$10,800* to ship, distribute and supply these items throughout Northern California. These necessary categories comprise over 95% of the total Nor Cal 2012 expenses and amounts to the cost of just one Big Book, one Twelve and Twelve and a small handful of pamphlets and schedules per meeting. [*Amounts rounded to nearest \$100.]

The Northern California Hospital & Institution Committee has for many years been one of the largest purchasers of literature from the A.A. General Service Office in New York, contributing greatly to World Service

income. No H&I members are paid for service, nor are they reimbursed for expenses incurred carrying the message into these institutions, regardless of the distance. It is not unusual for an H&I volunteer to drive well over 200 miles for a weekly or monthly institution meeting. These travel expenses are a personal contribution of the individual.

One of the fears expressed early on in the implementation of the Pink Cans was that they would subtract from the support of the meetings. This is entirely contrary to the intention of the Committee, and should not happen if the A.A. group secretaries announce (before the baskets are passed) the importance of supporting the 7th Tradition first (thereby supporting the service entities it contributes to) and the purpose of the Pink Can. The Nor Cal H&I Committee requests that the Pink Cans be passed separately from and after the baskets to avoid subtracting from support of the 7th Tradition, and encourages all members to remove the cans from the baskets if they are being passed together.

In 1942, the highly respected Warden Clinton Duffy invited some local A.A. members to bring the first A.A. meeting into San Quentin Prison; by June of 1946, A.A. was invited into Folsom Prison and the committee we now know as H&I was born. Because of the increasing interest of A.A. members outside the San Francisco area to participate in prison work,



the committee resolved to become an autonomous committee, thus forming the Northern California Hospital & Institution Committee.

Nor Cal H&I has been carrying the A.A. message of recovery to confined alcoholics for over 71 years, and is one of the oldest service committees of A.A. We maintain strong and mutually beneficial relations with the Corrections and Treatment Committees of the A.A. General Service Board in New York, and are humbly grateful for the generous contributions, both financial and in service, of the A.A. members who make our mission possible.

For additional information, please write to the Northern California Hospital & Institution Committee. P.O. Box 192490, San Francisco, CA. 94119-2490 or visit our website at www.handinorcal.org.

Tradition Six

by Leah Z.

Last year, I went to an Alcoholics Anonymous conference in Richmond, Virginia. It was truly a thrill for me, partly because I hadn't been to an A.A. conference before, and largely because I attended with my dad, along with his sponsor and members of their fellowship. The speakers were wonderful, and I brought home a recording of the proceedings that I'll write about from time to time in these pages.

One of the old-timers, Clancy I., gave a talk about the Twelve Traditions. At this point I had about a year and a half of sobriety. I had very little knowledge of the Traditions and not much interest in learning more. They didn't seem relevant to my sobriety, so my brain usually went into hibernation when they were read or discussed during meetings. This was about to change. To my surprise and delight, the speaker led us through a fascinating summary of the history of the Twelve Traditions and why they are so vital to keeping A.A. alive.

Clancy described A.A.'s first surge in popularity and adoption, following an article that appeared in *The Saturday Evening Post* in March 1941. Soon, however, group and individual membership began to wane, conflict sprang up, and it seemed the organization was in danger of dying out.

The organization had fallen into a common trap. Now that A.A. was proving itself successful at helping the alcoholic, many members wanted to use the momentum of A.A.'s success to affect progress in other ways, too. Page 155 in the 12&12

reads, "[W]e felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause."

While the intent is admirable, destruction of the organization would likely result. Entanglements in other causes drew resources away from A.A.'s singleness of purpose, and caused conflict.

As Clancy told it, Bill W. heard of the Washingtonians and set out to learn from the growth and demise of the group that had successfully – but briefly – helped alcoholics a century before. "[He] went down to the library and got some books on the Washingtonians. Many things about that movement were like A.A. – people working together, people helping each other. And he looked at the reasons why they had dissolved. They got to fighting over money and property and prestige in their groups."

*And by 1848
the Washingtonians
were extinct; with very
few exceptions
they all died drunk*

They understandably got involved in the political issues of the day, issues like slavery. But they got too busy to talk about alcohol, so when the temptation to drink came up, they got drunk instead of talking about it. "And by 1848 the Washingtonians were extinct; with very few exceptions they all died drunk."

To build upon the experience of the



Washingtonians and avoid repeating their mistakes, Bill W wrote the Twelve Traditions, circulated them and drove their adoption in 1950. Much of A.A.'s effectiveness and longevity is due to the traditions. As Clancy said, "They apply to specific problems that killed the Washingtonians. And were killing A.A."

By following Tradition Six, we avoid allowing "Problems of money, property, and authority [to] divert us from our primary spiritual aim." We focus our resources on our primary purpose - helping people get and stay sober.

By following Tradition Six, we continue to be inclusive to members who might be alienated by a particular political stance. We avoid the friction and controversy sure to arise during the process of reaching consensus on access to health care, or eradicating homelessness, to name just a couple of the important issues we face today.

In the decades since adopting the Twelve Traditions, A.A. has continued to help alcoholics and has avoided many of the pitfalls of groups that came before.

[Clancy I. (May 4, 2012). *Keep it Simple*. Speech presented at Principles of Recovery - Buckingham Group, Richmond, VA.]

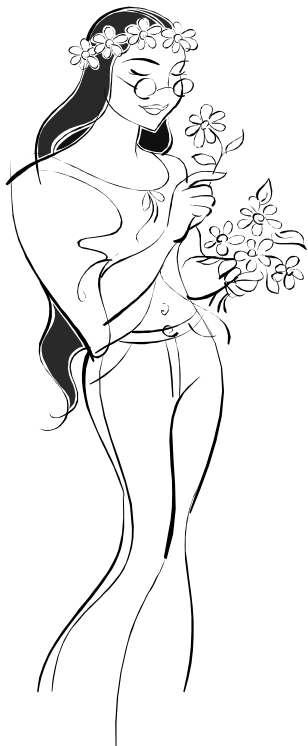
Can We Bring New Purpose and Devotion to the Religion of Our Choice?



by Anonymous

If you had told me 10 years ago that today I would be a practicing, church-attending Catholic, I would have said you were crazy. Of course, if you had told me 15 years ago that in five years I would be in rehab for alcohol and drug addiction, I would have handed down the same verdict on your sanity.

“Contempt prior to investigation,” that’s what the Appendix in the Big Book on spiritual experience says about my attitude of immediate dismissal of anything smacking of pious Christianity. You see, I was raised in a strict Protestant



evangelical tradition (Southern Baptist, to be exact), and I spent many hours a week at church or in church-related activities growing up. When I left home for college in 1971, I jettisoned church-going along with my shirtwaist dresses and my bras. Tune out, turn on, etc. I was way too sophisticated for the backwoods religion I was raised in; I rejected mightily the hocus-pocus of heaven and hell and washed in the blood.

Fast forward more than 30 years. I had a career, two kids, husband, house, two cats, two guinea pigs and a serious alcohol and drug addiction. Thanks to the help of the program of Alcoholics Anonymous and some remarkable people along the way, I got clean and sober eight years ago. I had to deal with the physical and mental problems of years of abuse, and the personal calamity of divorce and an extinguished home life. The wreckage kept piling up, even after my sobriety date, as the consequences of my behavior just rolled on through, like a tsunami triggered by the earthquake of disclosure of my alcoholism and addiction.

Flattened. That’s what it took for me to regain an open heart. So miserable that I did whatever you suggested. One of those things was to accept an invitation from my first sponsor to attend an Easter vigil service with her at a Catholic church in Oakland (I got sober in the East Bay). I never knew she was Catholic or religious; if

I had, would I have asked her to be my sponsor? Probably not.

I recently reviewed my notebook from my days in rehab. One page was devoted to the assignment of creating a plan for developing a spiritual life (in pursuit of the 11th Step), and I actually followed through on many of the things that I wrote: researching various spiritual practices, including Buddhism, whose philosophy was attractive. I corresponded with friends who were Tibetan Buddhists and my heart sank when I thought about all the effort necessary to become even somewhat familiar with this path, or any other Buddhist practice.

So when my heart leapt at the Easter service at my sponsor’s church, it came to me. The familiarity of the story, “Christ is risen,” broke me open. But this time, it was my choice, not something imposed on me. And this time, the way I understood it, it wasn’t “pie in the sky when you die,” it was about experiencing the presence of the divine right here and right now. It was about the community of others, of seeing Christ (or God, if you will) in the eyes of other people: acknowledging the divinity in each of us.

Over time, and in a slow, deliberative way, I found myself remaining open to this new sense of Christianity. And where it led me was to an exploration of the historical faith of

(Continued on page 9)

NOVATO FELLOWSHIP FOUNDERS' DAY CELEBRATION

Sat. June 8, 2013

Stafford Lake, Novato Blvd.

Live music, softball, Jumpy house and more for kids volleyball,
horseshoes, fun for all

9am-5pm; BBQ @ Noon

\$12 suggested donation. Kids 12 and under eat free.

Guest Speaker @ 2 p.m.

\$10/car Park entrance fee (carpool, bring newcomers)

Sorry no dogs allowed in the park.

Raffle; must be present to win

Volunteers needed.

Contact Kirk [415-755-7152](tel:415-755-7152) or Chris [415-827-5212](tel:415-827-5212)

Directions:

Exit 101 @ San Marin/Atherton

Go west on San Marin Dr. 2.8 miles to Novato Blvd. (High School on Right)

Turn right and go to lake, 2.4 miles. Entrance to Park on Left.



(Continued from page 8)

Roman Catholicism and the beautiful, incongruously fabulous rituals, music and art of one of the great religions of the world. One that does not require me to proselytize. One whose tenets (believe it or not, this is really in the catechism of the Church) require each of us to discern and to follow what we know is just and right; one's informed individual conscience is the supreme guide.

Catholicism's big tent welcomes me along with a lot of other people, some of whom I don't much like (sort of like A.A.). Like other institutions made up of human beings, it can be disappointing and dispiriting. But more often, I rejoice in being able to attend mass almost anywhere I travel; even if I don't understand the language, I

*Stick around until the
miracle happens,
whatever your miracle
might be.*

understand the ritual. And I have learned about myself that I really, really like ritual. "Smells and bells" work for me.

In Matthew 25, Jesus says, when you visit the sick or the imprisoned, or clothe the naked or feed the hungry, "You do it to me." On first reading, you can interpret this to be a command to do pious works of charity. In my experience, it's a lot more than that. It is a description of where to go to actually meet Christ (the human manifestation of the

divine). When I serve soup to poor and homeless people, I actually meet God. I go to jails because when I am there, I am in the presence of Jesus. I sound like a crazy person to myself as I write this, but there it is. It's the truth for me these days.

I visit jails for both A.A. and my church, although separately and never with the same population, so that there is no confusion about what I'm representing. When I do Twelfth Step work for A.A., like my first sponsor, I do not talk about my church or religion because I know it's a turn-off for many people. Like it was for me for years.

Life is such a miracle and you never know what's going to happen next. That's the moral of the story. Stick around until the miracle happens, whatever your miracle might be.



A query about Ninth Step amends from a recipient:

Dear help,

I am looking for feedback for how to respond to a person offering amends from the Eighth Step of A.A. I have a friend I'll call Joanne who I had a hard time with. Without knowing that she had an alcohol and drug problem, I stopped speaking to her because of certain treatment listed below.

Please if you would send feedback on whether my boundary list below is fair for someone at her stage of healing or if I should just wait till she's completed her program to address these concerns.

One other acquaintance, Sue, who was my assistant on a play also approached me at the Eighth Step. After the play had ended and she joined A.A., she contacted me. She admitted to me that when she was my assistant, behind my back she used my youth as an excuse to tell financial investors I was too young and wishy-washy and not to give me money for doing a new play. During her apology, she suggested I go to Alanon because she noticed I had a bad habit with guys, and that I was immature and Alanon could really help me. This was not an apology, it was an insult, especially since she was drinking when she saw me socialize with men and was very

rude to all people when she was drinking.

I am a sexual assault survivor and have a stalker and need peace of mind. From the above experience with Sue, you see I'm very concerned to open up to this again and be hurt. At the same time, I don't want to hurt Joanne with my boundaries.

Boundary Request List

- 1) No discussing my birth name or date of birth with anyone even your husband**
- 2) No discussing my sex life with people other than me, also not with your husband**
- 3) No asking me out for drinks and then once I've had two drinks leaving me alone**
- 4) No giving me ultimatums about boyfriends from you or your husband**

Mary (pseudonym)

Dear Mary,

You have reached the Central Office of Alcoholics Anonymous in San Francisco. I am an alcoholic volunteer in recovery who helps to answer emails. My response is from my own personal knowledge of Alcoholics Anonymous and is not meant to represent the organization of A.A. I can only share with you my own experience.

The Eighth Step of A.A. is to make a list of all the people we have harmed.

The Ninth Step is, indeed, to make amends to those we have harmed with our behavior when we were drinking, if it won't hurt those people or others. It is supposed to be done after personal reflection and in the spirit of asking for forgiveness. The alcoholic is not supposed to point the finger at the person to whom they are making amends, but only to apologize for one's own bad behavior.

As for the person to whom we make amends (in this case, you), it is totally up to you how to respond. There are no expectations or requirements on your part. The alcoholic is making the amends in order to stay sober him or herself, not to try and justify past behavior, and certainly not to judge or impose their values on anyone else.

I hope this provides you with at least one person's (mine) perspective on the Eighth and Ninth Steps.

Sincerely,

e-Volunteer

Dear e-Volunteer,

Thank you very much for this! You have truly helped me and touched my heart! And my mind!

"People are often unreasonable and self-centered. Forgive them anyway.

If you are kind, people may accuse you of ulterior motives.

(Continued on page 11)

A Timeline of Pre-A.A. History

by Gilbert G.

If you took the time to read all of the previous installments in the A.A. Pre-History series, you are now well versed in how A.A. came to be. Following is a summary of important events mentioned in the series, each with its actual, or estimated, year of occurrence.

The Point again thanks Bob S. for researching and putting this book together and for allowing us to serialize his work.

1872	In October of 1872, Jerry McAuley, along with his wife and friends, founded the Water Street Mission.
1908	Reverend Frank Buchman started the group, A First Century Christian Fellowship.
1926-1936	The Calvary Mission, a 57-bed facility, provided two meals a day and aided more than 200,000 homeless in its ten years of operation.
Late 1920s	The First Century Christian Fellowship was renamed the Oxford Group.
1929	Ebby Thacher and Bill Wilson became the first to land at the Manchester, VT airport and both fell drunkenly to the ground after they left the plane.
1930/1931 or maybe 1926	Carl Jung wrote a letter to Bill Wilson about Rowland Hazard's inability to get and stay sober. " ... his only hope for sobriety was a spiritual experience."
1932-1933	Ebby spent some dry time while helping to clear the trails of the Green Mountains.
1934	Ebby moved into family residence in Manchester.
1934	Ebby was visited by Oxford Group members Cebra Graves and Shep Cornell, who spoke about the principles of the Oxford Group program of recovery.
1934	Rowland offered his experience and good help to Ebby Thacher, setting the A.A. ball rolling.
1934	Ebby's mission style surrender took place.
Nov. 1934	Kitchen table message took place.
Dec. 11, 1934	Bill W. checked into Towns Hospital for treatment.
Dec. 13, 1934	Ebby visited Bill at Towns Hospital, allowing Bill to go through the 12-step process. At the end of this process, Bill gained a sense that a victory over alcohol had prevailed. Bill lived the rest of his life without taking another alcoholic drink.
Winter 1934	Bill learned many of the enduring principles from Oxford Group meetings.
Spring 1935	Bill learned that he has indeed stayed sober, and Dr. Silkworth recommended that Bill "... start discussing his allergy to alcohol and his seeming inability to stop starting"
May 10, 1935	Bill found himself alone in a strange city, became concerned about taking that first drink and remembered what his wife, Lois, had told him: to talk to another alcoholic.
May 12, 1935	Henrietta Seiberling arranged to have Bill meet Dr. Bob S. at her estate. Dr. Bob had planned to stay only 15 minutes after supper. His talk with Bill W. went on until about 11:00 that evening. Bill took Dr. Silkworth's advice to change his approach from "preaching" to "personal experience."
May 1935	Dr. Bob travels to the American Medical Association annual convention in Atlantic City. Dr. Bob started drinking after he boarded the train.
Summer 1935	Bill was invited to live at Bob Smith's home.
June 10, 1935	Dr. Bob began his "program of action" – A.A. begins!

(Continued from page 10)

Be kind anyway.

If you are honest, people may cheat you. Be honest anyway.

If you find happiness, people may be jealous. Be happy anyway.

The good you do today may be

forgotten tomorrow. Do good anyway.

Give the world the best you have and it may never be enough. Give your best anyway.

For you see, in the end, it is between you and God. It was never between you and them anyway."

—Mother Teresa

Best to you and yours!

Mary

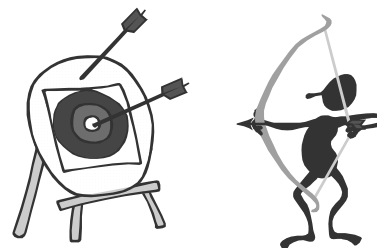
Dear Mary,

What a beautiful prayer. Thank you for sending it my way.

Warmly,

e-Volunteer

Sin of the Month: Gluttony



by Claire A.

A few days ago, I ate almost an entire package of chocolate eggs. Afterward, I noticed that I hadn't really even tasted most of them. I was also reading a book at the time. One of my favorite ways to tune out is to read and, since I quit drinking and smoking cigarettes, eating chocolate has become a lesser evil addiction in which I indulge. I can pretty much blot out the whole world with a good book and some chocolate.

It is gluttony. Excessive eating. I don't do it with most foods, though I do overeat other things sometimes – like appetizers which are particularly good.

What I find interesting about this is that it hasn't much to do with being hungry or liking the taste of the food, though I certainly do overeat foods that I like. My gluttony tends to surface when something is bothering me. I tend to overeat when I am anxious, depressed, or lonely. And I will eat chocolate until I feel sick. Nowadays, I can actually feel that I have a sugar hangover after I overdo it with chocolate.

Right now in my sobriety, I find it very difficult to stop myself from bingeing on chocolate. Half the time, I am only dimly aware that I am on a binge. This is slowly, slowly changing as my awareness of, and my ability to cope with, my feelings changes in sobriety. I remember when I first went to see my therapist, and she asked me to tell her how I was feeling. I couldn't answer her. Now, I laugh about how out of touch with

my feelings I was, but I had so completely buried my feelings, using alcohol, sugar, and books, that I didn't even realize that I had feelings, much less what they were.

Now that I am not drinking, my feelings are more apparent, and I still feel the need to numb them because I sometimes feel overwhelmed. And I do numb them, and gluttony is the result.

The great thing is that A.A.'s tools can help me with this binging problem, as they helped me with my drinking problem -- if I pick up the tools. And very slowly, I am

*Maybe that extra scone
will help me to get my
taxes done on time
this year!*

beginning to use the tools to look at why I am eating bags of chocolate. It is never obvious to me. I mean, I don't usually say, or even think, "Hey, I'm nervous about that interview, and I think eating a bag of chocolate is going to solve my problem!" or, "Maybe that extra scone will help me to get my taxes done on time this year!"

So, I have to stop and think about what is making me uncomfortable. Am I

actually hungry? Am I trying to get quick energy because I am tired at 3pm? Am I lonely? Angry? Afraid? If I can figure this out, the craving often dissipates as I sort through what's happening, and find what action I need to take.

I am grateful that what works for gluttony is much the same as what works for drinking. Just for today, I can NOT buy a bag of chocolate eggs. Instead of opening the bag, I can call another person in the program, and find out how her day is going. At the end of the day, I can do a 10th Step inventory to get a handle on what resentments or troubles I have that I need to resolve, so that I don't become agitated and require soothing in the form of chocolate!



One Interpretation of Step Six

by CLB

In order to become willing to ask God to remove my defects of character, I must know what my defects of character are. For a while in my sobriety I wasn't sure what my character defects were because I had not done a full Fourth Step. To be honest, I wasn't really sure how to do a Fourth Step and was too afraid to ask. Am I writing down names of people I'm angry at? Am I listing folks who wronged me? With the help of my sponsor, I came to understand that I should write down my problems related to people (including myself), places and things. Then, I was able to be honest with myself about my part: my fears, flaws, and character defects.

I'm going to share a short list of the latter mentioned character defects: victim, control, selfish, and unrealistic expectations. Naming them helps me target my repeat offenders. It's almost as if I can put "victim" in a wine bottle, "control" in a joint, "selfish" in a line of cocaine, and "unrealistic expectations" in a beer can and visualize them as things to stay away from. If I were to list them all one might see a well-stocked wet bar...with some narcotics.

When I did Step Four and had a wonderful sponsor to share Step Five with, Step Six seemed to fall into place. I knew what it was that I needed my higher power to remove. My sponsor explained to me that Step Six was about being ready, truly ready, to live without the fears and flaws that burdened my life and sometimes justified by drinking and drugging. Was I willing to turn my burdens over to God? Was I willing to

accept that this would happen one day at a time? Ultimately, it's not for me to know how God removes my fears and flaws. I think I took a week or three to mull this over. When I finally surrendered, it was a similar sensation to that which I felt when I finally knew I would never have to drink again. Freedom, independence, peace, and hope are all feelings that come to mind.

In Step Six in the "Twelve and Twelve," there is a passage that

*God is not
the only one who is
good. I can be, too.*

speaks to asking God to remove some but not all defects of character. The author writes that the capacity for surrender is, "... [T]he difference between striving for a self-determined objective and for the perfect objective which is of God." The words "striving" and "of" really catch my attention here. I strive to be without drugs and alcohol and I strive to be free of my character defects. Both happen on a daily basis and that's OK; I don't have to know how or why, I just have to remember that it does work. "Of" personally resonates because the author's aren't telling me only God is perfect and I'm too flawed to be good. I believe they're trying to tell me that to be of

God, or to feel the energy, be within the embrace of, near, in relation to, or perhaps even God-like – in the altruistic not holier-than-thou sense – is the goal. I believe they are telling me God is not the only one who is good. I can be, too. I must become willing to release all my fears, flaws, faults and character defects to God and then stay close to my faith. Because I am willing do it with my higher power, I will remain safe. In essence, if I take this Step, I never have to be a victim, controlling, selfish, unreasonably expectant, etcetera, person again; and I never have to be alone again.



Intergroup Meeting Summary—May 2013

The following groups (and *service entities*) have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, consider electing an Intergroup Representative (IGR) and /or an alternate so your meeting is effectively represented .

A Is For Alcohol	Cover to Cover	Marina Discussion	Sunday Night Castro SD	Women's Promises
Any Lengths	Cow Hollow Men's Group	Mill Valley	Sunday Rap	
Artists & Writers	Day At A Time	Miracles (Way) Off 24th St.	Ten Years After	<i>Marin Teleservice</i>
Artists & Writers	Early Start	Monday Night Stag Tiburon	Thursday Night Speaker	<i>Marin General Service</i>
As Bill Sees It	Extreme Makeover: Women's SS	No Reservations	Thursday Thumpers	<i>SF General Service</i>
Attitude Adjustment Hour	Friday Morning 12 Steppers	On Awakening Group	Too Early	<i>GGYPAA</i>
Blue Book Special	Girls Night Out	Saturday Weekend Warrior	Tuesday Big Book Study	
Came to Believe	Haight Street Blues	Say Hey Group	Valencia Smokefree	
Came to Park	High Noon	Serenity Seekers	Walk Of Shame	
Castro Discussion	Keep Coming Back	Step Talk	Women's 10 Years Plus	

This is an unofficial summary of the May 2013 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website www.aasf.org.

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

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

The meeting was held on Wed., May 1, 2013 at 101 Donohue St, Marin City, CA.

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

Officer Reports

Chair, Phil L. for Margaret J. Had a committee chair meeting and communication was terrific. Identified gap in Sunshine Club for Access. We have statements of interest for the Board. It's a 3 year term. We have 11 people on the board, 9 are at large, always want experienced people on the board. In recognition of coffee assault at a recent AA meeting, the Board reminds that we have a zero tolerance policy for

this type of harassing behavior at Central Office. Meetings have their own rules and group conscience, but the Board does encourage discussion at meetings.

Treasurer's report, Michelle C.

Michelle is sick this month. Maury spoke; in an attempt to reduce paper, we have a summary only of the finances. The balance sheet and profit and loss statement are on the website www.aasf.org > Intergroup > Intergroup information.

Central Office Manager, Maury P.

Please continue to announce need for phone volunteers. Corrected minutes with corrected roll call going into permanent record. Blu motioned to approve, Roger seconded to approve March minutes. Grey announcement sheet not included tonight because content for it not submitted. Realized request went out very late, which may be why; will look at being more timely email with link to committee chairs and liaisons. Blu and Mark confirmed it that putting the announcement sheet in the plastic frames worked well.

Intergroup Committee Reports

Access Committee, Steve F. Meeting went well. Sunshine Club working with us to find a way to reach people with short, long, and permanent disabilities. Access wants collaboration with all of Intergroup, 12 Step Committee and Sunshine Club. Mission statement – paraphrased is to explore, develop and offer resources to make A.A. available to all who reach out to it.

Archives Committee, Michael P. We

meet the 3rd Sunday. Founders Day is June 8th and we will have table and display. Urge everyone to submit group histories, can do online and in writing.

Fellowship Committee, Blu We meet the 2nd Tuesday every month at 6pm.

Founder's Day, June 8th, we are looking for volunteers. Will have an excerpt of Jackie B.'s new play, *Our Experience Has Taught Us*, about the Traditions. Please take flyers and announce at meetings. For more info, email fellowship@aasf.org.

SF PI/CPC, Rich G. We meet the 2nd Monday of month, 7pm at Central Office. Need members under 25 to talk at high schools.

SF Teleservice, Carolyn R. Teleservice answers the phones when Central Office is closed. Constantly looking for volunteers, 3 open shifts this month. We meet the 3rd Monday at 6:30pm.

12th Step Committee, Alex Business meeting is the 1st Monday of each month, 6:30pm.

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

Website Committee, Becca M. Making progress with great ideas for the website. Ideas like a committee page to collaborate.

General Committee Note: There are volunteer opportunities on most of these committees and you do not need to be an IGR to volunteer.

Individual Contributions

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

IN MEMORIAM

Veronica McC. – 30 years

ANNIVERSARIES

Peter H. – 32 years

Nancy R. – 32 years

Ann W. – 28 years

Alison B. – 1 year

Liaison Reports

Dan, Marin Teleservice Spaghetti feed, was informational more than fund raiser

Rudy S – Marin County District 10 General Service Liaison Marin Unity Day on September 14th, 12pm to 10pm.

Cheryl, SF General Service New to position, no report this month.

Old Business

Board elections next month. Michelle, our Treasurer agreed to another 2 year term, but we have two at-large positions to fill Board meets on the 4th Monday of each month. 3rd Legacy election is like a rodeo .

David has update on the Vet's coffee break meeting at Swords and Ploughshares, 1060 Howard, Thursdays between 6-7pm. General scenario is that vets endure homelessness, PTSD, loneliness. If they knew about available services, they could get a lot of help. PI/CPC – nominated David as Veterans lead, vets@aasf.org to email ideas about reaching vets.

New Business

Phil – avoiding waste, paper reduction, everything will be online and can be printed if you need to. Rudy mentioned The Buzz didn't print well, actually printed more pages. But most everything prints ok if printed as a PDF.

GGYPAA request

Jennifer and Monica, from GGYPAA, got word of a new conference: Southwestern Area Young People in AA (SWACYPAA). They want to submit a bid and need two letters of support. Asking Intergroup to provide such a letter which is due on May 24th. Conference will be held between May

and August 2014. Blu made a motion to request the Board write a letter of support for GGYPAA to bid for SWACYPAA, second by Carolyn. All were in favor, vote passes.

Virginia wanted a full financials available in printed copy at the meeting. Phil suggested we only distribute the summary but make several full copies available.

Round Table: Ideas for the Board?

Three areas: Central Office, Committee participation, Events: Board is doing great, no suggestions; Events, how about a sobriety Giants game, or a softball Marin vs SF; How can the board reach out and ask for more representation, more diversity in a strategic planning fashion; less emphasis on administrative, more on getting message out, veterans outreach. Make sure Marin is aware of SF located Central Office; trusted servant workshop to help people buy literature; helping IGRs know to make announcements at every meeting, more outreach! Phil – mentioned needing an outreach chair; Cheryl asked about knowing the different committees in SF and Marin; do they duplicate efforts, perhaps they shouldn't be separate entities; more inclusion, display the group plus IGR rep name on minutes, have more interaction with each other to get to know each other's names, have more events; Diverse group, connecting more between IGRs and committee leads, create more together.

Next Intergroup Meeting: Wed. June 5, 2013 at 7pm, 1187 Franklin St. SF CA.

Orientation at 6pm, dinner served at 7pm.

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Margaret J. chair@aasf.org

VICE CHAIR

Phil L. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Rebecca M. secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Alex K. 12thstep@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

ORIENTATION COMMITTEE

Blu F. orientation@aasf.org

FELLOWSHIP COMMITTEE

Blu F. fellowship@aasf.org

THE POINT

Charley D. thepoint@aasf.org

ACCESS COMMITTEE

Steve F. access@aasf.org

TRUSTED SERVANTS WORKSHOP COMMITTEE

Michael P. tsw@aasf.org

WEBSITE COMMITTEE

website@aasf.org

PI/CPC COMMITTEE

Rich G. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteleservice@aasf.org

aa group contributions

Fellowship Contributions			Apr. 12	YTD	SF Contributions			Apr. 12	YTD	SF Contributions			Apr. 12	YTD		
Brisbane Breakfast Bunch	\$	44	\$	114	Serendipity Sa 11am	\$	132	\$	232	Came To Believe Su 830am		\$	23			
Contribution Box	\$	61	\$	183	Sisters In Sobriety Th 730pm			\$	53	Castro Discussion/Show Of Shows			\$	509		
Intergroup				305	Six O'Clock Sunset Th 6pm				570	Castro Nooners F 12pm			\$	69		
Serenity House	\$	150	\$	150	Sunday Express Sun 6pm	\$	142	\$	242	Closed Women's Step Study			\$	103		
Fellowship Total	\$	255	\$	752	Surf Tu 8pm				150	Cocoanuts Su 9am			\$	126		
					Terra Linda Group Th 830pm				176	Coit's Quitters	\$	35	\$	35		
					The Barnyard Group Sa 4pm				190	Cow Hollow Men's Group W 8pm			\$	264		
					There is a Solution Tu 6pm	\$	36	\$	36	Cow Hollow Young People's			\$	281		
					Three Step Group Sa 530pm				250	Design for Living Sat 8am	\$	181	\$	636		
					Thursday Night Miracles 830pm	\$	150	\$	150	Each Day a New Beginning F 7am				\$	626	
					Thursday Night Speaker 830pm	\$	1,179	\$	1,179	Each Day a New Beginning M 7am				\$	388	
					Tuesday Chip Meeting 830pm	\$	62	\$	182	Each Day A New Beginning Su 8am				\$	620	
					We, Us and Ours M 650pm				250	Each Day a New Beginning Th 7am	\$	259	\$	559		
					Wed Night Speaker Discu 7pm	\$	44	\$	44	Each Day a New Beginning Tu 7am	\$	142	\$	565		
					Wednesday Sundowners 6pm				200	Each Day a New Beginning W 7am	\$	243	\$	450		
					Women's Big Book Tu 1030am				215	Early Start F 6pm				\$	1,081	
					Women's Lunch Bunch F 12pm				325	Easy Does It Tu 6pm	\$	39	\$	39		
					Working Dogs W 12pm				250	Epiphany Group Th 8pm				\$	100	
					Young People's Chopsticks				43	Eureka Valley Topic M 6pm				\$	163	
					Marin Total	\$	4,090	\$	17,181	Excelsior "Scent" Free for All Sa 8pm	\$	60	\$	120		
														\$	23	
															\$	164
															\$	552
															\$	136
															\$	40
															\$	168
															\$	96
															\$	140
															\$	205
															\$	267
															\$	53
															\$	476
															\$	112
															\$	255
															\$	192
															\$	91
															\$	175
															\$	183
															\$	939
															\$	55
															\$	202
															\$	7
															\$	304
															\$	231
															\$	137
															\$	150

SF Contributions	Apr. 12	YTD	SF Contributions	Apr. 12	YTD	SF Contributions	Apr. 12	YTD
Meeting Place Noon W 12pm		\$ 245	Say Hey Group M-F 6pm		\$ 99	Trudgers Discussion Su 7pm		\$ 180
Mid-Morning Support Su 1030am		\$ 292	Serenity House		\$450	Tuesday Big Book Study Tu 6pm		\$ 72
Miracle (Way) Off 24th St W 730pm		\$ 140	Sisters Circle Su 6pm		\$141	Tuesday's Daily Reflections Tu 8am		\$ 157
Monday Beginners M 8pm	\$ 31	\$ 142	Sober Saturday Sa 830am		\$110	Twelve Steps to Happiness F 730pm		\$ 31
Monday Men's Meeting M 8pm		\$ 120	Sobriety & Beyond W 7pm		\$137	Valencia Smokefree F 6pm		\$ 331
Monday Monday M 1215pm		\$ 54	Sought to Improve Th 715pm		\$120	Walk of Shame W 830pm		\$ 37
Monday Night Big Book Study 8pm	\$ 116	\$ 116	Sunday Bookworms Sun 730pm		\$201	Waterfront Sun 8pm		\$ 216
New Friday Big Book F 12pm		\$ 78	Sunday Night 3rd Step Group 5pm		\$274	We Care Tu 12pm	\$ 80	\$ 204
New Life W 7pm		\$ 240	Sunday Silence Su 730pm		\$ 85	Wednesday Night Speaker Disc 7pm		\$ 25
No Reservations M 12pm		\$ 614	Sundown W 7pm		\$591	Wednesday Noon Steps W 12pm		\$ 60
Noon Smokeless W 12pm	\$ 100	\$ 100	Sunset 11'ers Su		\$160	Wharfrats Th 815pm		\$ 126
Park Presidio M 830pm		\$ 138	Sunset 9'ers F		\$ 45	What It's Like Now M 6pm		\$ 120
Pax West M 12pm		\$1,388	Sunset 9'ers Sa		\$ 31	Women's 10 Years Plus Th 615pm		\$ 557
Potrero Hill 12 x 12 M 630pm		\$ 210	Sunset 9'ers Su		\$222	Women's Big Book Tu 1030am		\$ 475
Queers, Crackpots & Fallen Women		\$ 190	Sunset 9'ers W		\$ 42	Women's Came to Believe Sa 10am	\$ 79	\$ 142
Reality Farm Th 830pm		\$ 344	Sunset Speaker Step Sun 730pm		\$150	Women's Kitchen Table Tu 630pm		\$ 172
Refugee Th 12pm		\$ 60	Ten Years After Su 6pm	\$ 423	\$741	Women's Meeting There is a Solution	\$ 225	\$ 225
Rigorous Honesty Th 1205pm		\$ 149	The Lads Fr 730pm	\$ 105	\$176	Women's Promises F 7pm	\$ 321	\$ 501
Room to Grow F 8pm	\$ 37	\$ 37	The Pepper Group F 12pm		\$106	Work In Progress Sat 7pm		\$ 212
Saturday Afternoon Meditation 5pm		\$ 222	There is a Solution Tu 6pm		\$230	YAHOO Step Sa 1130am		\$ 212
Saturday Beginners Sat 6pm	\$ 462	\$ 902	They Don't Know Who We Are		\$100	San Francisco Total	\$5,439	\$32,764
Saturday Easy Does It Sa 12pm		\$ 362	Thursday Night Women's Th 630pm		\$225			
Saturday Night Regroup Sat 730pm		\$ 531	Too Early Sat 8am	\$ 431	\$431	YTD	\$9,784	\$50,696

Step Six

by Michael W.

"Were entirely ready to have God remove all these defects of character."

Across my recovery, Steps Six and Seven continue to be those requiring the most work. As Bill says about Step Six in the 12&12, "This step separates the men from the boys." I've noticed the more I'm ready to have defects removed, the better my spirituality and acceptance tools. Most important, I feel more able to be of service to others. For example, the saying "live and let live" allows me to accept responsibility for any

person, place or thing bothering me. They are not the problem, I am the problem. My thinking is the problem, and if I truly am working Step Six, my behavior changes. With this change of behavior, defects in mind, I might even be able to proactively press "pause" and lessen potential damage to others requiring Step Ten work. Finally, if I am ready to see my imperfections without any denial through thorough working of Steps Four and Five, all I have to do is ask God to help. This freedom removes the bondage of self, helps me be of service to others and brings me closer to being happy, joyous and free.



Profit and Loss Statement: April 2013

	Mar 2013	Budget	Jan-Mar 2013	YTD Budget		Mar 2013	Budget	Jan-Mar 2013	YTD Budget
Income					Office Supplies	129	182	819	439
Gratitude Month	274	400	3507	4300	Paper Purchased	422	250	796	600
Group Contributions	9606	11000	40912	44000	Payroll Fees	12	12	28	29
Individual Contributions	2751	2000	8288	8900	Phone Book Listings	91	91	273	273
Newsletter Subscript.	33	11	99	52	Postage	46	46	446	296
Sales - Bookstore	8851	10000	30936	32700	Rent - Office	3963	3965	11890	11895
Total Income	\$ 21,515	\$23,411	\$83,743	\$ 89,952	Rent - Other	180	180	255	255
Cost of Goods Sold					Repair & Maintenance	282	285	949	955
Cost of Books Sold	6241	6000	22304	22100	Security System	118	122	118	122
Shipping	151	467	148	512	Software Purchased	99	99	99	99
Credit Card Processing	318	365	1119	1090	Sunshine Club/12th Step	0	0	0	25
Inventory Adjustments	2	0	-120	0	Telephone	202	266	727	773
Total COGS	\$ 6,712	\$ 6,832	\$23,450	\$ 23,702	Total Expense	\$ 20,106	\$26,181	\$ 56,351	\$ 61,730
Gross Profit	\$ 14,803	\$16,579	\$60,292	\$ 66,250	Net Ordinary Income	\$ (5,302)	\$ (9,602)	\$ 3,941	\$ 4,520
Expense					Other Income/Expense				
Access Expenses	0	520	911	1560	Other Income				
Archives Committee	0	50	0	50	Bag Fees	5	7	17	21
Bank Fees	13	0	13	0	Interest Income	92	115	290	315
Employee Expenses	14135	18433	36017	40172	Miscellaneous Income	0	0	35	0
Equipment Lease	0	1535	-16	1535	Total Other Income	\$ 97	\$ 122	\$ 342	\$ 336
Filing/Fees	0	0	20	20	Other Expense				
Insurance	0	0	1615	1600	Depreciation Expense	266	300	796	900
Intergroup Events	334	0	934	600	Total Other Expense	\$ 266	\$ 300	\$ 796	\$ 900
Intergroup Literature	17	50	178	125	Net Other Income	\$ (169)	\$ (178)	\$ (454)	\$ (564)
Internet Expense	63	96	280	307	Net Income	\$ (5,471)	\$ (9,780)	\$ 3,487	\$ 3,956

Treasurer's Report

For March 2013, group contributions were \$1,394 under budget and individual contributions were \$751 over budget. Bookstore sales were \$1,149 under budget.

Total expenses for March were \$6,076 under budget. This difference was due to timing (employee expenses and equipment lease).

We had a deficit of \$5,471 for March 2013, however, we have a year-to-date surplus of \$3,487. Unrestricted cash balance decreased from \$48,956 to \$43,505, which represents a little over two months of average operating expenses.

Online Bookstore at www.aasf.org!

We are excited to announce that our online bookstore will be up and running this month. From our homepage go to "Literature" and have a look! You can have your items shipped, or pulled and ready for pick up.

Concept VI

by Kristina Z.

A.A. is founded upon the three legacies of Recovery, Unity, and Service. Just as the Twelve Steps guide our Recovery and the Twelve Traditions guide our Unity, the Twelve Concepts for World Service guide our Service by interpreting A.A.'s world service structure. Tradition Four states, "Each group should be autonomous except in matters affecting other groups or A.A. as a whole." The Twelve Concepts provide structure to "A.A. as a whole" and explain how our fellowship of millions, with no authority figures, is able to make decisions and conduct its business through the collective conscience of the whole Fellowship.

The Twelve Concepts are both practical and spiritual. They describe how decisions in A.A. start at the group level. The General Service Representatives (GSRs) and District Committee Members (DCMs) communicate Group consciences to Districts and Areas. The Area Delegates hear these Group consciences, and then bring their Area consciences to General Service Conference in New York. At the General Service Conference, the Area Delegates, Trustees of the General Service Board, Directors of A.A. World Services and the Grapevine, and staff members of the General Service Office and the Grapevine, guided by Group and Area consciences from across the United States and Canada, make decisions affecting A.A. as a whole.

The Twelve Concepts also set forth the spiritual principles on which these decisions are based, including the Rights of Decision, Participation, Appeal and Petition, as well as the

six Warranties of Concept XII, which in essence apply the Twelve Traditions to the General Service Conference.

Concept VI provides, **"On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous."**

This Concept reminds us that while the General Service Conference makes decisions regarding A.A. as a whole, based on the collective conscience of the whole Fellowship, we need trusted servants to carry out those decisions. Those trusted servants are the 21 trustees who compose the General Service Board. The General Service Board comprises 14 alcoholic trustees (including eight regional trustees, one trustee-at large from the U.S., one trustee-at-large from Canada, two trustees from the A.A. World Services Board, and two trustees from the Grapevine) and seven non-alcoholic trustees from a range of professional backgrounds who bring their expertise to bear on the A.A. world service structure.

In explaining Concept VI, Bill W. wrote, "Just as the A.A. groups find themselves unable to act decisively respecting world service affairs unless they delegate a great amount

of active authority and responsibility to their Conference, so must the Conference in turn delegate a liberal administrative authority to the General Service Board, in order that its Trustees may act freely and effectively in the absence of the Conference itself." (*Twelve Concepts for World Service*, as adopted by the 12th Annual General Service Conference of Alcoholics Anonymous on April 26, 1962.)

A central theme throughout the Twelve Concepts is trust. The groups must trust their GSRs to effectively communicate group consciences to Area Delegates, and then trust that the General Service Conference will make the best decisions for A.A. as a whole. Likewise, the General Service Conference trusts the General Service Board to carry out the business of A.A. throughout the year. Concept VI provides the General Service Board with "very wide latitude of judgment and action." It is responsible for all of A.A.'s service activities, including archives, cooperation with the professional community, treatment facilities, special needs-accessibilities, corrections, finance and budgetary, General Service Conference, International Conventions, Regional Forums, literature, nominating, public information, audit, compensation and legal affairs.

Bill W. explained, "our world services is primarily a matter of policy and business. Of course our objective is always a spiritual one, but this service aim can only be achieved by means of an effective business operation." Delegating these business tasks to the General Service Board allows the hand of A.A. always to be there.



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