

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013  
**7**  
July

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## A New Joy of Living



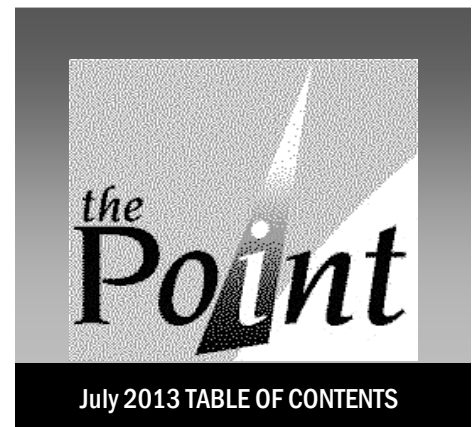
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing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

# July 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>1</b> <u>FIRST MON</u> <b>12th Step Committee</b> Central Office 6:30pm	<b>2</b> <u>FIRST TUE</u> <b>Access Committee</b> Central Office 6pm	<b>3</b> <u>FIRST WED</u> <b>Intergroup Meeting</b> 1187 Franklin St San Francisco <b>Orientation 6pm</b> <b>Meeting 7pm</b>
<b>7</b>	<b>8</b> <b>SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee</b> <b>Business Meeting 7pm</b> Central Office	<b>9</b> <u>SECOND TUE</u> <b>The Point Committee</b> Central Office 5:30pm <b>Marin H&amp;I</b> 1360 Lincoln San Rafael 6:15pm <b>Fellowship Committee</b> Central Office 6:30pm <b>SF Bridging the Gap</b> 1111 O'Farrell St 7:30pm <b>SF General Service</b> 1111 O'Farrell St 8pm	<b>10</b> <u>SECOND WED</u> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave San Rafael Alano Club 6:30pm
<b>14</b>	<b>15</b> <u>THIRD MON</u> <b>SF Teleservice</b> Central Office 6:00pm <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation/Concept Study 6:45pm</b> <b>Business Meeting 7:30pm</b>	<b>16</b> <u>THIRD TUE</u> <b>SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee</b> <b>Literature Study</b> Central Office 6:30pm	<b>17</b>
<b>21</b> <u>THIRD SUN</u> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day <b>Golden Gate Young People in AA</b> 1748 Market St SF Alano Club 2:30pm	<b>22</b>	<b>23</b> <u>FOURTH TUE</u> <b>The Point Committee</b> Central Office 5:30pm <b>Marin Teleservice</b> 1360 Lincoln Ave San Rafael Alano Club <b>Orientation 7pm</b> <b>Business Meeting 7:30pm</b>	<b>24</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <p>Persons requiring reasonable accommodations at Intergroup meetings, Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> <div>     </div>

THURSDAY	FRIDAY	SATURDAY
<b>4</b> INDEPENDENCE DAY Central Office Closed	<b>5</b>	<b>6</b>
<b>11</b>	<b>12</b>	<b>13</b> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 10am Central Office
<b>18</b> <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	<b>19</b>	<b>20</b> <u>THIRD SAT</u> SF H&I Meeting Orientation 11am Business Meeting 12pm 2900 24th St SF CA
<b>25</b>	<b>26</b>	<b>27</b> <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
		



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[O]ur very first responsibility is to  
admit we *are* confused.  
*The Language of the Heart*, p. 263.

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## Meeting Changes

### New Meetings:

Sun-Sat	8:30am	Tenderloin
Sun-Sat	2:00pm	Pacific Heights
Tue	11:59pm	Inner Sunset
Wed	11:59pm	Inner Sunset
Thu	9:30pm	Inner Sunset

WAKING UP AT FIRST PLACE, First Place: 410 Ellis St / Jones (Varied Formats, Gay/Lesbian)  
 AFTERNOON DELIGHT, Nu Outlook: 2203 Sutter St / Pierce (45 min mtg, Book Study)  
 ANY AA, Gratitude Center: 1320 7th Ave / Irving (Discussion)  
 VERY OPEN, Gratitude Center: 1320 7th Ave (Format varies week to week)  
 NEW SOIL, Gratitude Center: 1320 7th Ave / Irving (Big Book Study)

### Meeting Changes:

Mon	1:00pm	Haight
Wed	7:30pm	Inner Sunset

THE PARENT TRAP, Panhandle Playground: Oak St at Ashbury and Clayton, Tables on west side of playground, Kid Friendly (Was at 1757 Waller St, no more Child Care)  
 SUNSET GROUP, Gratitude Center: 1320 7th Ave / Irving (Was at 1290 5th Ave)

### No Longer Meeting:

Thu	1:00pm	Haight
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SECOND CHANCE, Talk Line: 1757 Waller St

**PLEASE NOTE:** We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. **If you know anything about a meeting that has relocated or disbanded — even if only temporarily — please call Central Office immediately: (415) 674-1821.** This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. **Thank you for contributing to the accuracy of our schedule!**

## Western Roundup Living Sober 2013

**Friday, July 5 - Sunday, July 7**

*an LGBT AA Conference with Al-Anon Participation*  
 register @ [www.livingsober.org](http://www.livingsober.org)



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From the Editor

# Independent

by Charley D

This month our nation commemorates the 237<sup>th</sup> anniversary of its independence. This issue celebrates the many ways we in A.A. continue to recover from our dependence on alcohol. Bette-B tells how, after 24 years of suffering, she slipped into our fellowship through a “crack in the universe” and stays free from alcohol by playing her program right down the middle. Bob S lays claim to the title “Minuteman of A.A.” by advocating a forced march through all 12 Steps in as little as three days.

Envy, our “Sin of the Month,” draws two commentators. Anonymous tells how the program brought liberty from the crush of jealousy and even gave her the ability to embrace those she formerly envied. Mark S finds gratitude the perfect antidote for envy.

In this, the seventh month, Jamie M demonstrates how Tradition 7’s mandate that each group be self-supporting preserves the autonomy every group needs to carry the message to the still-suffering alcoholic. Commenting on Step 7, Claire A says humility can enable us truly to ask our Higher Power to remove our shortcomings.

CLB answers this month’s 12<sup>th</sup> Step Challenge by finding joy in the “newness” of each day. Jamie M, having already weighed in on Tradition 7, writes of his Step 3 experience. As directed by his sponsor, he knelt, felt ridiculous on his knees as he asked his Higher Power for help, but ultimately found Divine help came to him in helping others to recover.

Our new A.A. History feature gives us an early glimpse of Bill W’s family, the misfortunes that befell him at an early age, and the role other Wilson family members played in A.A.

From those early days, our membership has grown in ways no one could have dreamed. Perhaps we’d say the same of the USA. Just as the Declaration of Independence stated all are created equal, our fellowship declares all members equal, no matter their station in life, length of sobriety, race, creed or color. If they have the desire to stop drinking, they’re full-fledged members from day one. Even those who cherish years of sobriety know their own freedom depends on that daily reprieve that derives from living a simple, spiritual, giving life. For us, that truly is the path to liberty.

## 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.	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.
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Brian O.	John V.	Robert W.
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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.	

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!

# The Middle of the Bed

by Bette-B

I sobered up in a storefront A.A. meeting place in San Francisco known as the “Divine Dump.” This was my treatment center. I’d gotten sober as a result of our family’s intervention on my father. He did not want to get sober and eventually died of wet brain. But due to the seismic shift of the intervention, there was a crack in the universe through which I slipped into Alcoholics Anonymous.

Alcoholism has been characterized as a disease of loneliness, and it was for me. After twenty-four years of daily drinking, I was an isolated and fearful person. When they asked for newcomers, I raised my hand and was cheered. I loved the warmth of this welcome. There was a Reggae song I used to dance to at beach bars in the Caribbean: “Comin’ In From the Cold.” That was what being at the Divine Dump felt like – “comin’ in from the cold.”

There were wonderful stories and lots of laughter at the Dump. In my

second week of going to A.A. meetings, they asked for someone to become the coffee maker and, to my astonishment, my hand rose up. I had to show up almost two hours before the meeting, which seemed excessive to me. When I got there, the “old guys” were already waiting at the door, which I didn’t like; I wanted to set everything up myself and then open the door! They offered to help, which added to my annoyance. Gradually over the weeks and

*You won’t fall out of  
the bed if you stay in  
the middle of the bed.*

months, I learned how to let them help me and to banter with them as we set up the room. Because I was there every Thursday, I knew who the newcomers were and welcomed them. Because of being the coffee maker, I felt “part of” instead of “separate from.”

I went to two or three meetings a day at the Dump, and got to know all of the regulars. There was always someone to talk to about the roller-coaster ride of early sobriety. Many people talked about “slipping” as part of their story. I was so happy to be sober and to be part of the Divine Dump group. With the talk of slipping, I became afraid of being “struck drunk.” So I talked with an old-timer about this fear and he said, “You won’t fall out of the bed if you stay in the middle of the bed.”

And so, with many moves across country as a part of my “Road of Happy Destiny,” I have always stayed in the middle of the bed: doing service, reaching out to welcome newcomers, working the Steps with sponsors and with sponsees, taking meetings into jails and prisons, and participating in the fellowship of A.A. This has kept me sober for over 28 years, one day at a time.

**JP**



# The Twelve Steps: Quickly or Slowly?

by Bob S.

I would like to emphasize that the following is only *my personal experience* and is in no way meant to advocate that it is the best way to go through the initial Twelve Step Process.

## *When do you do the Steps? When do you want to get well?*

Early in my A.A. quest for sobriety, I was confronted by two opposing notions:

- Take your time doing the Twelve Steps; you will know when you are ready.
- When do you do the Steps? When do you want to get well?

I chose the slower variety because, after all, I had drunk for many years and I didn't expect to get well anytime soon. I was happily amazed at how my brand-new sober life had become, as they say, *happy and joyous and free*. I was successfully surviving in the friendly and colorful southern California fellowship, along with the first three Steps. What? Me hurry? But alas, several months later the *free* part waxed debatable – I marched right into a bar and almost ordered a Gin & Tonic! Thank God I didn't, but so terrified was I that I asked a Big Book thumper guy, Carl, to help me with the 12-Step process right away. This was done quickly, in two sittings. God has not allowed me to drink since. Carl was thirteen

years sober then and has recently experienced his fifty-first annual celebration of love and service out in the San Fernando Valley.

I believe Dr. Bob realized the importance of immersing in the Step process, *el pronto*. I like to read on page 263 how he took Earl T. through the six-step process, as it was at that time (1937), in three or four hours. Earl became a co-founder of Chicago A.A. a few years later. Dr. Bob also sponsored Clarence S., who also used a speedy 12-Step method when he founded Cleveland A.A. in May of 1939. There were then only thirteen members, but by 1941 their membership had grown to several hundred. Such rapid growth makes evident that those Cleveland members' Twelve-Step method was fast and furious. Well, maybe not furious.

I try to help **fully sober** sponsees immerse themselves into the Twelve-Step process in two or three sittings. I explain the essentials of Steps One and Two, then go through the Third Step prayer sentence-by-sentence before praying it verbatim. Then I send the person home suggesting a method of 'automatic' writing where one asks God to reveal their selfishness, dishonesty, resentment and irrational fears and list them on paper as they crop up. This is done spontaneously, without thinking. (The Big Book infers on page 64 that we take stock honestly, of which there must be near-infinite methods. This is simply the one I was taught

and not meant to portend the "*best way*.") Additions via memory may be added later. On the next visit we actually follow the Big Book directions on Step Four; then, Steps Five, Six and Seven follow directly thereafter. Of course, the Eighth Step list is finished and it is now time to start making amends, which should continue while living in the spirit of Steps Ten, Eleven and Twelve. These vital steps may be explained the next day. This method, like Dr. Bob's technique, is done in just three or four hours.

So, as you can see, I am a believer in: "**When do you do the steps?**"

**When do you want to get well?"**

However, I have many A.A. friends who took much longer going through their initial Twelve-Step process and they have also remained sober, happy, joyous and free.





# Can we find a new joy of living in trying to do something about all these things?



by CLB

To an active alcoholic, sobriety never sounds fun. Frankly, it seems that to our society at large, sobriety doesn't sound fun. There is a contingent of people in the United States who practice healthy behaviors: mental, physical and otherwise. And then there's everyone else: obesity, high blood pressure, greed, rage, violence, sugar, salt, fat .... As recovering alcoholics in A.A., we're taught and encouraged to love the newcomer until she loves herself. And ultimately, that is the stance I must take when faced with the legions of people in the world who are practicing, active alcoholics or addicts of one sort or another. My point in all this is it can be tough out there to find support for healthy, happy living.

In Step 12 of the 12&12, the author poses the following question: "Can we find a new joy of living in trying

## *Our solution for joy has to be new.*

to do something about all these things?" (p. 112) "These things" refers to life: the activities, tasks, pursuits, relationships, spiritual practices, sources of employment, geographies, etc., which weave together the fabric of our lives. You know, things. "Can we find a new joy of living" may refer to the fact that

whatever joy we had before or during our alcoholism ain't gonna work this time 'round. Our solution for joy has to be new. "Trying to do something" is the part I have been known to struggle with. Ugh, you mean, I have to w-o-r-k at it? My internal negotiation skills immediately start revving.

San Francisco Zen Center publishes a fantastic pamphlet called *9 Essays*



*Buddhism & The 12 Step Model of Recovery* (visit [sfzc.org](http://sfzc.org)). In it, the anonymous author writes rhetorically on behalf of the active alcoholic's concern for Step 2's ability to return him to sanity: "How can I be restored to a state I don't think I ever experienced before?" The author addresses the resonant concern with the following thoughts:

"As regards this return to sanity, some of us must wonder how we can be returned to a state we don't believe we ever inhabited in the first place. Another possible way to consider this is that what we are returned to, or rather what is returned to us, is our potential. Alcohol robs of us everything we

have -- most terribly, hope. It destroys our belief that things can change, that we can change, at least for the better."

Good health, sanity and joy are close brethren. In my program, I choose to believe those who know more about recovery than I do and follow their lead. Drugs and alcohol have been part of my life since I was 16 and there were other mental health issues before then. I don't really have a reference for extended periods of sanity and joy without some unhealthy behavior or action in accompaniment. I have to trust and have faith that joy is in me; that God, A.A., my program, my sponsor, my spiritual practice and my positive healthful efforts are going to help me find it along the way. When I hear myself asking the question *can I find joy?*, then I know that my alcoholic is talking. There is always joy to be had. Always. Newness is the salve of life. It is fresh and reinvigorating; it need not be perceived with fear. Life is full of things, this I know for sure. Responsibility, good health, being a grown human being and mortality are at times overwhelming. I know no matter how hard I fight it, tomorrow I will be a day older. So, it is my choice to try to take action to be healthy, happy and sane. I no longer live with the immediate chains of alcohol and drugs. I love myself. I will live one day at a time, and find joy and love. I get to be alive to experience all my things.





# Sin of the Month: Envy

## *Curing the Anti-Crush*

by Anonymous

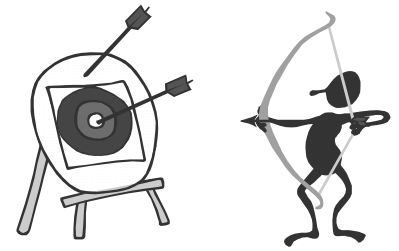
Being obsessively envious of someone has odd similarities to having a crush. Whenever I had a crush on someone, I thought about that person constantly. I planned ahead for our next encounter at the copy machine. I thought about what I would wear and what I would say. Thinking about it and picturing the moment would make my heart speed up. An electric charge would build up and stay elevated. The more I thought about it, the more I could not stop thinking about it.

Envy was deeply lodged in my head during my drinking, a dark and distant cousin of a crush. Being intensely self-critical, I immediately envied anyone who had what I lacked. As a short person, I envied anyone who was tall, which included at least half the world. I could not flip through a magazine without hating every model in it. Anyone who seemed relaxed and happy also drew my ire. By disdaining everyone I envied, I hoped to alleviate my pangs of deprivation and victimization. These tall and cheerful people, they were stupid and probably lazy. I could no doubt slaughter them in a war of words.

The most debilitating envy I experienced was toward a co-worker who seemed to be the company's "golden boy." Even though he was in the office at 7am every morning and spoke three languages fluently and was charming and gracious with everyone, I felt he did not deserve the praise that people heaped upon

him. And he was very tall. The most annoying part of it was how kind he was to me. It made it so much harder to hate him and wish him ill. For at least a year, I thought about him constantly and grew increasingly bitter.

Unfairness is a great reason to drink. For me, drinking was the only thing that would silence the taunting refrain of my jealousy. For a few hours a day, Golden Boy did not exist. But each morning as I woke up feeling tired and grumpy and weak in the stomach, his face would rise up before me, and my self-inflicted anguish would resume. I hated myself for my hatred, and I hated the hatred for devouring me. I could not share these feelings with anyone. They were far too shameful. I tried to



drum them out of my head with distractions and loud internal commands, to no avail.

Toward the end of this year of self-torment, I walked through the doors of A.A. When the physical withdrawals subsided and the confusion gave way to clarity, I finally shared with another alcoholic the truth about my affliction. Then I

*I learned about  
comparing my insides  
to someone else's outsides.*

realized how completely at home I was. I began to learn so much about envy, things I never understood before. I learned about comparing my insides to someone else's outsides. I learned about resentment, and gratitude, and my side of the street, and live and let live, and about service and showing up one day at a time, and things that were my business and things that were none of my business. I went to meetings every day. I got a sponsor. I read A.A. books every night. I admitted my alcoholism and knew A.A. would help me.

Someone once said the Steps give you something to keep you busy while God works on you. That's what happened to me. One day at work I passed my co-worker in the hall. I waved to him and gave him a big smile. I caught myself and suddenly realized. God had done for me what I could not do for myself.

**TP**

# Seventh Tradition

by Jamie M.

I won't name any names, but some of us have encountered groups that sort of get "taken over" by charismatic leaders, who strongly sell their version of the program. Well, just as the A.A. program is set up so that no one can ever have the final say over another individual, it's also set up so that no one group can have an overwhelming influence over other groups. It's my opinion that the Seventh Tradition, along with Tradition Five, keeps our fellowship healthy *as* a fellowship. The Fifth Tradition, it has been pointed out, says that each group has but one primary purpose— to carry *its* message to the alcoholic who still suffers. It doesn't say *the* message, even though most groups stay close to the literature that our collective conscience as a fellowship has promulgated.

So if a group has a message that can help the alcoholic who still suffers, and if the alcoholic who is getting out

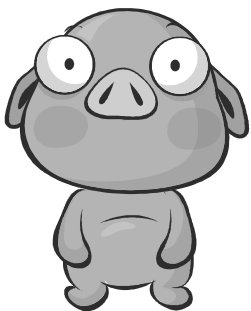
of suffering is willing to kick down cash — find the message to have a monetary value — then that group continues to exist. There won't be any outside support propping up a group that doesn't result in quality sobriety for a large enough group of people to keep the doors open. If each group is *self*-supporting through its own contributions, and also self-supporting through continuing to have a message as a group that attracts people, then it will continue to exist. If not, it will go out of business. As is pointed out in the 12&12, this is where the spiritual and the material come to grips.

We are, after all, an anonymous fellowship, not a secret society. It might be possible to meet for free, but only in people's homes, and then we wouldn't do much of a job of carrying the message to people— we'd be waiting for them to find us— not exactly enthusiastic 12th Step work. So this Tradition, like the other Traditions, really works together with the Steps, both for the alcoholic

who's already sober and the next one to come along.

Sometimes, in talking about having a spiritual program of recovery, we bemoan the self-centeredness of the alcoholic who won't accept help. This stubborn go-it-alone attitude has been the death of any number of alcoholics. But, strangely enough, when it becomes a spiritual principal for a *group*, it can actually be beneficial. The Seventh Tradition acts together with the First— that our common welfare should come first— and reminds that we need to rely not on our individual selves, but on the group for continued sobriety. These traditions are, in a way, an entire "phase two" of personal sobriety. They give us guidelines— gentle persuaders, rather than harsh, take-it-or-leave-it rules— for getting along with each other in our fellowship, making sure that we work together in a spirit of love and service, even when we're not totally feeling it.

**TP**



## A Selfish Program?

***Maybe Not!***



by Bob S.

Step Twelve encourages me to carry our life-saving message to other alcoholics. As altruistic as this endeavor may sound, I hear echoes in the background whispering that my

motive should be simply to save myself, because, after all, is not A.A. a selfish program for selfish people?

I venture to offer an entirely different view. I like to think of the A.A. program of action as "A selfless program for selfish drunkards." I

think I will say it again perhaps, more explicitly: **"A.A. is a selfless program for selfish drunkards."**

If you have doubts, please study page 62 of our Big Book.

**TP**

# A.A. History: The Three Legacies

## Part One

*This series of installments contains information from the presentation, "A Timeline History of Alcoholics Anonymous," written by Arthur S. and edited by Gilbert G.*

A.A. Members seem to have a warm place in their heart for A.A. history. Perhaps it's because our stories define our own history when we disclose in a general way what we used to be like, what happened and what we are like now.

In this series, we'll first cover some brief biographical information on the co-founders of A.A. and their spouses. In reality, all four can legitimately be considered founders of the A.A. Fellowship.

### The Wilson Family

Bill Wilson was born in a room behind a bar in the Wilson House (formerly called the Barrows House). It was a village hotel run by his grandmother, Helen Barrows. Bill was named after his paternal grandfather William C Wilson who was quite prominent in the community.

Bill had a younger sister, Dorothy, born in 1898. Her future husband, Dr Leonard V Strong, played a key role in helping Bill find sobriety and receive financial assistance from John D Rockefeller Jr. to help write the Big Book. Bill also had a half-sister, Helen Evans, born in 1916. She was the first paid staff worker at the Grapevine. A biographical article about her appeared in the June 1979 Grapevine. Both of Bill's sisters were non-alcoholics.

Bill W's parents, Emily Griffith and Gilman Wilson, were married in September 1894. The marriage turned

out to be a stormy one. They separated in 1905 and divorced in 1907, when Bill was around 12. Bill considered his parent's divorce a "great disgrace and great stigma." There is evidence that his father's drinking was a very prominent cause of the divorce.

After his parents divorced, Bill and his sister Dorothy were lovingly raised by his maternal grandparents: Fayette and Ella Griffith. Bill's grandfather, Gardner Fayette Griffith, was a second father to him and had a way of bringing out the best of Bill's skills. According to Bill's sister Dorothy, their grandfather was an alcoholic who found sobriety through a profound spiritual experience.

In 1909, at age 14, Bill's grandparents decided to send him to the prestigious Burr and Burton Seminary in Manchester, VT for his secondary education. He boarded at the school for 5 days a week and returned home by train to East Dorset on weekends. Bill and Ebby T (Thacher) spent one year together at Burr and Burton. 25 years later, Ebby would carry a message of recovery to Bill W when Bill had finally hit bottom.

In 1912, at the beginning of the school year at Burr and Burton, Bill W was president of the senior class, star football player, star pitcher and captain of the baseball team, and first violin in the school orchestra.

On November 18, 1912, Bill W's schoolmate and "first love" Bertha Bamford, died from hemorrhaging after surgery at the Flower Hospital in NYC. She was the daughter of the rector of the Manchester, VT Zion Episcopal Church. Bill learned about her death at school on November

19th and it began a 3-year episode of depression, which severely affected his performance at school and home.

In January 1913, Bill W failed nearly every mid-year exam and was forced to drop out of school. By April, it was clear that he would not graduate from Burr and Burton. He moved to Boston to live with his mother. In the late summer of 1913, after an absence of several months, Bill W returned to Burr and Burton and took the senior exams. He failed his German class and could not receive his diploma. Bill's mother, Emily, argued with the principal, who would not budge.

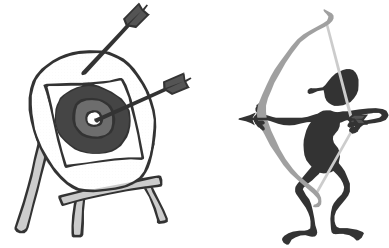
Bill then went to live with his mother and sister in Arlington, MA (a suburb of Boston), where he made up his German course. In the fall of 1913, Bill W's mother, Emily, decided that he should become an engineer and attend MIT. He attended Arlington High School to prepare for examinations for MIT. He was essentially repeating his senior year.

Unable to pass the MIT entrance exams, in the fall of 1913 Bill enrolled at Norwich Military Academy in Northfield, VT. Norwich was considered second only to West Point in the quality and discipline of its military training. Total enrollment was 145 students. Still suffering from severe depression, Bill was absolutely miserable at Norwich. **TP**



The Wilson (formerly Barrows) House

# Sin of the Month: Envy



by Mark S.

Wikipedia says envy can be defined as a resentful emotion which "occurs when a person lacks another's superior quality, achievement or possession and wishes that the other lacked it."

It's not quite the same as jealousy. Jealousy is the fear of loss. Envy is the contempt for someone else having something one doesn't have.

Everyone is envious of someone or something. I tell my kids that the richest man in the world's job is to figure out whom to give all of his money to; the second richest man in the world's job is to become the richest man. When I see people with more than me (a bigger house, a better, more glamorous job, more money, more important friends, etc.) I will sometimes wonder what I didn't do, but more often, I ask god how I can get good enough to take their place, or take from them what I want.

I always see things I want (more), and I have come to learn that when I don't get what I want, I tend to have a harder day.

And when I see someone else with that object of desire, I can easily justify my belief that there is no way they deserve it and I don't. After all, I've got some time in the program – where's my cash and prizes?

The worst is seeing people who have not suffered nearly as much as I have get things so easily. I will think, one day they will know sorrow and I will be there, power and cash in hand to say "now it's your turn, sucker."

So what's really happening when I want something someone else has? First of all, I am doing several things simultaneously I don't always remember they are not good for me. For one, I am taking the focus off the task at hand. The thing God gave me to do right now. Even if it's resting, it is still more important than fantasizing about someone else's good fortune, and my lack thereof. How quickly I forget what I have right in front of me to take care of, work on, wrap up or clean up. More importantly, though, is that I forget to be grateful. To take time to remember and be thankful for what I do have. I am so lucky to have

*Envy is another symptom of my disease.*

anything, really; my health, my group, my family, my wits, but most importantly my sobriety.

I suffer from a disease. A "dis-ease", I

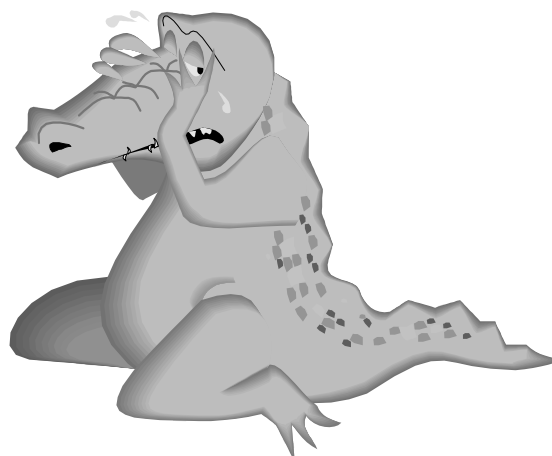
like to say because there are times when no matter how things are going, I still don't feel good. I don't earn enough money at work, I'm not in good enough shape, my wife doesn't listen to me like I listen to her, I should move, etc. – all the while forgetting that a) I have a job, b) I'm not in the hospital, c) I have a wife, d) I have a home, and on and on, ad infinitum.

A.A. helps me with this "dis-ease". It helps to keep me in the moment, let go of my resentments and, most importantly, take the focus off what I want for myself and instead figure out what I can do for the man next to me who is still suffering.

Envy is another symptom of my disease. It is there to make me forget I am grateful. It is waiting to make me feel useless. It is there to make me lonely, because I am obviously not good enough to get what I do not already have. And, it is there to help my disease get me alone so it can kill me. And I really don't want that.

The cure for envy is gratitude. And if I stay in my program, I will have plenty to be grateful for.

**TP**



# Step 7: Humbly Asked God to Remove Our Shortcomings

By Claire A.

Why do I struggle so much with humbly asking God to remove my shortcomings?

Do I even ask God? Sometimes. When I am really desperate, because I haven't a clue what to do next. Dropping to my knees to pray is a huge relief. Desperation takes over my voice and I am willing, because I have reached the end of my rope. But why do I have to reach the end of my rope in order to ask God for help?

*I'm still struggling to get out of my own way.*

God is not stingy. God ALWAYS helps. God watches out for me, even when I'm totally out of touch. So why can't I start out by asking God?

I'm still struggling to get out of my own way. While I understand this struggle intellectually, it's much harder for me to realize how profoundly I am in my own way. Every day now, it seems, I realize again how I trip myself up: I future-trip, I have supersized expectations, I'm outsized, I embrace and feed my fears, I avoid things, and on and on.

When I do finally start to ask God to remove my shortcomings, I have to remember to ask for God's will to be done. I catch myself telling God how to do manage. "Fix that friend. Help my relative. Send me work." My prayers may be a little less direct

than that, but the basic message is the same: "I know what's wrong and how to fix it." But the fact is, I don't know what's wrong. Sure, I see symptoms. I see unhappy people, injustice, etc. However, I also bring my own lens to the world – I'm biased. I think I understand what the problems are and how they ought to be fixed. I think I know what would make me happy. But the truth is that I don't have all the information. I couldn't begin to solve all the problems. Humility is key.

Obviously, I'm still working on the idea of being humble. I still get confused between humble and humiliated, humble and scared, fake humility and true humility. I self-denigrate, which feels like it might be humility because it isn't pride, but then again it is pride: false pride. I'm pretending that I'm humble in order to be socially acceptable but, in reality, I'm looking for recognition in the form of someone telling me I'm not as awful as I'm saying I am. And then there are the times when I hide behind humility, or so I think, but it turns out that I'm just fearful. Like when a volunteer opportunity comes up and I turn away from it because I'm afraid to fail. Rather than saying yes and trusting that God knows what I can handle, I turn down the opportunity, hiding behind the excuse that I am too humble to put

myself forward like that. But the reality is I'm scared to fail. That's not humble, that's fearful.

With fake humility, I generally am worried about the outcome, interested in controlling what others are doing, and stressed out. I don't feel like I'm really in my body. It can get quite uncomfortable before I realize what I am doing. Likewise, I feel it when the humility is true. With real humility comes peace and a solid feeling, the same feeling I get when I truly turn the outcome over to God. It's a feeling of true satisfaction, of being full. To me, that's the struggle, and the gift, of Step 7.

TP



# Intergroup Meeting Summary—June 2013

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

A Is For Alcohol	Cow Hollow Men's Group	High Noon Wed	Room to Grow	Tuesday Big Book Study
A New Start	Day At A Time	Living Sober With HIV	Saturday Beginners	Valencia Smokefree
Any Lengths	Design For Living	Meeting Place Noon	Saturday Weekend Warrior	Women's 10 Years Plus
Artists & Writers	Early Start	Mill Valley	Say Hey Group	Women's Promises
As Bill Sees It	Embarcadero Group	Miracles (Way) Off 24th St.	Serenity Seekers	
Attitude Adjustment Hour	Friday Morning 12 Steppers	Mission Terrace	Sunday Night Castro Speaker Disc	Marin General Service
Blue Book Special	Girls Night Out	Monday Night Stag Tiburon	Sunday Rap	Marin Teleservice
Came To Believe	Haight Street Blues	On Awakening Group	Sunset Speaker Step	SF General Service
Came to Park	High Noon Fri	Pax West	Ten Years After	
Come 'n Get It!	High Noon Mon	Queers, Crackpots & Fallen Women	Thursday Thumpers	

This is an unofficial summary of the June 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 June 5, 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 May minutes and the June agenda were approved. Four new IGRs were in attendance and went through orientation.

## Officer Reports

**Board Chair Report, Margaret J.** This is the annual business meeting. IGR reps fell a bit this month at 6.9% representation overall, goal is 10% of 798 total meetings.

**Treasurer's report, Michelle C.** Overall financial position is good. See complete financial report at [www.aasf.org](http://www.aasf.org).

## Intergroup Committee Reports

**Access Committee, Steve F.** There is a new access committee survey online [aasf.org](http://aasf.org) home page, asking for feedback from A.A. meetings and groups. By completing this survey and returning it, your group can help the hand of A.A. be there for the alcoholic who reaches out for it. Updated information pamphlet; it's also online. Now working with Sunshine Club.

**Archives Committee, Michael P.** Preserving legacy of A.A. cataloging information and history, "*if it's not fun we don't do it!*"

**Fellowship Committee, Blu Meets 2<sup>nd</sup>** Thursday of the month at 6pm. *Our Experience Has Taught Us*, a new play on the history of the Twelve Traditions by the author of *In Our Own Words*, will be running September 12<sup>th</sup> through the 22<sup>nd</sup>. Tickets are available now and being sold at Central Office's new online store [www.aasf.org/shop](http://www.aasf.org/shop), will likely sell out and intended for A.A. members only. For more info, email [play@aasf.org](mailto:play@aasf.org).

**SF PI/CPC, Erin S.** Meets 2<sup>nd</sup> Monday of month at 7pm. PI side is public information; CPC addresses those who come into contact with alcoholics still drinking. In the last year we provided speakers at 56 DUI classes, but only 2 of 4 schools in SF, and not the one with multiple/repeat offenders. We received 16 school requests, and had a table at Unity Day, Homeless Connect, Housing Authority apartment buildings, and Job Core discharge days.

Out of 80 volunteers on roster, 20% are active, 30% attend 1 or 2 events, 50% don't participate for one reason or another. Moved to monthly workshops and have seen an increase in attendance. 2 year sobriety requirement and then attend one of the engagements to see how it works.

**SF Teleservice, Carolyn R.** Teleservice answers the phones when Central Office is closed. Always looking for volunteers, and have openings for service. We meet the 3<sup>rd</sup> Monday at 6:30pm. This year, we are working on a SF / Marin volunteer evening event. Working on gathering statistics on the number and type of calls received. Who's calling? What do they usually need? May take orientations on the road to some of the larger meeting spaces and clubhouses.

**The Point Committee, Charley** Challenge to encourage participation, back down to 3.5 members, would like to get more people to help with the large amount of work it takes to deliver it. 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month.

**Trusted Servant Committee, Michael P.** The goal is to get the word out about the Traditions. We hold workshops for secretaries and treasurers. New Guide to Group Service manual with lots of good information to help members learn more about how run meetings, what it means to be a trusted servant, available at Central Office for \$5.

**Website Committee, Becca M.** We need some web design support.

# Individual Contributions

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

## IN MEMORIAM

Bill J.  
Brian W.,  
Oras R.

Veronica McC.

## ANNIVERSARIES

Lynn H. — 43 years  
Herman B. — 42 years  
Barbara E. — 32 years  
Ted S. — 21 years  
Mike M. — 6 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**

Phil L. chair@aasf.org

#### **VICE CHAIR**

Rebecca M vicechair@aasf.org

#### **TREASURER**

Michelle C. treasurer@aasf.org

#### **RECORDING SECRETARY**

Charles L. secretary@aasf.org

### COMMITTEE CHAIRS:

#### **12th STEP COMMITTEE**

2thstep@aasf.org

#### **ARCHIVES COMMITTEE**

Michael P. archives@aasf.org

#### **ORIENTATION COMMITTEE**

Blu F. orientation@aasf.org

#### **FELLOWSHIP COMMITTEE**

Blu F. fellowship@aasf.org

#### **THE POINT**

Charley D. thepoint@aasf.org

#### **ACCESS COMMITTEE**

Steve F. access@aasf.org

#### **TRUSTED SERVANTS**

#### **WORKSHOP COMMITTEE**

Michael P. tsw@aasf.org

#### **WEBSITE COMMITTEE**

website@aasf.org

#### **PI/CPC COMMITTEE**

Rich G. picpc@aasf.org

#### **SF TELESERVICE COMMITTEE**

Carolyn R. sfteservice@aasf.org

### **Liaison Reports**

**Marin Teleservice, Dan B.** Setting aside money for a joint SF / Marin event. Still looking for volunteers but most shifts are filled.

**SF General Service, Cheryl P.** The area delegate reported on conference in NY at the Post Conference Assembly. The report will be available in written form at some point.

**Marin General Service, Rudy S.** Bridging the Gap – around since mid 1970's - motto is 'Are you available?' Post Conference Assembly report –Our delegate will provide the report at Unity Day in Sept. Highlights are 1) online literature sales approved 2) changing the service manual – principle of encouraging rotation for secretaries, etc. and Tradition 11, no change.

**New Business Hospitality Committee** – needs help! Access Survey survey online. Board Elections – Received 5 statements of interest, we have 2 candidates: Charles L. and Sam W. Both were elected to a three year term. Online Bookstore is live. You can purchase and pick up at Central Office or have your purchase shipped via UPS.

**Change in meeting schedule:** Due to a conflict in the schedule of the two facilities we rent our Intergroup meeting space from, we need to adjust our schedule for Marin/SF meetings: July 3rd: San Francisco; August: San Francisco; September:

Marin; October: San Francisco; November: Marin; December: San Francisco

### **Meet the Meeting:**

**Serenity Seekers, Mon 7:30pm** Lake and Arguello, lots of oldtimers, lots of newcomers, diversity, sweets, stained glass windows, church pew and can curse!

**Early Start, Fri 6pm:** Holy Redeemer in the Castro, started in early 1980's now large meeting, get a lot of visitors to SF, and all are welcome.

**Cow Hollow Mens, Wed. 8pm: Union and Steiner** 12 years ago, 6 guys going to young people's meeting, contact list now 160 guys, average attendance 85. Learned what a home group is here. Men can talk freely and find support. Format: sit in a circle, one guy starts with topic, runs out of time, introduce by name, stop for burning desires, chip night last Wed, presented by sponsor or best friend. Fall camping trip, winter ski trip, and spring 11th step spiritual retreat. Lots of service positions and we take a Teleservice shift, as a group (stakes, poker and pizza are good!).

**Next Intergroup Meeting:** Wed. July 3rd, 2013, 7pm, 1187 Franklin St. SF CA. Orientation is at 6pm, dinner is served at 7pm.





# aa group contributions

Fellowship Contributions	May 13	YTD
Brisbane Breakfast Bunch	24	138
Contribution Box	14	196
Intergroup	104	500
Pax West M 12pm	622	622
Serenity House		150
<b>Fellowship Total</b>	<b>\$ 763</b>	<b>\$1,606</b>

Marin Contributions	May 13	YTD
7am Urgent Care Group 7D 7am	200	200
As Bill Sees It M 2pm		14
Attitude Adjustment 7D 7am	517	1,058
Awakenings		60
Back to Basics Su 930am	141	271
Blackie's Pasture Sa 830pm		200
Candlelight Meditation M 730pm		34
Closed Women's SS Tu 330pm	95	198
Conscious Contact Sa 6pm	65	124
Day At A Time 7D 630am		120
Design For Living W 7pm		60
Downtown Mill Valley F 830pm		1,050
East San Rafael Big Book		91
Friday Night Book F 830pm		257
Friday Night Gay Men's Stag		53
Friday Night Terra Linda BB		80
Girls Night Out W 815pm		116
Greenfield Newcomers Sun 7pm		785
Happy, Joyous & Free 5D 12pm		1,528
High & Dry W 12pm		45
Intimate Feelings Sa 10am		126
Last Stop Men's Step Study W 6pm		150
Marin City Groups 6D 630pm		400
Meditation Weds 7pm	102	191
Mill Valley 7D 7am		1,658
Mill Valley Discussion W 830pm	168	280
Monday Night Stag Tiburon		320
Monday Night Women's Group	46	46
Monday Night Women's M 8pm		92
Morning After Sa 10am		200
Morning Attitude Adjustment		73
New Highs W 130pm		36
Newcomers Step M 730pm		1,070
Novato Monday Stag M 8pm		250
Novato Spirit Discussion F 2pm		150
On Awakening 7D 530am		858
Primary Purpose W 830pm		26
Quitting Time M-F 530pm		750
Refugee Th 12pm	60	200

Marin	May 13	YTD
Rise N Shine Sun 10am		382
Saturday Night Sa 8pm		37
Saturday Women's Speaker 6pm		273
Sausalito 12 Step Study Group		88
Serendipity Sa 11am	31	263
Sisters In Sobriety Th 730pm		53
Six O'Clock Sunset Th 6pm		570
Sober Sisters Wed 12pm	82	82
Steps To The Solution W 715pm	143	143
Sunday Express Sun 6pm		242
Surf Tu 8pm		150
Terra Linda Group Th 830pm		176
The Barnyard Group Sa 4pm		190
There is a Solution Tu 6pm		36
Three Step Group Sa 530pm		250
Thursday Night Miracles 830pm		150
Thursday Night Speaker 830pm		1,179
Tiburon Beginners & Closed Tu	396	396
Tuesday Chip Meeting Tu 830pm		182
We, Us and Ours M 650pm	75	325
Wednesday Night SD 7pm		44
Wednesday Sundowners W 6pm		200
Women's Big Book Tu 1030am		215
Women's Lunch Bunch F 12pm		325
Working Dogs W 12pm		250
Young People's Chopsticks		43
<b>Marin Total</b>	<b>\$2,120</b>	<b>\$19,465</b>

SF Contributions	May 13	YTD
12 & 12 Study Sa 815am		146
6am Dry Dock Fri		65
6am Dry Dock Sa		120
6am Dry Dock Tu	155	305
7am Step Discussion Tu 7am		24
830am Smokeless F 830am	48	276
830am Smokeless Th 830am		166
A is for Alcohol Tu 6pm	53	113
A New Start F 830pm		150
AA As You Like It Tu 530pm		200
Afro American Beginners Sat 8pm		103
After Work M 6PM	30	126
Agnostics & Freethinkers Su 630pm		60
Artists & Writers F 630pm	409	583
As Bill Sees It Th 6pm		380
As Bill Sees It Th 830pm		53
As Bill Sees It Tu 1210pm		548
Bayview AA Th 7pm		60

SF Contributions	May 13	YTD
Beginners 12 x 12 F 7pm		409
Bernal Big Book Sat 5pm		347
Bernal New Day 7D	530	1,600
Big Book Basics F 8pm		342
Big Book Study Su 1130am		297
Blue Book Special Su 11am	87	356
Brothers in Arms M 8pm		54
Buena Vista Breakfast Su 12pm		20
Came To Believe Su 830am		23
Came to Park Sat 7pm	306	306
Castro Discussion Th 8pm		509
Castro Nooners F 12pm		69
Cocoanuts Su 9am		126
Coit's Quitters		115
Cow Hollow Men's Group W 8pm		714
Cow Hollow Young People		281
Design For Living BB Tu/Th 730am		73
Design for Living Sat 8am		636
Each Day a New Beginning F 7am		1,291
Each Day a New Beginning M 7am		388
Each Day A New Beginning Su 8am		922
Each Day a New Beginning Th 7am		559
Each Day a New Beginning Tu 7am		565
Each Day a New Beginning W 7am		450
Early Start F 6pm		1,081
Easy Does It Tu 6pm		39
Epiphany Group Th 8pm		100
Eureka Valley Topic M 6pm		163
Excelsior "Scent" Free for All Sa 8pm		120
Extreme Makeover M 730pm		23
Federal Speaker Su 12pm		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
Giddy Up Th 7pm	72	72
Gold Mine Group M 8pm		140
Haight Street Blues Tu 615pm		205
Haight Street Explorers Th 830pm		267
High Noon Friday 1215pm		53
High Noon Monday 1215pm	218	218
High Noon Sunday 1215p		476
High Sobriety M 8pm		112
Hilldwellers M 8pm		389
Huntington Square W 630pm		192
Joys of Recovery Tu 8pm		175

SF Contributions	May 13	YTD	SF Contributions	May 13	YTD	SF Contributions	May 13	YTD
K.I.S.S. M 6pm			183 Room to Grow F 8pm			37 There is a Solution Tu 6pm		230
Keep Coming Back Sa 10am			939 Saturday Afternoon Meditation 5pm			222 They Don't Know Who We Are		100
Let It Be Now F 6pm			55 Saturday Beginners Sat 6pm			902 Thursday Night Women's 630pm		225
Like A Prayer Su 4pm			202 Saturday Easy Does It Sa 12pm			362 Too Early Sat 8am	36	596
Lincoln Park Sat 830pm			7 Saturday Night Regroup Sat 730pm			531 Trudgers Discussion Su 7pm		180
Live and Let Live Su 8pm			304 Say Hey Group MF 6pm			99 Tuesday Big Book Study Tu 6pm		72
Living Sober with HIV W 6pm			231 Serenity House	150		600 Tuesday's Daily Reflections 8am		157
Lush Lounge Sa 2pm	60		197 Shamrocks & Serenity M 730pm			568 Twelve Steps to Happiness F		31
Meeting Place Noon F 12pm			150 Sisters Circle Su 6pm			141 Unidentified Group	320	320
Meeting Place Noon W 12pm			245 Sober Saturday Sa 830am			110 Valencia Smokefree F 6pm		511
Mellow Mission Sunrise M 7am	200		200 Sobriety & Beyond W 7pm			137 Walk of Shame W 830pm		37
Mid-Morning Support Su 1030am			683 Sobriety & Miracles Sa 5pm			169 Waterfront Sun 8pm	135	481
Miracle (Way) Off 24th St W 730pm			140 Sometimes Slowly Sa 11am			1,134 We Care Tu 12pm		204
Monday Beginners M 8pm			142 Sought to Improve Th 715pm			120 Wednesday Night Speaker Disc 7pm		25
Monday Men's Meeting M 8pm			120 Steppin' Up Tu 630pm			122 Wednesday Noon Steps W 12pm		60
Monday Monday M 1215pm			54 Sunday Bookworms Sun 730pm			201 Wharfrats Th 815pm	197	323
Monday Night BB Study M 8pm			116 Sunday Night 3rd Step Group 5pm			274 What It's Like Now M 6pm		120
Morning Attitude Adjustment			185 Sunday Silence Su 730pm			85 Wits End Step Study Tu 8pm	60	60
New Friday Big Book F 12pm			78 Sundown W 7pm			591 Women's 10 Years Plus Th 615pm		557
New Life W 7pm			240 Sunset 11'ers Su	142		302 Women's Big Book Tu 1030am		475
No Reservations M 12pm			614 Sunset 11'ers W			110 Women's Came to Believe Sa 10am		142
Noon Smokeless W 12pm			100 Sunset 9'ers F			45 Women's Kitchen Table Tu 630pm		172
One Liners Th 830pm			72 Sunset 9'ers Sa			31 Women's Meeting There is a Solution		225
One, Two, Three, Go! W 1pm			50 Sunset 9'ers Su			222 Women's Promises F 7pm		501
Park Presidio M 830pm			138 Sunset 9'ers W			42 Work In Progress Sat 7pm		212
Pax West M 12pm			1,388 Sunset Speaker Step Sun 730pm			150 YAHOO Step Sa 1130am		212
Potrero Hill 12 x 12 M 630pm			210 Ten Years After Su 6pm			741 <b>San Francisco Total</b>	<b>\$3,432</b>	<b>\$41,415</b>
Queers, Crackpots & Fallen Women			190 The Lads Fr 730pm			176		
Reality Farm Th 830pm			344 The Parent Trap 2 Wed. 430pm	225		225 <b>YTD</b>	<b>\$6,316</b>	<b>\$62,485</b>
Rigorous Honesty Th 1205pm			149 The Pepper Group F 12pm			106		



“Dad, when I grow up I want to be an alcoholic.”

“Son, you can’t do both.”

## Letter to the Editor

Dear Editor,

My thanks to Jeff T. for speaking up about inappropriate "humor". Jokes that rely on labels or stereotypes are

not really very funny. Surely we can do better.

Trying not to be glum,  
Sara D.



# Profit and Loss Statement: April 2013

	Apr 13	Budget	Jan-Apr 13	YTD		Apr 13	Budget	Jan-Apr 13	YTD
<b>Ordinary Income/Expense</b>					<b>Office Supplies</b>	240	181	1059	620
Income					<b>Paper Purchased</b>	0	250	796	850
Gratitude Month	36	400	3543	4700	<b>Payroll Fees</b>	7	9	35	38
Group Contributions	15257	14000	56169	58000	<b>Phone Book Listings</b>	0	91	273	364
Individual Contributions	3532	2550	11820	11450	<b>Postage</b>	0	200	446	496
Newsletter Subscript.	22	0	121	52	<b>Rent - Office</b>	3963	3965	15853	15860
Sales - Bookstore	9662	9000	40598	41700	<b>Rent - Other</b>	0	0	255	255
<b>Total Income</b>	<b>\$28,509</b>	<b>\$25,950</b>	<b>\$ 112,251</b>	<b>\$115,902</b>	<b>Repair &amp; Maintenance</b>	282	285	1231	1240
Cost of Goods Sold					<b>Security System</b>	0	0	118	122
Cost of Books Sold	6856	7000	29159	29100	<b>Software Purchased</b>	0	0	99	99
Shipping	100	88	248	600	<b>Sunshine Club/12th Step</b>	25	50	25	75
Credit Card Processing	323	415	1442	1505	<b>Telephone</b>	0	270	727	1043
Inventory Adjustments	0		-120	0	<b>Training</b>	0	250	0	250
<b>Total COGS</b>	<b>\$ 7,279</b>	<b>\$ 7,503</b>	<b>\$ 30,729</b>	<b>\$ 31,205</b>	<b>Total Expense</b>	<b>\$17,367</b>	<b>\$19,841</b>	<b>\$ 73,718</b>	<b>\$81,571</b>
<b>Gross Profit</b>	<b>\$21,230</b>	<b>\$18,447</b>	<b>\$ 81,522</b>	<b>\$ 84,697</b>	<b>Net Ordinary Income</b>	<b>\$ 3,863</b>	<b>\$ (1,394)</b>	<b>\$ 7,804</b>	<b>\$ 3,126</b>
Expense					<b>Other Income/Expense</b>				
Access Expenses	0	520	911	2080	<b>Other Income</b>				
Archives Committee	25	50	25	100	<b>Bag Fees</b>	4	0	22	21
Bank Fees	0	0	13	0	<b>Interest Income</b>	99	115	389	430
Employee Expenses	11616	13150	47633	53322	<b>Miscellaneous Income</b>	0		35	
Equipment Lease	0	0	-16	1535	<b>Total Other Income</b>	<b>\$ 103</b>	<b>\$ 115</b>	<b>\$ 446</b>	<b>\$ 451</b>
Filing/Fees	0	0	20	20	<b>Other Expense</b>				
Insurance	758	0	2373	1600	<b>Depreciation Expense</b>	300	265	1096	1165
Intergroup Events	381	400	1315	1000	<b>Total Other Expense</b>	<b>\$ 300</b>	<b>\$ 265</b>	<b>\$ 1,096</b>	<b>\$ 1,165</b>
Intergroup Literature	0	75	178	200	<b>Net Other Income</b>	<b>\$ (197)</b>	<b>\$ (150)</b>	<b>\$ (650)</b>	<b>\$ (714)</b>
Internet Expense	68	96	349	403	<b>Net Income</b>	<b>\$ 3,666</b>	<b>\$ (1,544)</b>	<b>\$ 7,154</b>	<b>\$ 2,412</b>

## Treasurer's Report

In April 2013, group contributions were \$1,257 over budget and individual contributions were \$982 over budget. Bookstore sales were \$662 over budget in April.

Total employee expenses for April were \$1,534 under budget and total expenses \$2,475 under budget. We had a positive variance of \$5,211 for the month of April 2013 and for the year-to-date \$4,742.

Unrestricted cash balance increased from \$43,505 to \$44,730, which represents a little over two months of average operating expenses.

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# Step Three

by Jamie M.

I remember vividly doing the Third Step prayer with my sponsor. I was about two days sober, and he whipped me through the first two Steps in a manner that I've rarely heard of people doing. He just asked me a couple of questions: "Do you think you're powerless of alcohol and your life is unmanageable?" and "Do you think a power greater than yourself can restore you to sanity?" My answers must have been convincing. I know I certainly felt powerless and beset by unmanageability. I also had been to a few A.A. meetings, so I knew that the Third Step followed the Second, but my answer to the second question was essentially, "If that's what I have to do to stop my suffering, I'll do it."

So then he got out the Big Book, opened it up, threw a couple of pillows from the sofa onto the floor, and we knelt together. I can't tell you how ridiculous that felt. Then he had me repeat the prayer from the book, phrase by phrase, out loud. I was really excited about the part where I said, "Take away my difficulties, that victory over them ...," but inwardly balked at the part, "may bear witness to those I would help." I remember thinking, "I don't

want to help anyone; I'm trying to *get* help." It didn't make sense, and I didn't think that I was particularly

*I don't want  
to help anyone;  
I'm trying to get help.*

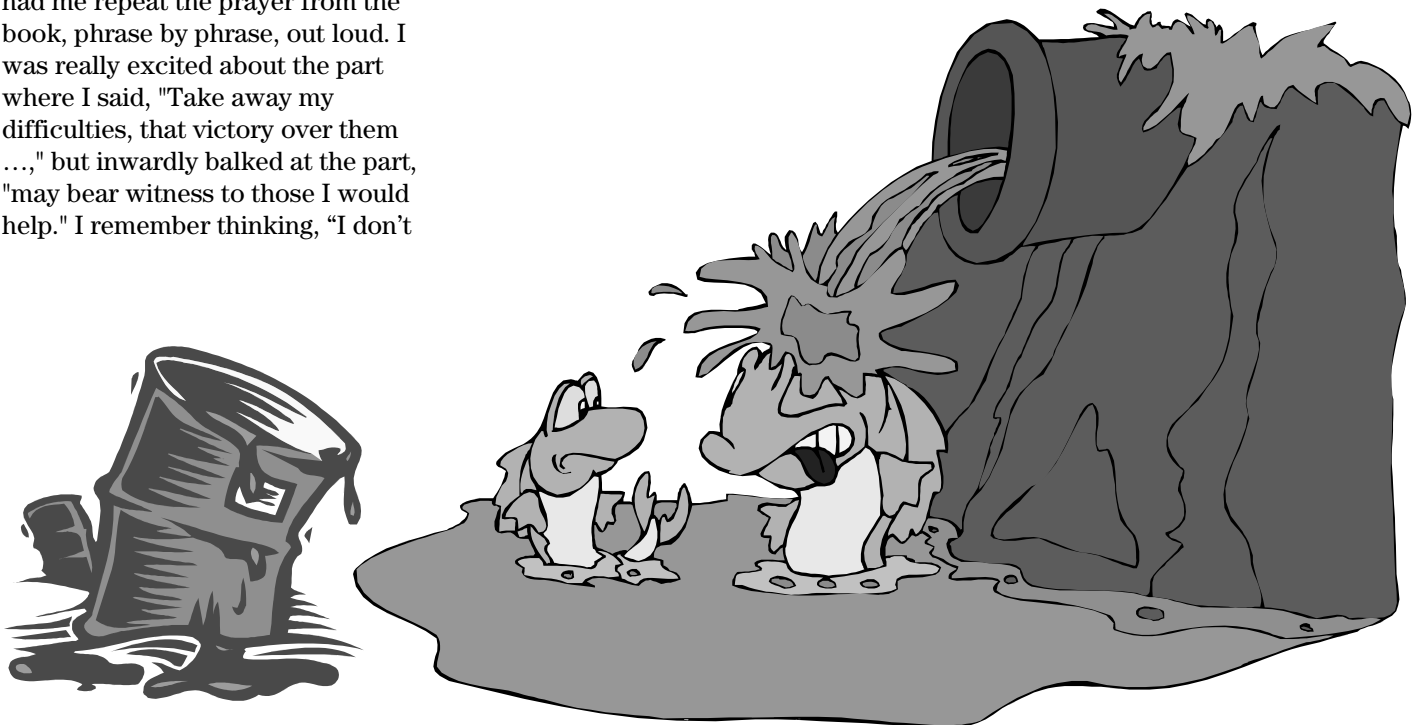
able to help anyone. My sponsor readily agreed with me on that point at that time, but told me that I should, as soon as I got 30 days, always have the phone number of someone with fewer than 30 days of sobriety on me.

My experience as time has gone by is that it's quite easy to lose sight of why we want to turn our will and lives over to the care of our Higher Power. It's to be helpful to the alcoholic who still suffers. Of course, as a greedy, selfish alcoholic, I want to turn my frequently toxic will over in a spirit of getting rid of radioactive waste by throwing it in the ocean, not

in the sense of giving my will to God so that it can be more effectively used. But that's why we're doing it, if you really work in the spirit of the Third Step prayer.

And as time has gone by, I've gotten more at peace with this as the real reason for turning my will and my life over. I've accepted that, one day at a time, I always am coming into possession of a new supply of life and either willingness or willfulness, depending on my relationship with my Higher Power, and I need to remember to turn *that* over as well. The good news is, if I forget, I can do it at any time. I used to think that people who memorized the Third Step prayer were A.A. geeks, people who had really drunk the Kool Aid. If they were A.A. geeks then, I am one now, because I see the point and I recognize the need to do it on an ongoing basis. Because my experience is, that's what works.

**JP**





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