

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013
8
August

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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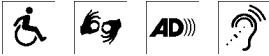
Coping With Failure or Success



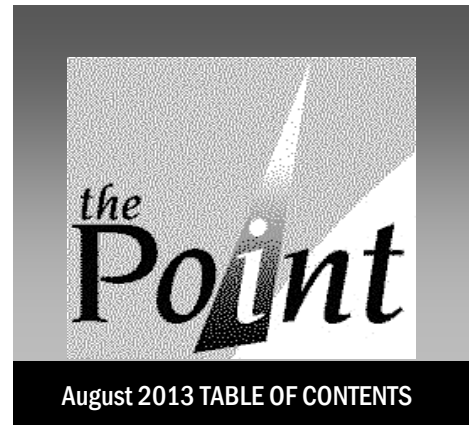
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing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

August 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> <div style="text-align: right;">  </div>			
4	5	6 <u>FIRST TUE</u> Access Committee Central Office 6pm	7 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St San Francisco Orientation 6pm Meeting 7pm
11	12 SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 6pm Business Meeting 7pm Central Office	13 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm Fellowship Committee Central Office 6:30pm SF Bridging the Gap 1111 O'Farrell St 7:30pm SF General Service 1111 O'Farrell St 8pm	14 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave Marin Alano Club 6:30pm
18 <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	19 <u>THIRD MON</u> SF Teleservice Central Office 6:00pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation/Concept Study 6:45pm Business Meeting 7:30pm	20 <u>THIRD TUE</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Literature Study Central Office 6:30pm	21
25	26	27 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave Marin Alano Club Orientation 7pm Business Meeting 7:30pm	28

THURSDAY	FRIDAY	SATURDAY
1	2	3
8	9 AREA 06 CNCA Pre-Assembly BBQ Dinner Del Norte County Fairgrounds 421 Highway 101 North Crescent City, CA 95531 6:30pm	10 AREA 06 CNCA Summer Assembly Del Norte County Fairgrounds 421 Highway 101 North Crescent City, CA 95531 Registration starts 8:30am
15 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	16	17 <u>THIRD SAT</u> SF H&I Meeting Orientation 11am Business Meeting 12pm 2900 24th St SF CA
22 <u>FOURTH THU</u> Marin Public Information/ Cooperation with the Professional Community (PI/CPC) Business Meeting 7pm 1360 Lincoln Ave Marin Alano Club	23	24 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
29	30	31 



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Have we ... done about the best we could,
and all we could, today? If so, that’s all it
is fair to expect.

Living Sober, p.41.



Meeting Changes

New Meetings:

Sun	6:00pm	Sausalito
Wed	11:00am	Inner Sunset

WHY IT WORKS - AA COMES OF AGE BOOK STUDY, City Hall: 420 Litho St / Caledonia
 A WORD FROM OUR SPONSORS, Gratitude Center: 1320 7th Ave / Irving (Beginners)

Meeting Changes:

Mon	8:00pm	Inner Sunset
Wed	7:00pm	Parkside
Thu	8:30pm	Hayes Valley
Fri	10:00pm	Marina

MONDAY MEN'S STAG, 1400 Judah St / 19th Ave (Was called Monday Men's Meeting)
 SUNDOWN, St. Gabriel's Church: 2550 41st Ave / Ulloa (No meeting on 7/31 and 8/7)
 ONE LINERS, 261 Fell St / Gough (Now Beginners/Gay&Lesbian/Speaker-Discussion)
 GROUP OF DRUNKS, The Dry Dock: 2118 Greenwich St / Fillmore (Was called Rodeo Drive Birthday Cake Style)

No Longer Meeting:

Mon-Fri	1:30pm	Tenderloin
Mon-Fri	3:00pm	Tenderloin
Thu	6:30pm	Inner Richmond
Thu	8:15pm	San Rafael

MONDAY FRIDAY KICKOFF WITH BILL, Ariana Café: 842 Geary St / Hyde
 MONDAY FRIDAY TEA WITH BILL, Ariana Café: 842 Geary St / Hyde
 RICHMOND BIG BOOK STUDY, 360 18th Ave / Geary
 MARIN DIGNITARIES SYMPATHY, 1337 4th St / D St (No longer meeting in public)

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!**



OUR EXPERIENCE HAS TAUGHT US

A SENSATIONAL HISTORY OF OUR TWELVE TRADITIONS!

TWO WEEKENDS ONLY!

Sept 12 - 22, 2013

Thurs - Sat, 8pm

Sun matinee, 3pm

THICKHOUSE THEATER
 1695 - 18th St
 (at Arkansas)
 San Francisco, CA
www.thickhouse.org

\$ 20 ADMISSION

Advance Tickets On-Sale Now
WWW.AASF.ORG/SHOP

Persons requiring reasonable accommodations to this event should contact Central Office prior to purchasing tickets. Email aa@aasf.org or call 415.674-1821.








From the Editor

Coping

by MEM

“To deal with and attempt to overcome problems and difficulties” is how *Webster’s* defines the verb “cope.” Bill W, in considering how we face the challenges of Step Twelve, suggests we consider a more spiritual view of how we come to terms with seeming failure or success in our efforts. Two authors stepped forward to share how they apply the principles of A.A. in coping with daily life and coming to terms with both failure and success. One admits she had to put down the gilded crown of self-deception and the other is able to come to the sage and spiritual conclusion that maybe failure is not the end of the world.

Kate M, writing from Belgium, illustrates how she and her husband (ex-pats from the U.S. in an area of Europe not flush with A.A. meetings in English) coped by developing a format for virtual meetings. This is a great success story of common sense application of A.A. principles into

brand new territory, resulting in the creation of a meeting format that helps bring the A.A. message to many who suffer. After a year’s worth of intermittent emails following their visit to San Francisco last year, Kate and I had a chance to meet at Central Office recently when they were back for her husband’s school reunions. That spark reinvigorated the process which has resulted in their story finally appearing in *The Point*. It is fascinating reading and food for much thought.

Learn also about the new Gratitude Center in the Inner Sunset, host to many A.A. meetings, and their support of artists using their art as an aid in their recovery. If you live in the City or elsewhere, consider attending an A.A. meeting and then visiting the art gallery at the Gratitude Center.

And special thanks to Charley, for sharing the good advice to slow down and enjoy your life in recovery in “Serenity and The Speeding Ticket.”

EDITORIAL POLICY

The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

(This is a summary; for the full editorial policy, please go to www.aasf.org.)



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

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David J.	Mark O.	Your
David S.	Martha S.	Name
David W.	Mary C.	Here!
Denise H.	Mary D.	
Dennis & Lucy O.	Mary L.	Or
Dianne E.	Maryellen O.	Here!
Don N.	Michael P.	
Eric P.	Michael W.	Or
Erin S.	Michael Z.	Here!
Fay K.	Michelle C.	
Frederick D.	Mike M.	
Garrett L.	Mily T.	

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Virtual A.A. Meetings

A New Frontier or an International Clubhouse?

by Kate M.

In Continental Europe, English language meetings are easy to find in large cities, but outside of these cities they can be few and far between. There are many A.A. members who do not have access to English meetings on a regular basis – perhaps because they are geographically isolated, because they are homebound, because there are no English meetings in their area or because the meetings in their area in the host nation language do not follow the A.A. program as we know it.

I got sober in a city where there were approximately 1500 meetings per week and took them for granted. When my husband and I moved to Belgium in early 2001, we were in for a shock. There were no English

meetings near us – the closest meeting was 2 hours away. The meetings in French in our town didn't use the program as we know it. We tried to find meetings but could not. We co-founded an English meeting 40 minutes from our house, and now we have this one meeting every week. But we wanted more (alcoholics, remember?). The answer for us was online. We found online 'chat' meetings, but we wanted to hear voices, to feel the presence of other alcoholics. We wanted to feel as if we were in a meeting. The answer for us was another kind of online meeting.

The First164yp group quickly grew beyond its beginnings as a young people's meeting. As attendance grew, the meeting became a group, elected officers and affiliated with the Continental European Region of

A.A. (equivalent to an area in the US). Other meetings were started so that now our group has five meetings every week and business meetings every 4-6 weeks.

Although we have participants from all over the world, our group was organized to serve English speaking A.A. members in Continental Europe. As mentioned above, English meetings outside of large cities can be difficult to find. In Eastern Europe, A.A. has not taken hold to the extent it has in Western Europe and there are many English speaking members (both native speakers and those who speak English as a second language) who do not have access to meetings. Some of our members are on ships or oil rigs and can't get to meetings. Others travel extensively or are homebound. We also have participants who are serving in the armed forces – not only in Europe but also in Afghanistan and Iraq. For some of them, living in a war zone means that crossing town to get to a meeting is difficult or impossible.

How does it work?

Meetings. At the beginning all of our meetings took place within the framework of a conference call on Skype. Many of them still do. As much as possible, we try to give our meetings the feel of face-to-face meetings. As with any meeting, ours needs someone to 'open the door and set up the meeting room'. This person is the technical host, who signs onto the Skype account about 30 minutes before the meeting to do any 'housework' that needs to be done and to start the meeting.

(Continued on page 7)



(Continued from page 6)

We have a chairperson who conducts the meeting (with the help of a written format) and introduces a topic based on conference-approved literature. As with face-to-face meetings, participants share on that topic or any other topic they wish related to alcoholism and recovery. At the end of each meeting we make any A.A.-related announcements and ask who would like to chair the following week. Our meetings end with the Serenity prayer.

Instead of a literal door to a brick and mortar building, our technical host opens a virtual door by establishing a Skype conference call and adding members who have indicated by means of chat messages that they would like to join the meeting that day. After the meeting has started the technical host adds members who come late, inserts meeting-related information in the chat box, and calls back into the meeting anyone who has dropped out. On the rare occasions when the conference call crashes, the technical host re-establishes the call. We have developed guidelines for new technical hosts and provide training and coaching so that they can take over the responsibility of opening and maintaining a meeting with confidence.

Service positions. In our group we don't have many of the typical service positions. For example, we don't have a coffee maker or a literature person. Instead, our service positions are the officers (Group Chair, Secretary, Treasurer and GSR) and the technical hosts. We try to have two technical hosts available for each meeting in case one is unable to be there for some reason.

At present, our officers and technical hosts need to have at least one year of continuous sobriety and to be in located in Continental Europe. Technical hosts also need to have a strong, fast internet connection.

7th Tradition. It's difficult to pass the hat in a virtual environment. Luckily, Skype is free and we each provide our own coffee! In the beginning we simply suggested that participants make an additional contribution to the next face-to-face meeting they attended. As our membership grew, however, we began to exceed the technical capabilities of Skype. We saw the need for a more stable platform for our meetings and recognized the need for a treasury to pay for it. We elected a treasurer, opened a PayPal account and began to collect 7th Tradition contributions. We have since subscribed to a commercial teleconferencing platform which we currently use for two of our five weekly meetings. We also make quarterly contributions to the Continental European Region (CER) and send a GSR to their meetings.

Communication. Communication among the officers of our group is by email, and we copy each other openly. Communication with the membership as a whole is also by email (by definition our members have computers). However, the membership as a whole is blind-copied to preserve anonymity.

Questions we're often asked:

How do you know people are using their real names? We don't. Just like a face-to-face meeting, we accept people as they present themselves.

How do you ensure anonymity? We use bcc to email

membership, but cc for officers' communications. In the meetings, members decide to use their whole name or not, just like face-to-face meetings. Some of our members have an 'anonymous' Skype account.

How do you solve problems in a virtual world? We

When we have a problem to deal with, we use the model of a clubhouse.

realized early on that we needed to prevent ourselves from believing that we're special, and so we adopted a model for solving our problems. When we have a problem to deal with, we use the model of a clubhouse. What would we do in a clubhouse if we had disruptive behavior? What if we had too many people – would we lock the door or would we add more chairs? So far, this model has served us well.

Do you have a problem with transient participants? We get lots of drop-ins, people who attend one or two meetings and disappear, just like meetings in holiday places like Paris, Florence or Brussels. We have a core group of regulars and lots of new people to keep it interesting.

If you have any questions or if we can help you to start your own meetings, please contact us at first164yp@gmail.com

We wish you luck and we hope to see you as we trudge the road of happy destiny.



Crowns and Thorns



by Anonymous

Success and morality always had one thing in common from my drinking perspective; they depended on whatever was viable at the time. I aimed for status and wealth, armed with every form of voodoo incantation. I was great at starting things; unstoppable, until I faced real challenges. As I watched others climb after I had lost interest, I dismissed their goal as sour grapes. That was the only way I could manage my disappointment. Aiming for a lesser goal was like changing my ethics to fit the desired outcome. In my alcohol infused mind, accepting failure or knowingly doing immoral things was sometimes the “pragmatic” approach.

If I did achieve some measure of success, a whole new can of worms opened up. Suddenly, everything was possible. I had reaffirmed to myself and to the world, my exceptional abilities. My entire demeanor changed, as did my level of caution. I had donned the cloak of invincibility. All of my former hesitations had been unnecessary. Now I could really “be me.” The inevitable crash that followed came sooner and sooner into my rock star status. Rolling along in my glory, I would get sloppy, slip up and sometimes royally implode. I would start the downhill slide, clawing to regain ground but never able to. At the bottom was shame, blame, resentment and always, my familiar friends: self-pity and the liquid it sloshed around in.

When I marched victoriously through the doors of A.A., waving to my fans, my crown glistening in the sun, I had

to rethink a few things. Pursuing “success” was one of the first agendas that had to go. I was told it would take a bit of focus to get sober. It wasn’t a good time to get an MBA, a new husband or a pilot’s license. I was secretly relieved. Can’t possibly do anything difficult. Getting sober now. Unfortunately, nobody seemed to have briefed my employers about this. They apparently required that I do some work each day. Again, I had to adjust.

After a couple of decades, ... I still have to stay very close to the Program and remain very teachable.

This was far more difficult than I had anticipated. What I did “in my sleep” while drunk suddenly became quite challenging while sober. It was very hard to concentrate. I frequently felt like crying. I visited the restroom a lot.

As I worked the Steps and attended meetings, I began to “succeed” at things I had never thought of as goals: making a consumer complaint without strangling a salesperson; seeing my parents without reminding them of my deficient upbringing. I learned that “no” was a complete sentence and did not need to be prefaced with “hell” to be understood. I learned how to show up at funerals. I learned how to ask

how others were doing and actually listen to the answer before saying, “Oh, good.” After a couple of decades, I received the responsibility of some worldly success. It had taken me this long to be able to handle it.

I still have to stay very close to the Program and remain very teachable. I have to connect with my HP every morning and every time things get sketchy. Before I go into a high stakes encounter, I have to pray for humility. At the same time, I pray for competence to perform my role to the best of my ability. To stay small, but not too small, to think big, but not too big. Wearing neither a crown of gold or a veil of thorns, I can best be of service. I can do what benefits the ultimate Employer, the number one Client.



Failure: Maybe It's Not the End of The World



by Patty Mc

For me, failure comes in all kinds of costumes: a bad interaction, a big flop at work, a shattered tea cup or an unmade bed. Sometimes, on a bad day, my mind becomes a failure festival when my whole life goes on parade and I see with all the clarity of my alcoholic brain that most of it sucks. I descend into fear and resentment – fear that all is lost and resentment because there's always somebody to blame. By then, hopefully, I'm reaching for my step journal because that's when things get interesting.

Nothing throws me into step work as fast as a nice juicy failure. My standard tool kit is pretty simple and very well-worn. I fall back every time to the Fourth Step, which has been my opening to the small shifts and the massive transformations of my recovery. Just doing a fears list and a resentments list, praying to have my old patterns and habits removed and often reading the lists aloud to my sponsor, have given me enough distance and perspective to adjust my thinking and my behavior. By then the hardest part is done and the changes I experience are given to me as a gift for taking action.

Here's an example. Sometimes in my work I teach classes to high level and smart leaders who impress the hell out of me. Their credentials, their brain power, the challenges they face – wow. If one of them frowns while I'm talking, score one failure for me. Another one asks me a tough question for which there's no easy answer, another mark in the F column. Or, worst of all, any shred of

criticism in the written evaluations that people fill out at the end of the program, that counts for ten failures and let the step work begin.

I do step work like I tie my shoes. I don't have to think twice about the mechanics – it's automatic and effortless (once I get started) due to years and years of repetition. When I am in the throes of emotional turmoil, I am reaching for the journal that lives next to my bed or a scrap of paper in my purse before I even

*But even though
I'm powerless,
I don't have to be
helpless.*

realize what I'm doing. My feelings of fear or panic or anger don't exactly "go away" because I've worked a step, but I get enough distance and insight to see the situation with a healthier perspective. I not only become open to taking responsibility but sometimes I get to learn an important lesson because failure can be a powerful teacher.

I believe that I am powerless to control those initial responses to failure

or any other difficult situation. It may be alcoholic wiring, or my upbringing, or maybe it's just because I'm human. But even though I'm powerless, I don't have to be helpless. When I'm caught in an internal storm there is something about taking pen to paper or talking to another alcoholic that creates enough of a shift in the very state that would make me need a drink. That's the solution, plain and simple.

Oh, yeah, there's one other thing. A quote from someone I heard in a meeting years ago says it best: "There's one thing I don't want on my gravestone: 'The bitch was always right'." Owning our failures is part of being accessible human beings who can make true connections with others. So here's to failure!

Maybe just not that workshop I'm teaching next week ...



Tradition 8

by Gilbert G.

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

I volunteered to write about this Tradition, because I wanted to learn more about it. What better way to do this than by researching and writing about it? Therefore, I started my research by reading the Tradition Eight chapter of the *Twelve Steps and Twelve Traditions* (or *12 and 12* for brevity).

Wow! I read the Tradition, and I realized that I had no real idea of its real meaning. At first, I thought that this tradition referred to members of A.A. who worked in the area of alcohol and drug rehabilitation and that these members were in violation of the Tradition. Personally, I watched many A.A. members come in as newcomers, gain some sobriety time, go back to school, and get degrees and certifications in Drug and Alcohol Counseling. In fact my sponsor switched careers to do that same thing. I pondered the question, “Is making a living from being a member of A.A. against the Traditions?”

The answer is a resounding “No!” A.A. Headquarters, Intergroup offices, and A.A. clubs may hire a variety of personnel to do the work that is needed to keep operations running. A.A. members who have gained some experience, strength, and hope can now take that knowledge into medicine, industry, schools, government and social work, for example. “Members who

select such full-time careers do not Professionalize A.A.’s Twelfth Step.” The bottom line about this Tradition is the following:

“... the Twelfth Step couldn't be sold for money.”

Bingo! That's the issue. True Twelfth Step work has to be performed by one alcoholic helping another: “... face to face work with the alcoholic who still suffers could be based only on the desire to help and be helped.” Tradition Eight is an effort to prevent “professionalizing the Twelfth Step.” We cannot make money by going out and converting people to become A.A. members. As the chapter states, “money and spirituality do not mix.”

A.A.s who choose careers related to working with people, and even corporations, who need help with alcohol and drug abuse issues, are

not violating this Tradition. As long as the A.A. member doing the job does not break anonymity, Tradition 8 is not violated. It actually helps A.A. to have its members share their experience and knowledge.

Therefore, the A.A. name should not be used for publicity or moneymaking reasons. If we avoid associating the A.A. name with any enterprise, we will avoid the issue of breaking anonymity. We also avoid compromising the reputation of Alcoholics Anonymous should any of these business ventures fail.

I close with a quote from the end of the chapter. “*Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire.*”



A.A. History: The Three Legacies

Part Two

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

In the second installment of this series, we'll cover some brief biographical information on the spouse of Bill Wilson: Lois Burnham.

The Burnham Family

Lois was a brilliant and artistically talented woman. She was a co-founder of Al-Anon Family Groups, together with her neighbor and friend Anne B (Bingham).

Lois' parents, Dr Clark Burnham and Matilda Hoyt Spellman, were married in 1888. Lois was the eldest of six children from a distinguished and affluent family. Her parents were openly affectionate and loved having the children around for family activities.

Born in Lancaster Pennsylvania, Lois' father was a prominent physician and honors graduate from college and medical school. His father, Nathan Clark Burnham, was a lawyer and physician and also a minister in the Swedenborgian Church, which had recently come to America. He would later perform the marriage ceremony of Lois and Bill.

Lois' mother was from an affluent family. Her close cousin Laura was married to John D Rockefeller Sr. She managed the business affairs for her husband's medical practice.

Lois was born on March 4, 1891 at 182 Clinton Street in Brooklyn, a spacious brownstone in the affluent section of Brooklyn Heights, New York. A back room served as her father's medical office. At this time, Brooklyn was a separate city. It became a borough of New York City in 1898.



Lois Wilson

Lois' maternal grandfather lived his later years in Manchester, Vermont. He encouraged Lois' parents to purchase his home. A few years thereafter, they became enamored with a roomy cottage on Emerald Lake in East Dorset, Vermont. They vacationed there from May to November each year. Emerald Lake was also a popular summer vacation spot for the family of Ebby T (Thacher). Over the years of extended summer vacations the two families became very close friends.

Lois was quite the tomboy and loved fishing, swimming, sailing, climbing trees, catching frogs and picking berries during long early morning walks.

Lois was the first Burnham child and then came Rogers, Barbara, Katherine (or Kitty) and Lyman. Tragically Lois also had a baby sister Mathilda who was sickly after her difficult birth and who died before she was a year old.

Lois' father ensured that all the children had the best of educations. A young Lois began her education with a new form of pre-school education imported from Germany and called "kindergarten." She then attended Friends School and Packer Collegiate for grades 1 through 12.

Not Especially Interested – 1914

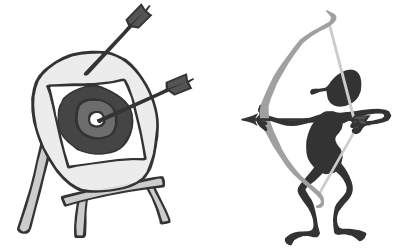
Bill and Lois first met in the summer of 1913 and spent some time together while both their families vacationed at Emerald Lake in VT. Lois (who was 4 1/2 years older than Bill) was not especially interested in him when they first met. They were introduced to each other by Lois' brother Roger. Roger became close friends with Bill and served as best man at Lois and Bill's wedding.

Secretly Engaged - September 11, 1915

In the summer of 1914, the relationship between Bill (age 18) and Lois (age 22) changed into a romance. In the following year, their romance blossomed and on September 11, 1915 they became secretly engaged.



Sin of the Month: Sloth



by Claire A.

I really struggle with sloth. I can sit and read a novel when I know I should write an article, research an idea, fold laundry or get outside and breathe fresh air! I can steadfastly ignore the good kid in my brain, who just wants to take my body out for a walk. When I'm slothful, I'm wasting what I have. I'm choosing not to take action, whether that's to make an amend, get some work done, support a friend, go to the beach or get some sleep.

There is something about procrastination that is actually attractive to me, if I'm honest about it. When I was in college, "pulling an all-nighter" seemed like such a cool thing to do (primarily because I could never stay awake to do it). I had this romantic notion of slaving through the night, grand ideas popping out of the midnight air to float into my head and show my teacher what a genius I was, that could pull together amazing writing at the last minute. Some people I knew in school could actually do that. Not me. Still can't.

What's helping me with sloth? A

combination of things. First, calling people helps me rejoin the land of the active. When I hear what others are up to, I'm often inspired into action. I want to get going on my own stuff. Calling my sponsor is a huge help – often when I say out loud what is going on it helps me to focus on what I really need to do. On a practical level, if I have housework to do, music helps get me moving. Involving other people in my plans is also helpful. Knowing that other people are counting on me motivates me.

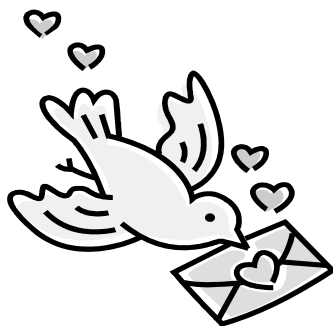
I think it's important to remember that sloth is not the same thing as rest.

I think it's important to remember that sloth is not the same thing as rest. In my alcoholic mind, I can start to forget that I need rest. In my aspirations toward diligence, I can easily get carried away, usually by pride, and begin to overdo it. I can start to think that if I am not putting my nose to the grindstone, I must be lazy. I think this even though in my heart, I don't believe it's true. Maybe

this is gluttony coming through. I've been told by my co-workers that I'm a glutton for punishment. I certainly can be. Anyway, the important thing is that we all need to rest, and that doesn't mean we're lazy.

Another thing that I really think is true is this: I've felt depressed and moody for a long time. Alcohol is a depressant, and I sought its effects. So it isn't really surprising that I can get in a rut where I am lazy, moody and depressed. The thing is, then I get down on myself for being in a rut! I have to stop expecting myself to suddenly become a sunny, motivated person. I can be that way, but progress in that direction can be slow. Patience helps here.

But not too much patience. Because then I fall into the trap of, "Oh, I *need* a nap. For my recovery." Really? Or do I really need to take the next right action: a nice walk, a stab at a rough draft of an article, prayer, a call to another A.A. or helping out a friend? There are so many actions I can do to get out of sloth. Often it's just the tying of the shoes that's the hardest part. Once I'm started, I can't imagine why it was so hard to get going!



77 Words

Letters to the Editor

Dear Editor,

I want to thank *The Point* for the fine articles that serialized the on-line "Pre-History" of A.A. by Bob S. I am sorry to see it end. While I know bits and pieces of these stories, I always like to read a different version to

remind me of all the real characters who began our "exclusive" club. My deepest appreciation to Gilbert G. for honing it into a print version.

In sobriety,

Jane K.

Art in Recovery

SF Gratitude Centre Creates Safe Haven for Artists

by Sue Ellen S.

The “Tree of Life” occupies a corner of the new art gallery housed within the SF Gratitude Center in the Inner Sunset District. The Gratitude Center, which opened this past January, is a place where recovering alcoholics and addicts meet to heal. The Tree of Life is one of the first things people see when they come into the center. The backdrop of the canvas painting is a bright blue and the exposed roots of a gnarled looking tree sits atop earth painted a bright yellow. The tree itself incorporates semi-precious stones and glass representing branches. Artist Renee M said her jewel trees represent “every teacher, deity, ancestor and angelic being who has wished her well” on her journey towards long-term recovery. According to Renee, her artwork is a spiritual channel and something she didn’t have when she was an active alcoholic more than 20 years ago.

The SF Gratitude Center is located at 1320 7th Avenue in a space that had formally housed University of California, San Francisco (UCSF) staff offices. Today, it also doubles as an art gallery that was the vision of Michele D in response to the center’s former white walls and stark environment.

Michele said, “I’m a firm believer that the disease is not who we are and I wanted the Gratitude Center to be a safe place where people and artists could cultivate and further develop what it is about themselves they love.”

Artist Patty T said that working the

steps of Alcoholics Anonymous (A.A.) and being in recovery helped her get back to her creative roots. Patty’s ceramic sculptures are on display in the gallery and are created in a traditional 16th century Japanese glazing technique she discovered i called Raku – which in Japanese means “ease.”

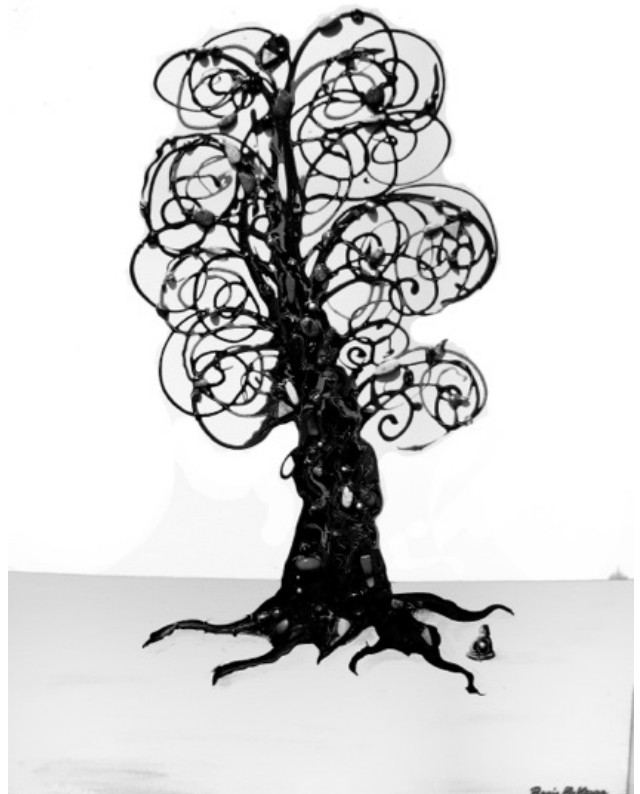
Patty said, “I find the creative process of working with clay and the Raku glazing ritual a meditative and spiritual experience and having my work on display in the Gratitude Center has become a spiritual form of recognition and a way to support the arts in the A.A. community.”

There are currently six artists with installations on display at the Gratitude Center. Both Renee and Patty have sold their art from the gallery, with pricing determined by the individual artist and the sale is between the artist and the purchaser. The Gratitude Center asks that if an artist sells a piece of work they make a suggested donation between 10-25% back to the gallery that is a tax free donation. No commission is collected from the art gallery from the sale of the art and the gallery is not affiliated officially with A.A. or Narcotics Anonymous (N.A.).

The SF Gratitude Center Art Gallery is currently

accepting new submissions and open to all artists. The artist does not need to be based in San Francisco or be a member of A.A. or N.A. Submission guidelines are not strict. The only requirement is that the artwork needs to be gallery-ready and photos will need to be submitted to the following email address: mcdsunset@gmail.com

The gallery is open to the general public every Sunday from 1-3 PM PT and whenever the Gratitude Center is open for meetings. At this writing, there are 32 A.A. meetings held each week at the Gratitude Center.



Intergroup Meeting Summary—July 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 .

6am Men's Literature Mtg.	Cow Hollow Men's Group	Haight Street Blues	Monday Night Stag Tiburon	Sunset Speaker Step
A Is For Alcohol	Day At A Time	High Noon F	On Awakening Group	Ten Years After
A New Start	Design For Living	High Noon F	Queers, Crackpots & Fallen Women	Too Early
As Bill Sees It	Each Day a New Beginning	High Noon W	Say Hey Group	Valencia Smokefree
Attitude Adjustment Hour	Extreme Makeover: Women's SS	Living Sober With HIV	Serenity Seekers	Women's Promises
Blue Book Special	Friendly Circle Beginners	Marina Discussion	Sesame Step	<i>Marin General Service</i>
Came to Park	Girls Night Out	Miracles (Way) Off 24th St.	Sunday Rap	<i>SF H&I</i>

This is an unofficial summary of the July 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 July 3, 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 June minutes and the July agenda were approved. Four new IGRs were in attendance and went through orientation.

Officer Reports

Board Chair Report, Phil: Annual Board retreat set for August. Quarterly committee chair meeting scheduled. Will work on standard committee procedures. Want to restart Outreach

committee. Robert S. volunteered to chair; Rudy volunteered to be Vice Chair for Marin. Deedee volunteered to be on the committee. Email outreach@aasf.org. Tickets are available for Our Experience has Taught Us (to anybody, A.A. members, family, friends, and general public) online at www.aasf.org/shop. Venue is the Thick House in Potrero Hill, SF.

Treasurer's report, Maury filling in for Michelle C. See Treasurer's report (www.aasf.org > Intergroup Info). Total income for May was ~\$6K under budget (group contributions under by \$6,684 and individual contributions under by \$664). Bookstore sales offset the variance somewhat (\$1,355 over budget). We have a negative variance of \$11,478 for May and UTD negative variance of \$4,096. Unrestricted cash decreased from \$44,730 to \$34,014. Please ask Treasurers to send in 7thTradition contributions monthly or quarterly, rather than waiting until commitment ends. This will likely help with the variances.

Central Office Manager's Report, Maury P. Central Office closed tomorrow, July 4th. We need substitute telephone volunteers, one year sobriety requirement. Shop.aasf.org is up and running, 30 sales since launch, mostly tickets for the play so far. Encourage trusted servant registration online for Secretaries and Treasurers.

Intergroup Committee Reports

Access Committee, Virginia Will host a forum on the gap of people not getting to meetings between Sunshine Club and H&I. Sustainable support for elders. Questions like, do they know they can do Teleservice volunteer work, or 12 step calls? Next Meeting is the Tuesday, August 6th, Central Office at 6pm.

Fellowship Committee, Blu Meets 2nd Tuesday at 6:30pm. Founders Day 2013 a success. Next big thing is the play, Our Experience Has Taught Us! Tickets online www.aasf.org/shop, \$20, will sell out!

SF PI/CPC, Rich G. Meet 2nd Monday at 7pm. 6 DUI classes, 9 speakers, problem to get full roster of speakers; it's a committee and volunteer issue. New speaker workshops held monthly Saturday. Goal is to plant the seed that A.A. exists, not necessarily convince people they need it.

SF Teleservice, Carolyn R. Teleservice answers the phones when Central Office is closed. Meets 3rd Monday at 6:30pm. Constantly looking for volunteers, about 6 open shifts now, just filled a coordinator position. Looking to have orientations at A.A. club houses, look for announcements in the Point and Buzz.

12th Step Committee, need a new chairperson Virginia made herself

Individual Contributions

to Central Office were made through July 17, 2013
honoring the following members:

IN MEMORIAM

Veronica McC., Bill J.

ANNIVERSARIES

Jim A. 39 years, Mary Ann B. 33 years,

John M. 33 years, Susan G. 29 years,

High Noon: Lillian 9 years, Tawny 8 years,

Anthony 4 years, Scott 3 years, Holly 1 year

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

Becca M. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Charles L. secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Virginia M. 12thstep@aasf.org

ACCESS COMMITTEE

Steve F. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Jennifer D. fellowship@aasf.org

ORIENTATION COMMITTEE

Vincent F. orientation@aasf.org

OUTREACH COMMITTEE

Robert S. picpc@aasf.org

PI/CPC COMMITTEE

Rich G. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteleservice@aasf.org

THE POINT

Charley D. thepoint@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

Michael P. tsw@aasf.org

WEBSITE COMMITTEE

website@aasf.org

available. Will be scheduling a monthly meeting soon.

Trusted Servant Committee, Michael P. Meets 3rd Thursday at 6pm. We hold workshops for secretaries and treasurers. Plan to have a monthly Traditions discussion, how to have a healthy traditions meeting, how they help with long term sobriety.

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

Jane K, The Buzz Help with a subscription drive. Sign up with email address; they can always unsubscribe. Forward the email to others so that they can see it and sign up.

Liaison Reports

Rudy S – District 10 General Service Report Unity Day, September 14, 12:30-11pm, Corte Madera Rec Center, Comedy Show, Delegate Report, Dinner (5:30), Meeting (7:00). Summer Assembly in Crescent City, encourage ridesharing. Access Committee Survey Distributed.

Lynn D – H&I Financials up 30%. 70 meetings a week, 700 people actively participating. 2 yr sobriety commitment for jails, 6 months for hospitals.

Old Business Founders Day recap - \$530 short of covering expenses. Board agreed to policy of not making 7th Tradition distributions unless expenses were covered. Vacancy on the Board. 75th Anniversary Big Book – how many people would want to order it at a cost of between \$11 - \$15. How many would we order? Put up a survey on the website to see who's interested.

New Business MacNeill brought up use of the word "Sin" in The Point as overtly religious. We can discuss, but please run through The Point committee first.

Round Table: Committee Participation (Introduction and Feedback) Kim sat with the Archive Committee, learned about all the amazing information that's available. Jennifer, volunteered to chair the Fellowship Committee. Vince to chair Orientation Committee Ethan, will observe a DUI class as part of his commitment to becoming a PI/CPC speaker. Will promote open interim recording secretary position during his IGR announcement.

Next Intergroup Meeting: Wed. August 7th, 2013, 7pm, 1187 Franklin St. SF CA. Orientation is at 6pm, dinner is served at 7pm.

aa group contributions

Fellowship Contributions	Jun. 13	YTD
Brisbane Breakfast Bunch	\$ 138	
Contribution Box	\$ 54	\$ 250
Intergroup	\$ 127	\$ 627
Fellowship Total	\$ 181	\$1,015

Marin Contributions	Jun. 13	YTD
12 & 12 Study Sa 815am	\$ 146	
7am Urgent Care Group 7D	\$ 200	
As Bill Sees It M 2pm	\$ 14	
Attitude Adjustment 7D 7am	\$1,058	
Awakenings	\$ 60	
Back to Basics Su 930am	\$ 271	
Blackie's Pasture Sa 830pm	\$ 200	
Candlelight Meditation M 730pm	\$ 34	
Closed Women's SS Tu 330pm	\$ 197	
Conscious Contact Sa 6pm	\$ 124	
Crossroads Sun 12pm	\$ 900	\$ 900
Day At A Time 7D 630am	\$ 120	
Design For Living (Marin) 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 830pm	\$ 53	
Friday Night Terra Linda BB Study	\$ 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	\$ 191	
Mill Valley 7D 7am	\$1,658	
Mill Valley Discussion W 830pm	\$ 280	
Monday Night Stag Tiburon	\$ 320	
Monday Night Women's Group	\$ 46	
Monday Night Women's M 8pm	\$ 92	
Monday Nooners M 12pm	\$ 242	\$ 242
Morning After Sa 10am	\$ 200	\$ 400
Morning Attitude Adjustment	\$ 257	
Newcomers Step M 730pm	\$1,070	
Novato Fellowship Events	\$ 286	\$ 286
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	

Marin	Jun. 13	YTD
Refugee Th 12pm	\$ 200	
Rise N Shine Sun 10am	\$ 382	
Saturday Night Sa 8pm	\$ 105	\$ 142
Saturday Women's Speaker Sa 6pm	\$ 273	
Sausalito 12 Step Study Group	\$ 88	
Serendipity Sa 11am	\$ 37	\$ 300
Sisters In Sobriety Th 730pm	\$ 53	
Six O'Clock Sunset Th 6pm	\$ 570	
Sober Sisters Wed 12pm	\$ 82	
Steps To The Solution W 715pm	\$ 143	
Sunday Express Sun 6pm	\$ 242	
Terra Linda Group Th 830pm	\$ 176	
TGIF F 6pm	\$ 216	\$ 216
The Barnyard Group Sa 4pm	\$ 190	
There is a Solution Tu 6pm	\$ 266	
Three Step Group Sa 530pm	\$ 250	
Thursday Night Miracles Th 830pm	\$ 150	
Thursday Night Speaker 830pm	\$ 1,179	
Tiburon Beginners & Closed Tu	\$ 396	
Tuesday Chip Meeting Tu 830pm	\$ 120	\$ 302
We, Us and Ours M 650pm	\$ 325	
Wednesday Night Speaker Disc 7pm	\$ 70	
Wednesday Sundowners W 6pm	\$ 200	
Women's Big Book Tu 1030am	\$ 690	
Women's Lunch Bunch F 12pm	\$ 325	
Working Dogs W 12pm	\$ 250	\$ 500
Young Ppl's Chopsticks Sa 1030pm	\$ 43	
Marin Total	\$2,356	\$22,695

SF Contributions	Jun. 13	YTD
6am Dry Dock Fri	\$ 65	
6am Dry Dock Sa	\$ 72	\$ 192
6am Dry Dock Th	\$ 89	\$ 89
6am Dry Dock Tu	\$ 305	
7am Step Discussion Tu 7am	\$ 42	\$ 66
830am Smokeless F 830am	\$ 276	
830am Smokeless Th 830am	\$ 166	
A is for Alcohol Tu 6pm	\$ 37	\$ 149
A New Start F 830pm	\$ 150	
AA As You Like It Tu 530pm	\$ 200	
Afro American Beginners Sat 8pm	\$ 103	
After Work Big Book Study	\$ 53	\$ 53
After Work M 6PM	\$ 126	
Agnostics & Freethinkers Su 630pm	\$ 60	
Amazing Grace M 7pm	\$ 60	\$ 60
Artists & Writers F 630pm	\$ 583	
As Bill Sees It Th 6pm	\$ 128	\$ 508

SF Contributions	Jun. 13	YTD
As Bill Sees It Th 830pm	\$ 53	
As Bill Sees It Tu 1210pm	\$ 548	
Bayview AA Th 7pm	\$ 60	
Be Still AA Su 12pm	\$ 446	\$ 446
Beginners 12 x 12 F 7pm	\$ 409	
Bernal Big Book Sat 5pm	\$ 347	
Bernal New Day 7D	\$1,600	
Big Book Basics F 8pm	\$ 342	
Big Book Study Su 1130am	\$ 297	
Blue Book Special Su 11am	\$ 27	\$ 383
Brothers in Arms M 8pm	\$ 54	
Buena Vista Breakfast Su 12pm	\$ 20	
Came To Believe Su 830am	\$ 23	
Came to Park Sat 7pm	\$ 306	
Castro Discussion Th 8pm	\$ 509	
Castro Nooners F 12pm	\$ 60	\$ 129
Cocoanuts Su 9am	\$ 126	
Coit's Quitters	\$ 115	
Cow Hollow Men's Group W 8pm	\$ 714	
Cow Hollow Young Ppl's Tu 730pm	\$ 281	
Daily Reflections F 12pm	\$ 213	\$ 213
Design For Living - Big Book Tu/Th	\$ 39	\$ 112
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	\$ 368	\$ 934
Each Day a New Beginning W 7am	\$ 450	
Early Start F 6pm	\$1,081	
Easy Does It Tu 6pm	\$ 39	
Embarcadero Group 5D 1210pm	\$ 240	\$ 240
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	\$ 84	\$ 248
Fell Street F 830pm	\$ 552	
Firefighters & Friends Tu 10am	\$ 120	\$ 256
Friday All Groups F 830pm	\$ 40	
Friday Smokeless F 8pm	\$ 168	
Friendly Circle Beginners Su 715pm	\$ 125	\$ 220
Giddy Up Th 7pm	\$ 72	
Gold Mine Group M 8pm	\$ 140	
Haight Street Blues Tu 615pm	\$ 205	
Haight Street Explorers Th 630pm	\$ 267	
High Noon Friday 1215pm	\$ 53	

SF Contributions	Jun. 13	YTD	SF Contributions	Jun. 13	YTD	SF Contributions	Jun. 13	YTD
High Noon Monday 1215pm		\$218	One, Two, Three, Go! W 1pm	\$	50	Surf Tu 8pm	\$	150
High Noon Sunday 1215p		\$476	Park Presidio M 830pm	\$	108	Ten Years After Su 6pm	\$	741
High Sobriety M 8pm		\$112	Pax West M 12pm		\$2,010	The Lads Fr 730pm	\$	46
High Steppers W 7pm	\$	34	Potrero Hill 12 x 12 M 630pm	\$	210	The Little Meeting That Could Su 6pm	\$	68
Hilldwellers M 8pm		\$389	Queers, Crackpots & Fallen Women	\$	190	The Parent Trap 2 Wed. 430pm	\$	225
Hoodlum Haven F 8pm	\$	96	Reality Farm Th 830pm	\$	344	The Pepper Group F 12pm	\$	60
Huntington Square W 630pm	\$	341	Rigorous Honesty Th 1205pm	\$	149	They Don't Know Who We Are Sa	\$	100
Into The Sun Meditation Th 12pm	\$	28	Room to Grow F 8pm	\$	37	Thursday Night Women's Th 630pm	\$	225
Joys of Recovery Tu 8pm		\$175	Saturday Afternoon Meditation 5pm	\$	222	Too Early Sat 8am	\$	112
K.I.S.S. M 6pm		\$183	Saturday Beginners Sat 6pm	\$	902	Trudgers Discussion Su 7pm	\$	180
Keep Coming Back Sa 10am		\$939	Saturday Easy Does It Sa 12pm	\$	362	Tuesday Big Book Study Tu 6pm	\$	72
Let It Be Now F 6pm	\$	55	Saturday Night Regroup Sat 730pm	\$	531	Tuesday's Daily Reflections Tu 8am	\$	157
Like A Prayer Su 4pm		\$202	Say Hey Group M-F 6pm	\$	99	Twelve Steps to Happiness F 730pm	\$	54
Lincoln Park Sat 830pm	\$	7	Serenity House	\$	150	Unidentified Group	\$	320
Live and Let Live Su 8pm		\$304	Shamrocks & Serenity M 730pm	\$	568	Valencia Smokefree F 6pm	\$	511
Living Sober with HIV W 6pm		\$231	Sisters Circle Su 6pm	\$	141	Walk of Shame W 830pm	\$	37
Lush Lounge Sa 2pm		\$197	Sober Saturday Sa 830am	\$	110	Waterfront Sun 8pm	\$	186
Meeting Place Noon F 12pm		\$150	Sobriety & Beyond W 7pm	\$	137	We Care Tu 12pm	\$	204
Meeting Place Noon W 12pm		\$245	Sobriety & Miracles Sa 5pm	\$	169	Wednesday Noon Steps W 12pm	\$	60
Mellow Mission Sunrise M 7am		\$200	Sometimes Slowly Sa 11am	\$	1,134	Wharfrats Th 815pm	\$	323
Mid-Morning Support Su 1030am		\$683	Sought to Improve Th 715pm	\$	120	What It's Like Now M 6pm	\$	240
Miracle (Way) Off 24th St W 730pm		\$140	Steppin' Up Tu 630pm	\$	122	Wits End Step Study Tu 8pm	\$	60
Mission Fellowship	\$	24	Sunday Bookworms Sun 730pm	\$	201	Women's 10 Years Plus Th 615pm	\$	557
Monday Beginners M 8pm		\$142	Sunday Night 3rd Step Group 5pm	\$	274	Women's Came to Believe Sa 10am	\$	142
Monday Men's Stag 8pm		\$120	Sunday Silence Su 730pm	\$	85	Women's Kitchen Table Tu 630pm	\$	172
Monday Monday M 1215pm	\$	54	Sundown W 7pm	\$	343	Women's Meeting There is a Solution	\$	225
Monday Night Big Book Study 8pm		\$116	Sunset 11'ers Su	\$	302	Women's Promises F 7pm	\$	501
New Friday Big Book F 12pm	\$	112	Sunset 11'ers W	\$	110	Work In Progress Sat 7pm	\$	212
New Highs W 130pm	\$	36	Sunset 9'ers F	\$	45	YAHOO Step Sa 1130am	\$	212
New Life W 7pm		\$240	Sunset 9'ers Sa	\$	31	San Francisco Total	\$4,688	\$46,024
No Reservations M 12pm		\$614	Sunset 9'ers Su	\$	222			
Noon Smokeless W 12pm		\$100	Sunset 9'ers W	\$	42	YTD	\$7,225	\$69,734
One Liners Th 830pm	\$	72	Sunset Speaker Step Sun 730pm	\$	284			

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MAIL CHECK TO: Central Office with this request for subscription to *The Point* — 1821 SACRAMENTO ST., SF CA 94109

Profit and Loss Statement: May 2013

	May 13	Budget	Jan - May 13	Budget		May 13	Budget	Jan - May 13	Budget
Ordinary Income/Expense					Payroll Fees	9	8	44	45
Income					Phone Book Listings	182	91	455	455
Gratitude Month	0	0	3,543	4,700	Postage	246	46	692	542
Group Contributions	6,340	13,000	62,510	71,000	Professional Fees	600	0	600	0
Individual Contributions	1,111	1,800	12,901	13,250	Rent - Office	3,963	3,965	19,815	19,825
Newsletter Subscript.	11	11	132	63	Rent - Other	75	75	330	330
Sales - Bookstore	9,855	8,500	50,453	50,200	Repair & Maintenance	282	1,785	1,512	3,025
Total Income	17,317	23,311	129,539	139,213	Security System	0	0	118	122
Cost of Goods Sold					Software Purchased	38	0	137	99
Cost of Books Sold	7,113	6,000	36,273	35,100	Sunshine Club/12th Step	0	0	25	75
Credit Card Processing	444	395	1,986	1,900	Telephone	463	266	1,190	1,309
Inventory Adjustments	28		-92	0	Training	30	0	30	250
Total COGS	\$7,585	\$ 6,395	\$ 38,167	\$ 37,000	Travel	376	0	376	0
Gross Profit	\$9,732	\$16,916	\$ 91,372	\$102,213	Total Expense	\$ 20,324	\$21,260	\$ 94,037	\$103,043
Expense					Net Ordinary Income	\$(10,592)	\$ (4,344)	\$ (2,665)	\$ (830)
Access Expenses	0	520	910	2,600	Other Income/Expense				
Archives Committee	0	50	25	150	Other Income				
Bank Fees	0	0	13	0	Bag Fees	5	0	26	21
Employee Expenses	12,868	12,700	60,501	66,022	Interest Income	97	115	486	575
Equipment Lease	0	0	-16	1,535	Miscellaneous Income	0		35	
Filing/Fees	0	0	20	20	Total Other Income	\$ 102	\$ 115	\$ 547	\$ 596
Insurance	0	726	2,373	2,326	Other Expense				
Intergroup Events	800	500	2,115	1,500	Amortization Expense	0	0	0	0
Intergroup Literature	0	0	178	300	Depreciation Expense	300	264	1,396	1,330
Internet Expense	118	96	465	480	Total Other Expense	\$ 300	\$ 264	\$ 1,396	\$ 1,330
Office Supplies	37	182	1,095	908	Net Other Income	\$ (198)	\$ (149)	\$ (849)	\$ (734)
Paper Purchased	237	250	1,034	1,125	Net Income	\$(10,790)	\$ (4,493)	\$ (3,514)	\$ (1,564)
Payroll Fees	9	8	44	45					

Treasurer's Report

Total income for the month of May was \$5,994 under budget. This negative variance was due to group contributions under budget by \$6,684, individual contributions being \$664 under budget and bookstore sales being \$1,355 over budget.

Total expenses for May were \$935 under budget.

We had a negative variance of \$11,478 for the month of May 2013. Year-to-date, we have a negative variance of \$4,096.

Unrestricted cash balance decreased from \$44,730 to \$34,014, which represents less than two months of average operating expenses.



Serenity and the Speeding Ticket

by CSD

I'd had a splendid weekend at Lake Tahoe – a wonderful long bike ride, delightful times with friends and family, perfect weather. Now, I was motoring home alone in the sparkling Sierra sunshine of a late spring Sunday afternoon. As it hugs the American River plunging toward Sacramento, Highway 50 winds through some of the planet's most marvelous mountain scenery.

I had plenty of time to enjoy it, no need to get back to the Bay Area quickly. Ah yes, but wasn't I having fun driving! I flew around a corner on the two-lane road and found myself behind four cars, all traveling a little below the posted 55 mph speed limit. A flicker of impatience burned at the edge of this otherwise sublime moment. Then came a sign, "Passing Lane Ahead." As the highway's two lanes briefly broadened to three, I zipped into the passing lane, leaving three cars behind me. I didn't have much lane left to overtake the fourth. I sped up and just made it by.

"Eighty-four miles per hour." So said the CHP officer, who'd been waiting around the next corner, just before he asked for my license and registration. As he returned to his patrol car to write out the ticket, for some reason, the final phrase of A.A.'s final step came to mind. I should "practice these principles in all [my] affairs." Then, don't ask me

why, I remembered those instances from my drinking days when, out to dinner with my wife, we'd order a bottle of wine. I'd pour us both a glass. She'd sip hers slowly as we waited to order. Before she'd have finished half a glass, I'd have drained mine. I'd pour myself another glass. Maybe by then we'd have ordered. I'd finish my second glass before she'd finished her first. I'd empty what remained in the bottle into my glass and wonder, "Is it okay to order a

*Are all alcoholics
impatient or
is it just me?"*

second bottle when she hasn't finished one glass and dinner hasn't even arrived?" I'd usually decide, "Yes." And so another night would dissolve into the chaos of alcoholism.

The officer came back with my ticket. Chastened of course, I set out again, carefully observing the posted speed limit. As I drove, I reflected on how hurried drinking had fueled my alcoholism. I also realized that eleven years of sobriety hadn't stopped me from being in a needless hurry that had just gotten me an expensive ticket and upset the perfection of a lovely late June day.

Are all alcoholics impatient or is it just me? I fume as I wait in line at

grocery stores, even though no pressing engagement awaits me. I cut over three lanes to get to the toll both with the fewest cars ahead, shaving, at best, several seconds off my trip. I always know which door of which BART car will let me off at exactly the top of the stairs at my destination station. That way, I'm first off the train, first down the stairs, and don't wait in line at the exit. Of course, there are times to hurry – when the building's on fire, when the baby's about to arrive, when the horse comes around the clubhouse turn half a length behind. But forcing urgency into an otherwise peaceful setting kills serenity.

I'm always seeking short cuts and easier ways, trying to save myself time I don't need to save. Sometimes I "succeed" in one of these time-saving gambits, possibly to the din of honked horns or to glares of consternation from other shoppers. Then I usually think to myself, "Was that really worth it?" When I don't succeed, I find frustration. Did that Sierra speeding ticket change me now and forever more? Honestly, no. I still find myself racing for no reason. But it has helped me see, a few times since, that I can slow down, allow life to come to me, and, as a result, be more serene and happy in my sober life.



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