

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013 9
September

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

1821 Sacramento Street
San Francisco, CA 94109-3528

San Francisco (415) 674-1821

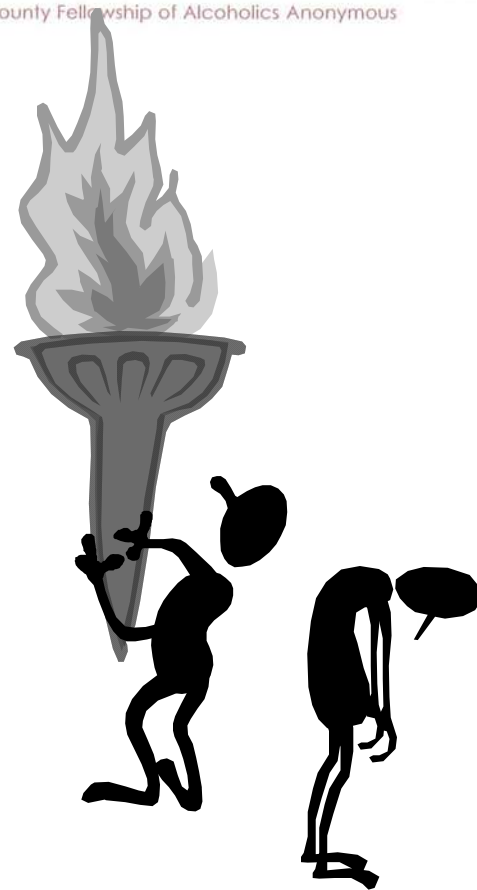
Marin (415) 499-0400

Fax (415) 674-1801

www.aasf.org

thepoint@aasf.org

With Neither Pride Nor Despair



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The 12 Step Model of Recovery)

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.

September 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office 6pm	4 <u>FIRST WED</u> Intergroup Meeting 101 Donahue St, Marin City Orientation 6pm Meeting 7pm
8	9 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 6pm Business Meeting 7pm Central Office	10 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm SF Bridging the Gap 1111 O'Farrell St 7:30pm SF General Service 1111 O'Farrell St 8pm	11
15 <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	16 <u>THIRD MON</u> SF Teleservice Central Office 6pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation/Concept Study 6:45pm Business Meeting 7:30pm	17 <u>THIRD TUE</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Literature Study Central Office 6:30pm	18 <u>SECOND WED</u> Marin Bridging the Gap Marin Alano Club 1360 Lincoln Ave 6:30pm
22	23	24 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice Marin Alano Club 1360 Lincoln Ave Orientation 7pm Business Meeting 7:30pm	25
29	30	<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
5	6	7
12 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	13	14
19 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	20	21 <u>THIRD SAT</u> SF H&I Meeting Orientation 11am Business Meeting 12pm 2900 24th St, SF
26 <u>FOURTH THU</u> Marin Public Information/ Cooperation with the Professional Community (PI/CPC) Business Meeting 7pm Marin Alano Club 1360 Lincoln Ave	27	28 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
		



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By cords of understanding, suffering and simple verity, another alcoholic had bound me to him. I could not break away.

Bill W, Presentation to NYC Medical Society on Alcoholism, April 28, 1958.



Meeting Changes

New Meetings:

Mon	7:30pm	Inner Richmond	THE PAGE 21 GROUP, YMCA: 360 18th Ave / Geary Blvd (Book Study, Closed, Speaker/Discussion, Wheelchair Accessible)
Thu	8:00pm	Inner Sunset	BIRDS OF A FEATHER, 1320 7th Ave / Irving (Big Book Study, Gay, Lesbian, Wheelchair Accessible)
Sun	4:00pm	Inner Sunset	LIVING SOBER @GRATITUDE, 1320 7th Ave / Irving (Book Study, Discussion, Wheelchair Accessible)

Meeting Changes:

Thu	7:00pm	Crocker Amazon	EPIPHANY GROUP, 600 Italy Ave / Naples St (Was meeting at 8pm)
Thu	7:30pm	Haight Ashbury	THURSDAY NIGHT LIGHTS, 1035 Haight St / Broderick (Was called First Step Speaker Discussion)
Sat	8:00am	Bayview	WAKE UP ON 3RD ST, 4622 Third St / McKinnon (Was called Hunter's Point Time)

No Longer Meeting:

Thu	7:00pm	Mill Valley	STEP SISTERS, Strawberry Rec Center: 118 E. Strawberry Dr. / Tiburon Blvd
Sat	4:30pm	Inner Sunset	STEPPING OUT, Seventh Ave Presbyterian Church: 1329 7th Ave / Irving

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!***



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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

Summer's Last Fling— The Onset of Autumn

by Charley D

More than any other month, September seems to embody the very changeability of life itself. It includes summer's last fling on Labor Day weekend (a time to have fun), vacations' end and schools' starting again (a time to get serious), and the onset of autumn (a time to reflect). With this issue we bring you a similar panoply of sobriety's challenges, triumphs, and pitfalls.

Claire A takes up our 12th Step Challenge and answers, in her own way, the question: can we accept and adjust to the successes and failures life deals us without despair or pride? Tradition Nine's directive that AA ought never be organized inspires Jamie M to reflect on how our disorganization, paradoxically, makes the whole thing work. In explaining Tradition IX, Teddy W takes the paradox a step further and explains the role of leadership in our disorganized fellowship. Turning from leaders to members, our Dear

Alky column tackles the question whether and under what circumstances an addict can become an AA "member."

Have you ever looked closely at the title page of the Big Book? Bob S does and what he finds may surprise you and even give you a new appreciation for what our fundamental text really means. How did it all begin? Our AA History feature looks at Bill W's formative years and the occasion of his first drink.

Anonymous writes on our Sin of the Month – gluttony – and explains how it became for her a "sin of sobriety." On the other hand, in our Longtime Interview, Ray M speaks of his journey to sobriety – a journey that includes making food deliveries to the needy as part of his amends.

Step 11's direction to meditation led MEM to explore Buddhism's take on the 12 Steps. Don't miss his fascinating description of what he found at the San Francisco Zen Center.



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!

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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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!

Longtimer Interview: Ray M.

Service as a Living Amends

by the Drunk Whisperer

Ray M. was interviewed in March; he is a regular presence at Intergroup events and meetings, and his A.A. service, as well as his bread delivery to the larger community, are his living amends to those in his life harmed by his alcoholism. Today, Ray has to carry around a canister of oxygen at all times, but it barely slows him down.

DW: Tell me about getting sober.

RM: I'm an émigré [from Malta]. I went to grammar school right here in the Tenderloin at St. Boniface. And I still go to church there. By the age of 15, I was a full-blown alcoholic. I knew that for a fact, I just didn't know what it was called. I got sober on May 12, 1991, Mothers' Day that year and this, and also, the 56th

anniversary of when Bill and Bob met. Thirty days later, on June 10, 1991, A.A.'s anniversary, I landed in St. Luke's Hospital, having suffered heart attack #1. I remained there for 23 days. Having lost the place where I was living, I made arrangements to move in with Mom to "help her out," though really, I needed a place to continue my recovery from alcohol and that heart attack.

DW: How old were you?

RM: I was 44. I ended up in the hospital and I woke up days later out of an induced coma with my hand shackled to the bed; I was re-arrested by the police because I hadn't shown up for the sheriff's work program for my last DUI. Did they really think they had to handcuff me in a coma? [laughter]

My service commitments started six weeks later, secretarizing a meeting in Novato. I was seduced into General Service when I was six months sober in November 1991. It first started in San Francisco where I was a GSR [General Service Rep] for two meetings, but there was so much in-fighting at the district level, nobody doing anything, no one committing themselves. This was around 1992. By 1994, I headed south to San Mateo where I literally did everything except treasurer. My General Service commitment came to an abrupt end when oxygen became necessary 24/7 as a resource to exist. If I had to do it over again, though no regrets, I would have burnt the Lucky Strike factory many, many years ago.

One thing I carried until I came into the rooms was neglect of others. A relationship can never be any weaker than when you say to someone, "I'm going to be there," and you don't show up. So today that is really important to me, I do what I say I'm going to do, or I show up where I say I'm going to be. That keeps my life solid today. There are people who think I'm nuts, and that's good because I know I'm nuts. Like this bread thing that I do: 21 years this last December. And it all started from a living amends. My first sponsor said about living amends, "You need to do something for someone who is incapable of doing that thing for themselves or others, but above all, be creative." You know, I hurt a lot of people who aren't here today. I think of my dear mom who was a very unselfish woman, I learned so much from her. And my dad. And other women in my life.

DW: Explain what the bread thing is.

RM: I pick up bread, a minimum of five days a week. Initially, my attempt was to

(Continued on page 7)



(Continued from page 6)

see what kind of foodstuffs I could garner for an upcoming alcothon at 1010 Valencia and West Bay Alano Club in August 1991. I had gotten sober because of an alcothon. In those days, every holiday was an alcothon; we drank every holiday, so why not? You could go to 8 or 9 meetings in a day. People saw me with the paper [to verify meeting attendance] and said, oh, you want signatures, go down to 1010 Valencia, and it worked. I was cleaning the bathroom, looking at myself in the mirror and saying "Wow, they like me," while I'm wiping the stupid toilet. [laughter] So I wrote letters to get food; I got Bakers of Paris and a bunch of Safeways, and I started out delivering to senior citizen organizations. I had about 15 places from San Mateo to the City where seniors would convene, it got crazy.

DW: What was the peak of the bread runner activity that you did?

RM: I'd say it was around 1998. It had gotten very difficult; I spent my whole days, some of these places were very difficult to get to. Even now—like this morning, I got bread twice; tomorrow,

I'm hoping to get bread once. On Thursday, Friday, and Saturday, I've got a roster of about 250 families that live in Bayview or Excelsior District who have gotten ahold of me somehow, someway who have said, we could use some bread.

DW: You also bring a meeting to the VA, on Friday, don't you?

RM: I do. First, third, and fifth Monday, and Friday night. I do thirteen H&I commitments.

DW: I know you have a long commitment to Archives.

RM: I've been a long-standing member of the Intergroup Archives Committee since 2000. So I'm in my 13th year there. It's a slow process. I've served at area level archives, too. An example of an archives project I got really interested in was finding out about Al Steckman who wrote this book, "Bertram D., Hardhat, Inebriate, Scholar." I have a copy and it is very difficult to get. Not on Amazon or other booksellers. I want to know more about Al Steckman, his mother worked for Emmet Fox, someone Bill W. and Dr. Bob

"borrowed" from. All those sayings that we have, you know, "Think, Think, Think," "One Day at a Time," those all come from Emmett Fox.

DW: So your service commitment to the bread project that you started within months of getting sober, it was something that came to you and you developed and created and implemented, on top of your A.A. service. Service keeps you sober.

RM: No question. If it weren't for this [oxygen], I'd be in General Service again. I just can't travel any great distance. And heat and elevation and those sorts of things, deplete my resource. Those twelve area meetings and four conferences, I could never do it now. But I show up where I say I will and I pick up the telephone every time it rings. You never know when you're going to help another alcoholic; you can save somebody's life by just answering the phone!

To hear more from Ray, contact Central Office to read a transcript of the entire interview, or to listen to it.



A man goes into a bar and says, "Give me a drink before the trouble starts." And the bartender gives him a drink.

He drinks it and says, "Give me another drink before the trouble starts."

He downs that one and says, "Give me another drink before the trouble starts."

And the bartender says, "When's this trouble going to start?"

The man says, "The trouble starts as soon as you realize that I don't have any money."

[Bada-bing, bada-boom.]

Can we now accept and adjust to either [failure or success] without despair or pride?



by Claire A.

This question gets at the heart of my program these days and asks me whether I am staying in the middle of the boat, as the saying goes. Now that I am sober 2 years, can I take the next right steps, even when life hands me something I don't really think I want, i.e., failure or success? The quick answer is "sometimes."

I am defining failure or success to include things like, "Did I stop beating myself up?" "Did I treat my kids fairly?" "Did I get that contract I wanted and needed?" "Did I do my program?" "Was I kind and loving toward all?" These are questions that are on my mind daily, and I tend toward the self-critical end of the spectrum, where pride and despair seem to cohabit. I am proud enough to think I can do things perfectly, and when things don't turn out perfectly, I despair. I'm also pretty fearful: anxiety is always waiting for an opening. I tend to fear failure, even in doing things that are fairly routine. Even when I encounter success, I look for the moth-eaten lining.

Luckily, I have tools to help with this, and one of them is trying to help others. When I am self-centered, self-pitying, and self-loathing, what helps is to turn toward someone else. Thus, I find relief. No matter what is going on for the other person, my attention

is on their needs. Putting the attention on someone else stops the racket in my head, as if all the characters in there suddenly stop in mid-sentence and look over at that other person. I can take a deep breath, and maybe help that person at the very least by listening to them.

As an aside, I know that listening is an incredibly powerful tool, both for the listener and the speaker. When someone is truly listening to me, I find that it makes me honest. I stop messing around and get to what is really going on for me. Often, I have the answers to my own problems, but they don't become clear (or I don't want to or can't face them) until someone listens to me. Other people say this to me, too – that talking out their problems to someone who is really listening helps them to find the truth and see the next right step.

So, listening to another suffering person is a huge help to me. I can easily find other strugglers by calling someone from a meeting. I can go and sit in a meeting and listen to people's stories. I can listen to a newcomer during the fellowship time at the end of the meeting. Listening to sponsees is of course another avenue.

One thing that has helped me a

lot lately is to think of the fearful part of me as an actual character, a child. I also have a character I call the critic, and it really helps me to think of these characters when I am fearful or self-critical. If I can be compassionate and accepting to the child, for example, I find the fear dwindles quite a bit. When the critic is haranguing on about how I didn't do this or that thing perfectly, I want to say, "Oh, brother, here you go again!" That takes some of the sting out of the critic's voice. So listening and responding to the struggling voices inside me, and not becoming controlled by those voices, is also part of my recovery.

The long answer to the question is "Yes, I can adjust to and accept failure and success without despair or pride, if I practice my program!"

TP



Dear Alky...



Dear Alky:

We have had an influx of people who want to identify as “addicts” at our morning meeting, without adding the word alcoholic. When asked, one such addict replied, “I never really drank. I used drugs and smoked pot.” After my questioning, she continued to attend our meetings and identify as an “addict.” This just doesn’t feel right and now one of our addicts has been elected to a service position. This feels even worse.

I know that something needs to be done, but I’m not sure what to do. I don’t want to banish them from 12 Step recovery, yet our meeting is slowly becoming infused with non-alcohol related talk.

**Appreciate any suggestions.
Thanks,**

A Grateful Alcoholic

Dear Grateful:

A.A.’s sole focus is and always has been alcoholism. Twelve-step approaches to dealing with other afflictions have proliferated – drug addiction, sex addiction, eating and gambling disorders, to name a few. A.A. takes no position on those programs because they don’t deal with drinking. A.A. World Services has published an excellent pamphlet on this issue entitled, “Problems Other Than Alcohol,” available online at www.A.A.org.

So what to do with the drug addict

who shows up at an A.A. meeting? If that person has a desire to stop drinking, that qualifies him for membership. Remember, an early edition of the Big Book required an “honest” desire to stop drinking for A.A. membership but subsequently dropped that modifier. Thus, any desire – feigned, half-hearted, lukewarm or cooler – will suffice. This issue exists mainly in the minority of meetings that identify themselves as closed, although even “open” meetings should deal only with alcoholism. If the secretary announces it’s a closed meeting only for those with a desire to stop drinking, someone who stays after hearing that indicates she has that desire. If she also finds A.A. helpful in overcoming drug addiction or anything else, who would, on that basis, exclude her? Isn’t she just following Step 12’s injunction to practice these principles in all our affairs?

That your meeting is “slowly becoming infused with non-alcohol related talk” can really prove problematic. A.A. meetings frequently end up discussing topics that range far afield from benders, barrooms and blackouts. So long as we seek to find a spiritual way of living to keep us sober, that really doesn’t constitute a diversion. By finding that spiritual way of living, by helping each other to address life’s joys and sorrows in a spiritual and sober way, we’re sticking to A.A.’s narrow path, even if we don’t mention alcohol in what we say. If

you think your meeting has strayed from A.A.’s single focus, we encourage you to bring it up at a business meeting, perhaps bringing with you a copy of “Problems Other Than Alcohol.” Thanks very much for raising this question, which, we can assure you, is not unique to your meeting.

-- Alky

[Following is the text of the “blue cards” available at Central Office which give GS Conference approved introductions for open and closed A.A. meetings.]

Open Meetings: “This is an open meeting of Alcoholics Anonymous. We are glad you are all here – especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states that “The only requirement for A.A. membership is a desire to stop drinking,” we ask that all who participate confine their discussion to their problems with alcohol.”

Closed Meetings: “This is a closed meeting of Alcoholics Anonymous. In support of A.A.’s singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking. If you think you have a problem with alcohol, you are welcome to attend this meeting. We ask that when discussing our problems, we confine ourselves to those problems as they relate to alcoholism.”



Tradition Nine

by Jamie M.

I love Tradition Nine! "A.A. as such ought never be organized" We've had problems over the years with anonymity breaks, self-support, arguing about Higher Powers, self-support and almost all the other issues in the Traditions. But I've never been at a business meeting of a group, or a General Service district or area meeting where someone got up and complained about A.A. being too organized! People seem to muddle through somehow. As a group of misfits who all are ready to resent authority at the drop of a hat, we can really get behind this one. So that's a good thing.

But seriously folks, what's the real up side to being semi-disorganized all the time? Well, the absence of too much structure makes it pretty clear to the average member that we're really operating on the principal of "If not me, who? If not now, when?" People generally get it that there's no outside force that's going to come along and save the day. It's a tool for

helping us to grow up, learn to work together and make sure that the essential things get done. If the coffee maker doesn't show up, someone volunteers— or the meeting deals with having no coffee and refreshments that night. If the speaker doesn't show up, the secretary volunteers someone. If no one shows up to open the meeting place, the two or three who are at the door go have a mini-meeting in the park across the street (true story from my A.A. life). The show goes on. The lack of structure also minimizes chances to blame others, which also helps.

It's true that "we may create service boards or committees directly responsible to those they serve." My experience is that even something as simple as that can lead to headaches. Boards and committees have a chair, a mission, issues with who is a member, how people get on the board, etc. For me the key word is **may** because there are many times when some ad hoc grouping of



people can take up a specific task and then re-group or go out of existence as soon as the task is done. Often the "leader" is simply the one who knows the most about what's going on. Interestingly enough, there have been studies of leadership that show this is exactly what works best. How nice to know that we've stumbled onto something that works.

Long may we be (somewhat) disorganized!



Big Book Title Page

by Bob S.

The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism.

For years I had not noticed that the first three words were italicized. This realization has altered my concept concerning the very nature of this book. For previously, I took the Big Book as clear-cut directions to follow if I wanted to stay sober, or if not, get

drunk. Someone counted 72 "musts" in the first 164 pages. However, I no longer consider the BB a **prescription**; rather, it is a **description** of how others found and maintained sobriety.

Yet, it is still our basic text! That is to say, it is a description of the path others took. I am being offered an opportunity to do as they did. The "musts" simply mean this is what I *must* do if I decide to follow the A.A.

path to sobriety. This is not to say that I cannot just make up my own program and stay sober. But it would be very dishonest to label my personal program as the Alcoholics Anonymous program, as I notice so many do around A.A. tables.

Thank God I decided to follow the A.A. Big Book path and have not had a drink since my very first A.A. meeting in 1975.



A.A. History: The Three Legacies

Part Three

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 Bill Wilson and Lois Burnham.

Bill's Wartime Years

On April 6, 1917 the US declared war on Germany and entered WW I. In May 1917, Bill W, who was attending Norwich University Military Academy, left for officer's training at Plattsburg, NY. After eight weeks of artillery training at Ft Monroe, VA, he was commissioned a 2nd lieutenant in the 66th Artillery Corps and sent to Ft Rodman outside of New Bedford, MA.

That summer, Bill (at age 22) had his first drink of liquor at Emmy and Catherine Grinnell's house in New Bedford. It was a Bronx Cocktail made up of gin, dry and sweet vermouth and orange juice. He got thoroughly drunk, passed out, threw up and was miserably sick the next day. Bill wrote to Lois that he loved the experience with alcohol.

Lois and Bill were married January 24, 1918 at the Swedenborgian Church of the New Jerusalem in Brooklyn, NY. Her grandfather performed the ceremony and her brother Rogers served as best man. Unable to have children, Lois and Bill were prevented from adopting. They found out later that it was due to Bill's drinking reputation.

Diary of Two Motorcycle Hobos - 1925 to 1926

When Bill returned from overseas after WW I in 1919, his alcoholism progressed rapidly. Lois often arranged month-long or more walking trips thru ME, NH and VT partly to give them time to think and partly to get Bill away from drinking.

In April 1925, Bill and Lois began a 1-year motorcycle camping trip on a 3-wheeler Harley-Davidson with sidecar to evaluate businesses.

Bill W. as Market Analyst - 1925 to 1926

Among the places Bill and Lois visited were GE in Schenectady, NY and Portland Cement in Egypt, Pennsylvania. By winter, they were in Florida and then headed north into Canada. Bill was one of the first "market analysts." His alcoholism progressed further downward.

In the spring of 1926, Bill and Lois returned to Brooklyn for the marriage of Lois' sister, Kitty. Bill's

drinking problem was openly discussed with his benefactor, Frank Shaw, at business conferences between him and Shaw. For the next few years fortune threw money and applause Bill's way.

In the summer of 1926, Bill and Lois departed for another six months of investigating businesses. Lois later chronicled their travels in a book titled "Diary of Two Motorcycle Hobos."

They could have traveled first class on Bill's expense account and \$20,000 line of credit (\$241,000 today). Instead, they drove a second-hand Desoto Lois outfitted with curtains so that they could sleep along side of the road.

For the next few years Bill was quite successful financially. However, his successes would later be ended by a worsening drinking problem. Over time, Bill sank into a form of drunken hostility that poisoned his relationships.



Bride and Groom

Sin of the Month: Gluttony

Loaded Again

by Anonymous

When I first saw gluttony as one of the seven deadly sins, I thought it did not fit with the others. Why would God care that I ate a super burrito two nights in a row? Wasn't I only hurting myself? And even if I was sinning against my own flesh or trashing the temple of my body, wasn't it okay so long as I went back to my diet on Monday? Since I am not officially fat on any medical charts (granted, I'm close to the outside limit of "normal"), why shouldn't I be able to eat an entire bucket of popcorn at the movies?

How did gluttony get to be a bad guy? Was there not enough food for the other villagers, so the one who was pigging out denied others their fair share? Or was it an aesthetic thing, the unsightly bulging and blubbering of an overfed stomach. I was glad when the emaciated look

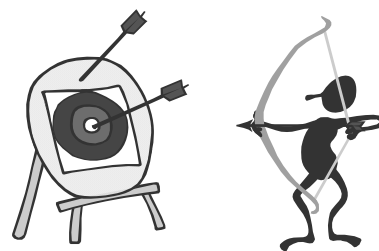
went out of style and wiggly women seemed to be in vogue. It was my license to order extra bacon with my omelet. Fat is back, I thought to myself. The culinary trend toward comfort food was also reassuring. It was all about comfort. They could count me in.

Although I never drank or used drugs after my first A.A. meeting, I feel like I have gone through early sobriety many times. The "second" time is when I quit smoking, two years after getting sober. When I stubbed out the last cigarette, my whole struggle with my feelings started all over again. The pain of not having the escape, even if it was just a cigarette on the back porch after dinner, made life feel not worth living. As overly dramatic as it sounds today, that is truly how it felt. The emotional escape that cigarettes provided was one aspect of their allure. Another major appeal of that habit was its

handy quelling of my appetite. When I put out the last cigarette, I took on five pounds that never left.

Even though I am sober, and don't smoke, and don't suffer from untreated mental illness, I still get that jumping out of my skin feeling. It's the same feeling I've had since about age 9. It gives me a sense that I want "something," need "something." I am restless and discontent; I need something out there to make it stop. If nothing arrives, the irritability sets in. Soon I feel the cool waves of air flowing against my body as I stand in front of the open refrigerator. Later I drift to the cupboards, shaking boxes and listening to the whispers of their crispy contents.

Being on the uppermost edge of "normal" body weight, I have not availed myself of food-related Twelve Step programs. But I can see how the Twelve Steps of Alcoholics Anonymous contain everything I need to address my gluttony. Turning away from my boredom, doubt, fear, agitation, aggravation and sadness and reaching for salt, sugar, fat, crunching, chewing, gulping and swallowing is another unhealthy way of trying to change how I feel. Gluttony is a sin of sobriety, because it takes me away from the real solution. To call someone, to read and write, to be of service, to pray, to take a walk, to sit quietly – these are the antidotes to the drink, the drug, the smoke, the snack. It is not the scale, the body fat calculator, the tape measure or the mirror that determines how "normal" I am. Only my higher power knows if I have properly nourished my heart.



Concept IX: Leadership in A.A.

by Teddy W.

Whoever heard of such a thing! The idea that anyone could lead a rebellious clan of children of chaos, to us seems almost laughable and so it should be. We don't need bosses in A.A. and we have our ultimate authority – the group conscience. What we do have in A.A. are trusted servants and while they do not drive by any mandate as such, they should lead by example.

So, we do have leaders in A.A., just not the kind of leaders based on the traditional concept of leadership that seems to operate in the world at large. To be a service leader in A.A. requires, in addition to our 12-step program of recovery, some sound spiritual principles.

Our co-founder Bill W realized that, like no others, we are prone to the human urge for power and prestige and that is why we have a structure of General Service, providing those services to the fellowship that it is not possible for the groups or Intergroups to provide, within which is enshrined the principle of humility. The servants entrusted with its administration, be they GSRs, Delegates, Trustees, whoever, are guided by a set of spiritual principles contained in the Twelve Concepts for World Service. Concept IX addresses the need for us to choose our trusted servants carefully. Appended to the Concept is an essay that Bill W. wrote in 1959 - *Leadership in A.A.: Ever a Vital Need*, which is a road map for a very different kind of leader – the ones who act for us rather than boss us.

According to Bill, good leadership:

- Originates plans and ideas, but in important matters, consults widely before making decisions.

- Recognizes that good ideas can come from anywhere and gives credit to the source.
- Doesn't pass the buck, nor does it always give the people what they want. A good leader knows when (and when not) to do this – especially when the majority can be badly disturbed or misinformed – and has the ability to endure sustained criticism.
- Must take responsibility and when called upon give its reasons, and good ones.
- Must be capable of give and take – the ability to compromise cheerfully is essential.
- Listens, very carefully, even to very angry people, because they can sometimes be dead right, even when the more calm and humble are mistaken.

Leaders must also have vision: the ability to make good estimates rather than indulge a wishful fantasy about tomorrow. This ability is the very essence of prudence, looking beyond the apparent short-term advantages

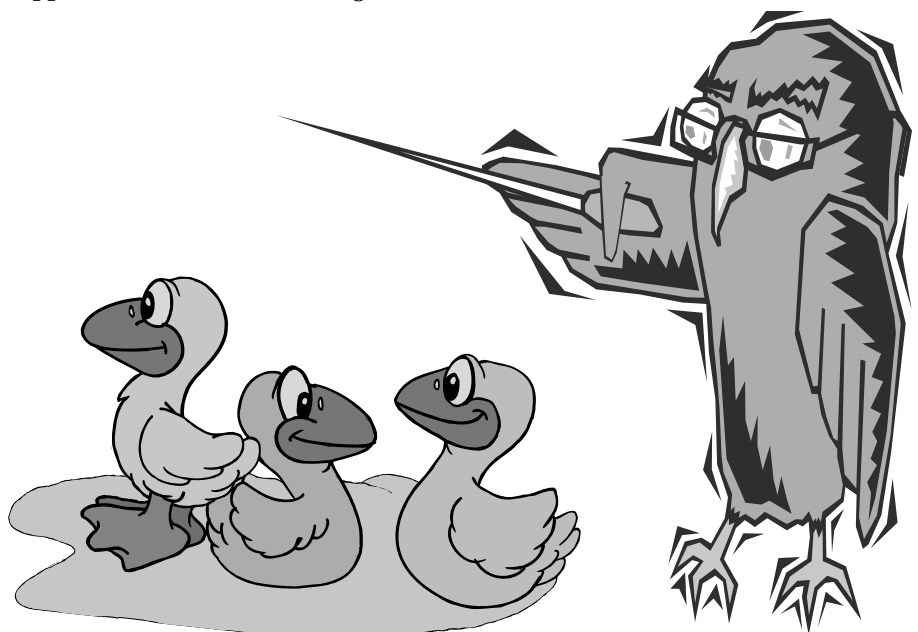
and looking at long-term safety. It is precisely this process that resulted in our Twelve Traditions.

We shall be in continual need of these attributes of tolerance, responsibility, flexibility and vision in our trusted servants. Indeed, these are valuable assets to carry into many areas of our lives where we are entrusted with responsibilities.

If you think that none of this affects you, then think again. Anyone who is a sponsor is a leader in A.A. and these qualities of leadership can make all the difference, often the difference between happiness and misery, life and death.

It is also my responsibility when electing trusted servants, whether at the group level or elsewhere, to avoid hit and miss methods, to put the group first and play my part in ensuring that our leaders in A.A. are not some special class of A.A., but like the conductor of a beautiful orchestra they can move in time with the heartbeat of A.A. and bring out the best in everyone.

TP



Intergroup Meeting Summary – August 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	Come 'n Get It!	Haight Street Blues	Saturday Weekend Warrior	Waterfront
A Is For Alcohol	Cow Hollow Men's Group	High Noon W	Say Hey Group	Women's 10 Years Plus
Any Lengths	Day At A Time	Living Sober With HIV	Serenity Seekers	Women's Kitchen Table
Artists & Writers	Design For Living	Mill Valley	Sun Night Castro Speaker Disc	Women's Mtg There is a Solution
As Bill Sees It	Each Day a New Beginning	Miracles (Way) Off 24th St.	Sunday Rap	Women's Promises
Attitude Adjustment Hour	Extreme Makeover: Women's SS	Monday Night Stag Tiburon	Sunset Speaker Step	
Blue Book Special	Friday Morning 12 Steppers	No Reservation	Too Early	<i>Marin General Service</i>
Castro Steps & Traditions	Friendly Circle Beginners	On Awakening Group	Tuesday Big Book Study	<i>SF General Service</i>

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

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

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

The meeting was held on Wed., August 7th, 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 July minutes and the August agenda were approved.

Officer Reports

Board Chair Report, Phil L.

Board met July 22, and met the new tax preparer who has experience with non-profits, every person on the Board is fully named on the tax return. Decided against accepting a donated automobile. The gap in aging populations is a discussion that will carry over into next year. One board vacancy – will follow up on recent statements of interest. Annual Board retreat on August 11th. Agenda for committee chair meeting determined every 3 months. Need standardization of reporting for committee

chairs to Intergroup. Marin Unity Day September 14th, opening night of the play).

Treasurer's report, Michelle C. June was under budget by \$7,216, made up by a July surplus of roughly \$6,000 (group contributions rolling in), so we still have a \$4,000 deficit for the year.

Intergroup Committee Reports

Access Committee, Steve F. Thanks to those filling out surveys regarding the gaps in service. Passed a resolution to add a symbol to the meeting schedule for meetings with portable DVD player for members to follow along with American Sign Language. Steve will attend General Service meeting to discuss Access group agenda. Orientation for Sunshine Club at the Dry Dock at 1:30pm Saturday, Sept 28th, 1 year sobriety requirement.

Archives Committee, Michael P. Why did Intergroup stopped using last names; which helps preserve the legacy of A.A.?

Fellowship Committee, Jennifer D. Jennifer taking over from Blu and helping out Jackie with the play. For more info on the play, email play@aasf.org.

Orientation Committee, Vince F. We meet the 1st Wed of the month at 6pm for orientation. Oriented 3 new IGRs.

SF PI/CPC Committee, Kris M. filling in for Rich G. Meets 2nd Monday at 7pm at Central Office. Next speaker workshop on Monday, Aug 12th to train people with 2 years of sobriety to become speakers. Spoke at 4 DUI classes, 6 speakers, no schools (summer time).

SF Teleservice, Carolyn R. Teleservice answers the phones when Central Office is closed. We have attrition of 12 people or

so per month, so are always looking for volunteers. Meets 3rd Monday at 6pm, orientation at 6:30pm.

12th Step Committee, Virginia M. We are rebuilding this committee; starting with contacting senior members who need more 12 step work and help. The business meeting is the 1st Monday of each month, 6:30pm at Central Office. No sobriety requirement except to be sober!

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

Website Committee, Rebecca M. We have a framework of a web design. Volunteers with web design experience are encouraged to contact Rebecca.

Outreach committee, Robert S. Goal is to increase intergroup participation. Will be visiting larger meetings first.

General Committees Note 1) There are volunteer opportunities on most of these committees. 2) Making regular 7th Tradition distributions to Central Offices assists with financial management. 3) Next Intergroup Meetings are September in Marin, October in SF, November in Marin, and December in SF

Liaison Reports

Rudy S. Marin General Service Marin Unity Day, Sept 14th. Dinner and standup comedy after speaker meeting. Corte Madera Rec Center. PI/CPC in Marin collecting old schedules to distribute to some institutions (reducing costs).

Our Experience Has Taught Us - Traditions Play, Jackie B. Play showing two weekends in Sept at Thickhouse Theatre.

Individual Contributions

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

IN MEMORIAM

Veronica McC. & Bill J.

ANNIVERSARIES

Ed K.— 34 years

Martha S.—32 years

Abby L.— 26 years

Only 80 seats per show and 8 performances. Tickets on sale at www.aasf.org/shop and can order at central office, \$20 Admission. Email play@aasf.org for more info. There is also a schedule of free play related speaker meetings, panels, and special events.

New Business

Carolyn R. San Francisco and Marin Teleservice are backing each other up when necessary. Holding a fellowship event (perhaps annual), starting with a pie and ice cream social. with meeting to share experience with Teleservice before and after getting sober.

Round Table: Michael P. leading discussion around Trusted Servant committee Talk about how the Traditions keep A.A. alive and how can we foster that even more, helping meetings understand how important the traditions are. Feedback from the tables: It would be good to have meetings that are focused on the traditions and have tradition sponsors to help guide meeting secretaries; incorporate traditions into step study meeting;; recite the responsibility statement; simplify, use the primary purpose statement,

and trusted servants could set the example by bringing up the traditions as the topic of the meeting (or for a portion); newer people in AA are attending clubs and rehab centers; trusted servants could visit those meetings and discuss; work the traditions with your sponsor; as a GSR, each month we talk of the Concepts; we could do the same with the Traditions; it's up to each meeting to handle traditions in the way they want. Others thought its OK to educate meetings about the traditions.; traditions don't come up until there is a problem. It's up to individual groups and clubhouses; There are lots of meetings in clubhouses and many don't have commitments because the clubhouse does the work; we could bring workshops in and discuss opportunities for service; have a group inventory about the traditions. provide examples of modern and relevant ways in which the traditions come up now; give examples of how traditions are misunderstood; have a central office organized workshop (training session).

Next Intergroup Meeting: Wed. Sept. 4, 2013, 7pm, 101 Donohue St. Marin City CA. Orientation is at 6pm, dinner is served at 7pm.

UPCOMING WORKSHOPS:

Public Information/Cooperation with the Professional Community (PI/CPC) Speaker Workshop:

Monday, Sept. 9, 2013 at 6pm at Central Office;
email picpc@aasf.org for more info.

Sunshine Club: Takes meetings to temporarily homebound or hospitalized members:

Saturday, Sept. 28, 2013 at 1:30pm at the Dry Dock;
email sunshine@aasf.org for more info.

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

SUNSHINE CLUB

Carole & David sunshine@aasf.org

THE POINT

Charley D. thepoint@aasf.org

TRUSTED SERVANTS WORKSHOP COMMITTEE

Michael P. tsw@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa group contributions

Fellowship Contributions	Jul. 13	YTD	Marin Contributions	Jul. 13	YTD	SF Contributions	Jul. 13	YTD
Brisbane Breakfast Bunch		138	Newcomers Step M 730pm		1070	6am Dry Dock Fri		65
Contribution Box		250	Noon Hope F 12pm	53	53	6am Dry Dock Mon	65	65
Intergroup	67	694	Noon Reveille Su 12pm	72	72	6am Dry Dock Sa		192
Fellowship Total	\$67	\$1,082	Noon Small Room Speaker	53	53	6am Dry Dock Th		89
			Novato Fellowship Events Comm		286	6am Dry Dock Tu	59	364
Marin Contributions	Jul. 13	YTD	Novato Fellowship Group	750	750	7am Living Sober W 7am	21	21
12 & 12 Study Sa 815am		146	Novato Monday Stag M 8pm		250	7am Step Discussion Tu 7am		66
7am Urgent Care Group 7D 7am		200	Novato Spirit Discussion F 2pm		150	830am Smokeless F 830am		276
As Bill Sees It M 2pm		14	On Awakening 7D 530am		858	830am Smokeless Th 830am		166
Attitude Adjustment 7D 7am	300	1358	Pathfinders Tu 12pm	118	118	A is for Alcohol Tu 6pm	55	204
Awakenings		60	Primary Purpose W 830pm		26	A New Start F 830pm	142	293
Back to Basics Su 930am		271	Quitting Time M-F 530pm	900	1650	A Vision for You (SF) Su 630pm	60	60
Blackie's Pasture Sa 830pm		200	Refugee Th 12pm	50	250	AA As You Like It Tu 530pm		200
Bolinas Book Study W 8pm	90	90	Rise N Shine Sun 10am		382	Afro American Beginners Sat 8pm	194	297
Candlelight Meditation M 730pm		34	San Geronimo Valley BS F 8pm	173	173	After Work Big Book Study		53
Closed Women's Step Study Tu 330pm		197	Saturday Night Sa 8pm		142	After Work M 6PM		126
Conscious Contact Sa 6pm		124	Saturday Women's Speaker 6pm		273	Agnostics & Freethinkers Su 630pm		60
Crossroads Sun 12pm		900	Sausalito 12 Step Study Group		88	Amazing Grace M 7pm		60
Day At A Time 7D 630am	120	240	Serendipity Sa 11am		300	Artists & Writers F 630pm	186	769
Design For Living (Marin) W 7pm		60	Sisters In Sobriety Th 730pm		53	As Bill Sees It Th 6pm		508
Downtown Mill Valley F 830pm		1050	Six O'Clock Sunset Th 6pm	420	990	As Bill Sees It Th 830pm		53
East San Rafael Big Book		91	Sober & Serene F 7pm	336	336	As Bill Sees It Tu 1210pm		548
Experience, Strength & Hope Sa 6pm	72	72	Sober Sisters Wed 12pm		82	Bayview AA Th 7pm		60
Friday Night Book F 830pm		257	Steps To The Solution W 715pm		143	Be Still AA Su 12pm		446
Friday Night Gay Men's Stag F 830pm		53	Sunday Express Sun 6pm		242	Beginners 12 x 12 F 7pm		409
Friday Night Terra Linda BB Study		80	T.G.I. Tuesday 6pm	72	72	Bernal Big Book Sat 5pm	303	650
Girls Night Out W 815pm		116	Terra Linda Group Th 830pm		176	Bernal New Day 7D	331	1931
Gratitude Tu 8pm	285	285	Terra Linda Thursday Stag 8pm	500	500	Big Book Basics F 8pm		342
Greenfield Newcomers Sun 7pm		785	TGIF F 6pm		216	Big Book Study Su 1130am		297
Happy Hour (Marin) Th 6pm	72	72	The Barnyard Group Sa 4pm		190	Blue Book Special Su 11am	321	704
Happy, Joyous & Free 5D 12pm	321	1848	There is a Solution Tu 6pm	27	293	Brothers in Arms M 8pm	114	168
High & Dry W 12pm		45	Three Step Group Sa 530pm		250	Buena Vista Breakfast Su 12pm		20
Intimate Feelings Sa 10am	107	233	Thursday Night Book Club Th 7pm	37	37	Came To Believe Su 830am		23
Inverness Sunday Serenity Su 10am	176	176	Thursday Night Miracles Th 830pm		150	Came to Park Sat 7pm		306
Last Stop Men's Step Study W 6pm		150	Thursday Night Speaker 830pm	1300	2479	Castro Discussion Th 8pm	230	739
Marin City Groups 6D 630pm		400	Tiburon Beginners & Closed Tu		396	Castro Nooners F 12pm		129
Meditation Weds 7pm		191	Tuesday Chip Meeting Tu 830pm	120	421	Cocoanuts Su 9am		126
Mill Valley 7D 7am	870	2528	We, Us and Ours M 650pm	50	375	Coit's Quitters	30	145
Mill Valley Discussion W 830pm	156	436	Wednesday Mid-Week W 6pm	72	72	Cow Hollow Men's Group W 8pm		714
Monday Night Stag Tiburon		320	Wednesday Night SD 7pm	80	150	Cow Hollow Young People's Tu 730pm		281
Monday Night Women's Group	257	303	Wednesday Sundowners W 6pm		200	Daily Reflections F 12pm		213
Monday Night Women's M 8pm		92	Women's Big Book Tu 1030am		690	Design For Living - BB Tu/Th 730am		112
Monday Nooners M 12pm		242	Women's Lunch Bunch F 12pm		325	Design for Living Sat 8am	234	870
Morning After Sa 10am		400	Working Dogs W 12pm		500	Each Day a New Beginning F 7am	816	2107
Morning Attitude Adjustment	247	505	YP Chopsticks Sa 1030pm		43	Each Day a New Beginning M 7am	252	639
Nativity Monday Night BB 8pm	116	116	Marin Total	\$8,369	\$31,063	Each Day A New Beginning Su 8am	351	1273

SF Contributions	Jul. 13	YTD	SF Contributions	Jul. 13	YTD	SF Contributions	Jul. 13	YTD
Each Day a New Beginning Th 7am	242	801	Monday Men's Stag 8pm	39	159	Sunset Speaker Step Sun 730pm		434
Each Day a New Beginning Tu 7am		934	Monday Monday M 1215pm	115	168	Surf Tu 8pm	100	250
Each Day a New Beginning W 7am	600	1050	Monday Night BB Study 8pm		116	Ten Years After Su 6pm	375	1116
Early Start F 6pm		1081	Moving Toward Serenity W 830pm	259	259	The Drive Thru W 1215pm	295	295
Easy Does It Tu 6pm		39	New Friday Big Book F 12pm		190	The Lads Fr 730pm		222
Embarcadero Group 5D 1210pm		240	New Highs W 130pm		36	The Little Meeting That Could Su 6pm		68
Epiphany Group Th 8pm		100	New Life W 7pm		240	The Parent Trap 2 Wed. 430pm		225
Eureka Step Tu 6pm	112	112	No Reservations M 12pm	571	1185	The Pepper Group F 12pm		166
Eureka Valley Topic M 6pm		163	Noon Smokeless W 12pm		100	They Don't Know Who We Are Sa 7pm	59	159
Excelsior "Scent" Free for All Sa 8pm	60	180	O.A.D.W. Mon 7pm	166	166	Thursday Night Women's Th 630pm	34	484
Extreme Makeover M 730pm	59	82	One Liners Th 830pm		72	Too Early Sat 8am		708
Federal Speaker Su 12pm		248	One, Two, Three, Go! W 1pm		50	Trudgers Discussion Su 7pm	180	360
Fell Street F 830pm		552	Park Presidio M 830pm		246	Tuesday Big Book Study Tu 6pm		72
Firefighters & Friends Tu 10am		256	Parkside Th 8pm	149	149	Tuesday Men's Pax Tu 12pm	540	540
Friday All Groups F 830pm		40	Pax West M 12pm		2010	Tuesday's Daily Reflections Tu 8am		157
Friday Smokeless F 8pm		168	Pax West Th 12pm	726	726	Twelve Steps to Happiness F 730pm		85
Friendly Circle Beginners Su 715pm		220	Potrero Hill 12 x 12 M 630pm		210	Unidentified Group		320
Giddy Up Th 7pm		72	Queers, Crackpots & Fallen Women		190	Valencia Smokefree F 6pm	240	751
Gold Mine Group M 8pm	332	471	Reality Farm Th 830pm	386	730	Walk of Shame W 830pm	188	225
Haight Street Blues Tu 615pm	172	377	Rigorous Honesty Th 1205pm	205	354	Waterfront Sun 8pm		666
Haight Street Explorers Th 630pm	210	477	Room to Grow F 8pm		37	We Care Tu 12pm	30	234
High Noon Friday 1215pm	25	78	Saturday Afternoon Meditation 5pm	182	404	Wednesday Noon Steps W 12pm		60
High Noon Monday 1215pm		218	Saturday Beginners Sat 6pm		902	West Portal W 8pm	327	327
High Noon Sunday 1215p	52	528	Saturday Easy Does It Sa 12pm		362	Wharfrats Th 815pm	70	393
High Sobriety M 8pm		112	Saturday Night Regroup Sat 730pm	533	1063	What It's Like Now M 6pm		360
High Steppers W 7pm		34	Say Hey Group M-F 6pm	70	170	Wits End Step Study Tu 8pm		60
Hilldwellers M 8pm	47	436	Serenity House	150	1050	Women's 10 Years Plus Th 615pm	763	1320
Hoodlum Haven F 8pm		96	Shamrocks & Serenity M 730pm		568	Women's Came to Believe Sa 10am	38	180
Huntington Square W 630pm		533	Sisters Circle Su 6pm	176	317	Women's Kitchen Table Tu 630pm	264	437
Into The Sun Meditation Th 12pm		28	Sober Saturday Sa 830am	124	234	Women's Mrg. There is a Solution	210	435
Joys of Recovery Tu 8pm	15	191	Sobriety & Beyond W 7pm		137	Women's Promises F 7pm	309	810
K.I.S.S. M 6pm		183	Sobriety & Miracles Sa 5pm		169	Work In Progress Sat 7pm		212
Keep Coming Back Sa 10am		939	Sometimes Slowly Sa 11am	1134	YAHOO Step Sa 1130am		212	
Let It Be Now F 6pm		55	Sought to Improve Th 715pm		120	Young at Heart Sa 930am	93	93
Like A Prayer Su 4pm		202	Steppin' Up Tu 630pm	122		San Francisco Total	\$15,472	\$61,496
Lincoln Park Sat 830pm		7	Sunday Bookworms Sun 730pm		201			
Live and Let Live Su 8pm		304	Sunday Night 3rd Step Group 5pm	503	777	YTD	\$23,908	\$93,642
Living Sober with HIV W 6pm		231	Sunday Rap Sun 8pm	390	390			
Lush Lounge Sa 2pm		197	Sunday Silence Su 730pm		85			
Meeting Place Noon F 12pm	128	277	Sundown W 7pm		934			
Meeting Place Noon W 12pm	433	679	Sunset 11'ers Su		302			
Mellow Mission Sunrise M 7am		200	Sunset 11'ers W		110			
Mid-Morning Support Su 1030am	206	889	Sunset 9'ers F	23	68			
Miracle (Way) Off 24th St W 730pm		140	Sunset 9'ers Sa		31			
Mission Fellowship		24	Sunset 9'ers Su		222			
Monday Beginners M 8pm	134	276	Sunset 9'ers W		42			

Thank you
for your
support!



Thank you
for your
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Profit and Loss Statement: June 2013

	Jun 2013	Budget	Jan-Jun	YTD Budget
Ordinary Income/Expense				
Income				
Gratitude Month	0	0	3543	4700
Group Contributions	7225	12000	69734	83000
Individual Contributions	2946	2300	15847	15550
Newsletter Subscript.	11	0	143	63
Sales - Bookstore	8764	9000	59217	59200
Special Event Income	1122	0	1122	0
Total Income	\$ 20,068	\$ 23,300	\$ 149,607	\$ 162,513
Cost of Goods Sold				
Cost of Books Sold	6511	6500	42783	41600
Credit Card Processing	420	340	2501	2240
Inventory Adjustments	13	0	-80	0
Total COGS	\$ 6,944	\$ 6,840	\$ 45,204	\$ 43,840
Gross Profit	\$ 13,125	\$ 16,460	\$ 104,403	\$ 118,673
Expense				
Access Expenses	0	520	911	3120
Archives Committee	0	50	25	200
Bank Fees	0	0	13	0
Employee Expenses	11813	12700	72314	78722
Equipment Lease	3070	1535	3054	3070
Filing/Fees	0	0	20	20
Insurance	0	0	2373	2326
Intergroup Events	71	600	2187	2100
Intergroup Literature	0	0	178	300
Internet Expense	123	96	591	576
Office Supplies	188	182	1284	1090
Paper Purchased	0	250	1033	1375

	Jun 2013	Budget	Jan-Jun	YTD Budget
Payroll Fees	7	9	51	53
Phone Book Listings	91	91	546	546
Postage	0	0	692	542
Printing	16	0	16	0
Professional Fees	0	0	600	0
Rent - Office	3963	3965	23780	23790
Rent - Other	180	180	510	510
Repair & Maintenance	282	285	1796	3310
Security System	118	122	236	244
Software Purchased	0	0	137	99
Sunshine Club/12th Step	0	25	25	100
Telephone	221	266	1411	1574
Training	0	0	30	250
Travel	0	0	376	0
Total Expense	\$ 20,144	\$ 20,875	\$ 114,187	\$ 123,916
Net Ordinary Income	\$ (7,019)	\$ (4,415)	\$ (9,784)	\$ (5,243)
Other Income/Expense				
Other Income				
Bag Fees	4	0	31	21
Interest Income	99	115	585	690
Miscellaneous Income	0	0	35	0
Total Other Income	\$ 103	\$ 115	\$ 651	\$ 711
Other Expense				
Depreciation Expense	300	264	1696	1594
Total Other Expense	\$ 300	\$ 264	\$ 1,696	\$ 1,594
Net Other Income	\$ (197)	\$ (149)	\$ (1,045)	\$ (883)
Net Income	\$ (7,216)	\$ (4,564)	\$ (10,829)	\$ (6,126)

Treasurer's Report

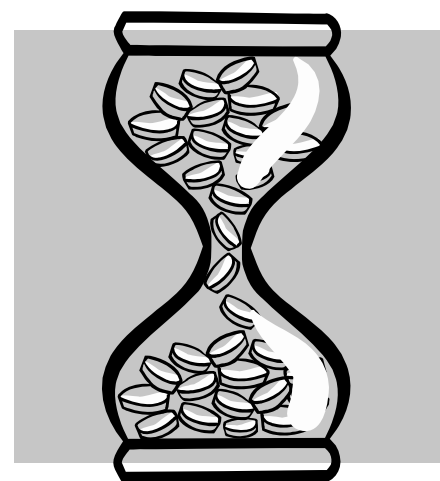
For the month of June, group contributions were \$4,775 under budget and individual contributions were \$646 over budget. Bookstore sales were \$236 under budget in June 2013. Total income for June 2013 was \$3,232 under budget and total income to date is \$12,905. under budget

Total expenses for the month of June were \$731 under budget and total expenses for the year are \$9,729 under budget.

Our negative variance for June is \$7,216, compared to a budgeted variance of \$4,564. Year-to-date negative variance is \$10,828.

Unrestricted cash balance decreased from \$35,367 to \$29,431, which represents a little less than a month and a half of average operating expenses.

*Thank you for making
timely 7th Tradition
contributions@*



9 Essays

Buddhism & The 12 Step Model of Recovery

by MEM

My curiosity was aroused when I read CLB's 12th Step Challenge article which appeared in *The Point's* July 2013 issue. The reference to the pamphlet *9 Essays* published by the San Francisco Zen Center in particular caught my eye. My sponsor and I attended a meditation meeting there as part of our project to visit various venues, within and outside of A.A., in furtherance of our understanding and practice of Step Eleven.

9 Essays can be downloaded from the Zen Center's site at www.sfzc.org. The preface notes that the 43-page pamphlet is freely available and may be distributed in its entirety – provided the Introduction is always included. For this limited review I'll only say that the essays are authored anonymously and represent the wisdom accumulated by the Meditation and Recovery group which has been meeting weekly at the Zen Center since 2000. The group is open to members of all 12 Step programs, but the focus of *9 Essays* is strictly from the alcoholic's point of view.

"Being Zen" has always appealed to me as a roadmap to a calm and spiritual way of life, even though I confess to not knowing exactly what the phrase means. My admittedly brief attempts to familiarize myself with Buddhist practice over the years have correspondingly yielded only brief understanding. I find that my lazy mind does not easily embrace terms in Sanskrit. While I can hold some of the basic concepts of Buddhism in my mind during a

teaching and meditation session, by the time I hit the street, I'm generally back to a state of relative ignorance.

The format of each of the nine essays begins with the text of the Step (Steps Six and Seven are discussed in a single essay, as are Eight, Nine and Ten in another, thus resulting in nine essays rather than twelve). There are often other quotations from A.A. literature in the discussion of what the Step means. This is then expanded by looking at corresponding Buddhist principles, offering ways to see the language of our program in a new light and make spiritual connections which are often quite delightful.

To illustrate with some phrases from the essay on Step One: "The fact of suffering is the central teaching of Buddhism.... The initial teaching of both Buddhism and the Steps is recognition of the reality of suffering in our lives.... In AA this admission is generally called hitting bottom. This phrase is evocative in that it describes coming to a dead halt.... This moment of stopping is akin to the moment of awakening – in Zen parlance, going beyond delusion and enlightenment – the moment when we face reality unclouded by our conceptions."

The essay on Step Two discusses the concepts of belief systems and the notion of a higher power. As throughout the *9 Essays*, the focus is often on language and what words mean. It is suggested that, "Perhaps rather than speak of a 'higher' power, we might do better to think in terms of a deeper or broader power...." For

the new A.A. struggling with his or her "God baggage," such a simple suggestion may lead to a major shift in attitude and open a doorway leading out of the war against the "old fashioned" language of Bill W.

This pamphlet was a wonderful resource for me. It is replete with tried-and-true A.A. wisdom, infused with a gentle offering of basic Buddhist spiritual principles (whose names I have trouble remembering, despite the clarity with which The Buddha, The Dharma and The Sangha are identified).

Transcendence, karma, cause and effect, the awakening mind – all happily resound with the spirit and intention of A.A.'s Twelve Steps. The *9 Essays* is inspired writing and worthy of our attention, in furthering our own recovery or discussing with a sponsee, and I shall revisit its food for thought again and again in the future on my path to enlightenment and happy destiny. Think Bodhisattva.

TP





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