

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013
10
October

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship

of Alcoholics Anonymous

1821 Sacramento Street

San Francisco, CA 94109-3528

San Francisco (415) 674-1821

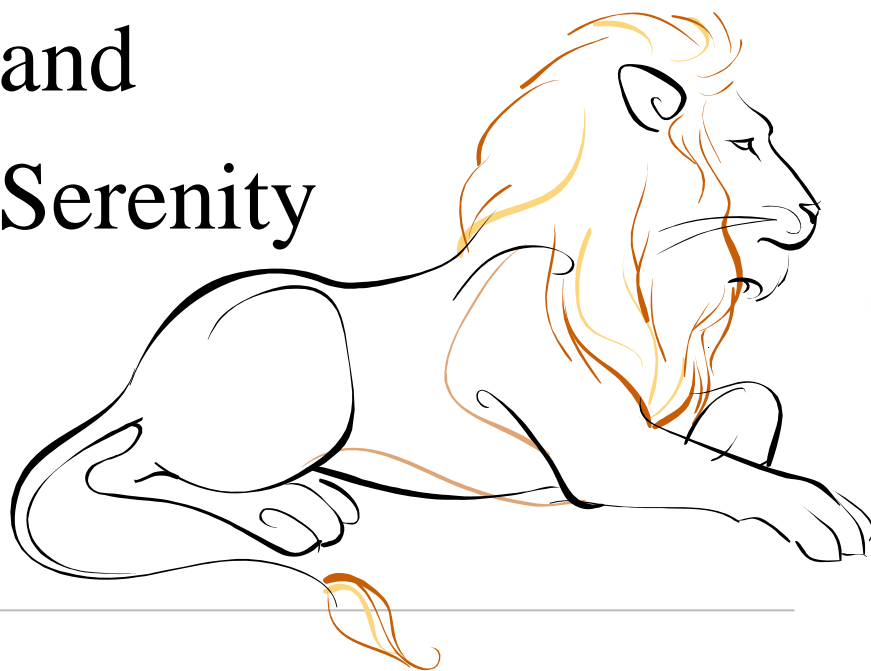
Marin (415) 499-0400

Fax (415) 674-1801

www.aasf.org

thepoint@aasf.org

Courage and Serenity

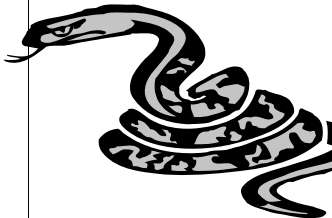


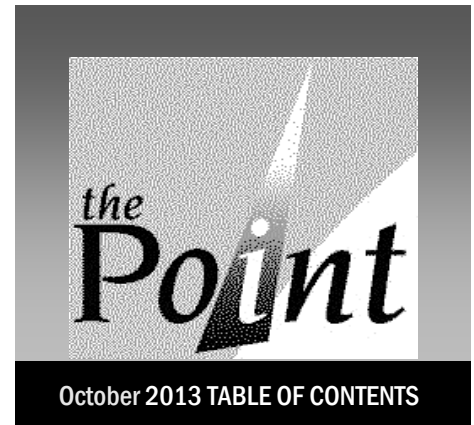
- 6 Miracle Meeting
- 10 God's GPS
- 12 Sin of the Month: Sloth
- 13 An Epiphany

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.

October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 <u>FIRST TUE</u> Access Committee Central Office 6pm	2 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St San Francisco Orientation 6pm Meeting 7pm
6	7	8 <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	9 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6:30pm
13 Northern California Council of Alcoholics Anonymous (NCCAA) Annual Fall Conference Centre Plaza, 10th & K Streets Modesto, CA Registration www.norcalaa.org	14 <u>SECOND MON</u> CENTRAL OFFICE CLOSED, but... SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office (Committee still meets) Speaker Workshop 6pm Business Meeting 7pm	15 <u>THIRD TUE</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Central Office Literature Study 6:30pm	16
20 <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	21 <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	22 <u>FOURTH TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	23
27	28	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>			
			

THURSDAY	FRIDAY	SATURDAY
3	4	5
10 <u>SECOND THU</u> 12th Step Committee Central Office 6:00pm	11 Northern California Council of Alcoholics Anonymous (NCCAA) Annual Fall Conference Centre Plaza, 10th & K Streets Modesto, CA Registration www.norcalaa.org	12 Northern California Council of Alcoholics Anonymous (NCCAA) Annual Fall Conference Centre Plaza, 10th & K Streets Modesto, CA Registration www.norcalaa.org
17 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	18	19 <u>THIRD SAT</u> SF H&I Meeting 2900 24th St, SF Orientation 11am Business Meeting 12pm
24 <u>FOURTH THU</u> Marin Public Information/ Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	25	26 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
31		



Calendar 2

Meeting Changes 4

From the Editor 5

Faithful Fivers..... 5

Miracle Meeting 6

Step Ten..... 7

Twelfth Step Challenge..... 8

God’s Will 9

Letter to the Editor 9

God’s GPS..... 10

A.A. History: Three Legacies 11

Sin of the Month: Sloth 12

An Epiphany 13

Intergroup Meeting Summary .. 14

Group Contributions 16

P&L/Treasurer’s Report 18

Concept X 19

I came to see that we all are really one,
 and I no longer feel alone.
Alcoholics Anonymous, p. 347



Meeting Changes

New Meetings:

Sun 11:59pm Inner Sunset EVERYONE SHARES, 1320 7th Ave: Gratitude Center, Discussion, Wheelchair Access

Meeting Changes:

Mon 6:30pm	Novato	JUST CAN'T WAIT 'TIL 8, 1461 S. Novato Blvd: Quest Church, Was at 6965 Redwood Blvd
Wed 12:00pm	Inner Sunset	A WORD FROM OUR SPONSORS, 1320 7th Ave: Gratitude Center, Was at 11:00am
Wed 12:00pm	San Anselmo	SOBER SISTERS, 72 Kensington Rd: First Presbyterian Church, Now in Church Fireside Room
Thu 7:30pm	Castro	CASTRO DISCUSSION (SHOW OF SHOWS), 100 Collingwood St, Was at 8pm

No Longer Meeting:

Wed 7:00pm	Castro	CODE BLUE BIG BOOK STUDY, 45 Castro St: Davies Medical Center
Wed 7:00pm	Mission	LUKE'S GROUP, 3555 Cesar Chavez: St. Luke's Hospital
Fri 8:30pm	Inner Sunset	ST. FRANCIS MEN'S, 4301 Geary Blvd
Sat 12:00pm	Mission	DEAF GRATEFUL, 3673 20th St

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



CD Players Needed!

The Sunshine Club is in need of portable CD and/or cassette tape players. We'll bring them to members of the fellowship who are recuperating from illness or injury in the hospital or at home. The mind can get very noisy when you are alone and ill. Listening to speakers can ease the pain.

Please drop off donations at Central Office or e-mail sunshine@aasf.org to make arrangements for pick up.



From the Editor

Spiritual Lines

MEM

“The point is that we are willing to grow along spiritual lines.” And yet, as I review the contents of this issue, I can almost hear the cries of atheists and agnostics in response to titles including “Miracle” and “Epiphany” and “God’s Will” and “God’s GPS.” As a non-follower of any traditional religion (and a former, I won’t say recovering, Catholic), I can relate. I spent my early days in the program eagerly waiting for new synonyms for the G word from the old-timers. Like many, I got over my resistance and can now say the word without dragging up my teenage angst and rebellion against authority. (My father always counseled me to, “Stop fighting your head.”) As I have come to understand it, the word God can simply be used as a code word for the universe of possibilities and experience outside the relatively puny confines of mine own self.

What appears in these pages reflects the experience, strength and hope of

our contributors. And the experiences described this month are quite harrowing indeed, ranging from dramatic stories of near death by overdose in a parking lot outside an A. A. meeting to an overturned car sliding across Highway 101, as well as the perhaps not so dramatic news of a diagnosis of diabetes. As we know, the crisis situation can often be easier to face with courage and a right response than the more mundane daily dilemma.

Taking our lead from Carol as she shares in response to the Twelfth Step Challenge, we face our fears with acceptance, humility and gratitude. These are the values we embrace and practice in this program. We seek spiritual progress, not perfection. May you draw comfort and strength, courage and inspiration from these stories, whatever your brand of spirituality or religiosity.

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:

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

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to The Point. And remember, individual contributions are 100% tax deductible!

Miracle Meeting

by Diane C.

After the meeting, a handful of us were laughing, joking and simply being in that amazing state of gratitude for being sober. A sponsee was telling us that as a result of working the Program, she is now getting a PhD. I told her she needed to stay right-sized and I handed her the pamphlet, *The Illustrated Guide to the Twelve Steps*, which has simple pictures of men and women before and after sobriety. I jokingly told her get some crayons and color the pictures. We all had a good laugh about that silliness.

From this light and joy filled room, my husband and I walked out into the dark church parking lot. There we saw a small group of people gathered beside a car. The car door was open and a woman was laying on the cold, hard tarmac. It was dark but I could see that she was in horrible shape; it looked like she had overdosed. Her eyes were rolled back and she was unconscious, an unnatural rattle was coming from her throat.

Our small group got into action, one man was calling 911, another was taking her pulse. I knelt down and put my shawl over her to keep her warm. "Her pulse is becoming weaker," the pulse-taker reported. The man on his cell was saying, "I don't know the exact address, it's the main church parking lot." We all felt desperate; her life seemed to be slipping away in front of our eyes. There's a saying that life and death are a matter of seconds and inches and we were literally watching the seconds slip by.

A line from a movie says, "We can stay here and get the shit kicked out

of us or we can fight our way back into the light." I prayed that God would be with her and that she would find her way into the light. In my state of concern, I was actually praying out loud while holding her hand.

After what felt like ages, the EMTs arrived. A young man from our group told them he thought she had been in treatment with him. A woman volunteered that she had seen her sitting in her car when she walked into the meeting over an hour ago, but never seen her in the meeting. The ambulance left and we realized we did not know her name or anything about her, so there was no way to check to see if she had survived, though we were doubtful that she could have.

My husband and I were both so shaken up at seeing the face of the disease there on the ground. We had come from the light, laughter and love in the meeting to the cold, dark face of an overdose. We prayed that she would be okay, whether going to heaven or coming back to life. She haunted us. We could not stop thinking about this woman who was one of us. She had made it only as far as the parking lot, but not to the healing of the meeting.

On Tuesday at my home group, a women's meeting, I sat next to a young woman who read *How It Works*. She read with such spirit that I handed her a bracelet that I made with the word 'miracle' spelled out in beads. Later I

noticed that she had passed it to the woman sitting next to her.

Being still so affected by my experience, I shared what had happened Thursday after the meeting. I closed my share by saying, "I hope that one day, if the woman lived, she will make it to this wonderful, loving women's meeting."

Several shares later, the woman sitting two seats to my left -- the one to whom the 'miracle' bracelet had been passed -- raised her hand. She said, "That was me in the parking lot on Thursday. I made a bad choice."

We had witnessed a miracle in our midst.

Every woman in the meeting was just stunned; many started to cry. We had witnessed a miracle in our midst. A woman saved from the clutches of the disease and here she was in the light with us. The message was clear: there is always hope and prayer works.



Step Ten: And When We Were Wrong...

by Judy G.

Step Ten. "Continued to take personal inventory and when we were wrong promptly admitted it."

To me, this Step, perhaps more than any other, separates the wheat from the chaff, the milk from the cream, and the people in recovery from the folks wandering out there alone in the wilderness.

A friend sent me a story comparing recovery to a bridge that we choose to cross to the other side, to physical and emotional sobriety, to a new way of life, to belief in a power greater than ourselves. The problem is, once we cross that bridge, there are many people that we leave behind. People that we love very much, but who don't want to cross that bridge with us.

The longer I am in recovery, the biggest difference I experience with people on the old side of the bridge is, "When we are wrong, promptly admitted it." I know more than a few people who are pathologically unable to apologize.

Apologies do not always come easy. This is something we learn to do in the program. After accepting that we are powerless over alcohol, that our lives have become unmanageable, and we have made a decision to turn our will and out life over to a higher power of our own understanding, we take a long hard look at what our part was in the situations over which we carry resentments and anger.

We write our inventory, which concludes with "what was my part." Earlier in my recovery, a sponsee told me a story about an incident when her husband bullied her and

was driving the car in a dangerous manner to scare her. When she told her previous sponsor about it, the sponsor said, "Apologize for your part." I gasped when she told me that and I said out loud, "I don't know if I am that evolved."

Now I understand, through personal experience, that rarely is a situation or conflict a one-way street. I was in an abusive marriage and I am just now, four years later, willing to look at my part. I thought that when you are a victim of abuse, you don't have to take responsibility for your part.

"If you don't take responsibility for your part, you are hanging on the precipice of anger and resentment."

This is not easy, but it is the only way to let go of the anger and resentments that keep us in risk of relapse. As the big book says, "If we were to live, we had to be free of anger." If you don't take responsibility for your part, you are hanging on the precipice of anger and resentment. We cannot afford that.

Admitting that we were wrong also allows us to let go of fear, guilt and shame. A few years ago, a work colleague referred me to conduct a training at a conference. I did not adequately prepare and coasted on past successes. The reviews were mixed, some great and some not great. Of course, I focused on the bad



ones (I am an addict, after all), felt shame and guilt, and worried that I had shed a bad light on the colleague who referred me. It was eating me up.

Not long after, I ran into my colleague at a different conference. Instead of ducking behind a pole and hiding, I walked up to her and said, "I owe you an apology." She asked, "For what?" and I said I was unprepared at the training and had some bad reviews. She said, "Oh, that conference. Those people are only there because they have to be, and I have gotten bad reviews there, too."

By admitting that I had made a mistake, I could let go of the shame that I felt and did not have to hide every time I saw my colleague. In A.A., we are learning a new way of life, and what better way than to take responsibility for our actions and admit when we are wrong.

Acceptance, Humility, Gratitude



***“Can we accept poverty, sickness, loneliness,
and bereavement with courage and serenity?”***

by Carol W.

Acceptance

I certainly hope so, because otherwise, we'll end up drunk for sure.

I am alcoholic. Life happens. Life is unmanageable by yours truly.

Every human being on the planet experiences times of sickness and loneliness, the grand majority of us are poor (financially) at some time or another, all of our finances are subject to the fickle and fluctuating commercial markets, and all of us will, eventually die. *Don't drink and don't die and you end up living a sober life.* If we stay sober long enough, we simply go through all this without drinking, but life – in all its grit and loveliness – happens whether we get drunk or not. So the question comes down to one of choice. How do we choose to live each day? By the time we have thoroughly worked through the Steps, we have regained choice. We are no longer slaves to alcohol and we are responsible for choosing how we live each day.

In sobriety, I have lost friends to overdoses, suicide, cancer and simply growing away from each other. I have found the courage to see sober friends and family through cancer treatment and I've been

through breakups where I couldn't sleep through the night for months on end. I have mourned and been angry at my HP, but once through that, yes, there is serenity and peace. The program does not promise us a reprieve from the human experience, but a way to walk through that experience in peace. It offers us “a life of sane and happy usefulness” (The Family Afterward, *Alcoholics Anonymous*, p. 130).

Humility

I have been at my poorest in sobriety, unable to make enough money to both pay rent and eat well, and I have accepted help from friends at these times. At one of these times, I mentioned my situation in a meeting, and a friend came up and handed me a 10-spot for groceries. I tried to turn her down, but she insisted, telling me that I needed to learn to receive. She was right. This was a lesson in humility and in gratitude for me, and it taught me that accepting a well-meant gift was both a gift to me and to the person who was giving. By receiving, I dignified her gift and allowed her to do service.

Gratitude

Years later, I sat in another meeting, feeling completely at peace and taken care of - despite the fact that I had run out of money for the month, had little food at home and had to

choose between going to my temp job, or going to the food bank. Again, I got through that situation sober and with much more serenity than earlier in my life.

So what's the point? In my experience, this has all worked – *not* through some miserable exercise in endurance, but through practice of the actions and principles of the program. It is through fellowship, service, ongoing Step work and ongoing work with other alcoholics. It is through practicing the principles of the program throughout my life, and it is also through the change in perceptions and attitudes which these practices bring.

Also critically important for me has been the ability to laugh and enjoy the funny, sweet aspects of life, even while dealing with difficulties. Something that has helped me immensely in this area:

Rule 62: Don't take yourself too damn seriously. (For anyone who cares, that little gem can be found in the 12&12, Tradition 4, p. 149.)



God's Will

by Bob S.

Page 85 of *Alcoholics Anonymous* tells us, "Every day is a day when we must carry the vision of God's will into all our activities."

Does this mean that I must know God's will before I take any action at all? I believe we are left off-the-hook, so to speak, in this confusing dilemma, because we are only asked to carry our 'vision' of God's will. We A.A.s are not alone when we are not in full knowledge of His will. Thomas Merton is probably the best known of the Trappist Monk writers of the last century. This is what he wrote:

"My Lord God,

"I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope that I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore I will trust you always though I may seem to be lost and in the shadow of death.

I will not fear. For you are ever with me, and you will never leave me to face my perils alone."

So even great spiritual teachers and writers have only their *vision* of God's will to go by. I ask God to guide me through each day by living in the spirit of the Twelve Steps He has given me – and that is the best I can do.



Dear Editor:

The Meeting Summary of the July 2013 Intergroup meeting, as recorded in *The Point* of August 2013, contained an inquiry by a participant who seems to challenge the use of the word "sin" that has appeared in a commendable series of articles in *The Point* ("Sin of the Month"). Each of these monthly articles deals with one of the "Seven Deadly" sins. It is possible that the inquirer was seeking clarification of the usage, although the concern ostensibly was with the "religious" connotation of that term. The terminology of the "Seven

Letters to the Editor

Deadly" sins goes back –way back – to a 4th Century monk, Evagrius Ponticus, who introduced and codified the concept. The alternate name for this series is the Cardinal Sins.

The editors of *The Point* need not feel defensive or apologetic about their use of this term, inasmuch as it is a term entrenched in A.A.'s "sacred scripture," (see page 48 of the Twelve and Twelve) wherein the dutiful reader or participant in Book Study or Step Study meetings will recall a concise explication of the "Seven Deadly Sins" and their causal relationship to the defects of character being illuminated by the moral inventory of Step Four. The text in the Twelve and Twelve discussion refers to these "sins" as follows: "To avoid falling into

confusion over the names these defects should be called, let's take a universally recognized list of major human failings," and this list was that of the Seven Deadlies.

For a real brain teaser about the term "sin," in an admittedly religious context, check out the "Song of Solomon" – one of the books of the First Covenant (Old Testament or OT to you old-timers). The Song of Solomon is replete with erotic imagery, erotic actions, erotic sighings, erotic cravings and erotic terminology. Yet, not once will you find the word "sin" in its chapters. I would have to call this a case of "unprotected texts."

John V.
San Francisco Fellowship

God's GPS

by Brian C.

My car was spinning on its roof across the southbound lanes. It was the peak of the morning rush hour into San Francisco up the Waldo Grade on 101 in Marin. My seat belt was working so I was hanging upside down, the air bags had deployed and the windows had blown out. The rollover had happened so fast, it was like a bizarre dream. One person who witnessed the accident said my car was airborne before it landed on the roof. They thought, "That person will never survive." When the CHP rolled up they thought the same.

My accident caused all southbound lanes to close during morning rush hour. Many commuters were stuck, including my boss, who when he got to work relayed what a horrendous wreck he had passed.

I was recovering from bronchitis and still had congestion that caused

coughing fits, they shook my whole body and took my breath away. That morning, a coughing attack hit me, the last thing I remember was pulling into the slow lane, there are occasional rock slides from the hillside above so maybe I hit a rock, who knows. The Higher Power somehow parted the traffic around me and I did not get hit. All four lanes were going the speed limit so only Divine Intervention could have kept other cars from hitting me and causing a chain reaction.

When I came to, a man was at my window on his knees, "Man, you gotta get out of this car, It's smokin'." I was in shock and couldn't figure out why this guy was upside down. My seatbelt was unlocked and I dropped on my head. People pulled me out of the crushed window. Several people stopped to help. The first I really saw was Lee N. from the fellowship, we have known each other 20 years. On this sobriety

journey we often meet someone that we love wholeheartedly, who touches us to our core. Lee is that person. His story is such a miracle. Being in shock and still dazed from the accident I said, "Why Lee ... what brings you here?" Lee is THE person you would want on hand in an emergency; he is calm and love personified. His wife Carita was there with him, she has EMT training and checked me out. They led me to their car and sat me down, amazingly I was okay except for a crushed left hand. Lee and Carita stayed with me until the ambulance came. Of all the people who travel Highway 101 daily (about 60,000) during rush hour, Lee just happened to be there for me. God's GPS was working that day!

A couple of weeks later when I talked to Lee, he said when he first saw the accident he noticed the *Twelve and Twelve* and A.A. pamphlets strewn across the road. Lee hoped a newcomer hadn't gone back to drinking that morning! Lee has been surviving lung cancer for quite some time and was going for medical tests that morning. Carita and Lee had to turn around and go back home that morning get Lee's cell phone. If he hadn't forgotten the phone, they would have not been there to help me when I really needed it.

As an old-timer told a newcomer, "God only has to look in on normal folks about once every six months but us alkie's have to be watched 24/7 whether we are drunk or sober."

Lee passed to the Big Meeting on July 15th, and I know that he will greet me at that meeting someday.



A.A. History: The Three Legacies

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

Part Four, Dr. Bob Smith

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 fourth installment of this series, we'll cover the background of one of the founders of A.A.: Dr. Bob.

Robert Holbrook Smith, MD (Dr. Bob)

Dr. Bob was born August 8, 1879 in St Johnsbury, VT to Judge and Mrs. Walter Perrin Smith. He had a much older foster sister, Amanda, who became a history professor at Hunter College, NY. Dr. Bob's sober date is celebrated as June 10, 1935. That date is also celebrated as the beginning of the A.A. Fellowship. As best as can be determined, Dr. Bob favored hard liquor and had a taste for scotch.

Young Smitty and His Father

Dr. Bob's son, "Smitty" shared a love of automobiles with his father and described him as devoted to being a doctor and a "man's man" who was very courteous and had a great sense of humor. He was quiet, cautious, conservative and insisted on keeping things simple. Unlike Bill, he had very few writings that survived him.

Dr. Bob had a tattoo, likely from his Dartmouth College days, of a blue and red dragon winding around his left arm from shoulder to wrist. And he loved to play poker.

Dr. Bob died of cancer at City

Hospital in Akron On November 16, 1950, at age 70 and 15 years sober. His wife Anne had died the previous year. In addition to being a co-founder of A.A., Dr. Bob served as a board Trustee from its inception up until 1944 and again from 1949 until the time of his death.

Unlike Bill, Dr. Bob only had a limited number of writings that survived him. The two Grapevine articles that he wrote during the 1940's were titled "Tolerance" and "The Fundamentals - In Retrospect." The articles are classic Dr Bob -- simple and straight to the point.

Dartmouth College - "The Drinkingest Ivy League School" - 1902

Dr. Bob graduated from Dartmouth College in 1902. Dartmouth had a reputation as "the drinkingest of the Ivy League schools." After graduation, he went through three years of drifting and selling heavy hardware in Boston, Chicago and Montreal. He entered the University of Michigan in the fall of 1905 as a 26 year-old pre-med student and drank much more heavily.

In the spring of 1907, he left the university due to his drinking to take a 1-month "geographic cure" on a farm owned by a friend. Later that fall, after being allowed to take his exams, Dr Bob was forced to leave the university because of his drinking.

Dr Bob As An Intern - 1910

Dr. Bob transferred as a junior to Rush Medical College near Chicago. His drinking became so bad that his fraternity brothers called for his father. Despite his drinking, Dr. Bob (at age 31) received his medical

degree with high marks. However, prior to graduating, the Dean of the medical school required him to return for two more quarters and remain absolutely dry.

After graduation, Dr. Bob received a highly coveted two-year internship at Akron City Hospital and for two years had no problem with drinking.

Akron City Hospital - 1912

In 1912 Dr. Bob joined the medical staff at Akron City Hospital and set up practice at the Second National Bank Building. He remained there until he retired from practice in 1948.

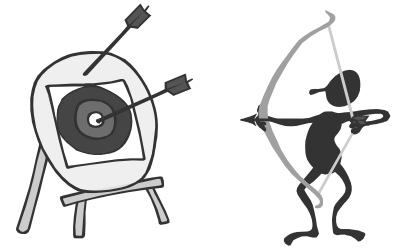
After his internship, Dr. Bob didn't take very long to return to old drinking habits. By early 1914 (after being hospitalized at least a dozen times) he was unable to get sober. His father sent a physician from St. Johnsbury to bring him home to Vermont and Dr. Bob stayed there for about 4 months. He did not touch a drink again until 5 years later - oddly enough in 1919, when prohibition started.

In 1929, Dr Bob went back to school to study under the Mayo brothers in Rochester, MN. He also studied at the Jefferson Medical School in Philadelphia, PA and became a surgeon proctologist.



Dr. Bob

Sin of the Month: SLOTH



by Barbara L.

The deal with my "sins" of today is that they are also character defects, straight out of Step Six and bleeding into Step Seven. So, my principal challenge is to be entirely ready to have them removed. Step Six originally read, "Humbly on our knees asked God to remove all these defects of character." Such an action wrenches the responsibility out of my hands and places it in God's. The upshot is that I can waste my time trying to ferret out those defects of character. In the past I have put my shoulder to the grindstone, girded my loins and conceived extensive game plans to gut-ball that defect out of my life. I planned to exorcise it like an ugly boil. That was the only approach I knew. Most of the time my defect stuck around. The persistent sucker that it was.

This was not acting on my own best behalf. I was going against the concepts of what my program is about.



Let me tell you about my current character defect, the dreaded procrastination or more abruptly, "sloth." It started out many years ago as a way to get attention. I was the oldest daughter and my early household assignments were to clean and when not cleaning, cook and if not cooking, at least ironing. When I didn't perform these household tasks I got attention. That included nagging, cajoling and finally spankings. I heard so many times. "The dishes need to be washed. When was the last time you vacuumed? Get in there, this place looks awful and it's all your fault." Granted it was all negative attention, but it was attention. I took what I could get.

This was long before women's lib. That came later. I had no sense of the unfairness of it all. I just saw a sink-full of dirty dishes. When I did the assigned tasks there were few accolades as that was what was expected of girls in my day. I had to stay in the kitchen and cook and clean, while the men of the house went out to do real work.

So many times I hear at meetings that what was at one time a solution became the problem in later life. When I found alcohol it was a way to be happy and then procrastinate further. Southern Comfort brought relief but then it didn't work any more. Early on my drinking got me a lot of attention. It then morphed into nagging.

So what is the solution for all this procrastination. I can laugh and say, "Never put off until tomorrow, whatever you can put off until tomorrow," (Stephen Colbert) or

"Procrastination is the key to flexibility" (my friend Bob). Today I live with a messy house and dishes in the sink and they're still there. I left them there. I no longer have parents to shower me with negative attention and my husband doesn't seem to be worried about dishes or cooking and bless him, he does the laundry. I quit ironing in 1980.

My solution today is to do what the program says. I must become entirely willing to pray about it and treat myself with "love and tolerance." Can you believe it, love and tolerance? I easily stepped into my parents' shoes, taking on their cajoling voice and nagged myself into a healthy depression. This brought about grappling with low self-esteem and the whole industrial complex of feeling inadequate. Luckily my sponsor suggested a Fourth Step on those negative voices. It was primarily my mother. That quieted the committee down. I understood that my mother probably had much the same early life guidance that she had learned from her own mother.

So many times I hear that the solution has little to do with the problem. What does acceptance have to do with cleaning house?

Love and tolerance do not immediately spring to mind when I struggle with procrastination. My first instinct is to go for negative attention, without the spankings. Now I give myself the same compassion I'd give a sick friend. My prayer is for love and tolerance and for some unknown reason it all seems to be coming together.

An Epiphany

Acceptance is The Key

by Peg L.

I have always been surprised when I've attended an A.A. meeting where as part of the format we are asked to confine our remarks to alcoholism. In my experience, anything and everything can lead me back to a drink if I choose to keep it a secret.

Sometime around Christmas of this past year my doctor told me that I've become diabetic. I was so angry, in part because she had been warning me for the last two years that I was pre-diabetic and I simply refused to listen (just a little self will there). But more than that, I was furious that I now have another life-threatening disease. Isn't it enough that I'm an addict and alcoholic (sober lo these many years due to Alcoholics Anonymous) and have Hep C (due to my drug use when I was out there practicing. Oh, did I ever practice!) But now I have diabetes!

I knew that no one really wants to be a diabetic, but I had no idea how serious it is and what some of the consequences can be, so I was even madder than before as I began to learn those things. I'd always thought diabetics just need to avoid cookies, candy and cake. Now I found that it means being very careful about what I eat and when. Nearly everything I loved has lots of carbohydrates which turn to sugar as they enter my system. I'm supposed to eat 3 small meals a day evenly spaced throughout the day and have a small snack in between meals. I'm very active and I'm seldom home. I've always been a catch as catch can eater - plus I eat out a lot. Now I have to keep track of my glucose levels

every day; in fact I should do it several times a day, but I haven't reached that level of acceptance yet. It's a lot like getting clean and sober - all I have to do is change my whole life.

And the dishes! I now cook many of my meals at home, which I haven't done for years. I used to really enjoy cooking, but not any more. Worse than the cooking has been the dishes, not that I use so many, but they accumulate and I have to wash the damn things. Oh, I felt sorry for myself and went to meetings and whined and cried about my lot in life. I sent out an e-mail to all and sundry of my friends and relatives saying how mad I was and telling them all not to give me advice or suggestions. If I wanted advice I'd ask for it. Surprisingly they've obliged for which I'm very, very grateful but I was still mad.

"...I suddenly had a thought bubble appear above my head."

Then one morning as I got up and walked into the next room I suddenly had a thought bubble appear above my head. This has never happened to me before but I literally could see the bubble, just like in a cartoon. And in the bubble I could clearly see the words, "Acceptance is the key." For many years I had a great deal of trouble with that word, "acceptance." To me it meant shut up and take whatever's coming without saying a word. Through the years I began to



realize that all acceptance is about is "what's the truth of the situation and how will I choose to handle it." "Acceptance is the key" is really the short version of the serenity prayer. I began to laugh as I truly looked at it and asked myself some questions. "Am I diabetic?" "Yes." "Will I accept the truth of the situation and choose to take care of myself, or will I continue to whine and cry, suffer terrible consequences and make myself and all those around me miserable?" I chose the former (most of the time) and I didn't have to make myself so miserable that I would think a drink would make it better.

I know that alcohol is cunning, baffling, powerful – and infinitely patient – and if I am unhappy in my life, it will eventually lead me to believe that a drink would make it better. I don't ever want to go back there again. Oh, and plus I now know that alcohol ingested immediately turns to sugar. My name is ***** and I am an addict, an alcoholic and a diabetic. Today I choose to live.

Intergroup Meeting Summary—Sept 2013

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

A Is For Alcohol	Cow Hollow Men's Group	High Noon W	Saturday Beginners	Tuesday Big Book Study
Any Lengths	Day At A Time	Living Sober With HIV	Saturday Weekend Warrior	Valencia Smokefree
Artists & Writers	Design For Living	Mill Valley	Say Hey Group	Women's 10 Years Plus
Attitude Adjustment Hour	Each Day a New Beginning	Miracles (Way) Off 24th St.	Sober Saturday	Women's Promises
Bernal Big Book	Embarcadero Group	Mission Terrace	Sunday Night Corte Madera	
Blue Book Special	Extreme Makeover: Women's Step Study	Monday Night Stag Tiburon	Sunday Rap	<i>Marin General Service</i>
Came to Park	Friday Morning 12 Steppers	No Reservation	Sunset Speaker Step	<i>Marin Teleservice</i>
Castro Steps and Traditions	Girls Night Out	On Awakening Group	Ten Years After	
Cover to Cover	Haight Street Blues	Queers, Crackpots & Fallen Women	There is a Solution	

This is an unofficial summary of the September 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., Sept 4th, 2013 at 101 Donohue St, Marin City, CA

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

Officer Reports

Board Chair, Becca M. (on behalf of Phil L.) IGR participation is down from 10% to 6%. The next quarterly committee chair meeting is October 19th from 9-11am at Central Office. Goals are: Website redesign; addressing situation of the gap in service between the Sunshine Club and H&I; standardize committee operations, including documentation of how committee functions and roster update. We will continue the transition from the idea of what intergroup was versus what it is now.

The older version was more administrative. We have since rewritten the bylaws [Approved by Intergroup Nov 2011] to focus solely on providing services and service opportunities to the fellowship.

Treasurer's report, Michelle C.

The overall financial position is good though we have a year to date negative variance of \$4,668. This is primarily due to group contributions being below budgeted amount by \$10,411. This is being partially offset by Y-T-D expenses being below budget by \$4,467. Reminder to groups to make regular contributions to Central Office instead of irregular lump sums whenever possible to help with financial planning.

Central Office Manager, Maury P.

Looking for a new part-time special worker; deadline for resumes is September 15th; application information available online. Intergroup is hosting our annual Volunteer Appreciation dinner in Dec this year. More info to come.

Intergroup Committee Reports

Access Committee, Steve F.

Met on Sept 3rd; two new members. Discussing gap in service and considering a new branding name for this gap to raise awareness. Went to the General Service meetings to discuss the Access Committee. We appreciate groups filling out the online access committee survey. Looking for more automated way to update the website.

Archives Committee, Michael P.

Meets the 3rd Sunday from 2-4pm. Our mission is to preserve the legacy of AA

with research, documents, etc. We request that all groups provide a written copy of the "Meet the Meeting" presentations. To send meeting histories, email:

archives@aasf.org. We are now using first name and last name initial. We are lobbying for usage of the last name for internal AA communications within Intergroup, so that we can better get to know each other as well as have better access to help when needed. An example use of the archives was Joan Z. from Wisconsin inquiring about the oldest continued meeting in SF.

Fellowship Committee, Michael P.

Meets 2nd Thur at 6pm at Central Office. For more info, email fellowship@aasf.org. The AA traditions play, Our Experience has Taught Us, opens September 12th.

Orientation Committee, Vince F. Meets at 6pm, just prior to the monthly meeting. Five new IGRs were oriented tonight.

SF PI/CPC Committee, Rich G. Meets on 2nd Monday at 7pm at Central Office with a 6pm speaker workshop. We reach out to professionals to keep them informed and aware of AA's existence. In August, we delivered 4 DUI classes with 2 speakers each and 1 meeting at the Dept. of Health in SF where people are receiving social services.

SF Teleservice Committee, Carolyn R.

Teleservice answers the phones when Central Office is closed with a live person 24 hours/day. Meets on 3rd Monday at 6pm, Orientation for new volunteers is at 6:30pm. Looking for volunteers especially this month because of recent attrition. Working on a pie and ice cream social event with Marin and SF volunteers.

Individual Contributions

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

IN MEMORIAM

Arthur B., Veronica McC., Bill J.

ANNIVERSARIES

**Martha S. - 49 years, Martha S. - 32 years,
Gordon M. - 12 years - Early Joyous & Free**

High Noon:

**Niki - 12 years, Dave - 10 years, Sean - 5 years,
Adam - 2 years, Eric - 2 years, Janell - 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

The Point Committee, Charley D.

Meets on 2nd and 4th Tuesday at 5:30pm at Central Office. Now up to 6 members. The annual retreat for the calendar year 2014 is coming up; send an email to thepoint@aasf.org for more information.

12th Step Committee, Virginia M.

The newly reborn business meeting is the 2nd Thurs at 6pm at Central Office. Working on outreach and doing a pilot run for meetings by phone instead of in person.

Trusted Servant Comm, Michael P.

The goal is to get the word out about the traditions. We hold workshops for secretaries and treasurers. The next meeting is Thursday, Sept. 19th at 6pm in Central Office.

Website Committee, Rebecca M.

We are discussing a plan with The Board to launch a new website.

General Committees Note

There are volunteer opportunities on most of the committees, which are shown on the handout in your packet. Please share with your meeting that it is not necessary to be an Intergroup rep to join an Intergroup committee. Any AA member is encouraged to participate.

Liaison Reports

Dan, the Marin Teleservice Liaison, is looking forward to ice cream social with SF

Rudy S, the Marin GS liaison, mentioned Marin Unity Day on September 14th from 12 noon-11pm at the Corte Madera Rec Center.

Old Business

Kris M. presented as a new board member for ratification. Steve made the motion to approve. Rebecca seconded. All approved.

New Business

Use the round table discussion to review the importance of making the Intergroup announcement at meetings to make it clear who we are and what we do.

Round Table

Question: In your own words, what would be your intergroup pitch at your meeting?

Meet the Meeting

Robert B, Any Lengths, Saturday at 9:30am at Fort Mason Building C, Room 370

He has been attending since 2000. The name of the meeting attracted him. It's a speaker meeting.

Margaret J, Women's Promises, Friday at 7pm at Bernal Heights Community Center at 515 Cortland Ave.

It's a mixture of women. The meeting revolves around the 9th step promises. It's a home group for most of the women, now up to 50-60 women.

Next Intergroup Meeting

Wed. Oct 2nd, 2013, 7pm, 1187 Franklin St. SF CA. Orientation is at 6pm, dinner is served at 6:30pm.

aa group contributions

Fellowship Contributions			Marin Contributions			Marin Contributions		
	Aug 13	YTD		Aug 13	YTD		Aug 13	YTD
Brisbane Breakfast Bunch		138	Morning After Sa 10am		400	Wednesday Night SD 7pm		150
Contribution Box	45	295	Morning Attitude Adjustment		505	Wednesday Sundowners W 6pm		200
Intergroup	77	771	Nativity Monday Night BB 8pm		116	Women's Big Book Tu 1030am		690
Fellowship Total	\$ 122	\$ 1,204	Newcomers Step M 730pm		1,070	Women's Lunch Bunch F 12pm		325
			Noon Hope F 12pm		53	Working Dogs W 12pm		500
Marin Contributions			Marin Contributions			Marin Total		
	Aug 13	YTD		Aug 13	YTD		Aug 13	YTD
12 & 12 Study Sa 815am		146	Noon Reveille Su 12pm		72	YP Chopsticks Sa 1030pm		43
7am Urgent Care Group 7D 7am		200	Noon Small Room Speaker		53	Marin Total	\$ 4,585	\$ 35,648
As Bill Sees It M 2pm		14	Novato Fellowship Events Comm		286			
Attitude Adjustment 7D 7am		1,358	Novato Fellowship Group		750	SF Contributions+A244		
Awakenings		60	Novato Monday Stag M 8pm		250		Aug 13	YTD
Back to Basics Su 930am		271	Novato Spirit Discussion F 2pm		150	11th Step Power Power Power	38	38
Blackie's Pasture Sa 830pm		200	On Awakening 7D 530am		858	6am Dry Dock Fri		65
Bolinas Book Study W 8pm		90	Pathfinders Tu 12pm		118	6am Dry Dock Mon		65
Candlelight Group Sun 8pm	253	253	Primary Purpose W 830pm		26	6am Dry Dock Sa		192
Candlelight Meditation M 730pm		34	Quitting Time M-F 530pm		1,650	6am Dry Dock Th		89
Closed Women's Step Study Tu 330pm	104	301	Refugee Th 12pm		250	6am Dry Dock Tu		364
Conscious Contact Sa 6pm		124	Rise N Shine Sun 10am	231	613	7am Living Sober W 7am		21
Crossroads Sun 12pm		900	San Geronimo Valley BS F 8pm		173	7am Step Discussion Tu 7am		66
Day At A Time 7D 630am		240	San Geronimo Valley M 8pm	242	242	830am Smokeless F 830am		276
Design For Living W 7pm		60	Saturday Night Sa 8pm		142	830am Smokeless Th 830am		166
Downtown Mill Valley F 830pm	663	1,713	Saturday Women's Speaker 6pm		273	A is for Alcohol Tu 6pm	62	266
East San Rafael Big Book		91	Sausalito 12 Step Study Group		88	A New Start F 830pm		293
Experience, Strength & Hope Sa 6pm		72	Serendipity Sa 11am	100	399	A Vision for You (SF) Su 630pm		60
Friday Night Book F 830pm		257	Sisters In Sobriety Th 730pm (M)		53	AA As You Like It Tu 530pm		200
Friday Night Gay Men's Stag F 830pm		53	Six O'Clock Sunset Th 6pm		990	Afro American Beginners Sat 8pm		297
Friday Night Terra Linda BB Study		80	Sober & Serene F 7pm		336	After Work Big Book Study	81	134
Girls Night Out W 815pm		116	Sober Sisters Wed 12pm		82	After Work M 6PM		126
Glum No! Su 9am	259	259	Steps To The Solution W 715pm	94	237	Agnostics & Freethinkers Su 630pm	152	212
Gratitude Tu 8pm		285	Stinson Beach BB Study Tu 8pm	252	252	All Together Now Th 8pm	66	66
Greenfield Newcomers Sun 7pm		785	Stinson Beach Fellowship Th 8pm	252	252	Amazing Grace M 7pm		60
Happy Hour (Marin) Th 6pm		72	Sunday Express Sun 6pm	154	396	Artists & Writers F 630pm		769
Happy, Joyous & Free 5D 12pm	250	2,098	T.G.I. Tuesday 6pm		72	As Bill Sees It Th 6pm		508
High & Dry W 12pm	133	178	Terra Linda Group Th 830pm		176	As Bill Sees It Tu 830pm		53
Intimate Feelings Sa 10am		233	Terra Linda Thursday Stag 8pm		500	As Bill Sees It Tu 1210pm		548
Inverness Sunday Serenity Su 10am		176	TGIF F 6pm		216	Bayview AA Th 7pm		60
Last Stop Men's Step Study W 6pm		150	The Barnyard Group Sa 4pm		190	Be Still AA Su 12pm		446
Living in the Solution F 6pm	50	50	The Fearless Searchers F 8pm	93	93	Beginners 12 x 12 F 7pm		409
Marin City Groups 6D 630pm	500	900	There is a Solution Tu 6pm		293	Bernal Big Book Sat 5pm		650
Meditation Weds 7pm	124	314	Three Step Group Sa 530pm		250	Bernal New Day 7D	304	2,235
Mill Valley 7D 7am		2,528	Thursday Night Book Club Th 7pm		37	Big Book Basics F 8pm		342
Mill Valley Discussion W 830pm		436	Thursday Night Miracles Th 830pm		150	Big Book Study Su 1130am		297
Monday Night Stag Tiburon	500	820	Thursday Night Speaker 830pm	2,479	396	Blue Book Special Su 11am		704
Monday Night Women's Group		303	Tuesday Chip Meeting Tu 830pm	210	631	Brothers in Arms M 8pm		168
Monday Night Women's M 8pm		92	We, Us and Ours M 650pm		375	Buena Vista Breakfast Su 12pm		20
Monday Nooners M 12pm	124	366	Wednesday Mid-Week W 6pm		72	Came To Believe Su 830am	94	117
						Came to Park Sat 7pm		306
						Castro Discussion Th 8pm		739

SF Contributions	Aug 13	YTD	SF Contributions	Aug 13	YTD	SF Contributions	Aug 13	YTD
Castro Monday Big Book M 830pm	50	50	Living Sober with HIV W 6pm	164	395	Sunday Night Castro SD 730pm	706	706
Castro Nooners F 12pm		129	Lush Lounge Sa 2pm		197	Sunday Rap Sun 8pm		390
Castro Steps & Traditions W 8pm	98	98	Meeting Place Noon F 12pm		277	Sunday Silence Su 730pm		85
Cocoanuts Su 9am		126	Meeting Place Noon W 12pm		679	Sundown W 7pm		934
Coit's Quitters		145	Mellow Mission Sunrise M 7am		200	Sunset 11'ers Su		302
Cow Hollow Men's Group W 8pm	480	1,194	Men's Gentle Touch M 7pm	648	648	Sunset 11'ers W		110
Cow Hollow Young People's Tu 730pm		281	Mid-Morning Support Su 1030am		889	Sunset 9'ers F		68
Daily Reflections F 12pm		213	Miracle (Way) Off 24th St W 730pm		140	Sunset 9'ers Sa	41	72
Design For Living - BB Tu/Th 730am		112	Mission Fellowship		24	Sunset 9'ers Su		222
Design for Living Sat 8am		870	Monday Beginners M 8pm		276	Sunset 9'ers Tu	110	110
Each Day a New Beginning F 7am		2,107	Monday Men's Stag (SF M 8pm)		159	Sunset 9'ers W		42
Each Day a New Beginning M 7am		639	Monday Monday M 1215pm		168	Sunset Speaker Step Sun 730pm		434
Each Day A New Beginning Su 8am		1,273	Monday Night Big Book Study M 8pm		116	Surf Tu 8pm		250
Each Day a New Beginning Th 7am		801	Moving Toward Serenity W 830pm		259	Ten Years After Su 6pm		1,116
Each Day a New Beginning Tu 7am		934	New Friday Big Book F 12pm		190	The Drive Thru W 1215pm		295
Each Day a New Beginning W 7am		1,050	New Highs W 130pm		36	The Lads Fr 730pm		222
Early Start F 6pm		1,081	New Life W 7pm		240	The Little Meeting That Could Su 6pm		68
Easy Does It Tu 6pm		39	No Reservations M 12pm		1,185	The Parent Trap 2 Wed. 430pm		225
Embarcadero Group 5D 1210pm		240	Noon Smokeless W 12pm		100	The Pepper Group F 12pm		166
Epiphany Group Th 8pm		100	O.A.D.W. Mon 7pm		166	They Don't Know Who We Are Sat 7pm		159
Eureka Step Tu 6pm		112	One Liners Th 830pm		72	Thursday Night Women's Th 630pm		484
Eureka Valley Topic M 6pm		163	One, Two, Three, Go! W 1pm		50	Too Early Sat 8am	97	805
Excelsior "Scent" Free for All Sa 8pm		180	Park Presidio M 830pm		246	Trudgers Discussion Su 7pm		360
Extreme Makeover M 730pm		82	Parkside Th 8pm		149	Tuesday Big Book Study Tu 6pm	90	162
Federal Speaker Su 12pm	39	288	Pax West Daily Reflections	268	268	Tuesday Dinner With Bill	50	50
Fell Street F 830pm		552	Pax West M 12pm		2,010	Tuesday Men's Pax Tu 12pm		540
Firefighters & Friends Tu 10am		256	Pax West Th 12pm		726	Tuesday's Daily Reflections Tu 8am	125	282
Friday All Groups F 830pm	219	258	Potrero Hill 12 x 12 M 630pm		210	Twelve Steps to Happiness F 730pm		85
Friday Smokeless F 8pm	167	335	Queers, Crackpots & Fallen Women		190	Unidentified Group		320
Friendly Circle Beginners Su 715pm		220	Reality Farm Th 830pm		730	Valencia Smokefree F 6pm		751
Giddy Up Th 7pm	40	112	Rebound W 830pm	96	96	Wake Up On 3rd St Group	147	147
Gold Mine Group M 8pm		471	Rigorous Honesty Th 1205pm		354	Walk of Shame W 830pm		225
Haight Street Blues Tu 615pm		377	Room to Grow F 8pm		37	Waterfront Sun 8pm		666
Haight Street Explorers Th 630pm		477	Saturday Afternoon Meditation 5pm		404	We Care Tu 12pm		234
High Noon Friday 1215pm		78	Saturday Beginners Sat 6pm		902	Wednesday Noon Steps W 12pm		60
High Noon Monday 1215pm		218	Saturday Easy Does It Sa 12pm		362	Wed Sunrise Smokefree 7am	100	100
High Noon Sunday 1215p		528	Saturday Night Regroup Sat 730pm		1,063	West Portal W 8pm		327
High Sobriety M 8pm		112	Say Hey Group M-F 6pm		170	Wharfrats Th 815pm		393
High Steppers W 7pm		34	Serenity House	150	1,200	What It's Like Now M 6pm		360
Hilldwellers M 8pm		436	Shamrocks & Serenity M 730pm		568	Wits End Step Study Tu 8pm		60
Hoodlum Haven F 8pm		96	Sinbar Su 8pm	60	60	Women's 10 Years Plus Th 615pm		1,320
Huntington Square W 630pm	188	720	Sisters Circle Su 6pm		317	Women's Came to Believe Sa 10am		180
Into The Sun Meditation Th 12pm		28	Sober Saturday Sa 830am		234	Women's Kitchen Table Tu 630pm		437
Joys of Recovery Tu 8pm		191	Sobriety & Beyond W 7pm	180	317	Women's Mtg There is a Solution		435
K.I.S.S. M 6pm		183	Sobriety & Miracles Sa 5pm		169	Women's Promises F 7pm		810
Keep Coming Back Sa 10am		939	Sometimes Slowly Sa 11am		1,134	Work In Progress Sat 7pm	250	463
Let It Be Now F 6pm	72	127	Sought to Improve Th 715pm		120	YAHOO Step Sa 1130am		212
Like A Prayer Su 4pm		202	Steppin' Up Tu 630pm	120	242	Young at Heart Sa 930am		93
Lincoln Park Sat 830pm		7	Sunday Bookworms Sun 730pm		201	San Francisco Total	5,973	67,469
Live and Let Live Su 8pm		304	Sunday Morning Gay Men's 930am	384	384	YTD	10,680	104,320
Living Sober W 8pm	38	38	Sunday Night 3rd Step Group 5pm		777			

Profit and Loss Statement: July 2013

	Jul 2013	Budget	Jan - Jul 13	YTD Budget
Ordinary Income/Expense				
Income				
Gratitude Month	14	0	3558	4700
Group Contributions	23908	21000	93642	104000
Individual Contributions	3261	2000	19108	17550
Newsletter Subscript.	22	11	165	74
Sales - Bookstore	9844	9000	68699	68200
Special Event Income	1700	2341	2822	2341
Total Income	\$ 38,749	\$ 34,352	\$ 187,995	\$ 196,865
Cost of Goods Sold				
Cost of Books Sold	6873	6500	49657	48100
Credit Card Processing	0	385	2501	2625
Inventory Adjustments	-60	0	-140	0
Total COGS	\$ 6,814	\$ 6,885	\$ 52,018	\$ 50,725
Gross Profit	\$ 31,936	\$ 27,467	\$ 135,977	\$ 146,140
Expense				
Access Expenses	0	520	911	3640
Archives Committee	0	50	25	250
Bank Fees	0	200	13	200
Employee Expenses	18123	13525	90436	92247
Equipment Lease	938	0	3992	3070
Filing/Fees	0	0	20	20
Insurance	0	0	2373	2326
Intergroup Events	0	0	2187	2100
Intergroup Literature	15	75	193	375
Internet Expense	-57	96	534	672
Office Supplies	457	181	1741	1271
Paper Purchased	90	250	1123	1625

	Jul 2013	Budget	Jan - Jul 13	YTD Budget
Payroll Fees	9	9	59	62
Phone Book Listings	91	101	637	647
Postage	200	200	892	742
Printing	0	0	16	0
Professional Fees	0	0	600	0
Rent - Office	3963	3965	27743	27755
Rent - Other	0	0	510	510
Repair & Maintenance	387	387	2183	3697
Security System	0	0	236	244
Shipping	631	0	631	0
Software Purchased	0	0	137	99
Sunshine Club/12th Step	0	0	25	100
Telephone	243	270	1654	1844
Training	0	0	30	250
Travel	0	0	376	0
Total Expense	\$ 25,091	\$ 19,828	\$ 139,278	\$ 143,745
Net Ordinary Income	\$ 6,844	\$ 7,639	\$ (3,301)	\$ 2,395
Other Income/Expense				
Other Income				
Bag Fees	7	0	37	21
Interest Income	0	120	585	810
Miscellaneous Income	0	0	35	0
Total Other Income	\$ 7	\$ 120	\$ 658	\$ 831
Other Expense				
Depreciation Expense	300	264	1996	1858
Total Other Expense	\$ 300	\$ 264	\$ 1,996	\$ 1,858
Net Other Income	\$ (293)	\$ (144)	\$ (1,338)	\$ (1,027)
Net Income	\$ 6,551	\$ 7,495	\$ (4,639)	\$ 1,368

Treasurer's Report

For the month of July, total income was \$4,397 over budget. Year-to-date total income is \$8,870 under budget.

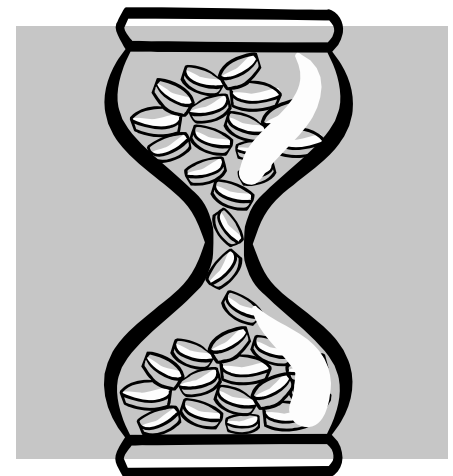
Bookstore sales are \$844 over budget in July and year-to-date are \$499 over budget.

For July 2013, we ended the month with a positive variance at \$6,551, however, the year-to-date is at a negative variance of \$4,639. The negative year-to date variance is primarily due to group contributions being below the budgeted amount \$10,358. However, year-to-date

expenses are below the budgeted amount at \$4,467.

Unrestricted cash balance increased from \$29,070 to \$38,627, which represents a little less than two months of average operating expenses.

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



Concept X: Responsibility and Authority

by Susan G.

Concept X: Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

The bylaws of the General Service Board, Inc. were adopted April 22, 1957. Subsequently, on April 26, 1962, The General Service Conference of Alcoholics Anonymous adopted “The twelve Concepts for world service” as written by Bill W. Per Bill, the 12 Concepts record the “why” of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten or lost.

In A.A. services we always have to choose between the authoritarian setup, whereby one group or person is set up in unqualified authority over another, and the democratic concept which calls for “checks and balances” to prevent unqualified authority from running unrestrained.

Concept X reflects that need for balance between responsibility and authority. The group holds ultimate



authority for A.A. business. Per the charter, the groups have delegated some of their ultimate authority and all needed functional authority to the conference, which includes the trustees and the active services. In turn, each conference member, on a final vote, is entitled to cast a final ballot according to his own conscience; and the conference itself is granted, under the traditional “Right of Decision,” the privilege of choosing which matters it will decide by itself and which it will refer back to the groups for their discussion. This gives the conference an authority equal to its real responsibility.

In addition to these methods we have two more guarantees – the “Right of Appeal” and the “Right of Petition.” We see these concepts of appeal and petition ensure that every minority and every worker doing a job has an authority and status commensurate with the responsibility involved.

All of this is fully implied in A.A.’s Tradition Two. Here we see the “group conscience” as the ultimate authority and the “trusted servant” as the delegated authority. One cannot function without the other. We well know that only by means of careful definitions and mutual respect can we constantly maintain a right and harmonious working balance.

Central Office, 1821 Sacramento St., San Francisco, CA 94109

Write to THE POINT! — The Point Committee values your input

or email us at: thepoint@aaaf.org



1821 Sacramento Street
San Francisco, CA 94109-3528

ADDRESS SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
U.S. Postage PAID
San Francisco CA
Permit No. 3480

October 2013

Moving?

Don't miss The Point! Please give us your new address.

NAME		
NEW ADDRESS		
CITY	STATE	ZIP
OLD ADDRESS		

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528
You can also **email** or **phone** us with your new contact information.
thepoint@aasf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400