

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013
11
November

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of Alcoholics Anonymous

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Humble and Durable



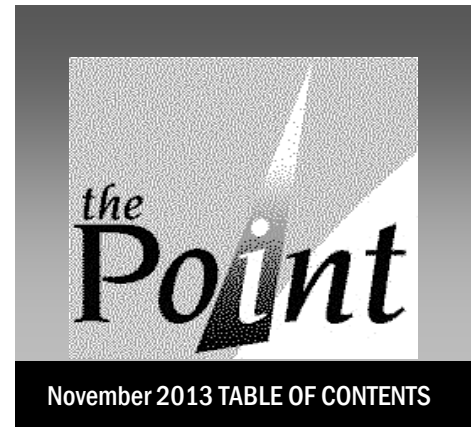
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, our Intergroup, the Central Office, or The Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> <div style="text-align: center;">  </div>			
3	4	5 <u>FIRST TUE</u> Access Committee Central Office 6pm	6 <u>FIRST WED</u> Intergroup Meeting 101 Donahue St. Marin City Orientation 6pm Meeting 7pm
10	11 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 6pm Business Meeting 7pm Central Office	12 <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	13 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
17 <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	18 <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	19	20
24	25	26 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
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7	8 CNCA Fall Assembly St. Mary's Cathedral 1111 Gough St. 5pm - 10pm	9 CNCA Fall Assembly St. Mary's Cathedral 1111 Gough St. 7am - 3pm
14 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	15	16 <u>THIRD SAT</u> SF Unity Day 1101 O'Farrell St. at Franklin, SF 10am - 4pm SF H&I Meeting Orientation at Unity Day 2pm No Business Meeting
21 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	22	23 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm
28 CENTRAL OFFICE CLOSED HAPPY THANKSGIVING! <u>FOURTH THU</u> Marin Public Information/ Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael No Business Meeting	29 CENTRAL OFFICE CLOSED HAPPY THANKSGIVING!	30 



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A.A. does not teach us
how to handle our drinking.
It teaches us how to handle sobriety.

Big Book p. 553.



Meeting Changes

New Meetings:

Sun	9:00am	Novato	OVERCOMERS, New Life Christian Center: 1370 S. Novato Blvd
Tue	12:00pm	Inner Sunset	WOMEN'S BIG BOOK STUDY, Gratitude Center: 1320 7th Ave / Irving
Tue	6:30pm	Inner Richmond	TUESDAY NIGHT LASSES STEP STUDY, 5340 Geary Blvd / 18th Ave
Fri	7:00am	Financial	PAX WEST MEN'S PRAYER & MEDITATION, Old St. Mary's: 660 California St / Grant

Meeting Changes:

Tue	10:30am	Corte Madera	WOMEN'S BIG BOOK, Holy Innocents Church: 2 Tamalpais Dr / Palm (Now has Child Care)
Sat	5:00pm	Pacific Heights	MORE COWBELL, Nu Outlook: 2205 Sutter St / Pierce (Was at 1748 Market)

No Longer Meeting:

Tue	8:00am	Pacific Heights	TUESDAY'S DAILY REFLECTIONS, 1909 Bush St
Fri	6:30pm	Castro	OUR PRIMARY PURPOSE, Ohlhoff IOP, 2191 Market St, Suite A / 15th 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!**

San Francisco
General Service



The Intercounty
Fellowship of AA

UNITY DAY 2013

SATURDAY NOVEMBER 16 (10-4PM) 1101 O'FARREL (@FRANKLIN) SAN FRANCISCO, CA

This is an excellent opportunity to explore a range of service opportunities (H&I, Teleservice, PI/CPC, 12th Step volunteer and more) and to enjoy fine food and fellowship!

More information and the schedule for the day are available under "Events" at www.aasf.org

"By our Twelve Steps we have recovered, by our Twelve Traditions we have unified and through our Third Legacy – Service – we shall carry the message down through all the corridors of time to come..."

-Bill W. (Language of the Heart)



Reasonable Accommodations Policy: Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office.

From the Editor

Gratitude Month

by Charley D.

What one attribute seems to unite us fellows of A.A.? I'd say gratitude. Whether sober half a day or half a lifetime, each member will likely tell you she's grateful, at least for today, to be alive and not drinking. Most of us find uncovering thankfulness for what we have (often by making a "gratitude list") a powerful antidote to the resentments life brings our way.

Our Longtimer Interview presents Dora G, a woman who's been sober half a century, most of it without a sponsor and a large part of it without even going to meetings. Your editor doesn't recommend this approach to recovery but feels sure you'll find her story fascinating reading. In our 12th Step Challenge, see how Anonymous was able to forsake the urge for power and glory and gratefully accept a life focused on his own recovery and bringing the message to others. Claire A writes how she seems only to follow Step 11's suggestion to improve contact with her Higher Power when she encounters "real" problems instead of every day, which she says suits her sobriety better. Are you an itinerant A.A.

trying to stay sober in our ever mobile society? Amelia E, who got and stays sober on the move, has excellent advice for you.

This month's A.A. History column features Dr. Bob's wife, Anne, and gives a glimpse into the family life of this spousal pair who both count as "founders" of our program. As part of our program, we take inventory. Yes, but whose inventory? Bob S takes an amusing and instructive look at that question. If you have trouble praying as part of your program, take a look at Jamie M's suggestion for an 11th Step Alternative.

Whether or not you were able to catch a performance of *Our Experience Has Taught Us*, don't miss Claire A's review of the show. Finally, Anonymous in NorCal tells how she finds freedom in forgiveness which also helps to overcome her addiction to anxiety.

If you're like me, you remember being hopeless, thankless – and drunk. Losing hope makes a human completely thankless. As you read this issue, notice how each of our authors explicitly or implicitly has someone, something, or both to

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.	James W.	Pam K.
Alejandro D.	Jane K.	Patrick M.
Amelia E.	Janet B.	Peg L.
Ann W.	Janet M.	Pene P.
Barbara L.	Jeanne C.	Penelope C.
Barbara M.	Jeff B.	Ralph P.
Ben W.	Jocelyn & Ralf Z.	Ralf Z.
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Braden B.	John T.	Robert W.
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Curtis V.	Lynne L.	Tracy F.
Dan B.	Mabel T.	
Dan & Sherry T.	Marit L.	Your Name Here!
David J.	Mark O.	
David S.	Martha S.	
David W.	Mary C.	
Denise H.	Mary D.	Or Here!
Dennis & Lucy O.	Mary L.	
Dianne E.	Maryellen O.	Or Here!
Don N.	Michael P.	
Emily C.	Michael W.	
Erin S.	Michael Z.	
Esther R.	Michelle C.	
Fay K.	Mike M.	
Frederick D.	Mily T.	
Garrett L.	Niels R.	
Gregory G.	Oswald G.	
Ian M.	Page V.	

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!

She Broke Her Neck in a Bar

Longtimer Interview: Dora G.—Now 50 Years Sober

by *Drunk Whisperer*

Dora G. celebrates 50 years of sobriety this year, at age 85. Born and raised in San Francisco, she has lived here all her life. She started drinking before World War II and stopped in the early 1960s. She recently returned to regular meeting attendance.

Drunk Whisperer: Were you a wild kid?

DG: I would do what I wanted to do. And nobody could tell me different. I left home while I was still in high

school. I attended Poly, that is, Polytechnic. They demolished it, it's no longer there, but it was near Kezar Stadium, on Stanyan Street. The big rival football game on Thanksgiving was always Poly and Lowell.

DW: Tell me about your drinking.

DG: I was a waitress for 50 years. You were supposed to be 21 to serve alcohol, but it was wartime. I worked in Maiden Lane, it wasn't like it is now; it was all bars and restaurants. The ships from Treasure Island would come over and the servicemen would come to the bars. There was

Soleri's and Tony Panda's and the Iron Horse. We used to go to the St. Francis Hotel to the bar in the basement called The Snake Pit. And I belonged to the Stage Door Canteen during the war, a club for all the service men. It was on Bush Street or Grant Avenue, can't remember. We'd dance with the servicemen and chit chat, having a ball. I worked at the Original Mel's Drive-In, at Mission and South Van Ness. The last two jobs I had was in a coffee shop called Gulliver's on Powell and Sutter and I worked there for 8 years. Then they closed and I moved up one block to where the Marine's Memorial is, in the downstairs there was a coffee shop there called Hankin's Coffee Shop and I was there for 16 years.

The older I got, the worse the hangovers were. The only thing that helped me those days on the job was bennies. Benzedrine. If you took too much, then you couldn't sleep at night. Vicious cycle. Then the next day, get up and hit the bars again. But the hangovers would get so bad; took two days to recuperate. And I still had to work. But the worst thing I did, and I did it more than once, was go up to Van Ness Avenue, drunk, at night, and direct traffic. I got on this kick, I just liked the idea. Right in the middle of Van Ness Avenue. I had people tell me, "Dora, I saw you on Van Ness Avenue. What the hell were you doing?" I drank to get drunk. I wanted that feeling: be able to *say* things and *do* things while I was drunk. Wanted to be out of my mind. Which was so stupid. I could never be a social drinker, never.

Years ago, there was this police station near me at 6th Ave. I had a habit of going into the precinct

(Continued on page 7)



(Continued from page 6)

drunk, and talking to the officers. They knew me so well, they tolerated me. One day they said to me, Dora, you can't come in here anymore, we have a new captain. So about two weeks later, I went back in there, drunk, and they booked me. One of the policemen got me out of there the next morning because I had to work. Years later, one of the officers told me that he had watched me get and stay sober for 6 or 7 months and then that's when he decided to join A.A., too.

One time, I had a freak accident, don't know exactly how it happened, I was drunk, but my foot got caught in a bar stool, I had high heels on, and I went sailing across the room into the jukebox so hard, it moved. So I went home that day, then felt like something was wrong, went to the emergency room and they told me the neck was broken. I was in the hospital for 9 weeks. They drill holes in your head, for traction.

DW: You couldn't drink while you were in there, could you?

DG: No, no, but I could smoke! Kaiser Hospital on Geary, you could smoke. My sister brought chicken in paper and I got a fire started. [laughter]

DW: So how did you get sober?

DG: After drinking for 30 years, one night I was praying to God, and I was drinking my little mickey of vodka, and I was crying that I can't go on this way. I used to do this all the time. And I was crying and drunk, and I went to bed, and I woke up the next morning, and I remembered it. And that day I quit drinking.

DW: Why was that night different from all the other nights?

DG: Who knows? But that night, I remember that I asked for help: "I

can't go on this way, please help me." And I remember waking up with the hangover, but from that day, I quit drinking. Then, somebody told me they have a program for people who quit drinking called A.A., and that's when I decided to join. I got to the first meeting, and somebody bought a book for me at my first meeting, which I'll never forget as long as I live. I attended lots of meetings: the ladies' meeting on Clement Street, the ones at the Alano Club up in Chinatown, all the meetings I could get to, that first year. There was a huge meeting in the basement of St. Mary's Cathedral on Geary St. and Gough. On Tuesday nights, there would be hundreds of people in that meeting. That was the biggest one we had. [This was Tuesday Downtown; currently it meets at the Urban Life Center on Franklin.] Then the second year or the third year, I stopped going to meetings. I just tapered and tapered and tapered. I had a sponsor during my first year of A.A. and she dropped me because she didn't like the way I was running my program.

DW: What didn't she like?

DG: I told her I was learning how to shoot pool and you have to go to bars. She said, "No, you can't do that." And I said, "Yes, I can, I am only drinking 7-Up." She said, "I'm sorry, I can't be your sponsor," and she dropped me. And I never had another sponsor after that. And I haven't had a slip in 50 years.

DW: Right, so you proved her wrong. It can be done. Would you advise it for others?

DG: No. [laughter] No, I wouldn't. But when I quit, I said it's until the day I die. And I knew it was true. The closest thing I came to a slip in 50 years was at a high school reunion and I was sitting at a table and a waiter put a big bottle of wine right in front of me. And I looked around

and nobody knew anything about me or A.A. and I'll never forget the feeling. So I got up and went to the restroom and started washing my hands, and I came back and moved the bottle over close to someone else and that's the closest I've ever come to a slip.

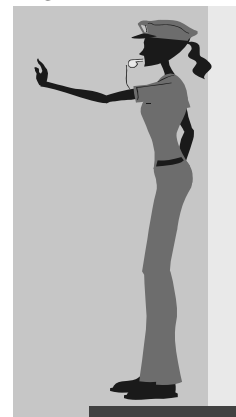
DW: So do you go to meetings now?

DG: Well, my TV went on the blink. And I didn't know what to do with myself. [laughter] That's when I went to this one meeting near my house, and I told them I had 50 years, and they went, "50 years! Oh my God!" I didn't realize it would make such an impression on these kids. Oh, and I went to Founders Day on that Saturday night (in June) and I enjoyed it very much.

DW: You were probably a real blessing at those meetings.

DG: Yeah, well, "50 years!" they all said. But it seemed to do something to them, you know, they kept looking at me, like they were in awe of me! The first meeting I went back to, it was a chip meeting, so I went up to get my 50 year chip and they gave me two 25s. [laughter] They were so conscientious, to give me something. I got my 50 year chip here at the office.

These days, I am praying to St. Anthony to have more compassion for the drunks I see on the bus. I don't want to feel disgust. But for the grace of God, there go I. Sometimes I think, "Oh, they're so dirty and so bad." But we're not supposed to think that way. I want to have compassion and not be so critical.



The Challenge



by Anonymous

“Can we steadfastly content ourselves with the humbler, yet sometimes more durable, satisfactions when the brighter, more glittering achievements are denied us?”

My answer to this question is, “Yes, we can.” When I entered A.A. my second (and so far, final) time, I had already found a great new job, after being laid off (aka, fired) from my previous job. I stayed with that new employer for three and one half years. It was a great experience. About nine months into that job, I re-entered the rooms of A.A.

The miracle started to happen quickly. I got an achievement award at work, I got promoted and I got continued recognition for my work. I then started to travel for some projects I was working on, sometimes as frequently as once every six weeks. I thought that I had arrived.

I went to meetings on a regular basis after work and on weekends; sometimes 4, 5, or 6 meetings a week. That’s the only thing that I knew that I could do: go to meetings. The meetings kept me out of my

lonely headspace and kept me out of the bars. Even when I travelled for work, I found meetings in the cities I visited.

After I left that employer, I went on to other jobs: two of them were for very large corporations. By that time, though, I was increasingly involved with A.A. activities. I became Secretary at a 6 PM meeting, and

I found that all I needed was to be content with the work I was doing.

most of my other meetings also met at 6 PM during the week. This caused a dilemma for me. I needed to leave work at 5 PM to get to my meetings. The perception of my coworkers was that I “watched the clock” and left at 5 PM sharp. It didn’t matter that I came in earlier than the others. What people noticed was that I left at 5.

Whatever people’s perceptions were, I didn’t care. My program came first. It’s as if my priorities shifted over time. My sobriety and sense of

wellbeing came first. I did not need to be a manager of a department. I found that all I needed was to be content with the work I was doing.

After a while, I decided to do some volunteer work at Central Office. There, I answer telephones, collate newsletters, take out the garbage and do whatever I’m asked to do. This experience, for me, has given me the “... humbler, yet more durable satisfactions ...” to be content with.

I have now seriously considered changing my career to something related to alcohol and drug abuse counseling. These jobs, I understand, are not terribly rewarding monetarily, but at this stage of my life, I seek a deeper satisfaction: that of making a difference in peoples’ lives. This is vastly different from my previous life of making products to help corporations make money.

So, I am working to decide on which new career path to take and how to prepare for that career path. As a result of staying sober all these years and working the A.A. program, I am in a place in which I can make a career choice, not based on annual salary, but on finding something to do that is spiritually satisfying at the end of the day. The “brighter, more



I asked my sponsor, "What do you do when you finish working the Steps?"

He said, "You lie really still, because you're dead."



Step Eleven



by Claire A.

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step Eleven is such a powerful step for me right now. All the steps are powerful, of course, in their own time and their own way. Right now I am struggling to put Step Eleven into practice. I do pray regularly. Sometimes, though, it feels like I'm just going through the motions. "Fake it 'til you make it," I guess they call that. My meditation practice is practically non-existent, and yet I do believe in the practice of meditation. I know that it works to stop the chatter in my head.

The last time I prayed fervently was last week. I had worked myself up into quite a state. Having NOT gotten

what I wanted, I was convinced that my husband was to blame (he wasn't). Nonplussed, he took the blame (anything to get some peace, I think he figured). I railed and ranted, and only felt worse. On top of being in a state, I was now feeling guilty and stupid for railing at him. I knew there was something I needed, and it

Somehow I think God is reserved for "real" problems.

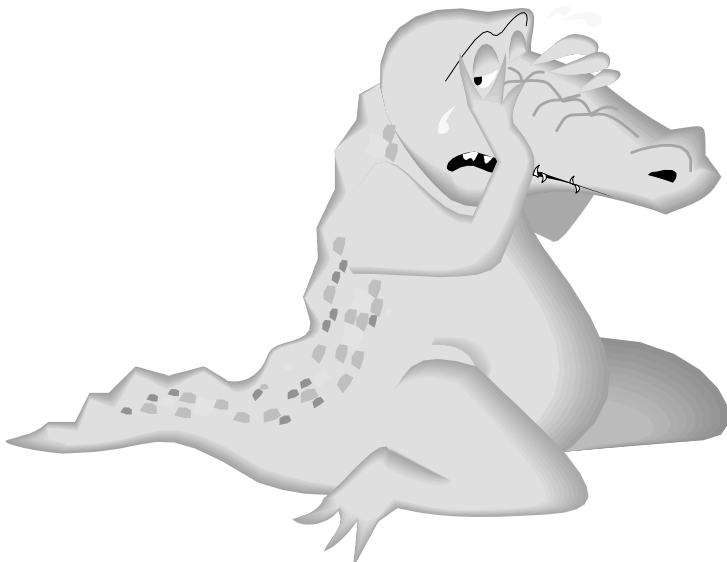
wasn't until I left the situation, desperate, that I realized what: contact with God. Outside, alone, I prayed. I think my prayer was something like "Help! Boo hoo hoo." And once I asked for help, I received immediate solace: a good cry, by myself, sheltered in God's care. I stood up, dusted myself off, made amends to my husband, and moved on.

What's frustrating yet funny to me about this is that I sometimes have to get into a state in order to ask for help. Why don't I ask for help every day? What, do I

think God doesn't have enough power to help me? Do I think I can handle things better? Somehow, I seem to think "I've got this." Like I'm God's assistant, struggling to do everything I can from letting the boss have to deal with problems. Co-dependence, much? Somehow I think God is reserved for "real" problems. But, what constitutes real problems to God? I think, well, if I get cancer, or can't find work for a year, or if my husband leaves, or my kid gets sick, then I'll have real problems. Those are real problems.

The reality, though, is that I already have real problems. I have a real problem asking for help. I have a real problem keeping things in perspective. I have a problem with identifying my feelings, feeling them, and letting them go. I have a problem with trying to control situations and people. I have a problem with impulse control. These are not luxury problems. These things will cause me to drink, eventually.

When I reach out to my HP, through prayer and meditation, I do get help with whatever problems I have. When I surrender my will, I feel relief. I may have at least some of those "real" problems someday. Changes in my life may hurt, and I will need to reach out with prayer. For now, I'm grateful for the life I have. Right now, with the problems I can identify, I already get help when I reach out. At a minimum, I get peace – a priceless gift. Often there is more – doors open, people I need come into my life, I figure out solutions – if I just ask.



A Newcomer on the Move

Following Suggestions and Staying Sober

by Amelia E.

My name is Amelia and I've moved a lot in sobriety. I got sober in July of 2006 and I've lived in three different cities thus far. When I first got sober, I counted days in New York City. I was in University at the time and when the semester started again, I had to go back down to Asheville, North Carolina. There were several suggestions I was given when I first got sober and I continue to follow most of them to this day.

My first sponsor, Heather in NYC, told me to call her every day and go to a meeting every day. Soon after that, she suggested getting three new numbers a day and calling three new people a day. This way I built up a network and was less dependent on her. It also helped me make friends and let others be of service when I called them. Then she had me get two commitments, a home group, talk to new comers, show up early and stay late.

When I went down South, I got a new sponsor at the suggestion of Heather. I was scared – Southern A.A. is not as diverse as A.A. in NYC. I had a lot of judgment but I was scared to drink, so I made myself a part of even though I felt like a fish out of water. Moving as a newcomer was hard, but I had a lot of women reach out to me because I made sure I announced my day count at meetings. I got a home group, got a coffee commitment, paired up with other new comers, car-pooled to meetings, fellowshipped, and basically did everything I didn't want

to do. But, it was better than drinking alone and watching cable!

When I graduated from college in 2008, I moved back up to NYC where I had procured a full-time salaried job. I did the same thing I did when I moved in 2006, but this time I had to reach out a lot more as I was no longer new. Basically, I had to ignore my fear of others and be the hand of A.A. I wanted and needed. I really had to fake it 'til I made it! I got a coffee commitment, a home group, sponsees, and the rest was history! I stayed sober.

When I moved to San Francisco the summer of 2011 because of a job opportunity, I got a secretary commitment my first week. This forced me to get speakers, show up early, hand out readings, learn names, and be accountable. Thank God for willingness! Not only did I get a commitment, but literally my first stop after driving across the Golden Gate Bridge was a meeting at the Dry Dock – what a great foundation to a new chapter in my life!

I can't say that all these moves have been easy, but I have not had to drink over them or stop attending A.A. meetings just because I was in a new fellowship and they "did it wrong" or used different A.A. lingo. Moving can be a real gift because each fellowship has a unique melting pot of lineages of A.A. knowledge being shared from the floor. I have learned a lot about

myself and have made lifelong sober friends across the USA. Here are some tips to keep you sober if you're planning a move:

- Get the local intergroup number and call them- they'll be happy to talk to you and recommend meetings that suit your needs and location.
- Go to a meeting *ASAP* after you move- the longer you put it off, the less likely you are to go.
- Get numbers of newcomers- they're *way* more awkward than you are! When all else fails, find a new comer! Offer to meet them at meetings, save them seats, take them to coffee.
- Get *any* commitment, even if you're not sure you can do it for that long.
- Show up early to meetings and help set up and/or stay late and help clean up.
- Say that you just moved to that area when they ask for visitors or first timers.
- Trust God, clean house, and help others!



A.A. History: The Three Legacies

Part Five, Dr. Bob's Wife and Children

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

Anne Robinson Ripley

Dr Bob's wife, Anne, was loved and revered by the Akron, OH members and by Bill and Lois. In a July 1949 memorial Grapevine article, Bill W wrote that Anne was "quite literally, the mother of our first group, Akron #1 and in the full sense of the word she was one of the founders of A.A."

Anne Robinson Ripley was born March 21, 1881 in the Chicago suburb of Oak Park, IL to Joseph and Joyce Pierce Ripley. She was one of four children and grew up in a family of railroad people. It was a very sheltered atmosphere, although there wasn't much money at that time.

Anne was small and reserved and had a cheerfulness, sweetness, and calm that remained with her throughout her life. She attended Wellesley College on a scholarship, because her family couldn't have afforded to send her there otherwise.

Dr. Bob met Anne in 1898 during his senior year at St. Johnsbury Academy, while she was a student at Wellesley. Anne was spending a holiday with a college friend. It was the beginning of a courtship between Dr. Bob and her that lasted for 17 years. There is some historical evidence that concerns about Dr. Bob's drinking was a contributing factor to their lengthy courtship.

No one today can be absolutely certain of the reason for the delay.

There were years of schooling, work and internship ahead for Dr. Bob. There was also the possibility that Anne had a healthy fear of entering the state of holy matrimony with a drinking man. Perhaps she waited until Bob gave evidence of being sober for a time before she agreed to marry him. However, they saw each other and corresponded regularly during this 17-year period, while Anne taught school in Oak Park.

On January 25, 1915 Anne and Dr. Bob were married in Chicago, IL in the home of Anne's mother "at half after eight o'clock" (as the wedding invitation read). They took up residence at 855 Ardmore Ave, Akron, OH.

The first three years of their marriage were ideal, free from any of the unhappiness that was to come later. Dr. Bob continued to stay sober, and any lingering doubts Anne might have had were stilled.

On June 5, 1918 Dr Bob and Anne's son, Robert (Smitty) was born. But the year of Smitty's birth was also the year of a national event that had a very different impact on Dr. Bob's life: the 18th Amendment was passed -- Prohibition.

Dr Bob Starts To Drink Again During Prohibition - 1918

Before the 18th amendment went into effect, Dr Bob was not aware that the government would oblige him by allowing doctors almost unlimited supplies of grain alcohol for "medicinal purposes." Many times during those "dry" years, Dr. Bob went to the phone book, picked out a name at random, and then filled out the prescription that would get him a pint of medicinal alcohol.

Smitty and Sue

In 1923, Anne and Dr. Bob adopted a daughter, Suzanne (nicknamed Sue) born February 15, 1918. Smitty and Sue's biographies are in a book titled "Children of the Healer." Both were the earliest witnesses to the founding of A.A. in Akron OH. Smitty and Sue were the same age. World War II and then marriage, took Smitty from home and to Texas, where he remained to live the rest of his life.

In September 1941, Sue married Ernie G (Galbraith) whose Big Book story is "The Seven Month Slip." He was almost twice Sue's age. Both Dr. Bob and Anne objected to Sue's marriage very strongly. Ernie could not stay sober and the marriage was a disaster.

A Terrible Tragedy

Ernie and Sue had two children, a son Mickey and a daughter Bonna, who suffered from mental illness compounded by alcoholism and drug addiction. Tragically, on June 11, 1969, Bonna committed suicide after taking the life of her 6-year-old daughter Sandy. Ernie G died two years later to the day.



Anne-Robinson Ripley

Taking Inventory

(Of Other People, That Is!)



by Bob S.

It is oft-heard and seemingly common A.A. knowledge that we are not to take each other's inventory. Seemingly, the Big Book source of this "knowledge" is derived from Step Four directions; indeed, the second full paragraph of page 67 states, "The inventory was ours, not the other man's." But hold the phone! Careful reading indicates that the context of this saw may not be applicable in such a general and all inclusive manner as stated above. This sentence actually concerns itself only with the resentment-solving tool of discovering where we were at fault, thereby letting the object (person) of our anger off the hook, thus logically ending the resentment. After all, how foolish to blame a dire deed on an innocent bystander when we,

ourselves, set the ball rolling.

Of course it may be of benefit, or even necessary, to take another A.A.'s inventory when choosing a sponsor or electing a secretary, treasurer, GSR, DCM or Area Delegate. We do this every time we vote. Concerning newcomers, Bill tells us on page 92, "If you are satisfied he is a real alcoholic, begin to dwell on the hopeless feature of the malady." And on page 95, "... if he expects you to act only as a banker ... you may have to drop him" And when greeting a newcomer, it may be important to judge his or her religious or other strongly held convictions so as not to nip the conversation in the bud.

It is important for a sponsor to rightly judge a sponsee to best know how to take them through the initial 12-Step

process. Some may be capable of simply following the clear-cut directions from our program of action, while others, perhaps illiterate, may require use of a tape recorder. Others may be mentally ill and need yet another approach.

As for speaking at meetings, one must be careful to not insult attendees, so one might need judge (take inventory of) the audience to avoid saying something inappropriate, where at another meeting one's speech might be more open and relaxed.

The Big Book also tells of certain things of which we are **not** to be the judge, e.g., "We do not want to be the arbiter of anyone's sex conduct" (p 69). I must be ever aware of

11th Step Alternatives

by Jamie M.

Like many people, I've had problems with using the St. Francis Prayer as an Eleventh Step prayer. Then one day, it hit me . The alternative is contained in the Step itself and I can simply pray:

"God, grant me knowledge of your will for me and the power to carry it out."

It's so much shorter and easier to remember, and also less of a laundry

list. It's especially helpful when I don't want to pray to be an instrument of peace, don't want to seek to comfort more than be comforted, etc. One of the symptoms of my spiritual disease is that, despite all the positive results I've gotten from prayer over the years, I'm still frequently faced with that "sickening rebellion" when I "cannot or will not pray." The simpler and shorter and more general the prayer is, the easier it is for me to say it.



What That Experience Taught Me

by Claire A.

Wow. I went to see *Our Experience Has Taught Us*, and it taught me a lot. First off, we are NOT a glum lot. The show was full of surprises – formal dancing, singing, fast-forwarding overdubbed speech – surprises loudly appreciated by the audience. In the midst of this story about saving the lives of alcoholics, a deadly serious topic, there were many laughs. There was also a tangible difference between this play and others I've attended, in terms of audience participation. I felt the difference went beyond the occasional audience members chiming in to recite familiar A.A. phrases. The audience was invested in the outcome of the story. The play was 3 hours long, and we, an impatient, self-centered bunch of alcoholics, stayed. I guess I should speak for myself, and so I will. The end of the show felt to me like a huge hug, extended to newcomers from cast and audience alike.

The play was full of history, too. History you could see in wardrobe, props and set. I can't say I really imagined Bill W. sitting down with a MacBook to write the Big Book. However, the typewriter, secretary, collaborative/argumentative group and the resulting gigantic tome, really brought home the nature of the creation of our central text, and the nicknaming of that book. Of course, the play also illustrated the history of how the Traditions came to be and we saw the desperate, difficult work of all of our forebears to keep A.A. on the beam. It was

remarkable, sometimes painful, and all too familiar, to see how many bleak pathways the founders had to go down to discover the right path.

I had heard, and now I can say from experience, that Jackie B. is a very talented playwright. There were many memorable scenes but, for me, the idea of telling the story through the familiar old-timer and newcomer sitting on a bench was inspired. They

...I was right there rooting for Bill to take the Towns job so he and Lois could keep the house!

turn out, of course, to be two pillars of the program, but we met them as we'd meet anyone new to us in the program -- sitting on a bench outside a meeting. June's wry, streetwise humor and Sybil's no-nonsense tough love draw us in immediately, and their conversation gives us a reason

to walk through the Traditions.

What did I learn? The stories behind each Tradition. I learned that humble people made this program, by trial and error, through mistakes and trying again. In many ways, this play is a metaphor for individual recovery. We are all very likely to make all of the same mistakes our founders made, until we get a firm grasp on real recovery, with honesty, humility and service, and even after!

This play also did such a great job of showing us how tempting our old ways are. Who doesn't relate in some way to the stories behind the Traditions? Aren't we all tempted by money, property and prestige? Don't we all want to be recognized, offered jobs that show off our abilities? I know I followed easily down the path of each story. I knew full well, sitting in my audience seat, that each story would end with a lesson and that each protagonist would have to come to terms with the error in his or her actions or thinking. And yet, I was right there rooting for Bill to take the Towns job so he and Lois could keep the house!

I didn't understand the work behind the Traditions before I saw this play. I mean, on some level I got it, that the founders had worked, sweated out these Traditions through experience. But what I didn't get is that I would have made exactly the same mistakes. And have, actually. Seeing them acted out gave me a deeper appreciation for the Traditions – a real-life appreciation for them that I couldn't get through reading them.



Intergroup Meeting Summary— Oct 2013

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

A Is For Alcohol	Cover to Cover	Haight Street Blues	Queers, Crackpots & Fallen Women	There is a Solution
Any Lengths	Cow Hollow Men's Group	High Noon F	Saturday Weekend Warrior	They Stopped in Time
As Bill Sees It	Cow Hollow Young People	High Noon W	Say Hey Group	Tuesday Big Book Study
Attitude Adjustment Hour	Day At A Time	Keep Coming Back	Serenity Seekers	Valencia Smokefree
Bernal Big Book	Each Day a New Beginning	Living Sober with HIV	Sesame Step	Vets Coffee Break
Blue Book Special	Embarcadero Group	Mill Valley	Sober Saturday	Waterfront
Came to Park	Friday Morning 12 Steppers	Miracles (Way) Off 24th St.	Sunday Night Corte Madera	Women's 10 Years Plus
Castro Steps and Traditions	Friendly Circle Beginners	Mission Terrace	Sunday Rap	Women's Promises
Come 'n Get It!	Girls Night Out	Monday Night Stag Tiburon	Sunset Speaker Step	<i>Marin General Service</i>

This is an unofficial summary of the October 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., Oct. 2nd, 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 September minutes and the October agenda were approved.

Officer Reports

Board Chair Report, Phil Marin Unity Day was great and we encourage all IGRs to attend. The play was a big hit and generated strong feelings of fellowship. We need more Intergroup committee participation and will discuss in the round table today, which will lead to an action plan. It's time to begin planning the annual budget.

Treasurer's report, Michelle C. There is a positive variance at end of August of \$3,612.91. The play generated roughly

\$2,000 in additional income. The year-to-date figure is negative \$835.14. The primary explanation for the deficit is that group contributions are below budget.

Central Office Manager, Maury P.

Peggy is our new part-time Special Worker! She's been with us for a week now, but has had a phone shift for the last year and a half and was one of our new volunteer trainers. We appreciate her and her organizational abilities! Intergroup will be in Marin in November and SF in December.

Intergroup Committee Reports

Access Committee, Steve F. Meets 1st Tuesday at 6pm at Central Office. Sunshine Club is looking for used cd and cassette players. 10 new members attended at the last Sunshine Club orientation. The Access Committee was granted a time slot at Unity Day to review the issue of members who are outside of our current support structure (aka 'the gap' or 'SOS', Sober Outside of Services). Thanks to all who filled out the Access Survey online.

Archives Committee, Michael P. Meets 3rd Sunday from 2-4pm at Central Office. Our mission is to preserve the legacy of AA with research, documents, etc. We request a written copy of the "Meet the Meeting" presentations. To send meeting histories, please email archives@aasf.org. Welcome to Kim S. our new committee member!

Fellowship Committee, Jennifer Meets 2nd Thursday at 6pm at Central Office. For more info, email fellowship@aasf.org. Many people volunteered for box office at the play. Thank you, it was fun too! Please

volunteer to join our committee and help us plan more fun A.A. gatherings.

Orientation Committee, Vince Meets before the Intergroup meeting on the 1st Wed at 6pm. We oriented 6 new people today. Please welcome them!

SF PI/CPC Committee, Kris Meets the 2nd Monday at 7pm with a 6pm speaker workshop. We reach out to professionals to keep them informed and aware of A.A.'s existence. We spoke at a DUI class and talked to the coordinator who believed that half of the people in the room are alcoholic; serviced 5 classes (DUI, school, and a special event). Learn to give a talk at a DUI class or other PI/CPC event. Two-year sobriety requirement. We have other opportunities on the committee for those with less sober time.

SF Teleservice Committee, Carolyn R. Teleservice answers the phones when Central Office is closed with a live person 24 hours/day. Meets 3rd Monday at 6pm; orientation is at 6:30pm. 12 shifts open right now, with a 1 year sobriety requirement. Please volunteer.

The Point Committee, Charley Meets 2nd Tuesday at 5:30pm at Central Office.

Held annual retreat; decided to have one meeting per month instead of two. Will focus on an A.A. aphorism or slogan per month. Please email thepoint@aasf.org to send us your ideas.

Trusted Servants, Michael P. The goal is to get the word out about the traditions. We hold workshops for secretaries and treasurers. We will hold a workshop at SF Unity Day on Sat, Nov 16th.

Individual Contributions

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

IN MEMORIAM

Veronica McC.

Bill J.

ANNIVERSARIES

Terry H. — 34 years

Carlin H.—31 years

Denise H. — 28 years

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Phil L. chair@aasf.org

VICE CHAIR

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

Website Committee, Michael for Rebecca M. Discussing making the website more accessible to newcomers and make it easier to find items and click through links.

Outreach Committee, Robert Meets at 6:30pm before Intergroup on the 1st Wednesday.

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

Marin District 10 General Service, Rudy S. Heard the Delegate's report. The message was to "Be Available!" Will bid for the 2014 Summer Assembly. The anniversary edition of the Big Book will be \$12.

SF H&I Michael P. for Lynn D. H&I on the road! We are scheduling volunteer trainings after big meetings. In November, we will have a workshop at SF Unity Day on Nov 16th instead of the regular one. There will be no workshop or business meeting in December.

SF General Service, Mike B.

Nov 9th at 8am is the CNCA Fall Assem-

bly at St Mary's Church on 1111 Gough St.

Old Business

Michael P. - 600-700 people attended the play, Our Experience Has Taught Us. There were great sessions with June G. who spoke about the traditions and how important they are. We sold \$12,000 tickets. Expenses were \$5,000. 70% of net income goes to the Jackie and the actors. Intergroup receives 30%, about \$2,000.

New Business

Round Table:

Question: What are the current barriers to participating in Intergroup Committees?

Meet the Meeting

Tony, Castro Steps and Traditions, Wed 8pm - The cool thing is it's a 2 part meeting. We speak on a step one week, and a tradition the next. It's a closed meeting with singleness of purpose.

Joie, Women's Meeting: There is a Solution, Wed at 6pm, Lake and Arguello - Started in 2008; in the first 5 min a newcomer shares. In the next 15-20 min people with 5 or more years share. Then an open share and discussion.

Next Intergroup Meeting Wednesday, November 6th at 101 Donohue St. in Marin city. Orientation is at 6pm; dinner is served at 6:30pm.

aa group contributions

Fellowship Contributions			Marin Contributions			Marin Contributions		
	Sep 13	YTD		Sep 13	YTD		Sep 13	YTD
Brisbane Breakfast Bunch		138	Monday Night Women's M 8pm		92	We, Us and Ours M 650pm		375
Contribution Box		295	Monday Nooners M 12pm		366	Wednesday Mid-Week W 6pm		72
Intergroup		771	Morning After Sa 10am		400	Wednesday Night SD 7pm		150
Fellowship Total		\$ 1,204	Morning Attitude Adjustment		505	Wednesday Sundowners W 6pm		200
			Nativity Monday Night BB 8pm		116	What's It All About F 12pm	205	205
			Newcomers Step M 730pm		1070	Women's Big Book Tu 1030am		690
Marin Contributions	Sep. 13	YTD	Noon Hope F 12pm		53	Women's Lunch Bunch F 12pm		325
12 & 12 Study Sa 815am	152	298	Noon Reveille Su 12pm		72	Working Dogs W 12pm		500
7am Urgent Care Group 7D		200	Noon Small Room Speaker		53	YP Chopsticks Sa 1030pm		43
As Bill Sees It M 2pm		14	Novato Fellowship Events Comm		286	Marin Total	\$ 2,269	\$ 37,917
Attitude Adjustment 7D 7am		1358	Novato Fellowship Group		750			
Awakenings		60	Novato Monday Stag M 8pm		250	SF Contributions	Sep. 13	YTD
Back to Basics Su 930am		271	Novato Spirit Discussion F 2pm		150	11th Step Power Power Power		38
Blackie's Pasture Sa 830pm		200	On Awakening 7D 530am		858	6am Dry Dock Fri		65
Bolinas Book Study W 8pm	150	240	Pathfinders Tu 12pm	98	215	6am Dry Dock Mon		65
Candlelight Group Sun 8pm		253	Primary Purpose W 830pm		26	6am Dry Dock Sa		192
Candlelight Meditation M 730pm		34	Quitting Time M-F 530pm		1650	6am Dry Dock Th		89
Closed Women's Step Study Tu 330pm		301	Refugee Th 12pm	50	300	6am Dry Dock Tu		364
Conscious Contact Sa 6pm		124	Rise N Shine Sun 10am		613	6am Dry Dock W	62	62
Crossroads Sun 12pm		900	San Geronimo Valley BS F 8pm		173	7am Living Sober W 7am		21
Day At A Time 7D 630am		240	San Geronimo Valley M 8pm		242	7am Step Discussion Tu 7am		66
Design For Living (Marin) W 7pm		60	Saturday Night Sa 8pm		142	830am Smokeless F 830am		276
Downtown Mill Valley F 830pm		1713	Saturday Women's Speaker Sa 6pm		273	830am Smokeless Th 830am		166
East San Rafael Big Book		91	Sausalito 12 Step Study Group		88	A is for Alcohol Tu 6pm		266
Experience, Strength & Hope Sa 6pm		72	Serendipity Sa 11am		399	A New Start F 830pm		293
Friday Night Book F 830pm		257	Sisters In Sobriety Th 730pm		53	A Vision for You Su 630pm		60
Friday Night Gay Men's Stag F 830pm		53	Six O'Clock Sunset Th 6pm		990	AA As You Like It Tu 530pm		200
Friday Night Terra Linda BB Study		80	Sober & Serene F 7pm		336	Afro American Beginners Sat 8pm		297
Girls Night Out W 815pm		116	Sober Sisters Wed 12pm		82	After Work Big Book Study	36	170
Glum Not! Su 9am		259	Steps To The Solution W 715pm		237	After Work M 6PM		126
Gratitude Tu 8pm		285	Stinson Beach BB Study Tu 8pm		252	Agnostics & Freethinkers Su 630pm		212
Greenfield Newcomers Sun 7pm		785	Stinson Beach Fellowship Th 8pm		252	All Together Now Th 8pm		66
Happy Hour (Marin) Th 6pm		72	Sunday Express Sun 6pm		396	Amazing Grace M 7pm		60
Happy, Joyous & Free 5D 12pm		2098	Sundown W 7pm	355	355	Artists & Writers F 630pm	1480	2249
High & Dry W 12pm		178	T.G.I. Tuesday 6pm		72	As Bill Sees It Th 6pm		508
Intimate Feelings Sa 10am		233	Terra Linda Group Th 830pm		176	As Bill Sees It Th 830pm	79	132
Inverness Sunday Serenity Su 10am		176	Terra Linda Thursday Stag 8pm		500	As Bill Sees It Tu 1210pm		548
Larkspur Beginners F 7pm	325	325	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	The Fearless Searchers F 8pm		93	Beginners 12 x 12 F 7pm		409
Marin City Groups 6D 630pm		900	There is a Solution Tu 6pm		293	Bernal Big Book Sat 5pm		650
Meditation Weds 7pm		314	Three Step Group Sa 530pm	250	500	Bernal New Day 7D	330	2565
Men's 2 Plus M 7pm	50	50	Thursday Night Book Club Th 7pm		37	Big Book Basics F 8pm		342
Mill Valley 7D 7am		2528	Thursday Night Miracles Th 830pm		150	Big Book Study Su 1130am	382	679
Mill Valley Discussion W 830pm		436	Thursday Night Speaker 830pm		2479	Blue Book Special Su 11am	42	746
Monday Blues M 630pm	500	500	Tiburon Beginners & Closed Tu		396	Brothers in Arms M 8pm		168
Monday Night Stag Tiburon		820	Tuesday Chip Meeting Tu 830pm	135	766	Buena Vista Breakfast Su 12pm		20
Monday Night Women's Group		303						

SF Contributions	Sep 13	YTD	SF Contributions	Sep 13	YTD	SF Contributions	Sep 13	YTD
Caledonia Sun 8pm	720	720	Lincoln Park Sat 830pm	7		Steppin' Up Tu 630pm		242
Came To Believe Su 830am		117	Live and Let Live Su 8pm	304		Stepping Out Sat 430pm	25	25
Came to Park Sat 7pm		306	Living Sober W 8pm	38		Sunday Bookworms Sun 730pm	197	398
Castro Discussion Th 8pm		739	Living Sober with HIV W 6pm	395		Sunday Morning Gay Men's 930am		384
Castro Monday BB M 830pm		50	Lush Lounge Sa 2pm	197		Sunday Night 3rd Step Group 5pm		777
Castro Nooners F 12pm		129	Meeting Place Noon F 12pm	277		Sunday Night Castro SD Su 730pm	189	895
Castro Steps & Traditions W 8pm		98	Meeting Place Noon W 12pm	679		Sunday Rap Sun 8pm		390
Cocoanuts Su 9am	440	566	Mellow Mission Sunrise M 7am	200		Sunday Silence Su 730pm		85
Coit's Quitters		145	Men's Gentle Touch M 7pm	648		Sundown W 7pm	238	1172
Cow Hollow Men's Group W 8pm	1194		Mid-Morning Support Su 1030am	889		Sunset 11'ers Su		302
Cow Hollow Young People's Tu 730pm		281	Midnight Meditation Sat 12am	120	120	Sunset 11'ers W	100	210
Daily Reflections F 12pm		213	Miracle (Way) Off 24th St W 730pm	140		Sunset 9'ers F		68
Design For Living BB Tu/Th 730am		112	Mission Fellowship	24		Sunset 9'ers Sa		72
Design for Living Sat 8am		870	Monday Beginners M 8pm	276		Sunset 9'ers Su		222
Each Day a New Beginning F 7am	2107		Monday Men's Stag (SF M 8pm)	159		Sunset 9'ers Tu		110
Each Day a New Beginning M 7am		639	Monday Monday M 1215pm	168		Sunset 9'ers W		42
Each Day A New Beginning Su 8am	1273		Monday Night Big Book Study M 8pm	116		Sunset Speaker Step Sun 730pm		434
Each Day a New Beginning Th 7am		801	Moving Toward Serenity W 830pm	259		Surf Tu 8pm		250
Each Day a New Beginning Tu 7am		934	New Friday Big Book F 12pm	190		Ten Years After Su 6pm		1116
Each Day a New Beginning W 7am	1050		New Highs W 130pm	36		The Drive Thru W 1215pm		295
Early Start F 6pm	1081		New Life W 7pm	240		The Lads Fr 730pm		222
Easy Does It Tu 6pm		39	No Reservations M 12pm	1185		The Little Meeting That Could Su 6pm		68
Embarcadero Group 5D 1210pm		240	Noon Smokeless W 12pm	100		The Parent Trap 2 Wed. 430pm		225
Epiphany Group Th 8pm		100	O.A.D.W. Mon 7pm	166		The Pepper Group F 12pm	60	226
Eureka Step Tu 6pm		112	One Liners Th 830pm	72		They Don't Know Who We Are Sat 7pm		159
Eureka Valley Topic M 6pm	439	603	One, Two, Three, Go! W 1pm	50		Thursday Night Women's Th 630pm	189	673
Excelsior "Scent" Free for All Sa 8pm	60	240	Park Presidio M 830pm	246		Too Early Sat 8am		805
Extreme Makeover M 730pm		82	Parkside Th 8pm	149		Trudgers Discussion Su 7pm		360
Federal Speaker Su 12pm		288	Pax West Daily Reflections	268		Tuesday Big Book Study Tu 6pm		162
Fell Street F 830pm		552	Pax West M 12pm	2010		Tuesday Dinner With Bill		50
Firefighters & Friends Tu 10am		256	Pax West Th 12pm	726		Tuesday Men's Pax Tu 12pm		540
Friday All Groups F 830pm		258	Potrero Hill 12 x 12 M 630pm	210		Tuesday's Daily Reflections Tu 8am		282
Friday Smokeless F 8pm		335	Queers, Crackpots & Fallen Women	190		Twelve Steps to Happiness F 730pm		85
Friendly Circle Beginners Su 715pm		220	Reality Farm Th 830pm	730		Unidentified Group		320
Giddy Up Th 7pm	44	156	Rebound W 830pm	300	396	Valencia Smokefree F 6pm	132	883
Gold Mine Group M 8pm		471	Richmond Big Book Study Th 730pm	32	32	Wake Up On 3rd St Group		147
Haight Street Blues Tu 615pm		377	Rigorous Honesty Th 1205pm	60	414	Walk of Shame W 830pm		225
Haight Street Explorers Th 630pm		477	Room to Grow F 8pm	37		Waterfront Sun 8pm		666
Happy Hour Ladies Night F 530pm	162	162	Saturday Afternoon Meditation Sat 5pm	404		We Care Tu 12pm		234
High Noon Friday 1215pm	50	128	Saturday Beginners Sat 6pm	902		Wednesday Noon Steps W 12pm		60
High Noon Monday 1215pm		218	Saturday Easy Does It Sa 12pm	362		Wednesday Sunrise Smokefree 7am		100
High Noon Sunday 1215p		528	Saturday Night Regroup Sat 730pm	1063		West Portal W 8pm		327
High Noon Thursday 1215pm	82	82	Say Hey Group M-F 6pm	170		Wharfrats Th 815pm		393
High Sobriety M 8pm		112	Serenity House	150	1350	What It's Like Now M 6pm	100	460
High Steppers W 7pm		34	Serenity Seekers M 730pm	188	188	Wits End Step Study Tu 8pm		60
Hilldwellers M 8pm		436	Shamrocks & Serenity M 730pm	568		Women's 10 Years Plus Th 615pm		1320
Hoodlum Haven F 8pm		96	Sinbar Su 8pm	60		Women's Came to Believe Sa 10am		180
Huntington Square W 630pm		720	Sisters Circle Su 6pm	317		Women's Kitchen Table Tu 630pm		437
Into The Sun Meditation Th 12pm		28	Sober at State MW 1210pm	60	60	Women's Mtg There is a Solution		435
Join the Tribe Tu 7pm	553	553	Sober Saturday Sa 830am	234		Women's Promises F 7pm		810
Joys of Recovery Tu 8pm		191	Sobriety & Beyond W 7pm	317		Work In Progress Sat 7pm		463
K.I.S.S. M 6pm		183	Sobriety & Miracles Sa 5pm	169		YAHOO Step Sa 1130am		212
Keep Coming Back Sa 10am		939	Sometimes Slowly Sa 11am	1134		Young at Heart Sa 930am		93
Let It Be Now F 6pm		127	Sought to Improve Th 715pm	120		San Francisco Total	\$ 7,209	\$ 74,679
Like A Prayer Su 4pm		202	St. Francis Men's F 830pm	108	108	YTD	\$ 9,478	\$ 113,800

Profit and Loss Statement: August 2013

	Aug 13	Budget	Jan-Aug 13	Budget
Ordinary Income/Expense				
Income				
Gratitude Month	52	0	3,609	4,700
Group Contributions	10,712	9,000	104,355	113,000
Individual Contributions	1,923	1,850	21,031	19,400
Newsletter Subscript.	22	0	187	74
Sales - Bookstore	12,148	9,500	80,994	77,700
Special Event Income	5,440	0	8,262	2,341
Total Income	\$ 30,297	\$ 20,350	\$ 218,438	\$ 217,215
Cost of Goods Sold				
Cost of Books Sold	8,783	7,000	58,440	55,100
Credit Card Processing	282	425	3,126	3,050
Inventory Adjustments	8		-131	0
Total COGS	\$ 9,073	\$ 7,425	\$ 61,435	\$ 58,150
Gross Profit	\$ 21,224	\$ 12,925	\$ 157,003	\$ 159,065
Expense				
Access Expenses	0	520	910	4,160
Archives Committee	0	50	25	300
Bank Fees	0	0	13	200
Employee Expenses	11,462	12,700	101,899	104,947
Equipment Lease	0	0	3,992	3,070
Filing/Fees	0	70	20	90
Insurance	0	0	2,373	2,326
Intergroup Events	0	500	2,186	2,600
Intergroup Literature	29	0	222	375
Internet Expense	464	96	995	768
Office Supplies	30	182	1,770	1,453
Paper Purchased	214	0	1,338	1,625

	Aug 13	Budget	Jan-Aug 13	Budget
Payroll Fees	9	9	69	72
Phone Book Listings	91	101	728	748
Postage	0	66	892	808
Printing	0	1,000	16	1,000
Professional Fees	0	1,500	600	1,500
Rent - Office	3,963	3,965	31,704	31,720
Rent - Other	180	75	690	585
Repair & Maintenance	540	285	2,721	3,982
Security System	0	0	236	244
Shipping	280		911	
Software Purchased	467	451	604	550
Sunshine Club/12th Step	0	50	25	150
Telephone	224	270	1,878	2,115
Training	0	0	30	250
Travel	0	300	376	300
Total Expense	\$ 17,953	\$ 22,190	\$ 157,223	\$ 165,938
Net Ordinary Income	\$ 3,271	\$ (9,265)	\$ (220)	\$ (6,873)
Other Income/Expense				
Other Income				
Bag Fees	5	0	42	21
Interest Income	101	120	783	930
Miscellaneous Income	341		376	
Total Other Income	\$ 447	\$ 120	\$ 1,201	\$ 951
Other Expense				
Depreciation Expense	284	265	2,144	2,123
Total Other Expense	\$ 284	\$ 265	\$ 2,144	\$ 2,123
Net Other Income	\$ 163	\$ (145)	\$ (943)	\$ (1,172)
Net Income	\$ 3,434	\$ (9,410)	\$ (1,163)	\$ (8,045)

Treasurer's Report

For the month of August, group contributions were \$1,711 over budget and year-to-date group contributions are under budget by \$8,646. Individual contributions were \$72 over budget in August and the year-to-date is over budget by \$1,630.

Bookstore sales were \$2,648 over budget in August, and are \$3,294 over budget year-to-date.

Total expenses for the month of August were \$4,235 under budget

which is primarily due to timing differences for accounting and printing expenses.

Our positive variance for August is \$3,613, compared to a budgeted variance of \$9,409. Year-to-date negative variance is \$835.

Unrestricted cash balance increased from \$29,070 to \$42,306, which represents two months of operating expenses.

November is Gratitude Month

Please write "Gratitude Month 2013"

and the Group Name on all contributions!

Thank you!

Vulnerability, Resentment & Others' Issues

Anonymous in NorCal

What I'm dealing with right now is vulnerability, resentment and the addiction/alcoholism of loved ones. I know that addiction/alcoholism is in my life and that of my loved ones for a reason. I know that God has a vision for my life, and I'm doing a lot to help that along. I know that God loves me and forgives me and cares for all my sides.

In my marriage there is vulnerability, as I assume is the case in most marriages and committed relationships. I'm not as good at vulnerability as I imagined I would be when I was young and daydreaming about marriage and adulthood. I know that then, I wanted my parents to be more vulnerable with me, but as a sober adult I have accepted their limitations. As a partner in a relationship, I need to open up that side of myself again, which apparently I have shut down. I first

Forgiveness is freedom.

noticed it when my daughter was born and how it was a little difficult for me to bond with her. Never had I known someone who needed me so much and wanted no one else but

me. Powerful, amazing, beautiful feelings that make me well-up a bit. I love her so much. In my partnership, what keeps me from being vulnerable are my resentments. I just read something about relationships from a recently divorced author; he wrote: "Forgiveness is freedom." I agree. I believe life-partnerships are about: love, respect, forgiveness, and acceptance. I have to remind myself of this because it escapes me. I have not been going to many meetings lately and I think I'm due for a re-boot.

And then there is the addiction/alcoholism of my loved ones. This also makes me well-up a bit, but, in a self-pity way. I don't want to feel sorry for myself about this. Pity is not a good emotion for me especially around untreated addiction/alcoholism. It's like standing in the ocean and pouring water on myself. So, what's the trick with staying strong around

the untreated addiction/alcoholism of loved ones? Is it also respect, love, forgiveness and acceptance? It would make sense that it is.

I heard someone share in a meeting that she was "addicted to anxiety." Wow, did that strike a nerve. My resentments cause my body to feel like a panic attack is slowly about to hit. I don't want my resentments to rule my person. They cloud my essence. I am strong and tall and do not need anxiety and resentments as a crutch. I can practice love, respect, forgiveness, and acceptance. Now for the willingness



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

or email us at: thepoint@aasf.org



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November 2013

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