

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2013  
12  
December

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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**Monotony!**  
**Pain!**  
**Calamity!**



6 Concept XII: The General Warranties

10 Unwritten Codes of A.A.

13 Meet the Meeting: It Takes A Village

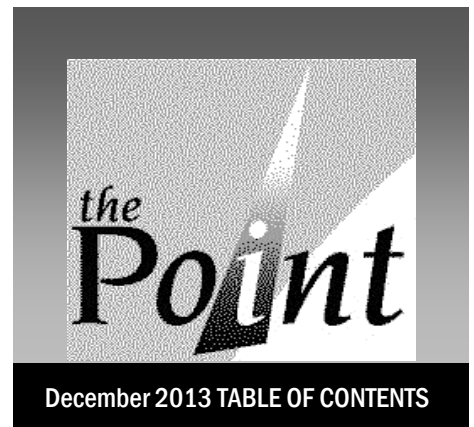
19 Having Fun Being Sober

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.

# December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office 6pm	4 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St San Francisco Orientation 6pm Meeting 7pm
8 <u>SECOND SUN</u> Golden Gate Young People in AA Central Office 2:00pm	9 <u>SECOND MON</u> SF Public Information/Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 6pm Business Meeting 7pm Central Office	10 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin H&I 1360 Lincoln San Rafael 6:15pm Fellowship Committee Central Office 6:30pm SF Bridging the Gap 1111 O'Farrell St 7:30pm SF General Service 1111 O'Farrell St 8pm	11 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
15 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	16 <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	17	18
22	23	24 <u>FOURTH TUE</u> Marin Teleservice CANCELED this month; will resume in January	25 
29	30	31	

THURSDAY	FRIDAY	SATURDAY
5	6	7
12 <u>SECOND THU</u> 12th Step Committee Central Office 6:30pm	13	14
19 <u>THIRD THU</u> Trusted Servants Workshop Committee Central Office 6pm	20	21 <u>THIRD SAT</u> SF H&I Meeting 2900 24th St, SF Orientation & Business Meeting <b>CANCELED</b> this month; will resume in January
26 <u>FOURTH THU</u> Marin Public Information/ Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	27	28 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Petaluma, CA 12:30pm



Calendar ..... 2

Meeting Changes ..... 4

From the Editor ..... 5

Faithful Fivers..... 5

Access to Meetings ..... 6

Concept XII ..... 7

Twelfth Step Challenge ..... 8

Step Twelve ..... 9

Unwritten Codes of A.A. .... 10

Not A Glum Lot..... 10

A.A. History:

    Three Legacies ..... 11

    Sin of the Month ..... 12

    Meet the Meeting ..... 13

Intergroup

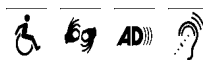
    Meeting Summary ..... 14

    Group Contributions ..... 16

    P&L/Treasurer's Report .... 18

    Having Fun Being Sober .... 19

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.




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My mentor had to remind me that A.A. is not just a project. A.A. offers me an opportunity to improve the quality of my life.

*A Late Start, p.541, Alcoholics Anonymous*

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## Meeting Changes

### New Meetings:

Mon	6:00pm	SoMa	TOO CLOSE FOR COMFORT, 70 Oak / Grove St.
Wed	8:00am	San Rafael	DAILY REFLECTIONS, Kaiser/Psychiatry Bldg.: 820 Las Gallinas Ave / Northgate Dr.
Wed	6:15pm	Mission	SISTERS OF SPONSORSHIP, Mission Neighborhood Ctr.: 362 Capp St. / 19th St.
Fri	7:30am	Inner Sunset	JOE AND CHARLIE TAPES, Gratitude Center: 1320 7th Ave / Irving
Sat	8:30pm	Inner Richmond	SERENITY NOW!!!, 4301 Geary Blvd / 7th Ave

### Meeting Changes:

Sun	6:00 pm	Castro	WEEKEND UPDATE, Davies Med Ctr.: 45 Castro / Dubose (Was Little Meeting That Could)
Mon,	1:00 pm	Upper Haight	PARENT TRAP, Talk Line: 1757 Waller St. / Shrader (Now back at Talk Line)
Tue	1:30pm	Financial	AA UNITY BIG BOOK STUDY, Old St. Mary's: 660 California (Was Brokers Open Book)
Wed	7:00am	Outer Sunset	ALCOHOLICS UNANIMOUS, 2690 Ocean Ave (Was Sunset Early Morning)
Wed	4:40pm	Upper Haight	PARENT TRAP 2, Talk Line: 1757 Waller St. / Shrader (Now back at Talk Line)
Thu	12:10pm	Financial	LADIES WHO LUNCH, Old St. Mary's: 660 California (Was Weekly Women's Lunchtime)
Fri	4:00pm	Pacific Heights	HOPE FIENDS, 2203 Sutter, San Francisco (Now a Big Book Study)


**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!**

Please visit [www.aasf.org](http://www.aasf.org)  
for more information on  
Alcothons and Holiday  
events and to check  
for meeting closures.

The Mission Fellowship at 2900 Presents


# Holiday Alcothons

2900 24th Street, San Francisco  
2013 - 2014



Tuesday, December 24  
Wednesday, December 25  
(POTLUCK at 4pm)  
Tuesday, December 31  
EXTRA MEETINGS @ 10pm & midnight  
Wednesday, January 1

Meeting times for all four days:  
10:00 am - 11:30 am  
12:00 pm - 1:30 pm  
2:00 pm - 3:30 pm  
4:00 pm - 5:30 pm  
6:00 pm - 7:30 pm  
8:00 pm - 9:30 pm





From the Editor

# Monotony! Pain! Calamity!

by MEM

When monotony, pain and calamity conspired to become this issue's theme, we weren't thinking about the holidays, although they may well characterize many of our holidays past. The words were taken from the final segment of our 2013 feature, the Twelfth Step Challenge. Lisa writes from heartfelt experience about how the principles and practices of A.A. helped her transcend pain, grow spiritually and then, perhaps best of all, come to meetings to share her experience and pass on the message of hope. Those of us still suffering from that special kind of holiday pain would do well to read her words.

At a reader's request, we reprint a *Box 459* article about a group in Kentucky willing to go to any lengths to ensure full access to meetings for those with physical handicaps, demonstrating our continued commitment to make the hand of A.A. always available to those who reach out for help.

Claire does double service this month. Writing about some of the familiar manifestations of that

"deadly sin" of anger, she shares how she has learned to turn it into a tool for growth. A fine example of turning those lemons into lemonade. Claire has also written a Meet the Meeting article about the very child-friendly It Takes A Village meeting at the Gratitude Center. This meeting was begun with the goal of providing a meeting space for parents caring for youngsters, but is in no way limited or defined exclusively by that niche. If you're looking for a women's meeting on Friday mornings in the Inner Sunset, check out this one.

December brings holidays and the opportunity for special times and joys. In this issue, we hope you laugh at the slightly twisted versions of the serenity prayer in Not A Glum Lot, and nod your head in understanding when Bette-B writes that "Fun' is about being present in this moment with love and acceptance." The message of acceptance is lovingly illustrated in the article on Step Twelve, reminding us to live usefully and walk humbly. We at *The Point* wish you the very best this holiday season and urge you to use some of the tips and tools set forth in these pages to make it so.

## EDITORIAL POLICY

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

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



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

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David S.	Martha S.	Here!
David W.	Mary C.	Here!
Denise H.	Mary D.	Or
Dennis & Lucy O.	Mary L.	Here!
Dianne E.	Maryellen O.	Or
Don N.	Michael P.	Here!
Emily C.	Michael W.	Or
Erin S.	Michael Z.	Here!
Esther R.	Michelle C.	
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*If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to The Point. And remember, individual contributions are 100% tax deductible!*

# Access to Meetings: Going to Any Lengths

[Reprinted with the permission of A.A. World Services, Inc., this article was originally titled "Going to Any Lengths in Newport, Kentucky" and appeared in Box 459, October-November 2008.]

How far should an A.A. group go in carrying the recovery message? In Newport, Kentucky, a group actually installed a closed-circuit television system to serve members whose physical handicaps prevent them from attending speaker meetings.

The challenge arose because the group was meeting on the second floor of a facility that is not handicap accessible. (Under a "grandfathering" exception in the law, the building was not required to become handicap accessible.) Thus, certain members were excluded from attending the second-floor meetings and hearing the speakers. But Rico H., chairman of the district's Special Needs committee, came up with a novel solution that is working well. It's a closed-circuit TV system that includes a camera, a sound system, and a TV monitor. It's been in operation for more than a year and, according to Rico, "everybody loves it and it has improved our Fellowship."

One additional benefit is that parents who bring young children can see and hear the speaker from downstairs, while the kids can play without interrupting the meeting.

The TV project came about because members of Newport's Sunday Morning Breakfast Meeting, which meets at the facility, wanted to bring its meeting to handicapped persons. They sought assistance from the Special Needs committee, which proposed installing the closed circuit TV system. The district committee

approved of the project but could not financially support it. They suggested that it would have to be funded by donations from individual members.

At first, it appeared that the entire system would have to be acquired. But Rico studied the plan further and realized that both sound and a TV set were already available in the facility. "The only things that had to be purchased were the wiring and a camera." And the cost of the camera was about \$800.

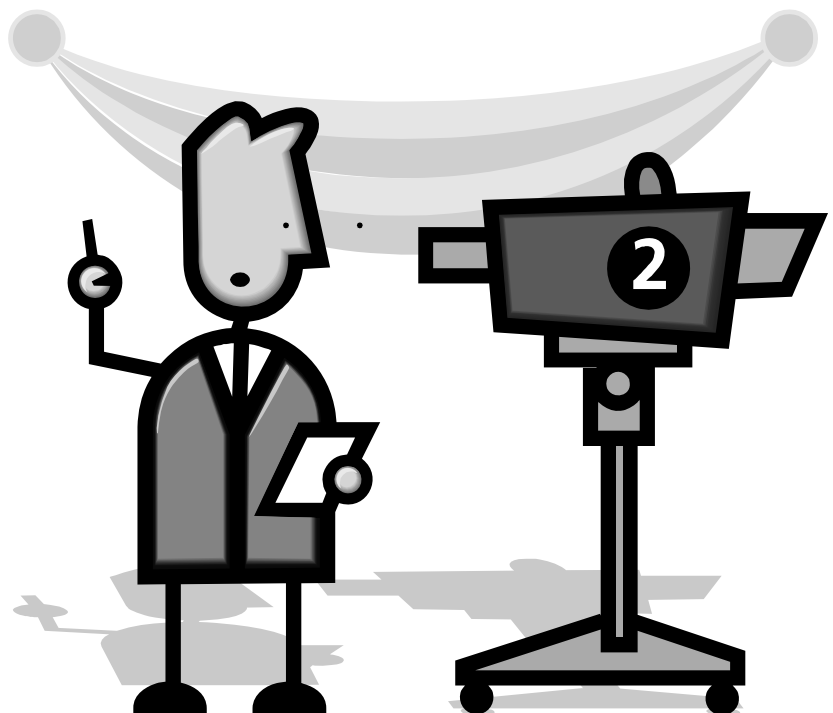
Though Rico is usually assertive, he found himself surprisingly reluctant to make an open solicitation for funds. He discussed this with a few group members. One member took him aside and contributed the needed funds, on the condition that his gift should be completely anonymous.

Volunteers from the Sunday morning group were then able to install the equipment and soon had it off and

running. It has since become so popular that other groups meeting in the facility offer closed-circuit televising of their own sessions.

Rico explains that no operator is needed to run the camera, other than to turn it on and off. It is positioned in a frame and is set to focus directly on the speaker at the podium. The sessions are not taped, of course, and no speaker has objected to the process.

Could a similar system be installed by other A.A. groups? Few would have the same challenge that confronted the Newport group, but it's good to know that such solutions are possible. Rico also notes that the Special Needs committee for his district sets up visits for shut-ins and others who cannot attend meetings. "When alcoholics can't come to us, we try to take the meetings to them," he says. "We see that as part of our purpose to carry the message."



# Concept XII: The General Warranties

## *Six Warranties, From the A.A. Service Manual*

by Gilbert G.

Article 12 of the Conference Charter is an informal agreement made between A.A. groups and their Trustees in 1955. It is the agreed-upon basis upon which the General Service Conference operates. The first 11 articles of the Charter can be amended by the Conference at any time, making it an elastic document.

Article 12, however, stands apart from the other Articles. Any of its six Warranties cannot be amended or canceled without the written consent of three-quarters of all A.A. groups listed in the directory, plus six months of time set aside for careful deliberation of the issue. The Warranties are so important that they are ranked with A.A.'s Twelve Traditions, since they are as essential to A.A.'s world services as the Traditions are to the entirety of A.A.

The six General Warranties are as follows:

Warranty One: "The Conference shall never become the seat of perilous wealth or power."

This Warranty addresses the issues of how much authority we need to do service and of how much money we can spend. A check against too much money is ensured by the General Service Board continuing to refuse outside contributions, holding individuals' gifts to A.A. World Services to a modest figure, and the fact that no excess of group contributions over legitimate operating expenses is likely to come in.

As for too much power, or service authority, we are protected from them by the spirit of rotation, voting participation, and chartering. Should a person rise to some semblance of

power, that person would be kept in check financially by the delegates, who represent the groups, and control the supply of service funds.

There is one type of power that we cannot be without. That is spiritual power. The activities and attitudes of all A.A. servants is the real power that causes the Conference to function.

Warranty Two: "Sufficient operating funds, plus an ample Reserve, should be its prudent financial principle."

The issue of actually spending cash for A.A. service overhead has always been an issue. The service dollars that A.A. members contribute to the basket result in helping alcoholics find A.A. Note too, that the World Service Office has an extremely low overhead as compared to other societies of similar size. The Reserve Fund, about one year's operating expenses for the World Office, is a prudent amount to put aside. As for subsidizing books and literature for newcomers, this is an expense we should each pay while doing our Twelfth Step work.

Warranty Three: "None of the Conference members shall ever be placed in a position of unqualified authority over any of the others."

Concept 4, The Right of Participation, states that our world servants are entitled to voting rights in proportion to each of their responsibilities. This Right of Participation is a type of qualified authority. This Warranty reflects a respect for the spiritual liberties of other A.A.s.

Warranty Four: "That all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity."

This warranty ensures that every important issue will be extensively debated, that the majority cannot quickly put issues to a vote, and that the minority opinion will always be heard. When issues get debated (i.e., loving discussions), the issues will continue to be debated until a "really heavy majority" can support the decision. With this approach, if something should go wrong with a decision, no one can be blamed, and everyone can hopefully learn from the experience. The informed group conscience was trusted in the decision-making process.

Warranty Five: "That no Conference action ever be personally punitive or an incitement to public controversy."

A.A. has no system of penalties to administer. A.A. avoids any methods of personal attack or punishment. With regard to public relations, A.A. relies upon a nonaggressive, pacific attitude. When protective actions need to be taken, they are never done at the public level. The individual or organization is addressed directly.

Warranty Six: "That though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in action and in spirit."

A.A. members have an extreme amount of liberty within the A.A. organization. The only request is that each A.A. group avoids actions that might injure A.A. as a whole and that each A.A. group has no other affiliation. The Conference will always strive to act in the spirit of mutual respect and love, and no actions should be punitive at the personal level.

# Transforming Pain With the Twelve Steps



by Lisa C.

The best result of practicing the Twelve Steps to transform pain is being able to share that with others. That is what A.A. is all about. When people share about painful situations and how they get through them using the program, it helps me. I learn from the behavior that my fellow A.A.s model. I in turn have learned how to give that back. So I share the painful situations that I go through and how I use the program.

I can remember a woman crying in a meeting about a breakup and I knew in my gut that one day that would be me. It scared me at the time, but that woman helped me. When I did go through it, I knew that she had gotten through it and that gave me hope. By her example, I knew I could cry and share in a meeting and receive support. I have heard people share in meetings who were in so much pain because they had lost a child, partner or a parent and I watched as those people walked through their grief and gradually healed. They kept showing up to meetings and sharing their pain. It gives me hope to bear witness to this, because I know that I, too, will go through these experiences. We all will or already have, because getting sober and working the steps does not exempt us from heartbreak and loss. I am so grateful that this program offers so much support when the inevitable does happen.

I have been through heartbreak twice in recovery and it's the hardest thing I've been through. Both times I have thrown myself into this program. Meetings, service, sponsorship and fellowship have helped me so much. I have found that with heartbreak, obsessive thinking comes along hand in hand. My sponsor has had me pray

*I say, "God, please remove my obsession, so that I may be fully present for my life."*

to have the obsession removed. I say, "God, please remove my obsession, so that I may be fully present for my life." This has been really helpful to use as a mantra to interrupt obsessive thinking.

I look at obsessive thinking like a story I used to read when I was little -- "The Berenstain Bears and the Trouble With Strangers." Sister Bear was very friendly and viewed the world as a joyful, sunny place. She was warned that she should not be too friendly with strangers because they could be dangerous. She then looked at the world through a lens of fear. The world looked dark to her and people looked scary. When I am caught up in obsessive thinking, my world starts to look like a dark and

scary place. When I can connect spiritually my perspective returns to seeing the world as a joyful, sunny place. I do this through prayer, meditation, gratitude lists, meetings, phone calls to other members, sponsorship and service.

I use the steps to put my pain to good use, and that leads me to a spiritual awakening. I think Bill W. says it best, "Though I still find it difficult to accept today's pain and anxiety with any degree of serenity -- as those more advanced in the spiritual life seem able to do -- I can give thanks for present pain nevertheless.... I find the willingness to do this by contemplating the lessons learned from past suffering -- lessons which have led to the blessings I now enjoy." *As Bill Sees It*, p. 266.

I can reverse the way I view pain and look at it with gratitude, as a blessing in disguise because it teaches me and helps me to grow spiritually. I can then pass it on!





# Step Twelve: Live Usefully, Walk Humbly



by Anonymous

"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

When I made my first round through the steps I felt like the world had opened up to me in ways that I had never known were possible. I was less self-centered and driven by fear than when I came into A.A. and was grateful to have grown spiritually in ways that placed me in a position of understanding and acceptance of others.

Thankfully, I've realized through continued practice that I'm nowhere near the spiritual giant that I thought I was. The above? It's an ideal that I continue to strive towards, not something I'm anywhere near.

Beginning by passing on the tools of the program to a newcomer is amazing practice for bringing understanding into daily life. I've learned how to let others have their own experience, how to respect decisions that don't align with my way of doing things (which are always correct...right?), how to be at peace with myself regardless of how sponsees take my suggestions.

I began learning how to interact with other people and be of service in A.A. – selfless giving, understanding, love, acceptance. But what about bringing that into my daily life? Surely the person driving erratically and tailgating has nothing about them that I need to understand or accept,

right? Their problem is that they aren't driving the way that I want them to and nothing more. What if they have had a hard day? Perhaps they have fears and frustrations like me. Perhaps they deserve the same tolerance that I try to show others and myself when mistakes are made, when our humanity shows up.

*Thankfully, I've realized through continued practice that I'm nowhere near the spiritual giant that I thought I was.*

I've found the most peace when I greet each person as another human being, as someone who has their own problems and is simply looking for acceptance and a sense of belonging as I am. Doing so isn't always easy (I don't feel like a loving and considerate person all day every day by any means, believe it or not) but life is far more enjoyable and enriching when I find ways to relate to others and pass on good cheer.

What I've been taught through continued practice of the Twelfth Step is to accept others as they are and rely more fully on my Higher Power. In doing that (never an easy task), I've found that I can enjoy others and the relationships I have with them for what they are, rather than what I would have them be. Once again it's important to

remember that all of the above are ideals for which I strive in my daily practice. I'm far from perfect but A.A. has allowed me to see each day as a lesson to be learned from and brought into the next day to be learned from all over again with the help of my Higher Power, prayer, inventory, and the beautiful fellowship to be found here in San Francisco.

Continued practice of the steps in daily life has allowed for a realignment of the way I view the world and others in it. It's changed what I'm striving for in my everyday life and in my relationships with others. I've come to believe that this program truly does give us a plan for living. My goals have changed from being a very important person with a high-paying job, a title to match my ego and a six-figure income, to simply being of service. As is written on page 124 of the *Twelve Steps and Twelve Traditions*, "True ambition is the deep desire to live usefully and walk humbly under the grace of God."



# Unwritten Codes of A.A.



by Bob S.

Most A.A. members instinctively know not to crosstalk at meetings, play with their smart-phones, mill around the room during speaker meetings, over-speak at discussion meetings, give unwarranted advice and most of us remove our hats during the Lord's Prayer. These are not A.A. laws or rules, but unspoken customs, generally explained by one's sponsor early on. But these are simply customs, not traditions. I believe our Twelve Traditions rise to a higher level and should hold us to a higher standard. Members standing in violation thereof often wax repentant when kindly explained of their importance. Traditions, like customs, are not subject to rules or laws.

There generally exists a working respect for our Twelve Steps as well. However, I have recently noticed a growing irreverence for our *program-of-action* by certain groups who mock the wording during the reading of Chapter Five. This practice – I

think of it as a virus – tends to diminish the authenticity of our basic text, at least in the minds of newcomers. Indeed, we are not a glum lot, yet it is a disservice to all of us to laughingly dissolve the glue that binds us together and helps us recover from our deadly malady. It is sort of like a minister at the pulpit making fun of, or mocking, the deeply held beliefs of his respective religion. This said, disrespect may not be actually breaching the Traditions, *per se*, but yet it flies in the face of their cohesive spirit.

Another unwritten code is that against mooching at meetings, and one can easily see why. One newcomer told me that she was asked for a cigarette three times during her first meeting – she continued to come back, but not to *that* meeting!

One happy custom, practiced at most meetings and recovery clubs, is the special attention that I so often receive when making a first time appearance. If not noticed, I often start a conversation and am

inevitably rejoined by a welcome friendliness. Someone said that A.A. is a place where complete strangers can immediately discuss old times. I remember, as a newcomer, I landed in Oklahoma City one morning and found a friendly club. I was entertained throughout the day, invited to supper, then taken to a meeting and afterward to a coffee shop with a small group of happy chattering A.A.s. Then, one member took me to his home, introduced me to his wife and proudly showed me his new baby. Then he drove me to the bus station and sent me on my way. What a fellowship!

Long ago, an important decision was to be made and Dr. Bob simply asked, "What would the Master do?" Well, I think He already has done it. He has given us Twelve Traditions and an array of inherited codes and customs to help solve our ongoing A.A. fellowship problems.



## The Senility Prayer

Just grant me the senility to forget  
the people I never liked,

The good fortune to remember the  
ones I do, and the

Eyesight to tell the difference.

## The Genius Prayer

God grant me the courage to  
change the things I cannot accept,

Serenity to accept the things I've  
changed, and the

Wisdom to know I'm different.

# A.A. History: The Three Legacies



## Part 6, Historical Origins of the words “Alcohol” and “Alcoholism”

*[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 sixth installment of this series, we’ll look at the historical origins of some words we are very familiar with today.]*

### Origin of the Word “Alcohol”

We are familiar with the words “alcoholism,” “alcoholic” and “skid row.” Let’s look at how alcohol and alcoholism were generally dealt with prior to the founding of AA.

The origin of the word “alcohol” goes far back in history and comes from the Arabic word “al-kuhul.” The word originally meant any fine powder. The alchemists of medieval Europe later applied the word “alcohol” to essences obtained by distillation and this led to its current usage. However, it was not until the 18th century (or 1700s) that the word

الكحول

“alcohol” came to designate the intoxicating ingredient in liquor.

Figure 1: Arabic word for “alcohol”. Anthony Benezet, “Mighty Destroyer Displayed” (1774).

The earliest American writing on alcoholism was a 1774 essay by Anthony Benezet titled “Mighty Destroyer Displayed.” Benezet was an American educator, an abolitionist and a temperance advocate. In these early days of the temperance

movement, the word “temperance” was used, more often than not, to encourage moderation in drinking, not abstinence from drinking.

There were still many hard lessons about alcoholism waiting to be learned.

### A New Republic On A Binge - Late 1700s To Early 1800s

The late 1700s marked the beginning of the most severe national problem with alcohol in the history of our country. Right from its birth, the newly formed republic of the United States was truly on an alcohol binge of immense proportion.

American alcohol consumption increased enormously from the late 1700’s to early 1800’s and became a national problem of such magnitude that many of the prominent historical figures of the time (such as George Washington, Thomas Jefferson, Benjamin Franklin and John Adams) urgently called for a national change in drinking practices.

Dr. Benjamin Rush, not Dr. Silkworth. was the first US physician to call alcoholism a “disease.” He was a member of the Continental Congress, a signer of the Declaration of Independence and Surgeon General of the Army during the American Revolution. He is often called both the father of American psychiatry and father of the American temperance movement.

In 1784, Rush wrote a paper titled “An Enquiry into the Effects of Ardent Spirits on the Human Body and Mind.” He described habitual drunkenness as “a progressive and odious disease” and that total abstinence “suddenly and entirely” was the only effective treatment. In 1810, Rush also called for the

creation of what he called “sober houses” where alcoholics could be confined and rehabilitated. This was the forerunner of treatment centers.

It’s a bit ironic that Dr. Bob, during some of the worst years of his drinking, received his medical degree from Rush University, which was named in honor of Dr. Benjamin Rush, that pioneer in the treatment of alcoholism.

### American Temperance Societies

One reason for the growth in US alcohol consumption in the 1700s and 1800s was that, due to the lack of hard currency, alcohol was used as a form of currency in business for bartering and trading. It was also a common practice of the time for employers to provide their employees (which included children) with daily rations of distilled liquor as part of their pay. Drinking preferences also shifted from beer and wine to distilled liquor.

Problem drinking spanned all ages (from children to seniors). By the 1820s, average US consumption was 7 gallons of pure alcohol per person each year. Today, average US consumption of alcohol is around 1.8 gallons per person per year.

In the early 1800’s, religious and political leaders viewed drunkenness as a national curse. Momentum was picked up by religious leaders who changed the notion of “temperance as moderation” to “temperance as abstinence.” Thus began the growth of American temperance societies.

# Sin of the Month: Anger

## *Anger Stew?*

by Claire A.

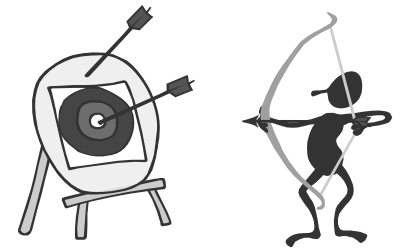
While it certainly isn't and wouldn't be good for me to stay perpetually angry, I do think that anger can be a useful tool. I can feel anger in my gut. It's a clear symptom. It boils away and heats my whole torso. The temptation is to stay in it, defend it and stoke it. When I examine it, instead, I can often find a long unresolved problem that I need to fix.

I recently had a big case of anger. At a party, a man I'll call Dennis stood out to me because he was so contentious. I found him annoying. He was not polite. He bragged about how many miles he ran per week, and about how many calories he could eat per week. He didn't try to start any friendly conversation, but he did step in to shut people down with whom he disagreed. He argued about everything, and he tried to make everyone wrong. At one point, I asked a question of the person next to me and he jumped in, saying that I

was wrong and talking down his nose as if he were the expert about the topic in question. I was pretty sure that he was actually completely wrong. I could feel my hackles rising. I could also feel that others around me were becoming quiet. It occurred to me (thank you, God) that others were also noticing his behavior, and simply getting out of his way.

At the time, all sorts of not-very-nice-nor-wise ideas flowed into my head, to the exclusion of all sensible, kind ideas. I wanted to knock his block off. I wanted to "show" him. I wanted to Google the topic and prove he was wrong. I wanted everyone else to see how wrong he was. I wanted him to realize what a terrible person he was! I felt my skin turn red, and my stomach knotted up.

God and the presence of other people helped me to remain silent and refrain from throwing gas on the flames. I removed myself from the discussion, and I kept contact with Dennis to a minimum for the remainder of the party.



Of course, I went home and stewed. My husband listened to me muttering vehemently about Dennis. I was completely wrapped up in my anger, feeding and fondling it by going over the events repeatedly without coming to any resolution. Fortunately, I had a scheduled meeting with my sponsor the next day. She reminded me to write a 4<sup>th</sup> Step around it. I did so that evening. Lo and behold, it turns out that Dennis is a pretty good mirror of my

*Anger is the first step toward greater understanding.*

own father, in his way of interacting with people. I realized that I was reacting to Dennis in the same way I responded to my father's overbearing conversational style. Realizing that I don't have to "fix" him, or prove anything, I can unhook from the situation. What a relief!

I only get that relief, though, if I do the work. Anger can be a useful tool. But just having the anger doesn't do anything, I have to look at it. If I examine my anger, by doing a 4<sup>th</sup> Step, I can gain great insight. Anger is the first step toward greater understanding. It is crucial that I notice anger and turn toward it to understand its cause.

Since the incident with Dennis, I've had other similar such incidents, but having examined my anger about the interaction with Dennis, it's a little bit easier now to see what poison is cooking in that pot, and turn off the heat!

# Meet **THE MEETING**

by Anonymous

This meeting is still less than a year old, and it's a good one. It's a speaker meeting and the secretaries have made an effort to mix up the speakers. Thus, we're hearing from "regulars" who've been attending the meeting (and making it happen) since the start, and from first-timers who might be speaking on the same day that they are first attending. Because it's a women's meeting, it is a safe place to touch on some topics in greater detail than might be comfortable for some in mixed meetings.

*...the fact that children may be at the meeting has little bearing on the discussion.*

The It Takes a Village meeting of Alcoholics Anonymous was envisioned at the start as a place where moms would be welcome with their children. Originally, the idea of providing childcare was discussed, as an idea for helping mothers to get to meetings when they would otherwise be tied up caring for their children. As of now, childcare is NOT provided, but children up to age 3 have attended and children are welcome. The Gratitude Center is spacious enough that kids can move

## It Takes a Village

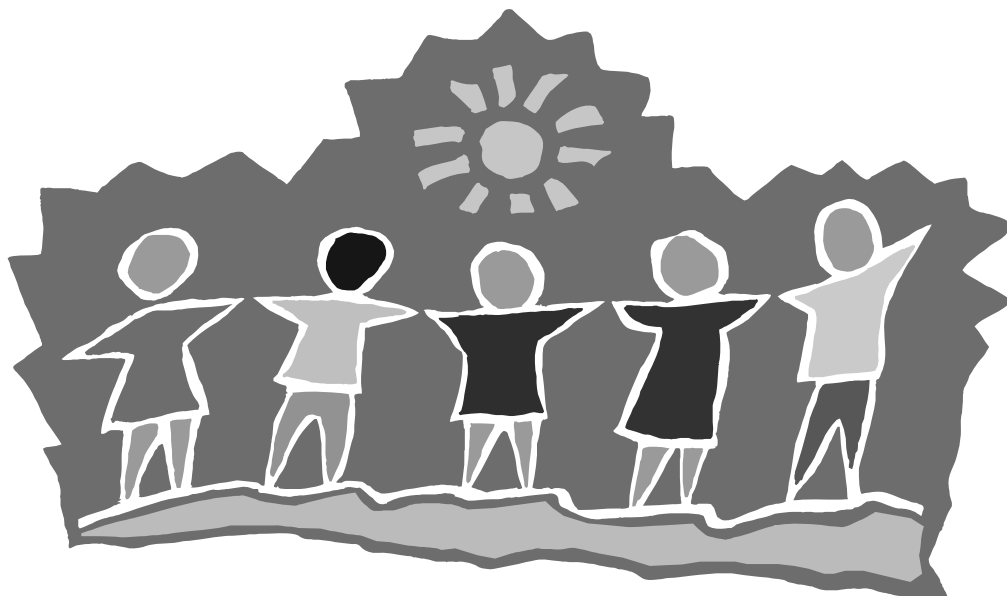
around or play on the floor quietly without disturbing the meeting. This meeting is a warm and loving place to bring babies. We've had a few little ones visit since the start, from toddlers roaming about exploring the corners of the room, to babes in arms. It was important to the founders of this meeting that women who are mothers, at whatever stage, have a place to come to where they would be welcome, even with children in tow, and this is that place.

All that said, you do not have to be a parent to attend, and in my experience, the fact that children may be at the meeting has little bearing on the discussion. You might think that a meeting that was started to fill a need for moms would focus a lot on parenting issues, but I don't think parenting issues come up any more than they do in other meetings of A.A. The discussion tends to focus on what's going on with us, what we're doing to stay sober and how we can help each other stay sober.

It has been interesting for me, personally, to see how this meeting has grown. I've been attending it fairly regularly since its early days in the upstairs room of the Gratitude Center. It has since outgrown that space, and grown into a full-fledged group, listed in the schedule. The meeting started small, which fact serves as a reminder that you really only need two people to make a meeting. After all, that's how Bill and Bob started out. Even though the group has grown, it still has an intimacy to it.

I have heard more than one woman, during her first time at the meeting, remark how warm and welcoming the meeting feels. It's true! So, now that you know about it, come give it a try, and to those who've already experienced it, keep coming back!

*It Takes A Village* meets on Fridays at 10:15 AM, Gratitude Center, 1320 7<sup>th</sup> Avenue at Irving; Women's Meeting, Children Welcome.



# Intergroup Meeting Summary—Nov 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	Early Start	Mission Terrace	Sesame Step	Weekend Update
Any Lengths	Extreme Makeover: Women's Step Study	Monday Night Stag Tiburon	Sober Saturday	Women's 10 Years Plus
Attitude Adjustment Hour	Friday Morning 12 Steppers	On Awakening Group	Sunday Night Corte Madera	Women's Promises
Came to Park	Girls Night Out	Queers, Crackpots & Fallen Women	Sunday Rap	<i>Marin Teleservice</i>
Cover to Cover	Haight Street Blues	Reality Farm	Sunset Speaker Step	
Day At A Time	Mill Valley	Saturday Beginners	They Stopped in Time	
Design For Living	Mill Valley	Saturday Weekend Warrior	Thursday Night Speaker	
Each Day a New Beginning	Miracles (Way) Off 24th St.	Say Hey Group	Vets Coffee Break	

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

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

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

The meeting was held on Wed., Nov 6th, 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 November minutes and the Dec. agenda were approved.

## Officer Reports

**Board Chair Report, Phil L** We approved the purchase of a replacement laptop and renewed the license for the online store front, but are still facing issues with shipping; deciding on how many 75<sup>th</sup> anniversary Big Books to purchase in advance; the bylaws terms have changed and we need clarification of what the Board handles versus what it brings to Intergroup for a vote. Committee Chairs met and submitted mission statements; no longer using terms like 'gap' or 'SOS' for access committee.

**Treasurer report, Michelle C** We completed the 2012 tax return and are working on the Annual Budget for 2014.

September went negative by \$4,715. Year to date is negative \$5,885 compared to last year's negative \$3,000. We are not on target with group contributions, down by about \$11K. November is Gratitude Month. Please state what Central Office does for your groups. This is an important income month.

## Central Office Manager, Maury P

A commemorative 75<sup>th</sup> edition of the 1<sup>st</sup> printing of the big book of Alcoholic Anonymous will be available in April 2014. AAWS is taking pre-orders. We have to pre-pay for the books and need your help. Please ask the members of your group about their interest and email me. Within Intergroup, 13 out of 35 people (37%) said they would purchase one. Questions: Will we buy in advance? Is it the 1<sup>st</sup> printing (of 16) of the 1<sup>st</sup> edition? How much room do we have to store them? Our cost is about \$10 per book, retail price is \$12. At Central Office, phone shifts are filled, but we need holiday volunteers, 1 year sobriety requirement. The office is open Mon-Fri 10am-6pm.

## Intergroup Committee Reports

**Archives Committee, Steve F** Meets 1<sup>st</sup> Tuesday at 6pm.

**Archives Committee, Michael P** Meets 3<sup>rd</sup> Sunday at 2pm. 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](mailto:archives@aasf.org). We want people to understand that last names

are ok within A.A.. Knowing members last names help us to identify each other quicker and helps create a stronger, more accessible network.

**Fellowship Committee, Jennifer** Meets 2<sup>nd</sup> Thursday at 6pm. For more info, email [fellowship@aasf.org](mailto:fellowship@aasf.org).

**Orientation Committee, Blu** Meets the 1<sup>st</sup> Wednesday at 6pm for orientation.

**SF PI/CPC Committee, Rich G** Meets 2<sup>nd</sup> Monday at 7pm with a 6pm speaker workshop. We reach out to professionals to keep them informed and aware of AA's existence. We are looking for young members to help share their stories with other young people in High Schools.. Two-year sobriety requirement .

**SF Teleservice Committee, Carolyn R** Teleservice volunteers answer the phones when Central Office is closed. Meets 3<sup>rd</sup> Monday at 6pm, orientation from 6:30-7pm. We can use volunteers over the holidays especially when Central Office is closed. One- year sobriety requirement.

**The Point Committee, Charley** Meets 2<sup>nd</sup> Tuesday of each month at 5:30pm.

**12<sup>th</sup> Step Committee, Virginia** Meets 2<sup>nd</sup> Thursday of each month at 6pm. The reality of being on the 12 step call list is that you don't get many calls.

**Trusted Servant Workshop Committee, Michael P** Meets 3<sup>rd</sup> Thursday at 6pm. Goal is to get the word out about the traditions. We hold workshops for secretaries and treasurers.

**Outreach Committee, Robert** Meets at 6:30pm before Intergroup on 1<sup>st</sup> Wednesday of each month.

# Individual Contributions

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

## IN MEMORIAM

**Veronica McC.**

**Bill J.**

## ANNIVERSARIES

**Shirley K. — 45 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](mailto:chair@aasf.org)

### **VICE CHAIR**

Becca M. [vicechair@aasf.org](mailto:vicechair@aasf.org)

### **TREASURER**

Michelle C. [treasurer@aasf.org](mailto:treasurer@aasf.org)

### **RECORDING SECRETARY**

Charles L. [secretary@aasf.org](mailto:secretary@aasf.org)

## COMMITTEE CHAIRS:

### **12th STEP COMMITTEE**

Virginia M. [12thstep@aasf.org](mailto:12thstep@aasf.org)

### **ACCESS COMMITTEE**

Steve F. [access@aasf.org](mailto:access@aasf.org)

### **ARCHIVES COMMITTEE**

Michael P. [archives@aasf.org](mailto:archives@aasf.org)

### **FELLOWSHIP COMMITTEE**

Jennifer D. [fellowship@aasf.org](mailto:fellowship@aasf.org)

### **ORIENTATION COMMITTEE**

Vincent F. [orientation@aasf.org](mailto:orientation@aasf.org)

### **OUTREACH COMMITTEE**

Robert S. [picpc@aasf.org](mailto:picpc@aasf.org)

### **PI/CPC COMMITTEE**

Rich G. [picpc@aasf.org](mailto:picpc@aasf.org)

### **SF TELESERVICE COMMITTEE**

Carolyn R. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

### **THE POINT**

Charley D. [thepoint@aasf.org](mailto:thepoint@aasf.org)

### **TRUSTED SERVANTS**

### **WORKSHOP COMMITTEE**

Michael P. [tsw@aasf.org](mailto:tsw@aasf.org)

### **WEBSITE COMMITTEE**

[website@aasf.org](mailto:website@aasf.org)

**General Committees Note** There are volunteer opportunities on most of the committees. It is not necessary to be an Intergroup Rep to join an Intergroup committee. All A.A. members are encouraged to participate.

### **Liaison Reports**

**Marin Teleservice, Dan B** Marin members were pleased with the Marin / SF Teleservice social event.

### **Old Business**

What were the barriers to committee participation – we have 'Distilled Topics for Discussion' Attraction rather than promotion; keep the message clear, be specific and positive; emphasize benefits of participation. Have committees create a package that includes a mission statement, needed skill sets and requirements and the time commitment. Recruit people directly and use the word "service" instead of "committee". Tell a friend! Follow up with potential members within 24 hours. Have some committee meetings before Intergroup. Create fellowship – take the orientation, workshop or a demonstration on the road by asking some of the larger groups to host.

### **Feedback from the group discussion:**

Weeknight orientation at 6 or 6:30pm is hard for working people. Committee Chairs, are like delegates; can go out 3-4 times a year to spread the word, establish more of a familiarized presence. These are good solutions, but I have questions about the problem itself. What percentages of people do the work, 5%? Special events work well, especially when food is involved. Perhaps we have so many meetings that the impact is diffused. Can we consolidate committees? It's not clear what the time commitment is. We want to

know it will be time well spent, what do you do at the meeting? Create precise information, not general verbiage, be specific about the job being done. I suggest brow beating; it worked for me. I'll do it if you tell me to. 'How many people got involved because someone specifically spoke with you?' Most people raised hands that they were spoken to directly as opposed to hearing an announcement at a meeting. When there is a demonstrated need and impact seen, it's easier to attract people to do service. We sense enthusiasm for special events and communicating directly. How do we do that? With Committee Chairs and IGRs going out to meetings? Many came here as a suggestion by a Sponsor. Perhaps we have a 'bring a Sponsee day'. I would find it helpful if on the website, committees would describe specific examples of what they do. Can feel the focus on SF, but not necessarily Marin, has seen apathy. It's actionable to reach out and show up at meetings and advertise for IGR. The primary feedback is that members are looking for broader knowledge in general and more specific for needs of committees.

### **Meet the Meeting**

#### **Monday Night Men's Stag, Forrest**

Started in 1980 and has been in the same church the entire time. On a big night, 180 to 200 guys will show up, lots of newcomers and old timers. Not easy to secure a commitment, we draw straws, even for picking up cigarette butts! We host a retreat twice a year with 120-130 and have a holiday party with 3 to 4 generation of sponsorship present. Last Monday is birthday night.

**Next Intergroup Meeting:** Wed. Dec.4, 2013, 7pm, 1187 Franklin St. SF CA. Orientation at 6pm, dinner served at 6:30pm.

# aa group contributions

Fellowship	Oct. 13	YTD	Marin Contributions	Oct. 13	YTD	Marin Contributions	Oct. 13	YTD
Brisbane Breakfast Bunch		138	Monday Night Women's Group	143	446	Tiburon Beginners & Closed		396
Contribution Box	123	418	Monday Night Women's M 8pm		92	Tuesday Chip Meeting Tu 830pm	174	941
Intergroup	226	997	Monday Nooners M 12pm	166	531	We, Us and Ours M 650pm		375
<b>Fellowship Total</b>	<b>\$ 349</b>	<b>\$ 1,553</b>	Morning After Sa 10am	200	600	Wednesday Mid-Week W 6pm		72
			Morning Attitude Adjustment		505	Wednesday Night SD 7pm		150
<b>Marin Contributions</b>	<b>Oct. 13</b>	<b>YTD</b>	Nativity Monday Night BB 8pm		116	Wednesday Sundowners W 6pm		200
12 & 12 Study Sa 815am		298	Newcomers Step M 730pm	1,070		What's It All About F 12pm		205
7am Urgent Care Group 7D 7am		200	Noon Hope F 12pm		53	Women's Big Book Tu 1030am		690
As Bill Sees It M 2pm		14	Noon Reveille Su 12pm		72	Women's Lunch Bunch F 12pm		325
Attitude Adjustment 7D 7am		1,358	Noon Small Room Speaker		53	Working Dogs W 12pm		500
Awakenings	60	120	Novato Fellowship Events Comm		286	YP Chopsticks Sa 1030pm		43
Back to Basics Su 930am		271	Novato Fellowship Group		750	<b>Marin Total</b>	<b>\$ 2,900</b>	<b>\$ 40,817</b>
Blackie's Pasture Sa 830pm		200	Novato Monday Stag M 8pm		250	<b>SF Contributions</b>	<b>Oct. 13</b>	<b>YTD</b>
Bolinas Book Study W 8pm		240	Novato Spirit Discussion F 2pm	150	300	11th Step Power Power Power		38
Candlelight Group Sun 8pm		253	On Awakening 7D 530am		858	6am Dry Dock Fri		65
Candlelight Meditation M 730pm		34	Pathfinders Tu 12pm		215	6am Dry Dock Mon		65
Closed Women's Step Study Tu 330pm		301	Primary Purpose W 830pm		26	6am Dry Dock Sa		192
Conscious Contact Sa 6pm		124	Quitting Time M-F 530pm		1,650	6am Dry Dock Su	125	125
Crossroads Sun 12pm		900	Refugee Th 12pm		300	6am Dry Dock Th		89
Day At A Time 7D 630am		240	Rise N Shine Sun 10am		613	6am Dry Dock Tu		364
Design For Living (Marin) W 7pm		60	San Geronimo Valley BS F 8pm		173	6am Dry Dock Tu		62
Downtown Mill Valley F 830pm	597	2,309	San Geronimo Valley M 8pm		242	6am Dry Dock W		62
East San Rafael Big Book		91	Saturday Night Sa 8pm	195	337	7 AM Smokeless	30	30
Experience, Strength & Hope Sa 6pm		72	Saturday Women's Speaker 6pm		273	7am Living Sober W 7am		21
Friday Night Book F 830pm		257	Sausalito 12 Step Study Group		88	7am Step Discussion Tu 7am		66
Friday Night Gay Men's Stag 830pm		53	Serendipity Sa 11am		399	830am Smokeless F 830am		276
Friday Night Terra Linda BB Study		80	Sisters In Sobriety Th 730pm		53	830am Smokeless Th 830am		166
Girls Night Out W 815pm		116	Six O'Clock Sunset Th 6pm		990	A is for Alcohol Tu 6pm		266
Glum Not! Su 9am		259	Sober & Serene F 7pm	230	566	A New Start F 830pm		293
Gratitude Tu 8pm		285	Sober Sisters Wed 12pm		82	A Vision for You Su 630pm		60
Greenfield Newcomers Sun 7pm		785	Steps To The Solution W 715pm		237	AA As You Like It Tu 530pm		200
Happy Hour Th 6pm		72	Stinson Beach BB Study Tu 8pm		252	Afro American Beginners Sat 8pm	116	413
Happy, Joyous & Free 5D 12pm		2,098	Stinson Beach Fellowship Th 8pm		252	After Work Big Book Study	57	227
High & Dry W 12pm		178	Sunday Express Sun 6pm		396	After Work M 6PM		126
Intimate Feelings Sa 10am	44	276	Sundown W 7pm		355	Agnostics & Freethinkers Su 630pm		212
Inverness Sunday Serenity 10am		176	T.G.I. Tuesday 6pm		72	All Together Now Th 8pm		66
Larkspur Beginners F 7pm		325	Terra Linda Group Th 830pm		176	Amazing Grace M 7pm		60
Last Stop Men's Step Study W 6pm	150	300	Terra Linda Thursday Stag 8pm		500	Artists & Writers F 630pm		2,249
Living in the Solution F 6pm		50	TGIF F 6pm		216	As Bill Sees It Th 6pm		508
Marin City Groups 6D 630pm		900	The Barnyard Group Sa 4pm		190	As Bill Sees It Th 830pm		132
Meditation Weds 7pm		314	The Fearless Searchers F 8pm		93	As Bill Sees It Tu 1210pm		548
Men's 2 Plus M 7pm		50	There is a Solution Tu 6pm	35	328	Bayview AA Th 7pm	60	120
Mill Valley 7D 7am	434	2,962	Three Step Group Sa 530pm		500	Be Still AA Su 12pm		446
Mill Valley Discussion W 830pm	127	563	Thursday Night Book Club Th 7pm		37	Beginners 12 x 12 F 7pm		409
Monday Blues M 630pm		500	Thursday Night Miracles Th 830pm		150	Beginners' Step Study Sat 7pm	40	40
Monday Night Stag Tiburon		820	Thursday Night Speaker 830pm	195	2,674	Bernal Big Book Sat 5pm		650



SF Contributions	Oct. 13	YTD	SF Contributions	Oct. 13	YTD	SF Contributions	Oct. 13	YTD
Bernal New Day 7D	165	2,729	High Noon Sunday 1215p		528	Rigorous Honesty Th 1205pm		414
Big Book Basics F 8pm	227	569	High Noon Thursday 1215pm		82	Rise N Shine Sun 10am	135	135
Big Book Study Su 1130am		679	High Sobriety M 8pm		112	Room to Grow F 8pm		37
Blue Book Special Su 11am		746	High Steppers W 7pm		34	Saturday Afternoon Meditation 5pm		404
Brothers in Arms M 8pm		168	Hilldwellers M 8pm		436	Saturday Beginners Sat 6pm	997	1,899
Buena Vista Breakfast Su 12pm		20	Hoodlum Haven F 8pm		96	Saturday Easy Does It Sa 12pm		362
Caledonia Sun 8pm		720	Huntington Square W 630pm	225	946	Saturday Night Regroup Sat 730pm		1,063
Came To Believe Su 830am		117	Into The Sun Meditation Th 12pm		28	Say Hey Group M-F 6pm		170
Came to Park Sat 7pm		306	Join the Tribe Tu 7pm		553	Serenity House	150	1,500
Castro Discussion Th 8pm		739	Joys of Recovery Tu 8pm		191	Serenity Seekers M 730pm		188
Castro Monday Big Book M 830pm		50	K.I.S.S. M 6pm		183	Shamrocks & Serenity M 730pm		568
Castro Nooners F 12pm		129	Keep Coming Back Sa 10am	742	1,681	Sinbar Su 8pm		60
Castro Steps & Traditions W 8pm		98	Let It Be Now F 6pm		127	Sisters Circle Su 6pm		317
Cocoanuts Su 9am		566	Like A Prayer Su 4pm		202	Sober at State MW 1210pm		60
Code Blue Big Book Study W 7pm	253	253	Lincoln Park Sat 830pm		7	Sober Saturday Sa 830am		234
Coit's Quitters	62	206	Live and Let Live Su 8pm		304	Sobriety & Beyond W 7pm		317
Conscious Contact Sa 6pm	80	80	Living Sober W 8pm		38	Sobriety & Miracles Sa 5pm		169
Cow Hollow Men's Group W 8pm		1,194	Living Sober with HIV W 6pm		395	Sometimes Slowly Sa 11am	91	1,225
Cow Hollow Young People's Tu 730pm		281	Lush Lounge Sa 2pm		197	Sought to Improve Th 715pm		120
Daily Reflections F 12pm		213	Meeting Place Noon F 12pm		277	St. Francis Men's F 830pm		108
Design For Living BB Tu/Th 730am		112	Meeting Place Noon W 12pm		679	Steppin' Up Tu 630pm		242
Design for Living Sat 8am	240	1,110	Mellow Mission Sunrise M 7am		200	Stepping Out Sat 430pm		25
Each Day a New Beginning F 7am		2,107	Men's Gentle Touch M 7pm		648	Stepping Stone SS M 730pm	101	101
Each Day a New Beginning M 7am		639	Mid-Morning Support Su 1030am		889	Sunday Bookworms Sun 730pm		398
Each Day A New Beginning Su 8am		1,273	Midnight Meditation Sat 12am		120	Sunday Lunch with Bill 12pm	86	86
Each Day a New Beginning Th 7am		801	Miracle (Way) Off 24th St W 730pm		140	Sunday Morning Gay Stag 930am		384
Each Day a New Beginning Tu 7am	181	1,114	Mission Fellowship		24	Sunday Night 3rd Step Group 5pm	30	807
Each Day a New Beginning W 7am	225	1,275	Monday Beginners M 8pm		276	Sunday Night Castro SD 730pm		895
Early Start F 6pm	1,319	2,401	Monday Men's Stag M 8pm		159	Sunday Rap Sun 8pm		390
Easy Does It Tu 6pm	116	155	Monday Monday M 1215pm		168	Sunday Silence Su 730pm		85
Embarcadero Group 5D 1210pm		240	Monday Night BB Study M 8pm		116	Sundown W 7pm		1,172
Epiphany Group Th 8pm		100	Moving Toward Serenity W 830pm		259	Sunset 11'ers Su		302
Eureka Step Tu 6pm		112	New Friday Big Book F 12pm		190	Sunset 11'ers W		210
Eureka Valley Topic M 6pm		603	New Highs W 130pm		36	Sunset 9'ers F		68
Excelsior "Scent" Free for All Sa 8pm		240	New Life W 7pm		240	Sunset 9'ers Sa		72
Extreme Makeover M 730pm	75	157	No Reservations M 12pm	1,185		Sunset 9'ers Su		222
Federal Speaker Su 12pm	91	378	Noon Smokeless W 12pm		100	Sunset 9'ers Th	61	61
Fell Street F 830pm		552	O.A.D.W. Mon 7pm		166	Sunset 9'ers Tu		110
Firefighters & Friends Tu 10am		256	One Liners Th 830pm		72	Sunset 9'ers W		42
Friday All Groups F 830pm		258	One, Two, Three, Go! W 1pm		50	Sunset Speaker Step Sun 730pm		434
Friday Smokeless F 8pm		335	Park Presidio M 830pm		246	Surf Tu 8pm		250
Friendly Circle Beginners Su 715pm		220	Parkside Th 8pm	267	416	Ten Years After Su 6pm		1,116
Giddy Up Th 7pm	35	191	Pax West Daily Reflections		268	The Drive Thru W 1215pm		295
Gold Mine Group M 8pm		471	Pax West M 12pm	2,010		The Lads Fr 730pm		222
Golden Gate Seniors Tu 130pm	60	60	Pax West Th 12pm		726	The Little Meeting That Could Su 6pm		68
Haight Street Blues Tu 615pm		377	Potrero Hill 12 x 12 M 630pm		210	The Parent Trap 2 Wed. 430pm	72	297
Haight Street Explorers Th 630pm		477	Queers, Crackpots & Fallen Women		190	The Pepper Group F 12pm		226
Happy Hour Ladies Night F 530pm		162	Reality Farm Th 830pm		730	They Don't Know Who We Are Sat 7pm		159
High Noon Friday 1215pm		128	Rebound W 830pm		396	Thursday Night Women's Th 630pm		673
High Noon Monday 1215pm		218	Richmond Big Book Study Th 730pm		32			

continued on p. 19

# Profit and Loss Statement: September 2013

	Sep 13	Budget	Jan - Sep 13	Budget		Sep 13	Budget	Jan - Sep 13	Budget
Ordinary Income/Expense					Payroll Fees	13	9	81	79
Income					Phone Book Listings	91	101	819	849
Gratitude Month	0	0	3609	4700	Postage	46	0	937	808
Group Contributions	9478	12000	113832	125000	Printing	0	0	16	1000
Individual Contributions	2725	2000	23755	21400	Professional Fees	0	0	600	1500
Newsletter Subscript.	11	22	198	96	Rent - Office	3963	3965	35670	35685
Sales - Bookstore	7979	9500	88973	87200	Rent - Other	75	180	765	765
Special Event Income	3820	0	12082	2341	Repair & Maintenance	282	943	3006	4925
Total Income	\$ 24,014	\$ 23,522	\$ 242,451	\$ 240,737	Security System	118	122	354	366
Cost of Goods Sold					Shipping	400		1312	
Cost of Books Sold	6208	7000	64647	62100	Software Purchased	0	0	604	550
Credit Card Processing	0	345	3127	3395	Sunshine Club/12th Step	0	0	25	150
Inventory Adjustments	0		-131	0	Telephone	239	266	2117	2379
Total COGS	\$ 6,208	\$ 7,345	\$ 67,643	\$ 65,495	Training	0	0	30	250
Gross Profit	\$ 17,806	\$ 16,177	\$ 174,808	\$ 175,242	Travel	0	0	376	300
Expense					Total Expense	\$ 22,651	\$ 23,042	\$ 179,883	\$ 188,976
Access Expenses	0	520	911	4680	Net Ordinary Income	\$ (4,845)	\$ (6,865)	\$ (5,075)	\$ (13,734)
Archives Committee	0	50	25	350	Other Income/Expense				
Bank Fees	0	0	13	200	Other Income				
Employee Expenses	12061	13546	113960	118492	Bag Fees	3	0	46	21
Equipment Lease	686	1763	4678	4833	Interest Income	72	120	856	1050
Filing/Fees	443	0	463	90	Miscellaneous Income	0		376	
Insurance	0	0	2373	2326	Total Other Income	\$ 75	\$ 120	\$ 1,278	\$ 1,071
Intergroup Events	4039	1000	6226	3600	Other Expense				
Intergroup Literature	9	50	230	425	Depreciation Expense	284	265	2428	2388
Internet Expense	123	96	1122	864	Total Other Expense	\$ 284	\$ 265	\$ 2,428	\$ 2,388
Office Supplies	61	182	1833	1635	Net Other Income	\$ (209)	\$ (145)	\$ (1,150)	\$ (1,317)
Paper Purchased	0	250	1338	1875	Net Income	\$ (5,054)	\$ (7,010)	\$ (6,225)	\$ (15,051)

## Treasurer's Report

For the month of September 2013, total group contributions were \$2,522 under budget and year-to-date are under budget by \$11,168. Individual contributions were \$725 over budget in September and the year-to-date is over budget by \$2,355.

Bookstore sales were \$1,521 under budget in September, and are \$1,773 over budget year-to-date.

Total expenses for the month of September were \$391 under budget. Our year-to-date expenses are under budget by \$9,093, which is primarily due to Access, Employee and Repair/Maintenance Expenses under budget. Some of this is related to timing

(maintenance/repair) and will be realized later in the year, while other expenses, Access and Employee Expenses are related to fewer ASL requests than we budgeted for and being under-staffed part of this fiscal year.

Our negative variance for September is \$4,715, compared to a budgeted negative variance of \$7,010. Our year-to-date negative variance is \$5,885.

Unrestricted cash balance decreased from \$41,773 to \$38,716, which represents a little less than two months of operating expenses.

## November was Gratitude Month

Please write "Gratitude Month 2013" and the Group Name

on all contributions!

Thank you!

# Having Fun Being Sober

by Bette-B

In early sobriety, I was ultra serious about working the program. I was afraid if I let up at all, I'd get struck drunk. For the first year and a half I went to two or three meetings every day, with often a double-header at night, which was prime drinking-to-obliviation time for me. After I took a 5th Step, my first sponsor said that I was passing her up on the Steps and needed to find another sponsor.

My new sponsor had been sober a long time. Instead of asking me what step I was on, she'd ask, "What have you done today to have fun?" The first time she asked me this, I was stumped and irritated. I couldn't think of a thing that was fun, but I let her know that I was trying to stay sober, not have fun! She countered,

"You stay sober by having fun." When I'd come to her with a broken heart, or a grand disappointment (not getting my way), she'd have me

*I learned from her how  
to wear life  
like a loose garment,  
instead of a leaking  
wet suit.*

laughing in about half a minute. I learned from her how to wear life like a loose garment, instead of a leaking wet suit.

After a year of sobriety, I was the one-time chair of a large speaker meeting, and I had a special moment of insight: my year's experience of

service in A.A. had taught me that you don't have to do everything perfectly, that there's always someone in the meeting who will come up afterwards and correct the chair about how they're proceeding. This thought comforted and amused me, the rigid perfectionist, who had moved into acceptance.

Over the years, I've learned how to have fun while sober, and to expand the meaning of "fun" from picnics, skits at retreats, football and sobriety birthday parties, to sharing with others transforming experiences in the natural world, like the migration of the Sandhill cranes over the Platte River at dawn and sunset every spring. "Fun" is about being present in this moment with love and acceptance.

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

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

**or email us at: [thepoint@aasf.org](mailto:thepoint@aasf.org)**

## aa group contributions, con't

SF Contributions	Oct. 13	YTD	SF Contributions	Oct. 13	YTD	SF Contributions	Oct. 13	YTD
Too Early Sat 8am		805	Walk of Shame W 830pm		225	Women's Came to Believe Sa 10am	74	254
Trudgers Discussion Su 7pm		360	Waterfront Sun 8pm		666	Women's Kitchen Table Tu 630pm		437
Tuesday Big Book Study Tu 6pm		162	We Care Tu 12pm		234	Women's Meeting There is a Solution W 6pm		435
Tuesday Dinner With Bill		50	Wednesday Noon Steps W 12pm		60	Women's Promises F 7pm	311	1,121
Tuesday Men's Pax Tu 12pm		540	Wednesday Sunrise Smokefree 7am		100	Work In Progress Sat 7pm		463
Tuesday's Daily Reflections Tu 8am		282	West Portal W 8pm		327	YAHOO Step Sa 1130am		212
Twelve Steps to Happiness F 730pm		85	Wharfrats Th 815pm		393	Young at Heart Sa 930am		93
Unidentified Group	125	445	What It's Like Now M 6pm		460	<b>San Francisco Total</b>	<b>\$ 7,143</b>	<b>\$ 81,822</b>
Valencia Smokefree F 6pm		883	Wits End Step Study Tu 8pm	120	180			
Wake Up On 3rd St Group		147	Women's 10 Years Plus Th 615pm		1,320	<b>YTD</b>	<b>\$ 10,392</b>	<b>\$ 124,192</b>



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**December 2013**

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