

# the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2014  
1  
January

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

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## Easy Does It

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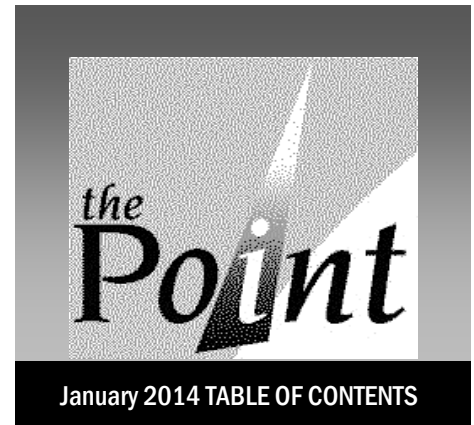
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

# January 2014

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>		<p><b>1</b></p> <p><b>CENTRAL OFFICE CLOSED HAPPY NEW YEAR!</b></p> <p>Mission Fellowship Alcotthon 2900 24TH St / Florida, SF</p> <p>Meetings on the hour @ even hour 10am - 9:30pm</p>	
		<p><b>5</b></p> <p><b>6</b></p> <p><b>7</b></p> <p><u>FIRST TUE</u> Access Committee Central Office 6pm</p>	<p><b>8</b></p> <p><u>SECOND WED</u> Intergroup Meeting 1187 Franklin St San Francisco Orientation 6pm Meeting 7pm Marin Bridging the Gap 1360 Lincoln Ave Marin Alano Club 6:30pm</p>
		<p><b>12</b></p> <p><b>13</b></p> <p><b>14</b></p> <p><u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin H&amp;I 1360 Lincoln San Rafael 6:15pm SF General Service 1111 O'Farrell Orientation / Concept Study / BTG 7pm Business Meeting 8pm</p>	
<p><b>19</b></p> <p><u>THIRD SUN</u> Archives Committee Central Office 2pm Golden Gate Young People in AA 1748 Market St SF Alano Club 2:30pm</p>	<p><b>20</b></p> <p><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:pm</p>	<p><b>21</b></p>	<p><b>22</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p> <p><u>FOURTH TUE</u> District 06 Agenda Planning Peet's Coffee, Ferry Building, SF 7:15 pm Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm</p>	<p><b>29</b></p>



THURSDAY	FRIDAY	SATURDAY
2	3	4
9 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	10	11
16	17	18 <u>THIRD SAT</u> PI/CPC Annual Meeting 1187 Franklin / Fireside Room, Speaker Workshop 10 am Business Meeting 11am SF H&I Meeting 2900 24th St SF Orientation 11am Business Meeting 12pm
23 <u>FOURTH THU</u> Marin Public Information/ Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave Business Meeting 7pm	24	25 <u>FOURTH SAT</u> General Service Committee 320 N. McDowell Blvd, Petaluma, 10 am
30	31	



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"I had no resentments against individuals -  
the whole world was wrong."

*The Vicious Cycle, 'Big Book p.225.*

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## Meeting Changes

### New Meetings:

Sun	6:30pm	Inner Sunset	NEW LIGHT BRIGADE, 1320 7th Ave / Irving
Mon - Fri	3:00pm	San Rafael	Serenity at 3:00. Marin Alano Club, 1360 Lincoln Ave / Maple (Book, Discussion, Prayer)
Wed	12:00pm	Financial	WOMEN'S AA BIG BOOK, Old St. Mary's 660 California / Grant (Speaker, Discussion)

### Meeting Changes:

Mon	3:00pm	Tenderloin	MONDAY TEA WITH BILL, Ariana Café: 842 Geary St / Hyde (Was Speaker/Discussion)
Wed	4:00pm	Haight Ashbury	THE PARENT TRAP 2, 1757 Waller / Shrader (Was at Gratitude Center)
Wed	8:00pm	Western Addition	RAISING THE BOTTOM, 2159 Golden Gate / Masonic (Was 9:00 pm)

### No Longer Meeting:

Sun	7:30pm	Mill Valley	SUNDAY NIGHT MILL VALLEY SMOKELESS, 410 Sycamore / Camino Alto
Mon	5:30pm	Tenderloin	ACCEPTANCE GROUP, 42 Eddy St / Leavenworth
Sat	10:00am	South of Market	WORKING WITH OTHERS, Ozanam Center, 1175 Howard St / 8th 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!**

## 40<sup>th</sup> Anniversary of the Sinbar Group Sunday, January 26, 2014

8pm Speaker Meeting — Cathy S.  
9pm Pie and Ice Cream Social

St. Finn Barr's  
415 Edna @ Hearst



BRING A PIE,  
and

ENJOY THE MEETING AND SOCIAL

## Join the Sunshine Club!

We take meetings to AA members who are temporarily hospitalized or homebound due to illness or injury.

Our next Sunshine Club orientation is at 2pm on Saturday, January 11, 2014 Gratitude Center, 1320 7<sup>th</sup> Ave./Irving St.

Please call 415-674-1821 or e-mail [sunshine@aasf.org](mailto:sunshine@aasf.org) for more information

(One year sobriety requirement.)



**Reasonable Accommodations Policy:** Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office at (415) 674-1821 no less than five business days prior to the event.



From the Editor

## *The Point* of the New Year

by Charley D.

With the New Year, comes a new focus for *The Point*.

Ever wonder what all those A.A. slogans mean? This year, we're going to try to find out. We've discovered the number of A.A. aphorisms reaches well into the hundreds. This issue features three – or maybe four. Amber W. heard "One drink is too much, and a thousand are never enough" when she was new to the program and understood its meaning immediately. For the alcoholic, futility and exhaustion will, she says, always set in. That inevitably leads to being "Sick and Tired of Being Sick and Tired." Judy G. explains how, when we reach that state, it really means our Higher Power has given us the "gift of desperation." And once we're desperate enough to ask for help from a Higher Power? "Easy Does It." To Claire A., that means letting her Higher Power "steer" for her. Bree L. then explains how, after several years in the program, we can fail to focus on the daily immediacy of facing our addiction. We get to the point where we have "Too many years and not enough days." We confess we'd never heard this slogan

until we read this article. It seems a very apt addition to the A.A. lexicon.

At the first of the year, we think of Step One. See Mark M. take his first step to sobriety in the back seat of a limousine with a glass of vodka in his hand. Did your resolution for the coming year involve a commitment to service? Then Bob S. has some concrete and helpful suggestions for you in his piece entitled simply "A New Year." Did you commit this year to "improving" your program? In "Improving Improvement," Anonymous gives her take on "progress not perfection" in working the 12 Steps.

What would the New Year be without something old? We've revived our "Meet the Meeting" feature, which Luke H. starts again with a fond description of "Reality Farm" of Potrero Hill. We've also reached back into A.A. pre-history to examine one of the "Three Legacies" of our program – the "Washingtonians" of the mid-19<sup>th</sup> Century.

We hope you find something in this issue to get your sober 2014 off to a good start. If not, perhaps you should "fake it until you make it." Oh wait, that's a slogan for a later issue. Until then, Happy New Year.

### 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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CJ H.	Marit L.	Your Name Here!
Craig S.	Mark O.	
Curtis V.	Martha S.	
Dan B.	Mary C.	
Dan & Sherry T.	Mary D.	Or Here!
David J.	Mary L.	
David S.	Maryellen O.	
Denise H.	Michael P.	Or Here!
Dianne E.	Michael W.	
Don N.	Michael Z.	
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Gregory G.	Pam K.	
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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!*



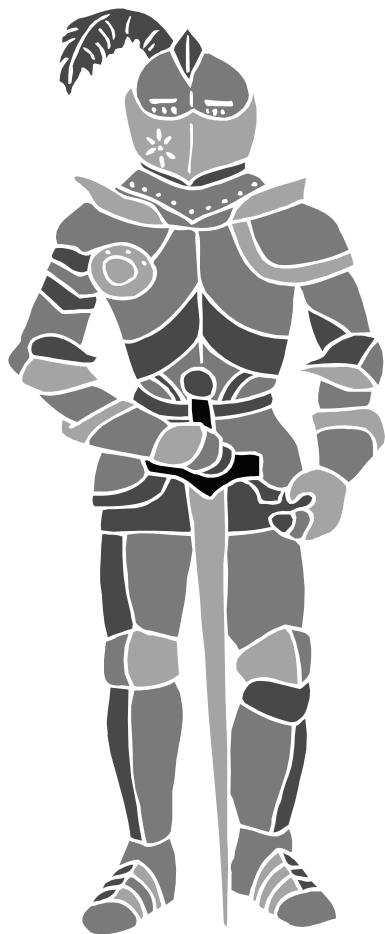
# A.A. Aphorisms

## *Easy Does It*

by Claire A.

Easy? Nothing is easy, nor should it be. That's my alcoholic motto. If it's not a struggle, it isn't worth it. Why should I get any breaks? And the corollary thinking: if I try hard enough, I can do anything. If I don't try hard enough, and something doesn't work, it's my fault. The same is true for you, by the way: if it didn't work out, you didn't try hard enough.

All of this thinking is reflective of my still-rampant self-will. I've made



enough progress in the program to be aware that I continually take my will back. It's not conscious, and I'm starting to catch on more and more to what is happening, but I still frequently realize, when I'm in enough pain, that once again I have tried to impose my will on a situation. Rather than pausing to ask for my higher power's direction, I forge ahead with what I think is the right thing to do. I'm not always wrong, but I often am. Often, the easiest thing for me is the right thing, and I create a struggle where there needn't have been one.

An example. At a small PTA meeting recently, there was some controversy about whether our school ought to host an event or not. The volunteer base at the school is small and folks were concerned volunteers would burn out. In my view, the lack of volunteers argues not that we should cut back on events, but that we should increase our outreach for volunteers. Rather than just saying that, however, I worked myself up into a right stew about it and spoke up, practically shouting my opinion, and got all red in the face. Ironically, most people agreed with this view. I had convinced myself, though, that I needed to change everyone's minds. I was abashed when folks simply agreed. "Easy" would have done it in this situation.

I find lately that life is simpler if I have the humility to seek God's will for me. When I'm in self will, I struggle with anxiety. I clench my jaw, hold my shoulders up to my ears and frown in my constant vigilance. It doesn't help my day, but the vigilance is a sort of armor I wear.

When I let God steer, I put down the armor. It's a little scary, because I'm so unused to it, but it's also a huge relief and intensely freeing! There is a sweetness to life that comes when I accept God's will.

I come by my armor honestly enough. I grew up one in a house-full of shouters, where boundaries were inconsistent, if they existed at all. Just because an aunt gave me a toy didn't mean that my sibling wouldn't simply take it if she wanted to. My armor includes isolating from people. As a result, I'm often anxious. Even when everything appears to be OK, I am still anxious, because things might change at any moment.

*Maybe I am God's tool  
(I've been called worse) ...*

Needless to say, the idea of "Easy Does It" doesn't come naturally to me. When I first heard saw this slogan on the wall at an A.A. meeting, my thought was that it was for someone else. My dad used to say "easy does it," but it was only in the context of using tools. He meant, "Don't put too much pressure on the tool, or it will slip and cause damage to something."

Hmm. Maybe there is more to that than I thought. Maybe I am God's tool (I've been called worse) and if I put too much pressure on me, I'll slip and damage something. Hm. I think maybe I'll try to take it easy today.

# Step One

by Mark M.

My understanding of the First Step occurred in stages, starting prior to my first coming to A.A. – and then, into my first few months in the program, when I did the steps for the first time.

Looking back, with the gift of time and perspective, my admission of powerlessness over alcohol started about two years before I ever stepped foot into the rooms of A.A. In 2001, my drinking had gotten bad enough and uncontrollable enough that I started to implement detox periods of two months. Where or how I arrived at that time period I'm not certain, but I told myself that if I couldn't drink for that period of time, I would be OK. My binge and purge cycle began.

However, I could never stay stopped. I never lasted the whole two months. After two or three weeks, I'd start with one drink, then two, then three, and then I'd be waking up from a black out, wondering what happened.

Flash forward two years to the night of my last drink on Halloween 2003. I had started going to A.A. meetings a few weeks prior and made the decision that night to attend a friend's party. People were intoxicated and I was thirsty, knuckles quickly turning white. After a while, a few of us piled into a limousine to head to a club. The limo had a stocked bar and

the guy sitting next to me made drinks for everyone in the limo. He handed me what would become my last drink.

As I sat there with a tumbler full of vodka in hand, the thought (those insidious thoughts!) crossed my mind that this would be a much more glamorous location for my last drink.

I was in a limo, after all. And I drank it.

We stayed out late that evening, going from party to party, me drinking water and soda the rest of the evening, reflecting on how I had started going to meetings, had raised my hand to identify as an alcoholic, and could not refuse a drink when handed to me. I couldn't say no. I had lost the power of choice in drink.

That's when it happened—at the End-Up of all places. That final click—that final realization. I'd hit my bottom. "I'm an alcoholic," I said to myself. "I'm an alcoholic." It suddenly became perfectly clear that I alone could not control my drinking. I was powerless over alcohol.

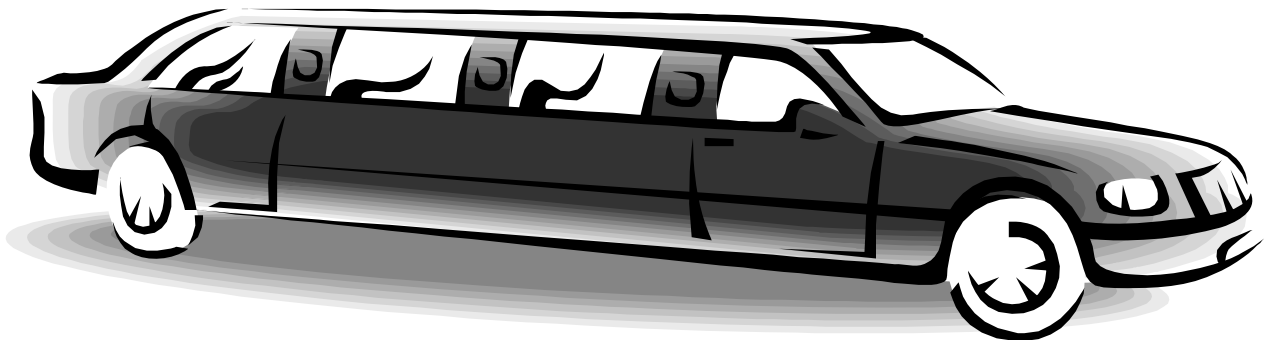
A few weeks later, after meeting with my sponsor, I worked Step One for the first time. Putting pen to paper, I wrote five examples of my powerlessness over alcohol and five examples of how my life had become

unmanageable as a result of my drinking. I thought that I wouldn't be able to come up with anything, but once I started writing, I couldn't stop. One of the clearest examples of unmanageability happened in July of that year in New York City. I had gone out drinking and blacked out the night before my flight back to San Francisco. I woke up across town from where I was staying. I raced back to my friend's apartment, hurriedly packing upon my return. After a quick cab ride uptown, I arrived at Penn Station. I will never forget the feeling of standing in the middle of the train station, unable to comprehend how to find my train, or even where New Jersey Transit was

*My brain had literally  
shut down.*

in the station. My brain had literally shut down. I couldn't function. Talk about a strange mental blank spot, and an example of how my life had become unmanageable due to my drinking.

Ten years later, I'm still grateful for my first admission of powerlessness. It truly provided the gateway for a whole new, wonderful life.







# A.A. Aphorisms

## *Sick and Tired of Being Sick and Tired*

by Judy G.

What makes some people able to walk into the rooms of A.A. and get sober immediately, while some people struggle and relapse, in and out of the rooms for years before they finally get sober? We each have our own path to sobriety.

How sick were we? How low was our bottom? We hear people talk about low bottoms and high bottoms. But one thing we all share is the gift of desperation. We are sick and tired of being sick and tired.

Alcoholism, like all other addictions, is a disease of the mind, body and spirit. Our drinking has left our bodies in a battered state. But as it says in the big book, "Our liquor was but a symptom." We were filled with anger and resentment. We were selfish. We were filled with fear, doubt and insecurity. We thought we were "terminally unique" from other people.

On top of it all, we were spiritually bankrupt. We had lost our connection, if we ever had one, to god, our higher power, Buddha, the magical force of the universe -- whatever you want to call the god of your understanding.

Many of us had lost jobs, had been separated from our families, and had gone to rehab or even jail. We were powerless over alcohol and our lives had become unmanageable. Some people live for years in state of complete chaos and unmanageability, and other people come to A.A. as soon as they realize

that they have a problem. But the common thread is, we are sick and tired of the way we are living our lives.

One of the most powerful recovery slogans I have heard is, "We are powerless over our addiction, but we are responsible for our own recovery." The proverbial light bulb exploded in my head when I read that. It answered so many questions for me. If I am powerless over alcohol, how can I possibly stop drinking? But when I hear that I am responsible for my own recovery, I know that I have to take action.

The first action is to go to a meeting and introduce myself as a newcomer. Just by taking that action, I have admitted that I am powerless over alcohol. "I am an alcoholic." I am here for help. I am sick and tired of being sick and tired. My life is unmanageable. Thank you god for the gift of desperation.

The A.A. program is a spiritual program based on our belief that it is our connection to our higher power that keeps us sober. We cannot do this alone. The steps are based on a connection to our higher power, a belief that our higher power can restore us to sanity, etc. Step Eleven calls for prayer and meditation to keep us in daily contact with our higher power.

But a spiritual awakening is not enough. We have to do our part. If praying to god for sobriety was all it took, the rooms of A.A. would not be filled with our fellows around the globe. We have to do

the foot-work. Going to meetings, doing service and working with the newcomers are all of the things we do to stay sober. A.A. is a way of life.

Now that I have experienced the miracle of recovery, the joy of sobriety, I don't ever want to go back. Sometimes when I get the

*Thank you god for the gift of desperation.*

crazy idea that I want to drink or use, I can play it forward and visualize what the outcome would be. Back in the gutter of insanity and drunkenness. Not a place I want to be.

So I work the tools of the program, go to meetings and thank god every day for the gift of desperation. I was sick and tired of being sick and tired of my own behavior. There is a solution, and we in A.A. are the lucky ones who have found it.





# Too Many Years and Not Enough Days

by Bree L.

Okay, I'll admit it. I'm one of those who came in through the back door (controlled drinking and other 12 step programs). That is unlike those who came in the front door, the "real" alcoholics, who knew they were alcoholics out of the gate. I wasn't all that sure for the first month or so. Yes, my life was a mess and I'd cut down to one glass of wine for special occasions. I wanted the benefits of the program without full-on signing up, so I played around with my attendance for those first months. Then came a time when I knew in my bone marrow that I was an alcoholic and this was where I belonged if I wanted any kind of life.

That is why when my friend Jamie L. said, "Too many years and not enough days," it didn't ring true with me. I'd come in slow and gotten closer to the program, while Jamie came in fast and then got slower. I'd never been loosey-goosey with the program, because I was afraid of returning to my old ways. Here is how Jamie explained her dilemma.

She had 21 years of "sobriety" and her program had plateaued. She maintained one monthly service commitment, went to sporadic meetings, had no sponsees and was thinking about dropping out of the program. "I was at a crossroads," she says. "I wasn't drinking but I wanted more and saw it might be beyond the A.A. program."

She took a trip from San Francisco to Cape Cod, a vacation place she knew from childhood. While there, she walked by a distinctive church she remembered from long ago. Lo and behold there was an A.A. meeting

there. She was curious about what the church looked like inside. She says, "That was probably more of a draw than the meeting."

As the meeting began, they asked for newcomers and one woman approximately the same age as Jamie raised her hand to identify herself as a newcomer. Then, as the meeting progressed, the woman spoke and opened with the fact that a week earlier she'd had 17 years and today she had 6 days. Then came the line, "I had a lot of years but not enough days." Jamie listened closely to a description of reduced meeting attendance, no service commitment, no community work and no sponsees. The woman explained that she was doing the equivalent of resting on her laurels.

This was a cautionary tale for Jamie. She returned to San Francisco and recommitted herself to A.A. Within three months she had two sponsees, four meetings a week, a sponsor and she took on two service commitments. Now, seven years later, most of those things are still in place. She stresses that one is never exempt from service and has firmly placed herself in the middle of the boat.

When Pam G. was asked how she'd accumulated 28 years, she spoke of what she was doing to keep her program alive. She spoke of a time when she strayed from the program, saying, "I've been away for whole years at a time. I didn't drink but I didn't go to meetings." A similar pattern emerged in that she stuck very close to the program in the beginning but then as she says, "The program gave me a life." That was when she became

"disengaged." She was a teacher and a single parent who was overly conscientious about her work. She came back to A.A. in 2001, when she retired. She wanted more of a sense of who she was and has stuck more closely since.

Pam talks of friends with many years who don't come to meetings. They have accepted the benefits of A.A. and moved on. Some became therapists and say they're afraid of running into patients at the meetings. She says, "Non-participation is self-perpetuating. The longer one stays away the harder it can be to return."

A few of us with years under our belt go through periods of barely hanging onto the A.A. lifeboat. Some never do make it back. The way to fight our way back in is to gather those days and with our H.P.'s help we'll stay.



# Meet **THE MEETING**

## Reality Farm

### *Saying "the Set Aside Prayer"*

by Luke H.

Ever heard of Reality Farm? Down in Potrero Hill on a Thursday night, it's where I go to hear some solutions and happen to enjoy quite a view of the City. My first Thursday meeting I attended in sobriety, I remember arriving about 45 minutes early (let's say that I didn't have too much going on in my life at the time) and awkwardly smoking a cigarette around the corner from the entrance. Someone walked up to the building and went in and then came out not too much longer. He pulled something out of his inner jacket pocket – tobacco and papers. We had something in common! I glanced at him like I owned the block and he walked up to me, seeing that I in fact could hardly meet his stare and didn't know what it meant to socialize sober. That man saved my life by introducing me to everyone and helping make that meeting my home group. All of the groups of people who had known each other seemingly forever and laughed with ease? I'm now a part of that. It's more than the love in that meeting hall that brings me back each week.

I was fortunate enough to be at the meeting when one of those who started it was speaking. He spoke about how the use of the Set Aside Prayer\* as the opener began when it was a meeting based at a house called 'the farm' down on Potrero Hill somewhere. He and several other members wanted someplace where they could meet and have their dose of reality each week. Soon Reality Farm was born. The rest is history and it's survived over nearly a decade with regular attendees and steady

popularity.

As for the format? Well, the format is a bit...off. I wouldn't have it any other way. The speaker needs to pick a passage from the first 164 pages of the Big Book and then share for only about 10 minutes, leaving the better part of the meeting to sharing from the floor. The speaker picks people to share from a sign-in sheet that has their name and sobriety date and, when there's only 10 minutes of sharing left, the floor's open to everyone who wishes to share. The casual and warm ambiance of the space (the Slovenian Hall) along with the baby kitten mugs for coffee and

tea, as well as a beautiful feeling of a Presence of Infinite Power and Love make this a meeting best for those who have been in the rooms for a while as well as those who are new. Even if it seems like everyone knows each other and that will never be you, keep coming back. That was once my story too.

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\*God, please help me set aside everything I think I know about myself, my disease, the steps, and especially you, for an open mind and a new experience with myself, my disease, the steps, and especially you.



# A.A. History: The Three Legacies

Part Seven, The Washington Temperance Society

*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 seventh installment of this series, we'll look at the Washington Temperance Society and its influence on a future A.A.*

**The Washington Temperance Society - April 5, 1840**

One temperance society was quite similar to A.A. and existed almost a century before A.A.

On April 5, 1840, a group of six drinking club friends (William Mitchell, John Hoss, David Anderson, George Steers, James McCurley and Archibald Campbell) from Chase's Tavern in Baltimore, Maryland, formed a total abstinence society. Pledging to, "Not drink any spirituous or malt liquors, wine or cider," they named themselves the "Washington Temperance Society" (in honor of George Washington). They later became known as "Washingtonians."

They required a pledge of total abstinence and attendance at weekly meetings, where members would tell their stories of drunkenness and recovery. As a body, they recognized no religion or creed and were politically neutral. Each member was supposed to help alcoholics who were still drinking. They sought out new prospects (or what they called "hard cases"). Their weekly meetings were held at Chase's Tavern until the owner's wife objected to the increasing loss of their best customers. They had a 25-cent initiation fee (\$6 today) and member's dues of 12 ½ cents per month (\$3 today).

On November 19, 1840, the Washingtonians held their first public meeting. Growth of the movement was extremely rapid. Widespread and enthusiastic support came from numerous temperance societies. The Washingtonians had great success in mobilizing public attention on temperance by relaying their "experience sharing" of alcoholic debauchery followed by glorious accounts of personal reformation. A leader of the movement noted, "There is a prevalent impression, that none but reformed drunkards are admitted as members of the Washingtonian Society. This is a mistake. Any man may become a member by signing the pledge and continue so by adhering to it."

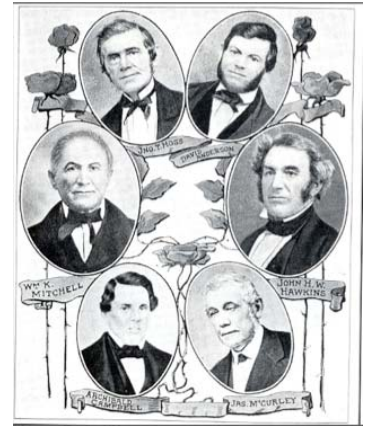
**Washingtonians – Early 1840s**

In 1841, the Washingtonians organized the first "Martha Washington Society" meeting for women and children in New York. They provided moral and material support to reform female alcoholics and assisted the wives and children of male alcoholics. This was the first temperance movement in which women assumed leadership roles.

On February 22, 1842, Abraham Lincoln spoke to the Springfield, Illinois Washingtonians. He praised the movement and criticized earlier temperance movements that defined the alcoholic as incorrigible.

**The Washingtonian Decline-1847**

By mid-to-end 1843, the Washingtonian movement peaked after having reached all major areas of the US. Estimates of its membership vary and are contradictory. The sole requirement for membership was to sign a "total abstinence pledge." Members included primarily teetotalers,



**Washington Temperance Society Founders**

temperance advocates, a large segment of adolescents (under age 15) and drinkers of various types whose numbers far exceeded that of the "drunkards." A reliable estimate of the number of alcoholics in the mix is impossible to derive. Over the lifetime of the movement, hundreds of thousands signed pledges, but the number of rehabilitated alcoholics was likely under 150,000.

It is estimated that Washingtonian movement "spent its force" by 1847 and began its downfall. The society originally favored "moral suasion" to achieve reformation of the alcoholic through abstinence. However, as the Washingtonian membership makeup changed rapidly and radically to consist mainly of nonalcoholic temperance advocates, sentiments shifted away from reformation of alcoholics to the pursuit of a legal means to prohibit alcohol. Washingtonian practices came to be viewed as outmoded and interest waned. There was no sudden or massive collapse. When the novelty and emotional appeal of the Washingtonians became outmoded, they simply faded from the scene over time.



# A.A. Aphorisms

## ***One Drink Is Too Much and A Thousand Are Never Enough***

by Amber W.

"One drink is too much, and a thousand are never enough." When I was new, I heard this and, miraculously, absorbed its meaning. Many newcomers hear it – and some grasp, perhaps for the first time, the phenomenon of alcoholic craving.

There comes a time when two is not enough and three give us unmanageable consequences. Soon, four is not enough and five are too many, because we've hurt someone we love. After that, we find six is not enough, and so on. Futility and exhaustion set in. Relief is unattainable, but we seek it anyway. The number of drinks we have at a given time does not matter. It's about our relationship with alcohol being our primary one, instead of relationships with others and a Higher Power. We're anxious and ready to go – but there is no "there" to get to – no point of relief, no freedom from the alcoholic obsession to pick up a drink. We are cut off. Restless and driven. Blind to the harm we cause. Making self-styled attempts at a solution.

I found that, even as the evidence racked up showing a progression of the disease of alcoholism for me, I came to believe my own lies more and more easily. Toward the end of my drinking, in a moment of clarity, I felt a sense of danger about driving drunk – for the first time, after years of doing it. My solution: stop driving, keep drinking. When I got to A.A., I read about the phenomenon of craving in *The Doctor's Opinion*. I read that part, as well as the part about how my mind is afflicted with

an alcoholic obsession that leads me to pick up the first drink. I didn't get it. I understood not a word. I couldn't figure out why my sponsor had told me to me read it.

I'm glad, now, for this reminder of what it is like to be new in A.A. Newly sober, our brains are bad neighborhoods but they're home. So, we set up camp in a very dangerous place without realizing it and we don't necessarily grasp a lot. Here is where an A.A. saying or two can play a wonderful role. The Doctor's Opinion (that the body and the mind of the alcoholic are both abnormal) was beyond my ability to absorb, at first. But I did understand, "One drink is too much, and a thousand are never enough." Other sayings helped, too. "You don't have to drink again," said to me after my first meeting, was the first A.A. promise I held onto. And my day hinged on, "One day at a time," which meant 5 minutes at first, and then ten. I worked my way up to twenty minutes at a time, which quickly turned into an afternoon, and then suddenly, I was taking sobriety a day at a time.

It matters less which A.A. saying or tool or step we use, and more just how we use it. That is no less

true today, at 24 years of sobriety. It takes effort and choice to put A.A. ahead of the life it gave me. The alarm clock goes off 30 minutes early each day, and that takes effort. My husband and I get out of bed and read from the Big Book, the 12 and 12, and other texts. It's simple and it's work. So are meetings, tools, and the Steps – keeping all of it fresh requires a commitment to service, enjoying A.A., and staying in the middle of it. Trying to wrest satisfaction out of "just one cookie" is less dangerous than "just one drink" – but it's not without danger. The thinking can really set in so that it becomes much easier to believe the lies I tell myself. Easier to not enjoy A.A. and instead slip into the idea that one drink is just right. When I'm in the middle and having fun, though, it is a solid insurance policy that I'll stick with – the idea that one drink is, in fact, far too many.



# Life Along Spiritual Lines

## Improving Improvements

by Anonymous

I am grateful for the words, “We claim spiritual progress rather than spiritual perfection,” from Chapter 5 of the Big Book. I am not someone who can claim 100% consistency in daily prayer and meditation. While many A.A.s start their day on their knees or in the lotus position, I am just as likely to be checking my email and nursing a large cup of dark roast coffee.

It is not that I don't believe in prayer and mediation. Both have worked absolute miracles in my life for a couple of sober decades now. It's just that my definitions of prayer and mediation are quite a bit wider and more liberal than others might advocate. Anytime I peel myself away from a headlong intellectual assault at my problems, either by going to a meeting, taking a walk or communing with nature, I am turning toward a spiritual realignment.

In early sobriety when I first experienced unwieldy emotions, I found myself repeating the Serenity Prayer like a mental wheel, turning and drawing energy into a focused rotation rather than a lightening charged storm cloud. These days I still hear myself mumbling prayers when things get dicey in my work environment. These memorized mantras, like little poems, soothe me by their sound as much as their meaning. They all seem to remind me of the same thing – you are not in control. You need to let go.

Conscious breathing is the most important mediation I know. I have a sticker on my computer monitor that says “breathe.” When I look at it, I

cannot help but obey. If I can take a deep breath, then my mind does not succeed in telling me the ceiling is about to collapse. By taking that breath, I am saying, “It's okay.” I am saying, “So be it. What's next?”

My claim to spiritual progress is not measured by smiley faces on the calendar for every day that I meditated. In fact, progress sometimes takes a temporary step in reverse. The best measure of my spiritual progress is not my overall contentment, but my ability to handle conflicts, disappointments, setbacks and frustrations. Every time I make it through a family visit without any ill feelings, I say a prayer of gratitude to A.A. and the Higher Power it has brought into my life. Not a bearded man in the sky – more of a social worker who whispers in my mind. Things like, “Are you sure you want to open up that can of worms right now?”

My conscious contact with the voice of wisdom that pops out of nowhere

and gives me guidance also affects how well I continue working the Steps in my life. My willingness to remove myself from worldly preoccupations long enough to help a sponsee is a direct measure of my spiritual fitness. If I make money, status or glory without acknowledging my Higher Power, I will forget the ultimate source of all the goodness that has come my way since I first walked into a meeting of Alcoholics Anonymous.

Step 11 states that the point of my prayer is to learn what my Higher Power's will is for me. I try not to get lost in wondering if I should take Job A or Job B or if I should buy or lease a vehicle and whether my Higher Power has an opinion on the subject. I try to read Step 11 as saying, “Praying only to be reminded of” my Higher Power's will for me. Because I already know what it is. It is Steps 10, 11 and 12.



# Intergroup Meeting Summary—January 2014

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

A Is For Alcohol	Cow Hollow Men's Group	Keep Coming Back	Queers, Crackpots & Fallen Women	They Stopped in Time
Any Lengths	Each Day A New Beginning	Live & Let Live	Saturday Weekend Warrior	Thursday Night Speaker
Artists & Writers	First Place	Living Sober With HIV	Say Hey Group	Thursday Thumpers
Attitude Adjustment Hour	Friday Morning 12 Steppers	Marina Discussion	Sober Saturday	Tiburon Haven
Blue Book Special	Girls Night Out	Miracles (Way) Off 24th St.	Step Talk	Walk Of Shame
Boys Night Out	Haight Street Blues	Monday Night Stag Tiburon	Sunday Night Castro Speaker Disc	What It's Like Now
Came to Believe	High Noon Mon	Noon Smokeless	Sunday Rap	Women's Mtg There is a Solution
Come 'n Get It!	Join The Tribe	On Awakening Group	Sunset Speaker Step	<i>San Mateo General Service</i>

This is an unofficial summary of the December 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 started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The Nov minutes and Dec. agenda were approved.

## Officer Reports

**Board Chair Report, Phil** The Board met on Nov 25<sup>th</sup> and reviewed annual budget draft which will be presented for approval in January. Annual inventory will be held on Dec. 21st. Intergroup will meet Jan 8<sup>th</sup> in SF instead of on Jan 1<sup>st</sup>. Location of Feb meeting needs to be confirmed. Committee Chair meeting Jan 25<sup>th</sup>, 9-11am.

**Treasurer's report, Michelle C.** Overall rating is fair. Total YTD variance is (\$13,192). In Oct, group contributions were under budget \$7,608; YTD contributions are under budget by \$18,776. Book Store sales over budget by \$1,979 in Oct and over budget YTD \$3,752.

Individual contributions were \$257 under

budget in Oct and YTD are over budget by \$2,098. Total expenses for Oct were \$3,505 over budget and are \$5,983 under budget YTD. Variance for Oct is (\$7,606), compared to a budgeted variance of \$768. YTD variance is (\$13,192). Unrestricted cash balance decreased from \$38,228 to \$33,610, which represents less than two months of operating expenses.

**Central Office Manager, Maury P.** In need of bilingual 12 step volunteers (Cantonese, Mandarin and Russian, etc). Central Office closed Dec 24<sup>th</sup> and 25<sup>th</sup>. Posting holiday meeting closures, Alca-thon info and tips for dealing with the holidays on [aasf.org](http://aasf.org). 75<sup>th</sup> anniversary ed. of the Big Book will be available in April/May 2014. We need to preorder the books. We are considering taking preorders/presales.

## Intergroup Committee Reports

**Access Committee, Steve F.** We explore, develop and offer resources to make the AA message and participation in the program available to everyone who reaches out for it. Excited by response at SF Unity Day. The level of interest and sign up for service and volunteers was strong. The Sunshine Club is a great way to start getting involved. Check out the article in the Point called 'Access to Meeting: Going to Any Lengths.' It's about members with disabilities and closed circuit TV.

**Archives Committee, Michael P.** Our mission is to preserve the legacy of AA by collecting and cataloging historical materials. Meets the 3rd Su from 2-4pm. 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).

**Orientation Committee, Blu** Meets the 1st Wed of the month at 6pm for orientation. We oriented 4 new people today.

**SF PI/CPC Committee, Rich G.** Meets the 2nd Mon at 7pm at Central Office with a 6pm Speaker Workshop. We reach out to professionals to keep them informed and aware of AA's existence. The Annual Meeting and Speaker Workshop is Jan 18, 2014 from 10am to 12pm in the Fireside Room of the First Universalist Unitarian Church, 1187 Franklin St, SF. All current PI/CPC speakers must attend one workshop per year to stay current. In Nov PI/CPC provided 3 DUI classes with 5 speakers; 16 people attended the speaker workshop. We will have elections in Feb for new committee positions. Looking for young people to speak at schools.

**SF Teleservice Committee, Carolyn R.** Teleservice answers the phones when Central Office is closed with a live person 24 hours/day. Meets the 3rd Mon at 6pm at Central Office, orientation 6:30-7pm. At SF Unity Day, we signed up 4 new volunteers. People were receptive to having orientations after big meetings.

**The Point Committee, Charley** Meets the 2nd Tue of each month at 5:30pm at Central Office. We have open positions such as Contributor Liaison (emails the list of topics and deadlines coming up), Recording Secretary, Editing opportunities

**12<sup>th</sup> Step Committee, Virginia** Meets the 2nd Thu at 6pm at Central Office. In Nov we decided to not go any further with the homebound phone meeting.

**Trusted Servant Committee, Michael P.** The goal is to get the word out about the traditions. We hold workshops for sec-



# Individual Contributions

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

## IN MEMORIUM

**Monika H., Veronica McC., Bill J.**

## ANNIVERSARIES

**Barbara M. — 56 years, Derek — High Noon — 5 years,  
Chris W — 35 years**

## HONORARY

**Martha S.**

# 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

[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

OPEN [tsw@aasf.org](mailto:tsw@aasf.org)

### WEBSITE COMMITTEE

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

retaries and treasurers. Michael is rolling off as Chair so we are looking for a volunteer; talk to Michael, Phil, or Maury.

**Outreach Committee, Robert** Meets at 6:30pm, before Intergroup mtg. We have our pitch together and are ready to reach out to the larger groups. Looking for more Marin volunteers to help with outreach. Email [outreach@aasf.org](mailto:outreach@aasf.org).

**General Committees Note** There are volunteer opportunities on most of the committees and you do not need to be an Intergroup rep to participate. All AA members are encouraged to participate.

### Liaison Reports

**Dan, Marin Teleservice** - All service positions are turning over in January.

**Lynn D, SF H&I liaison** - We are going strong, working closely with clubs and taking orientations into bigger meetings. No business meeting this month.

**Karen, Marin H&I** - We inducted 7 new members last month. The warden from Soledad prison spoke and shared the direct positive impact of H&I meetings in prisons. One problem is that we need more volunteers who can be security cleared to actually go into the jails.

**Tara, GGYPA** - We are hosting an 'Ugly Sweater Dance Party' on Saturday, December 14<sup>th</sup> at the Methodist Church in Mill Valley at 40 Sycamore & El Camino Alto Rd. There will be a meeting from 7-8pm, and the event from 8pm to midnight. In Marin County, we are bidding for SWACYPAA, and are asking Intergroup to add a letter of support.

**Round Table** Question: What is Self-

Support? At the meeting level, intergroup and world service level. Why do AA's still put a only a dollar in the basket when they've been doing it for years? Do facilities and clubs that offer space for meetings also contribute to service entities proportionally? Do they consider themselves an AA group or a separate club? Do we need to increase awareness about the Tradition regarding self-support and contributions?

### Table feedback...

**Francis** - Educate people what the money is for. Give a tax break to people. Give a better financial report with revenue, expenses, variance, lack of clarity.

**Ralph** - Is AA getting smaller? The High Noon meeting on Friday went from 200 to 50. There are a lot of groups now. Do we have more meetings and groups than we need? More groups are paying rent which reduces the income available for Central Office. In San Francisco, there are increasing rents, insurance costs, and demographic changes. Let natural selection take care of it. (Joke) It takes corporate poverty to remain spiritual.

**Michael F.** - I'm convinced that clubs and coffee shops take away people who would otherwise donate to Central Office.

**Frank** - 8 ideas. 1) We're looking for 3 dollar donations 2) Ask people to give any amount. 3) More people give when it's their home group versus transient. 4) Lots of people don't have the cash handy. Make technology like Square available to take credit card payments. 5) Considering the higher rent, once a month, send

(Continued on page 18)



# aa group contributions

Fellowship Contributions			Marin Contributions			Marin Contributions		
	Nov. 13	YTD		Nov. 13	YTD		Nov. 13	YTD
Brisbane Breakfast Bunch		138	Monday Night Women's Group	446		Tiburon Beginners & Closed Tu		396
Contribution Box	51	469	Monday Night Women's M 8pm	92		Tuesday Chip Meeting Tu 830pm		941
Intergroup	79	1076	Monday Nooners M 12pm	531		We, Us and Ours M 650pm	125	500
<b>Fellowship Total</b>	<b>\$ 130</b>	<b>\$ 1,683</b>	Morning After Sa 10am	600		Wednesday Mid-Week W 6pm		72
			Morning Attitude Adjustment	505		Wednesday Night Candlelight W 8pm	192	192
			Nativity Monday Night BB M 8pm	116		Wednesday Night SD W 7pm		150
<b>Marin Contributions</b>	<b>Nov. 13</b>	<b>YTD</b>	Newcomers Step M 730pm	1070		Wednesday Sundowners W 6pm		200
11th Step Meeting M 8pm	90	90	Noon Hope F 12pm	53		What's It All About F 12pm		205
12 & 12 Study Sa 815am		298	Noon Reveille Su 12pm	72		Women's Big Book Tu 1030am		690
7am Urgent Care Group 7D		200	Noon Small Room Speaker	53		Women's Lunch Bunch F 12pm		325
As Bill Sees It M 2pm		14	North Marin Speaker Sun 12pm	383	383	Working Dogs W 12pm		500
Attitude Adjustment 7D 7am		1358	Novato Fellowship Events Comm	286	286	YP Chopsticks Sa 1030pm	39	82
Awakenings		120	Novato Fellowship Group	750	750	<b>Marin Total</b>	<b>\$ 2,656</b>	<b>\$ 43,473</b>
Back to Basics Su 930am	188	459	Novato Monday Stag M 8pm	250	250			
Blackie's Pasture Sa 830pm		200	Novato Spirit Discussion F 2pm	300	300	<b>SF Contributions</b>	<b>Nov. 13</b>	<b>YTD</b>
Bolinas Book Study W 8pm	90	330	On Awakening 7D 530am	858	858	11th Step Power Power Power		38
Candlelight Group Sun 8pm		253	Pathfinders Tu 12pm	215	215	6am Dry Dock Fri		65
Candlelight Meditation M 730pm	100	134	Primary Purpose W 830pm	26	26	6am Dry Dock Mon		65
Closed Women's SS Tu 330pm		301	Quitting Time M-F 530pm	1650	1650	6am Dry Dock Sa		192
Conscious Contact Sa 6pm		124	Refugee Th 12pm	50	350	6am Dry Dock Su		125
Crossroads Sun 12pm		900	Rise N Shine Sun 10am	613	613	6am Dry Dock Th		89
Day At A Time 7D 630am		240	San Geronimo Valley BS F 8pm	173	173	6am Dry Dock Tu		364
Design For Living W 7pm		60	San Geronimo Valley M 8pm	242	242	6am Dry Dock W		62
Downtown Mill Valley F 830pm		2309	Saturday Night Sa 8pm	337	337	7 AM Smokeless		30
East San Rafael Big Book		91	Saturday Women's Speaker Sa 6pm	273	273	7am Grab Bag	9	9
Experience, Strength & Hope Sa 6pm		72	Sausalito 12 Step Study Group	88	88	7am Living Sober W 7am		21
Friday Night Book F 830pm		257	Serendipity Sa 11am	399	399	7am Step Discussion Tu 7am		66
Friday Night Gay Stag 830pm		53	Sisters In Sobriety Th 730pm	50	103	830am Smokeless F 830am		276
Friday Night Terra Linda BB Study		80	Six O'Clock Sunset Th 6pm	116	116	830am Smokeless Th 830am		166
Girls Night Out W 815pm		116	Sober & Serene F 7pm	259	259	A is for Alcohol Tu 6pm		266
Glum Not! Su 9am		259	Sober Sisters Wed 12pm	285	285	A New Start F 830pm		293
Gratitude Tu 8pm		285	Steps To The Solution W 715pm	785	785	A Vision for You (SF) Su 630pm		60
Greenfield Newcomers Sun 7pm		785	Stinson Beach BB Study Tu 8pm	72	72	AA As You Like It Tu 530pm		200
Happy Hour (Marin) Th 6pm		72	Stinson Beach Fellowship Th 8pm	2098	2098	Afro American Beginners Sat 8pm		413
Happy, Joyous & Free 5D 12pm		2098	Sunday Express Sun 6pm	178	178	After Work Big Book Study		227
High & Dry W 12pm		178	Sundown W 7pm	276	276	After Work M 6PM		126
Intimate Feelings Sa 10am		276	T.G.I. Tuesday 6pm	176	176	Agnostics & Freethinkers Su 630pm		212
Inverness Sunday Serenity Su 10am		176	Terra Linda Group Th 830pm	325	325	All Together Now Th 8pm		66
Larkspur Beginners F 7pm		325	Terra Linda Thursday Stag 8pm	500	1000	Alumni W 830pm	180	180
Last Stop Men's Step Study W 6pm		300	TGIF F 6pm	216	216	Amazing Grace M 7pm		60
Living in the Solution F 6pm		50	The Barnyard Group Sa 4pm	200	390	Artists & Writers F 630pm		2249
Marin City Groups 6D 630pm		900	The Fearless Searchers F 8pm	93	93	As Bill Sees It Th 6pm		508
Meditation Weds 7pm	150	465	There is a Solution Tu 6pm	328	328	As Bill Sees It Th 830pm		132
Men's 2 Plus M 7pm		50	Three Step Group Sa 530pm	500	500	As Bill Sees It Tu 1210pm		548
Mill Valley 7D 7am		2962	Thursday Night Book Club Th 7pm	37	37	Bayview AA Th 7pm		120
Mill Valley Discussion W 830pm		563	Thursday Night Miracles Th 830pm	150	150	Be Still AA Su 12pm		446
Monday Blues M 630pm		500	Thursday Night Speaker 830pm	2674	2674	Beginners 12 x 12 F 7pm	356	765
Monday Night Stag Tiburon	500	1320						

SF Contributions	Nov. 13	YTD	SF Contributions	Nov. 13	YTD	SF Contributions	Nov. 13	YTD
Beginners' Step Study Sat 7pm		40	Haight Street Explorers Th 630pm		477	Reality Farm Th 830pm		730
Bernal Big Book Sat 5pm		650	Happy Hour Ladies Night F 530pm		162	Rebound W 830pm		396
Bernal New Day 7D	541	3270	High Noon Friday 1215pm	36	164	Richmond BB Study Th 730pm		32
Big Book Basics F 8pm		569	High Noon Monday 1215pm		218	Rigorous Honesty Th 1205pm		414
Big Book Study Su 1130am		679	High Noon Sunday 1215p		528	Rise N Shine Sun 10am		135
Big Book with Bob	61	61	High Noon Thursday 1215pm		82	Room to Grow F 8pm		37
Blue Book Special Su 11am	65	811	High Sobriety M 8pm		112	Saturday Afternoon Meditation 5pm	101	505
Brothers in Arms M 8pm		168	High Steppers W 7pm		34	Saturday Beginners Sat 6pm		1899
Buena Vista Breakfast Su 12pm		20	Hilldwellers M 8pm		436	Saturday Easy Does It Sa 12pm		362
BYOL W 1pm	120	120	Hoodlum Haven F 8pm		96	Saturday Night Regroup Sat 730pm		1063
Caledonia Sun 8pm		720	Huntington Square W 630pm	468	1414	Say Hey Group M-F 6pm	133	303
Came To Believe Su 830am		117	Into The Sun Meditation Th 12pm		28	Serenity House	150	1650
Came to Park Sat 7pm	109	415	Joe and Charlie Tapes Fri 730am	25	25	Serenity Seekers M 730pm		188
Castro Discussion Th 8pm		739	Join the Tribe Tu 7pm		553	Shamrocks & Serenity M 730pm	528	1096
Castro Monday Big Book M 830pm		50	Joys of Recovery Tu 8pm		191	Sinbar Su 8pm	120	180
Castro Nooners F 12pm		129	K.I.S.S. M 6pm		183	Sisters Circle Su 6pm		317
Castro Steps & Traditions W 8pm		98	Keep Coming Back Sa 10am		1681	Sober at State MW 1210pm		60
Closed Women's SS Tu 330pm	81	81	Let It Be Now F 6pm		127	Sober Saturday Sa 830am		234
Cocoanuts Su 9am	220	786	Like A Prayer Su 4pm		202	Sobriety & Beyond W 7pm	160	477
Code Blue Big Book Study W 7pm		253	Lincoln Park Sat 830pm		7	Sobriety & Miracles Sa 5pm		169
Coit's Quitters		206	Live and Let Live Su 8pm		304	Sometimes Slowly Sa 11am		1225
Conscious Contact Sa 6pm		80	Living Sober W 8pm		38	Sought to Improve Th 715pm		120
Cow Hollow Men's Group W 8pm		1194	Living Sober with HIV W 6pm		395	Speaker Discussion F 1pm	100	100
Cow Hollow Young People's Tu 730pm		281	Lush Lounge Sa 2pm		197	St. Francis Men's F 830pm		108
Daily Reflections F 12pm		213	Meeting Place Noon F 12pm		277	Steppin' Up Tu 630pm		242
Design For Living - BB Tu/Th 730am		112	Meeting Place Noon W 12pm		679	Stepping Out Sat 430pm		25
Design for Living Sat 8am		1110	Mellow Mission Sunrise M 7am		200	Stepping Stone Step Study M 730pm		101
Each Day a New Beginning F 7am	1103	3210	Men's Gentle Touch M 7pm		648	Sunday Bookworms Sun 730pm		398
Each Day a New Beginning M 7am		639	Mid-Morning Support Su 1030am		889	Sunday Lunch with Bill 12pm		86
Each Day A New Beginning Su 8am		1273	Midnight Meditation Sat 12am		120	Sunday Morning Gay Stag 930am		384
Each Day a New Beginning Th 7am		801	Miracle (Way) Off 24th St W 730pm		140	Sunday Night 3rd Step Group 5pm		807
Each Day a New Beginning Tu 7am		1114	Mission Fellowship		24	Sunday Night Castro SD Su 730pm		895
Each Day a New Beginning W 7am		1275	Monday Beginners M 8pm		276	Sunday Rap Sun 8pm	180	570
Early Start F 6pm		2401	Monday Men's Stag (SF M 8pm)		159	Sunday Silence Su 730pm	200	285
Easy Does It Tu 6pm		155	Monday Monday M 1215pm		168	Sundown W 7pm		1172
Embarcadero Group 5D 1210pm		240	Monday Night BB Study M 8pm		116	Sunset 11'ers Su		302
Epiphany Group Th 7pm	200	200	Moving Toward Serenity W 830pm		259	Sunset 11'ers W		210
Epiphany Group Th 8pm		100	New Friday Big Book F 12pm		190	Sunset 9'ers F	19	87
Eureka Step Tu 6pm		112	New Highs W 130pm		36	Sunset 9'ers Sa		72
Eureka Valley Topic M 6pm		603	New Life W 7pm		240	Sunset 9'ers Su		222
Excelsior "Scent" Free for All Sa 8pm		240	No Reservations M 12pm		1185	Sunset 9'ers Th		61
Extreme Makeover M 730pm		157	Noon Smokeless W 12pm		100	Sunset 9'ers Tu		110
Federal Speaker Su 12pm		378	O.A.D.W. Mon 7pm		166	Sunset 9'ers W		42
Fell Street F 830pm		552	One Liners Th 830pm		72	Sunset Speaker Step Sun 730pm	256	690
Firefighters & Friends Tu 10am		256	One, Two, Three, Go! W 1pm		50	Surf Tu 8pm		250
Friday All Groups F 830pm		258	Park Presidio M 830pm		246	Ten Years After Su 6pm	600	1716
Friday Smokeless F 8pm		335	Parkside Th 8pm		416	The Drive Thru W 1215pm		295
Friendly Circle Beginners Su 715pm		220	Pax West Daily Reflections		268	The Lads Fr 730pm		222
Giddy Up Th 7pm		191	Pax West M 12pm		2010	The Little Meeting That Could Su 6pm		68
Gold Mine Group M 8pm		471	Pax West Th 12pm		726	The Parent Trap 2 Wed. 430pm		297
Golden Gate Seniors Tu 130pm		60	Potrero Hill 12 x 12 M 630pm		210	The Pepper Group F 12pm		226
Haight Street Blues Tu 615pm		377	Queers, Crackpots & Fallen Women		190			

Continued on p. 19

# Profit and Loss Statement: October 2013

	Oct 13	Budget	Jan - Oct 13	Budget		Oct 13	Budget	Jan - Oct 13	Budget
Ordinary Income/Expense					Phone Book Listings	0	101	819	950
Income					Postage	220	340	1157	1148
Gratitude Month	215	0	3824	4700	Printing	0	0	16	1000
Group Contributions	10392	18000	124224	143000	Professional Fees	0	0	600	1500
Individual Contributions	1443	1700	25198	23100	Rent - Office	3963	3965	39634	39650
Newsletter Subscript.	33	11	232	107	Rent - Other	0	0	765	765
Sales - Bookstore	9979	8000	98661	95200	Repair & Maintenance	291	285	3297	5210
Special Event Income	1871	0	13953	2341	Security System	0	0	354	366
Total Income	\$ 23,932	\$ 27,711	\$ 266,092	\$ 268,448	Shipping	365		1677	
Cost of Goods Sold					Software Purchased	0	0	604	550
Cost of Books Sold	7065	5500	72107	67600	Sunshine Club/12th Step	0	25	25	175
COGS - Shipping	41	0	1625	609	Telephone	0	266	2117	2645
Credit Card Processing	298	311	3792	3706	Training	0	0	30	250
Inventory Adjustments	37		-94	0	Travel	447	900	823	1200
Total COGS	\$ 7,441	\$ 5,811	\$ 77,430	\$ 71,915	Total Expense	\$ 24,492	\$ 20,987	\$ 203,980	\$ 209,963
Gross Profit	\$ 16,491	\$ 21,900	\$ 188,662	\$ 196,533	Net Ordinary Income	\$ (8,001)	\$ 913	\$ (15,317)	\$ (13,430)
Expense					Other Income/Expense				
Access Expenses	0	520	911	5200	Other Income				
Archives Committee	0	50	25	400	Bag Fees	4	0	49	21
Bank Fees	0	0	13	200	Customer Shipping	377		2600	
Employee Expenses	12077	13525	126037	132017	Interest Income	1	120	858	1170
Equipment Lease	0	0	4678	4833	Miscellaneous Income	0		376	
Filing/Fees	0	0	463	90	Total Other Income	\$ 382	\$ 120	\$ 3,883	\$ 1,191
Insurance	0	0	2373	2326	Other Expense				
Intergroup Events	6423	400	12649	4000	Amortization Expense	0	0	0	0
Intergroup Literature	0	75	230	500	Depreciation Expense	284	265	2712	2653
Internet Expense	68	96	1191	960	Total Other Expense	\$ 284	\$ 265	\$ 2,712	\$ 2,653
Office Supplies	347	181	2180	1816	Net Other Income	\$ 98	\$ (145)	\$ 1,171	\$ (1,462)
Paper Purchased	274	250	1217	2125	Net Income	\$ (7,903)	\$ 768	\$ (14,147)	\$ (14,892)
Payroll Fees	16	9	97	87					

around special basket for Central Office 6) Make it easy to donate on the website with one click 7) Market the comparison to paying the price of a drink. 8) Expand to the faithful 10'er instead of 5'er.

**Andres** – Have we inverted the triangle where Central Office is at the top, and groups are the service of Central Office? Why are we paying so much rent?

**Blu** – 1) Be specific; be clear about what Central Office does; distribute big books. 2) Do clubs not play by the same rules?

**Margaret** – This is the 3<sup>rd</sup> time money has come up in 5 years. We put out the word and groups respond. It's more a matter of education, letting newer people know about it. Sponsors can educate sponsees about adding more money in the basket.

Also, add a line in the meeting script to help our fellowship. "Please consider paying more than a dollar." Put together a write-up about self-support.

**Phil** – Encourage Faithful Fiver participation. While money is a significant portion of self-support, there are other commitments and lots of room to up the game.

## Meet the Meeting

**David, Blue Book Special – Sunday 11am 2900 24<sup>th</sup> street** - We read from the big book section (not including the stories) starting at beginning of the year. The meeting began at 1010 Valencia as the Mission Fellowship and was called the Sunday Smokeless until that became redundant when smoking was outlawed. A new name idea was "Whoopee Party."

Legend has it that *someone never seen* came up with name, Blue Book Special. The meeting moved to 2900 Mission around the year 2000. Sunday 11am is like a church service; people have their seats in the pew. People like their spots.

**Luke H, They Stopped in Time** Young person's book study. Moved from Our Lady of Safeway, to multiple church basements, and the B level of CPMC. Monday night meeting focusing on newcomers and those who are young in AA. Discussion gets raw only because of the safety felt in the room.

## Volunteers for next month

Alison, Thursdays Speakers Mill Valley  
Ralph, Friday High Noon

**Next Meeting:** Jan 8, 2014. See aasf.org.

# A New Year

## What Can I Do To Be Of Help?

by Bob S.

Years ago, in preparation for yet another thrilling New Year's Eve celebration, I drank so heartily that the next afternoon found me coming to consciousness with a miserable hangover. I had missed the entire gala! As this New Year's Day unfolds, many alcoholic celebrants will experience, in one way or another, the same sort of meaningless blur, but it will be their last. This is because some will be sober with us in A.A. But sadly, others will never experience another New Year's because of much darker and heartbreaking reasons. I cannot do anything about the latter, but what can I do to prepare a welcome atmosphere for those who will be walking through our doors in 2013? I can:

'Stand by the door,' so to speak, of my local club or home group, to welcome the new person and offer a listening ear.

Make introductions to other solid A.A. members.

Engage in the sort of friendly and hopeful A.A. conversation that might

entice the newcomer to join me for coffee after the meeting.

Present myself in such manner that he or she will feel safe to share phone numbers and email addresses.

Make sure they leave with a local meeting directory, a few appropriate A.A. pamphlets and an offer of a ride to their next meeting.

Briefly explain how A.A. offers a program of action with clear-cut directions simply explained in the

Big Book. I should not preach!

Try to influence my home group to be in sync with the traditional values of A.A. so the spirit of unity is evident for the new person coming in this year; that hopefully a spirit of love and security will prevail, as it did for me. I need to remember that "We are responsible" to provide a solid and fertile ground from which the fragile seeds of the newcomers hope can grow into a sober reality.



SF Contributions	Nov. 13	YTD	SF Contributions	Nov. 13	YTD	SF Contributions	Nov. 13	YTD
They Don't Know Who We Are Sat 7pm	159		Wake Up On 3rd St Group	147		Women's Came to Believe Sa 10am		254
Thursday Night Women's Th 630pm	152	825	Walk of Shame W 830pm	225		Women's Kitchen Table Tu 630pm		437
Too Early Sat 8am		805	Waterfront Sun 8pm		666	Women's Meeting There ... W 6pm		435
Trudgers Discussion Su 7pm	180	540	We Care Tu 12pm		234	Women's Promises F 7pm		1121
Tuesday Big Book Study Tu 6pm		162	Wednesday Noon Steps W 12pm	60	120	Work In Progress Sat 7pm		463
Tuesday Dinner With Bill		50	Wednesday Sunrise Smokefree 7am		100	YAHOO Step Sa 1130am		212
Tuesday Men's Pax Tu 12pm		540	West Portal W 8pm		327	Young at Heart Sa 930am		93
Tuesday's Daily Reflections Tu 8am		282	Wharfrats Th 815pm		393	<b>San Francisco Total</b>	<b>\$ 6,513</b>	<b>\$ 88,335</b>
Twelve Steps to Happiness F 730pm		85	What It's Like Now M 6pm		460			
Unidentified Group		445	Wits End Step Study Tu 8pm		180	<b>YTD</b>	<b>\$ 9,299</b>	<b>\$ 133,491</b>
Valencia Smokefree F 6pm		883	Women's 10 Years Plus Th 615pm		1320			



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**January 2014**

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