

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014
2
February

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous

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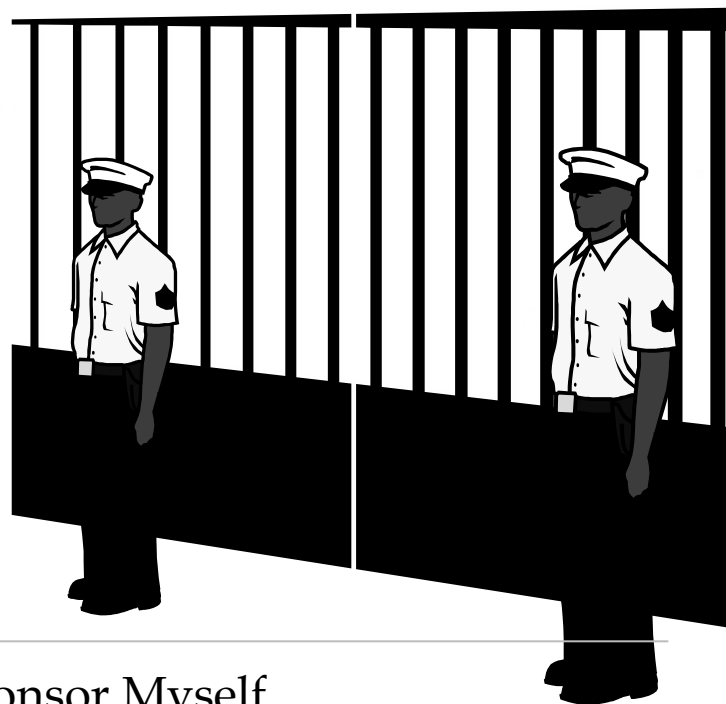
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Unlocking the Gates



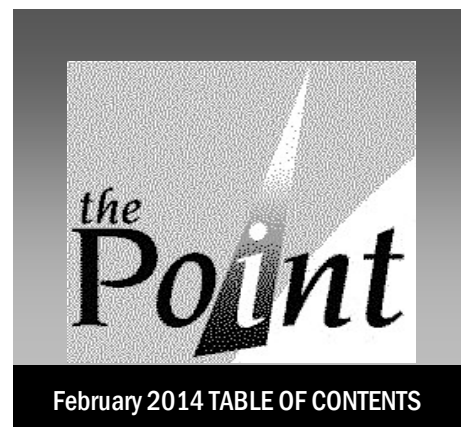
- 6 I Sponsor Myself
- 8 A.A. Doesn't Unlock the Gates of Heaven
- 9 Is Buddha OK in A.A.?
- 12 Me and My "ISM"
- 13 Daily Reflection

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.

February 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> <div>     </div>			
2	3	4 FIRST TUE Access Committee Central Office 6pm	5 FIRST WED Intergroup Meeting Mt. Tamalpais United Methodist Church 410 Sycamore Ave, Mill Valley Orientation 6pm Meeting 7pm
9 SECOND SUN Golden Gate Young People in AA Central Office 12pm	10 SECOND MON SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	11 SECOND TUE The Point Committee Central Office 5:30pm Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm	12 SECOND WED Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
16 THIRD SUN Archives Committee Central Office 2pm Business Meeting followed by Work Day	17 CENTRAL OFFICE CLOSED THIRD MON SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	18	19
23	24	25 FOURTH TUE Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	26

THURSDAY	FRIDAY	SATURDAY
		1
6	7	8
13 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	14	15 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
20	21	22 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
27 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	28	



Meeting Changes	4
From the Editor	5
Faithful Fivers.....	5
Aphorism: I Sponsor Myself	6
Step Two.....	7
Aphorism:	
Unlocking the Gates	8
Is Buddha OK in A.A.?.....	9
Moment of Clarity: Step Two.....	9
12 Traditions:	
A Historical Glimpse.....	10
A.A. History: Three Legacies ...	11
Aphorism: Me & My “ISM”	12
Daily Reflection	13
Intergroup Meeting Summary ..	14
Group Contributions	16
P&L/Treasurer’s Report	18
Group Contributions	19

Today is the day. Doing our best, living
each day to the fullest is the art of living.

Alcoholics Anonymous (3rd Ed.) p. 382



Meeting Changes

New Meetings:

Mon-Fri	7:00am	Mission	BIG BOOK BOOT CAMP STUDY, Regalito: 3481 18th St / Valencia (Big Book Study)
Sat	6:30am	Inner Sunset	TUTU EARLY, Gratitude Center: 1320 7th Ave / Irving (Speaker, Discussion)

Meeting Changes:

Thu	7:30pm	SoMa	BACK TO BASICS, 345 7th St / Folsom (Was called Cop Shop, was at 6th St and Folsom)
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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!***

A Fundraiser for Western Roundup Living Sober
Conference: Friday 4 July 2014 - Sunday 6 July 2014

SPRING FLING { DRAG THING }

Saturday March 8²⁰₁₄

Free AA/Al-Anon Meeting 6pm

Drag Show 7:30pm

\$15 Admission

Everett Middle School

450 Church St., San Francisco

Between 16th & 17th Streets

Performers - Email fundraising@livingsober.org

To arrange ASL or special needs, contact us directly at least 72 hours in advance
at 415.978.2478

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If you've just had elections, make sure your Secretary and Treasurer register with us.

Registration is simple—either over the phone (M — F, 10am — 6pm) or online
anytime: www.aasf.org/register.

Your assistance in our efforts to stay connected with each group in SF and Marin is ***very much*** appreciated!

Central Office

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

Write to THE POINT!

The Point Committee

values your input

Or e-mail us at: thepoint@aasf.org

From the Editor

Unlocking The Gates

by MEM

The power of words continues to impel us into 2014 as our contributors share their responses to some of our A.A. Aphorisms. Claire A. vividly recalls her drinking life while locked behind the gates of hell and how following our program helped her gain sweet release from that misery, finding moments of wondrous peace and serenity on the other side.

"Ism" is a fine synonym for slogan and Bree L. mints several great phrases as she leads us through the perilous pathways taken when "I Sponsor Myself" and where her mischievous "alcoholic monkey mind" sometimes wants to take her, including a novel look at her division of responsibilities between herself and her sponsor. Luke H. looks at the "ism" of "Incredibly Short Memory" and expresses his gratitude that he no longer has to try to erase the hurts in his alcoholic life by drinking to forget.

Reflections on Step Two find Seanna contemplating her memories of the mysterious cat lady in the elevator, wondering at the power of a door knob, and thriving in the creation and

maintenance of her own spiritual path toward a higher power. She's not alone in pairing the seemingly ridiculous with the sublime as Jamie M. offers his imagined kneeling prayer in an auto parts store and shows us a broader way to define a higher power. All these words may cause us to remember the old pains, but the memory is truly without regret as we smile in shared recognition of the power of the transformations we continue to experience.

Acting on a suggestion from one of our readers, we are debuting a new feature based on the *Daily Reflections*, which we kick off with a familiar story of early resistance to the program and a reminder of Bill W.'s observation that we are "alike when the chips are down." Gilbert brings us another great installment of early A.A. history, and Bob S. offers some great insight into the history of the Twelve Traditions.

Wherever your path takes you today, remember to be grateful you're not reaching for a drink, and instead reach out for help if you need it or extend the hand of A.A. to someone who needs it and remember, we don't have to do this alone!

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.)



Thank You Faithful FIVERS! Thank You

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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Emily C.	Mary L.	Here!
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Esther R.	Michael P.	Or
Frederick D.	Michael W.	Here!
Garrett L.	Michael Z.	
Gregory G.	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!



A.A. Aphorisms

ISM (I Sponsor Myself)

by Bree L.

What can a person say about “ism” or I sponsor myself? First off, I think of that old adage about the lawyer who represents himself has a fool for a client.

I have a tendency to tell myself that I can handle the small stuff while my sponsor gets the big stuff. Her first assignment is to be my main insurance policy to not drink. Aside from that, she’s called if I’m trying to decide whether to get a divorce, or move to New Zealand or take on editing the Big Book to make it gender neutral. (You know it is full of testosterone.) That would be her domain. I handle the small stuff like interacting with my ex-husband, intervening with a wayward sponsee or how I can quickly bail out my daughter with her DUI expenses. Those things I can handle.

My sponsor suggested that I check in once a week on Sunday. That’s close to impossible. Probably half way into “Sixty Minutes” I’ll think of how it is time to call but not just yet. Before I know it, “The Good Wife” is ending and then it’s too late to call and check in. My alcoholic monkey mind is doing its thing.

The thing about my sponsor is that she doesn’t chase me down or second guess me. She has an air of acceptance that emulates the way I want to be and, if I ask, she gives me suggestions about those incidentals I thought I could handle. Her first and last suggestion is always to pray about it.

I so identify with Jim, who made a whimsical decision to add a bit of

scotch to his milk, an off the cuff choice. I forget how whimsical my own monkey mind might be. I forget that my alcoholism is described as cunning, baffling, powerful – and whimsical. It is most clear when that bottle of Southern Comfort is put in my path. Southern Comfort would also work with milk. I easily become the director to take care of life’s incidentals, in grave danger of making those bad impromptu decisions. I want to think that the actions I take are well thought out, but that would be lying. It is my alcoholic mind speaking.

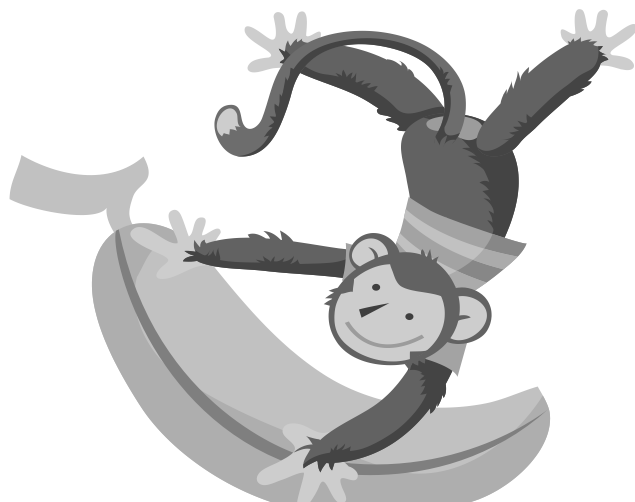
*It hit home that
my monkey mind
was not so hot
at self-sponsoring.*

This leads to another aphorism, “My ego is not my amigo.” At first I didn’t know what that meant. Freud surmised that the ego was the “I” part of my psyche, between the id and the

superego. It is the organized part that makes intellectual-cognitive decisions. I figured it was also cunning, baffling and powerful. That “I” part can easily lead me to train wrecks in my life without a second thought.

For me as an alcoholic, my first thought is how can “I” handle this or that? Of course I’m the director and the person in charge, so everything will miraculously fall into place. The secret is that life doesn’t happen like that.

I just finished a four-day get together with my drinking family. I love them dearly, but at one point I felt so far away. I had to remember that this was my very own family. God, did I need a meeting and an emergency phone call to my sponsor. I felt awash with newcomers who didn’t ever want what I had – and this was my family. I love them dearly. It hit home that my monkey mind was not so hot at self-sponsoring and my amigos were in the rooms rather than me trying to change those I love.



Step Two

by Seanna L.

From a very young age I was aware of a power greater than myself. It was only by getting sober and working the steps that I came to believe. God, for me, was like this strange cat lady who lived across the hall. I would see glimpses of her from time to time and it would freak me out. So, instead of actually trying to connect and get to know her while stuck in the elevator together, I chose to look awkwardly down at my shoes and keep to myself. Which is a lot of what I did my first few months in the program. That and crying. I had somewhat of a difficult time believing in a God. I thought to myself, "if there is a God, then why does such terrible things happen in the world?" In sobriety, I began to get rid of all those old ideas, including my concept of a higher power, which at the time consisted primarily of Jessica Alba, Jim Morrison, or the girlfriend I had at the time. Relying on human aid no longer worked.

When I came to Alcoholics Anonymous, I remember looking at the Twelve Steps on the wall and seeing the word "God." It scared me because I had this preconception that every single person in the room was looking up to and believing in the same exact God – one that I didn't know and had no interest in knowing. So there I was for the first few months of sobriety, sitting in the back, staring awkwardly at my shoes and sometimes crying. In sobriety, the first Higher Power that I believed in was the group. The room full of alcoholics. Otherwise known as, Group Of Drunks. I didn't consciously know that I was believing in G.O.D. but it worked. I kept coming back and, with time and

practice, I began to develop faith in a power greater than myself.

I began to create my own conception through fellowship, service, prayer, an open mind and a willingness to grow spiritually. Keeping in spiritually fit condition is a daily reprieve. On Step 2, I asked other fellows what they did to connect to their higher power. Building a connection to a higher power takes time and practice. Another way of working on Step 2 I have found to be useful is to write down a few places where you feel drawn to. Places of

*Not only do I believe in a
Higher Power today,
I believe in myself.*

tranquility that I have found in nature have always attracted me. Anything greater than yourself, such as a full moon, the stars, the waves of the ocean or a doorknob, which if you think about what a doorknob does,

they're actually quite powerful. Also, going to a lot of meetings and actually listening helped tremendously. I couldn't stay sober on my own and with a power greater than myself I feel like I can do anything.

Not only do I believe in a Higher Power today, I believe in myself. I could not stop drinking, I could not hold down a job, I was living in an insane world of my own making. I never once thought a Higher Power could restore me to sanity, maybe a geographic to the East Coast would, but having faith was not even a question. I've come to believe that my solution today is spiritual. A concept of a Higher Power comes in all shapes and sizes. Which is one of the many reasons I love Alcoholics Anonymous. If you are having a problem with Step 2, talk about it, ask questions, be curious. The real reward in life is the journey. Seeking spiritually is a interesting and beautiful path. God doesn't seem like a stranger anymore, although she does love cats.





A.A. Aphorisms

***A.A. Doesn't Unlock the Gates of Heaven to Let You In;
It Unlocks the Gates of Hell to Let You Out.***

by Claire A.

I love this saying, because my drinking was hell. By the time I reached bottom, I felt a slave to the wine bottle. I would drink at night before bed because I felt I needed to in order to fall asleep. Once I opened a bottle of wine, I could not cork it up: I had to finish it. If I could lift a glass, I had to. I had to "get the job done." I didn't want to share my wine with anyone. I had to make my brain turn off, to quiet the voices and feelings. At the end of my drinking I drank alone and miserable. I didn't enjoy drinking: I knew I wanted to slow down, but I couldn't stop myself, and then I felt ashamed and guilty. While I haven't yet had other kinds of hell: getting caught driving drunk, spending time in jail, killing people, I am sure those things wait for me, if I start drinking again. When I drink, it's all about me, and if you get in the way, well, I can't help what I do to you.

The "gates" in "gates of hell" is particularly appropriate to me. So much of the time I felt imprisoned in a life I didn't want, helpless to change anything, angry at everyone and everything, guilty about everything. I felt I was behind bars, looking out at all the other people in the world who had it so much better than I. To take the analogy further, I would say the bars of those gates were built out of self-pity, grandiosity, self-righteousness, blame, anger, denial, self-reliance, shame and perfectionism, all lacquered with several coats of fear.

I have A.A. to thank for being able to even name those bars, let alone do

anything about getting through them. Doing a 4th Step allowed me to see my part in my life with real clarity for the first time. Conversely, it helped me to see where I actually had no part. My thinking about my

The point is that it's a choice I'm making - which side of the gates to be on.

importance in the world was seriously upside down. I believe that this sorting out of reality is what it means to have the gates of hell opened. Caught up in my own misery, blaming others all the time, perpetuating old behaviors and getting stuck in a mire of guilt and remorse – there really was no way out. But by looking closely at my life and coming to see what I was doing, I could begin to take action and responsibility.

As far as heaven goes, I don't know. I don't really buy the idea that heaven actually has any gates. I think we all make our own gates that keep our selves away from heaven. There have been moments when I have felt such perfect peace in the program – sitting down with a group of drunks and saying the serenity prayer; truly accepting things I can't change; taking the next right step to change things

I can; feeling true humility, where I do my part the best I can, ask for help, and reach out to others to help – those are the times when I feel like I'm already in heaven. On the flip side, I can make my sober days hell for myself (and not much fun for those around me). When I get into self-will, or self-centered fear, it can take me a while to realize what I am doing, and even longer to use the tools to get on the right track again. The point is that it's a choice I'm making - which side of the gates to be on. Thank you, A.A., for giving me that choice.



Is Buddah OK In A.A.?

by Kathleen C.

There are a lot of Buddhists in San Francisco and Marin A.A. A lot. Many of my favorite people. Old-timers, paragons of service, pillars of the A.A. community. Yet it gives me a twinge when I hear someone in a meeting quote their favorite Buddhist teacher or promote principles or tenets of Buddhism as part of their recovery. At a meeting recently, a newcomer talked about a retreat he had just attended at a local meditation center and a lecture on Dharma and Recovery. There are books about Buddhism and the Twelve Steps.

There's nothing wrong with any of this. A.A. members' religions have been part of A.A.'s history. Bill W. and Dr. Bob were staunch Protestants. The Oxford Group, the

ancestor of A.A., was founded by High Church Anglicans. Sister Ignatia and any number of Catholic priests were some of A.A.'s earliest and most faithful supporters.

It still gives me a twinge when somebody in an A.A. meeting talks about their Buddhist practice. I find myself thinking how is this different from somebody in an A.A. meeting



sharing how they were born again and got sober or how they accepted the Lord Jesus Christ as their personal savior and got sober?

I myself am not without fault here. In A.A. meetings I have quoted a couple of Catholic priests who are on the speaker circuit and who have insights I find to be useful. And hilarious.

I can hear some of my dear Buddhist friends speaking up that Buddhism isn't really a religion – good point - I know quite a few Buddhists who are atheists. But is Buddhism an outside issue in an A.A. meeting? Is it a distraction? Or is it a useful set of spiritual principles that can help an alcoholic stay sober? I don't know the answer. All I know is that when I hear somebody in an A.A. meeting talking about Buddhism it gives me a twinge.

Moment of Clarity: Step Two

by Jamie M.

I was in an auto parts store, wandering around looking for something, and it occurred to me-- the clerk is my higher power for auto parts! I could be on my knees forever in the store without finding what I'm looking for. Plus they'd think I was odd and probably ask me to leave-- at which point I might wise up and ask for what I need from a person, rather than a Higher Power. So many people -- myself included, at times-- want some glorious HIGHER POWER to solve all our problems. Instead, what usually works is recognizing that a

clerk in a store has a power greater than mine to find stuff in the store. A doctor has a power greater than mine to find out why I'm coughing all the time. In a restaurant at dinner, my friend has the power to tell me that I've got spinach from the salad caught in my teeth when I don't know it. My grandiosity makes me want an angel choir to strike up and lead me to the promised land. Instead, what I usually need is a helpful person from the real world. Realizing that self-sufficiency as often a formula for failure is a more mundane way that the second step works in our lives.

My first experience with the step was actually one of wariness, if not downright skepticism. I knew that it was just a front for the Third Step, where they were going to ask me to turn my will and life over to You-Know-Who. (I arguably don't know who, even today.) But I was desperate and willing, so I got through it. A lot of really absorbing the benefit of the step came later. The classic A.A. saying, "You don't have to know what a higher power is; you just have to know you're not it" really is the essence of the 2nd Step for me.

Twelve Traditions: A Brief Historical Glimpse

by Bob S.

Forward to the First Edition, *Alcoholics Anonymous*, pages xiii-xiv: *"We are not an organization in the conventional sense of the word. There are no fees nor dues whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted."*

The above writing is a partial prologue to the Twelve Traditions as we know them today. The long form was written by Bill Wilson and first published in the April 1946 *Grapevine*. However, Bill's awareness of the often rebellious alcoholic personality led him to introduce them as **"Twelve Points to Assure Our Future,"** thus avoiding the implication of rules or laws. An editorial was added for each point, explaining its origin and why it was necessary. Later, Earl Treat, a co-founder of A.A. in Chicago, suggested that these 'assurances' would benefit from revision and shortening. Bill agreed and the shorter version was formed; thereafter, they were referred to as the Twelve Traditions.

Bill found another opportunity to present the Twelve Traditions at our first International Convention in Cleveland during the summer of 1950. He presented them to three-thousand attendees, in a general manner, without actually reading them verbatim. In a standing vote, the 3,000 attendees unanimously pronounced their 'yea' to the Twelve Traditions.

At the next International Convention, held in St. Louis July 1-3, 1955, Bill

presented a resolution to the 3,800 attendees which resolved that the General Service Conference become the Guardian of the Twelve Traditions. The Twelve Traditions were then officially ratified. They were finally published, in both long and short form, in the 1955 second edition of the Big Book.

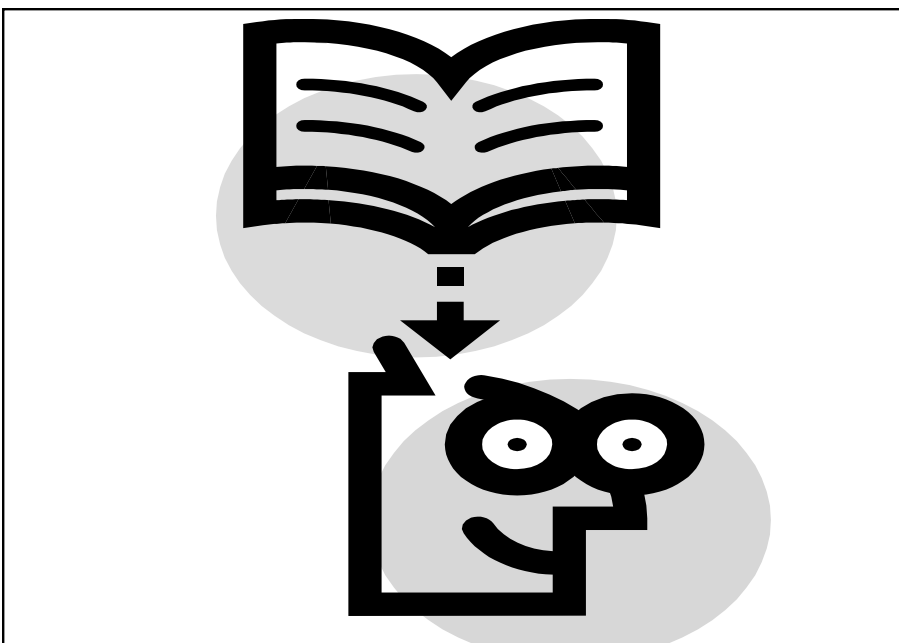
Bill then began a speaking tour of the country in attempt to develop greater interest in the newly-formed Twelve Traditions – albeit with little success. Consequently, he developed another idea: Here follows an excerpt from a letter dated May 20, 1952 from Bill W. to Fr. Ed Dowling: *"A few people think that the Traditions aren't covered with enough dignity -- that posterity may not like them for that reason. However, we feel that we are writing for the information of alcoholics who ordinarily have no time to read anything much except as it concerns their own survival. Our idea is to publish the Twelve Steps and these Twelve Traditions in a small book to appear, I hope, by*

next fall. If we are able to do a fair job on the Steps, that will be helpful and, published along with the Traditions, they may act as a bait for reading the latter. However, we'll see."

Bait indeed! So now you know the reason Bill wrote the 1953 book titled, *"Twelve Steps and Twelve Traditions,"* which, in my opinion, gives an excellent summation of the A.A. Traditions.

As a side note, I find it interesting to note that the phrase *"honest desire to stop drinking"* (found on page xiv above) was never included, as is often thought, in either the long or short form of Twelve Traditions. This phrase, however, was at first included in the early *Grapevine* Preamble, but the word *"honest"* was removed in 1958.

May this snippet of A.A. history encourage us to delve more deeply into this subject so as to more accurately pass along the interesting history of our Twelve Traditions.



A.A. History: The Three Legacies

Part Eight, Early Treatment Pioneers

[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 eighth installment of this series, we'll review some early pioneers in the field of the treatment of alcohol addiction.]

Jerry McAuley and the Urban Mission Movement – 1872

In 1872, Jerry McAuley opened the Water Street Mission New York City's 4th Ward. This was the first rescue mission in the U.S. and it started the urban mission movement. The movement was spread across America by the Salvation Army and focused its message to Skid Row alcoholics.

McAuley died in 1884 and was succeeded by Samuel Hopkins Hadley. Hadley's example of recovery from alcoholism is cited in William James' book "The Varieties of Religious Experience." Hadley's son, Harry, later joined with the Rev Sam Shoemaker to start a rescue mission at Calvary Episcopal Church in NYC.

This rescue mission at Calvary Church was the place from which a newly sober Ebby T. carried a message of recovery to Bill W. Harry Hadley was still in charge of Calvary Mission when a newly sober Bill W. (fresh out of Towns Hospital) visited the mission seeking alcoholics to work with.

Franchises and "Miracle Cures" – 1880

In the late 1800's, businesses offering so-called alcoholism "cures" grew at

a prolific rate. In many cases the remedy they prescribed was far more dangerous than what it was supposed to fix.

Some of these unregulated businesses became so popular that they grew into what we would today call "franchises" or "chains." Two prominent chains were the Keeley Institute and the Gatlin Institute. Between 1880 and 1920, more than 500,000 alcoholics and addicts took the Keeley Cure (which was praised by some as a cure of miraculous potential and at the same time attacked by others as a fraud).

These early businesses evolved into what we today call "treatment centers." They had their trial and error learning period in their early days just like A.A.

Charles B. Towns Hospital – 1901

A familiar name in A.A. history is that of Charles B. Towns. In 1901, the Charles B. Towns Hospital for Drug and Alcohol Addictions opened in NYC. It was a private "drying out" hospital for the affluent. Hospital fees had to be paid in advance or be guaranteed. Treatment fees for alcoholism ran from \$75 to \$150 (\$1,560 to \$3,120 today) in the main hospital and \$50 (\$1,040 today) for treatment in the hospital annex. The annex was for patients of "moderate means."

Towns made a name for himself, and his hospital, with his patronage of the nationally prominent physician and Cornell University professor, Alexander Lambert. Towns hospital also provided A.A. history with a physician who came to be known as "The Little Doctor Who Loved Drunks." That was Dr. William D. Silkworth (a neurologist). Dr.

Silkworth joined the Towns Hospital staff in 1930 after losing his investments and savings in the stock market crash.

Towns was described as a man who radiated vitality. He had no medical background but was a national leader and reformer in the area of treatment of alcohol and drug addiction. Originally, Towns did not see eye to eye with Dr. Silkworth on perceiving alcoholism as an illness. However, Towns played a very significant role in providing financial support to develop the Big Book. He also helped arrange much favorable publicity for A.A. in its early years.

Rev. Frank N. D. Buchman - July 1908

In mid-1908, Frank Buchman arrived in England to attend the Keswick Convention of Evangelicals. After hearing a sermon by a woman evangelist, Jessie Penn-Lewis, he experienced a profound spiritual surrender and later helped another attendee go through the same experience.

Returning to the U.S., he began what he called his "laboratory years" working out principles he later applied on a global scale in a movement he initially called the "First Century Christian Fellowship" and then, in the 1920's, renamed to the "Oxford Group."

Rev. Samuel Moor Shoemaker - January 1918

In early 1918, Sam Shoemaker met Frank Buchman in Peking, China and had a spiritual conversion experience. He became a devoted member of Buchman's movement. Shoemaker became rector of the Calvary Episcopal Church in NYC in 1925 and later became the US leader of the Oxford Group.



A.A. Aphorisms

Me & My 'ISM'

Alcoholism is a maddening foe in my experience. The mistakes and hurt made one day were easily rationalized and forgotten by the next when I was drinking. "I'm *never* going to do that again. That was so stupid/painful/depressing." That was anything from making fun of a semi-suicidal woman at a party to climbing a jungle gym drunk to ending up at a strip club for me. No matter what it was, it was never bad enough to not drink again the next day or the next weekend (I loved binge drinking, especially around pay periods each month).

It seems that what comes with this disease is more than just a dependency and obsession with booze it's also an 'Incredibly Short Memory', the -ISM of alcoholism, that allowed for repeating the same mistakes endlessly and wondering why I was repeating them. I didn't understand that I was completely powerless over them happening when I drank and that I was doomed to a life of monotony and endless pain and suffering as a result. Let's just say that I'm sober now and never repeat the same mistakes twice and always learn immediately after doing something painful never to do it again. Just kidding.

Even sober I make the same mistakes twice or more, as I still suffer from alcoholism and that aforementioned short memory. I have some sort of mental blank spot that still plagues me. The difference today is that I have a solid support group of men in my life who aren't afraid to point out my mistakes and I'm in a place where I can actually hear them (at least occasionally). That inner circle along

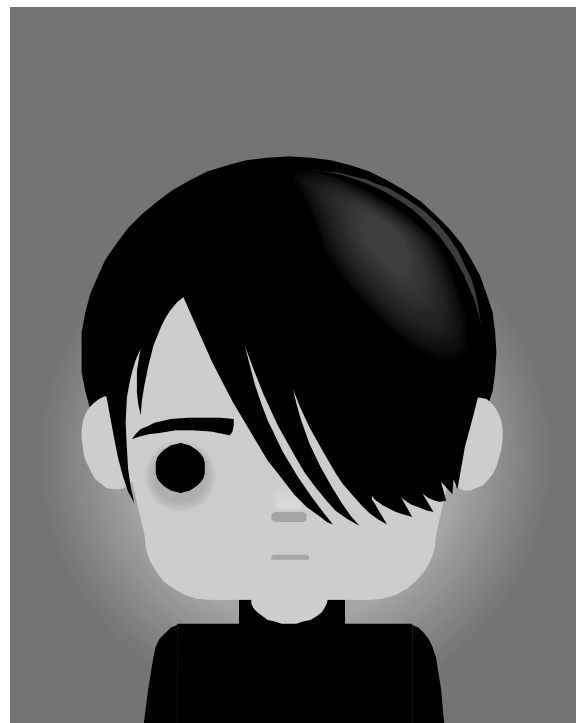
with my sponsor, step work and a Higher Power of my understanding help me to minimize the cycles of turmoil that, when drinking, were a daily source of suffering.

One area in particular of my life was ignored almost wholesale because of the fog of drinking: relationships and the emotional abuse I received in them. Someone wishing me dead or seriously maimed one night was forgotten by the morning with the aid of some drinking and an obsession to

*Let's just say that
I'm sober now and
never repeat the same
mistakes twice ...
Just Kidding.*

be loved. That short memory followed me around in all parts of my life. That pain that I dealt with then would be far too much for me to handle now. In getting sober I've found that I just don't have the same high tolerance as I did when drinking and I was able to choose oblivion. Sobriety has forced me to face up to those things which cause me discomfort and pain and get into action. If things didn't change I would surely pick up. Thank God A.A. has brought me to a place where I need to deal with my actions and learn to accept the actions of others as they are.

Today it can be easier to deal with some days than others and what's more, I have hope about my future. I now understand that it won't always be the same like it was when I was out there and wallowing in self-pity.



Daily Reflections

February 19: I'm Not Different

Anonymous

"In the beginning, it was four whole years before A.A. brought permanent sobriety to even one alcoholic woman. Like the "high bottoms," the women said they were different; . . . The Skid-Rower said he was different . . . so did the artists and the professional people, the rich, the poor, the religious, the agnostic, the Indians and the Eskimos, the veterans, and the prisoners. . . . nowadays all of these, and legions more, soberly talk about how very much alike all of us alcoholics are when we admit that the chips are finally down."

As Bill Sees It, p. 24, quoted in Daily Reflections, p. 58.

I identify very much with the message of this excerpt from *Daily Reflections*. To shed some light on the subject, I'll talk about three phases of my drinking career, and of how I thought I was different, a unique case – and not like the rest of you A.A. members.

1987

My first visit to A.A. was a brief one. I walked into a noisy, smoky room full of men chatting away. I stood, frightened, next to the coffee machine when a visibly drunk man bumped into me as he passed by. I looked around and thought, "What is going on here? This place was not for me. I am not one of these people." I was not that out-of-control drunk who bumped me while staggering blindly about the room, nor was I one of those cheerful men chatting amicably waiting for the meeting to start. I left the room before the

meeting began and before someone had the chance to speak to me.

1990

I was nearing my bottom at this time. I drank with a compulsion for self-destruction. I wanted to get into trouble – big trouble. The problem was that I was that I really didn't know how to do it. One night, though, after an evening of heavy drinking, I received a DUI. Obviously, I really didn't want to get into big trouble, and I was gracious and polite to the two policewomen who arrested me.

As part of my DUI sentence, I was required to attend some educational classes. I was insulted. How dare they imply, by forcing me to take this class, that I have a drinking problem? To me, what I heard in the class was this: "If you get a DUI, you probably have a problem with drinking." Again, I felt different from the other people in the class. I did not have an accident, did not have husband or wife problems, and did not hit anyone with my car, nor drive erratically. I was not arrested for doing the things for which the others were arrested.

I stayed sober for about one month. I finished the required drunk driving class, I attended a few A.A. meetings in my neighborhood, and after my blood alcohol result came back showing that I was legally drunk, I went back out.

1991

I was finally at my bottom and I knew it. The alcohol simply did not work anymore. I was lucky enough to start up a conversation with a tourist in



my city. He was meeting a friend and heading to an A.A. meeting. That was it! The seed was planted. I attended a meeting the next day, and I've been sober ever since.

What has worked for me during the past twenty-two years is that I no longer consider myself different from any other alcoholic. We are all the same – whether we're male, female, straight, gay, transgender, from any nationality, from any economic status and from any mental/emotional status.

Alcohol strikes us down no matter whom we are. It took me many years to realize this, but I am not different from the celebrity speaker, nor am I different from the speaker who has lived on the street or in shelters. We are the same in many ways. We look for alcohol to provide us with a quick fix to life's challenges. We look to alcohol for oblivion. Once I realized this, I began to learn about compassion for my fellow A.A.s who may have had different challenges and are struggling to stay sober. The external things that differentiate us in the outside world are not as powerful as the common bond we alcoholics have in our fight to stay sober – and to live.

Intergroup Meeting Summary—Jan 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	Early Start	Miracles (Way) Off 24th St.	Saturday Beginners	Thursday Night Speaker
A New Start	Extreme Makeover: Women's Step Study	Mission Terrace	Saturday Weekend Warrior	Tuesday Big Book Study
Any Lengths	Friday Morning 12 Steppers	Monday Night Women's	Say Hey Group	Tuesday Chip
Artists & Writers	Girls Night Out	Nu Soil	Sober Saturday	Vets Coffee Break
Came to Park	Haight Street Blues	On Awakening Group	Sunday Night Corte Madera	Waterfront
Cover to Cover	High Noon F	Queers, Crackpots & Fallen Women	Sunday Rap	Weekend Update
Design for Living	High Noon W	Reality Farm	Sunset Speaker Step	Women's 10 Years Plus
Each Day a New Beginning	Living Sober with HIV	Rise N Shine	There is a Solution	

This is an unofficial summary of the Jan 2014 Intergroup meeting provided; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website www.aasf.org.

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

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

The meeting was held on Wed., Jan 8, 2014 at 1187 Franklin St, SF CA. It started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The minutes from Dec and the agenda for Jan were approved.

Officer Reports

Board Chair, Phil: Phil is out, injured; Rebecca is backing him up. No report.

Treasurer, Michelle C: See Profit and Loss statement on p. 18 of this issue of The Point or at www.aasf.org under Intergroup Info. **Annual 2014 Budget:** Michelle presented the 2014 proposed budget (includes submitted committee budgets). There was discussion concerning Access Comm budget. Ethan moved to approved the budget, Chip seconded, 35 for, 1 against, 3 abstain. Minority opinion was voiced. No-body changed their vote and the budget passed.

Central Office Manager, Maury P:

Phone shifts available, one-year sobriety required. Also need substitutes. Q1 2014 Marin schedule is printed; SF schedule is coming up. Please let us know of any meeting changes. Marin schedule printed quarterly; SF schedule is reprinted when we sell out of existing stock.

Intergroup Committee Reports

Access Committee, Steve F. Reiterated request to fund Access budget in full, instead of based on prior expenditures. Happy to know that if additional funds are needed, they will be made available.

Archives Committee, Michael P. Meets 3rd Sun from 2-4pm. Our mission is to preserve the legacy of AA with research and documentation. We request that all groups provide a written copy of the "Meet the Meeting" presentations. To send meeting histories, email archives@aasf.org. The fact is that we don't receive Meet the Meeting submissions, so we are asking each intergroup rep to do a write-up of their own meetings!

Orientation Committee, Blu Meets 1st Wed at 6pm for orientation. We oriented two people today.

SF PI/CPC Committee, Rich G. The goal of PI/CPC is to carry the message to the still suffering alcoholic by informing the general public about the AA program, informing the third party whose work involves the active alcoholic, and by keeping the AA fellowship well informed. Meets 2nd Monday at 7pm at Central Office with a 6pm speaker workshop. We are looking for young people to speak to young people, doctors who can speak to doctors, professionals who can speak with other professionals.

SF Teleservice Committee, Carolyn R.

Teleservice answers the phone when Central Office is closed with a live person 24 hours/day. Meets 3rd Monday at 6pm, with orientation from 6:30-7pm. Planning the next social event for all teleservice volunteers from Marin and SF. More to come after the planning. Successfully filled open coordinator positions.

12th Step Committee, Virginia

Meets 2nd Thursday at 6pm at Central Office. We maintain a list of members ready to take 12 step calls and make 12 step visits. The next orientation will be in March; exact date not set.

Website Committee, Rebecca M Drafting new design for presentation to the Board.

Outreach Committee, Robert Meets 1st Wed at 6:30pm before Intergroup. Hoping to sign up more new Intergroup reps based on our recent actions!

Buzz Committee, Jane Please communicate with Jane, she welcomes it. Wants to increase number of subscribers. Please encourage the phone list owners to ask their members if they want the Buzz. Committee chairs, let Jane know if you want members to know about service opportunities! Frank recommended that we list the service opportunities at the bottom of the Buzz.

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

Individual Contributions

to Central Office were made through January 15, 2014
honoring the following members:

IN MEMORIAM

Bill J., Monika H., Veronica McC.

ANNIVERSARIES

John V.—43 years, David J.—31 years, Lucy O.—30 years

Linda L.—30 years (Thursday Women's Discussion)

Mr. Teddy Bear JC—29 years (Wednesday Coffee with Bill)

Dan T.—28 years, Kevin C.—27 years (Too Early)

Liaison Reports

Marin H&I, Karen G: We held elections. Many committee members switched positions; some left, and we have new people as well. Meets 2nd Tue at 6:15 at the Alano Club. Orientation is 6:15, business meeting at 7pm.

GGYPAA, Greg H: Requesting approval of the letter from Intergroup in support of bid to host SWACYPA (Southwest Area Conference of Young People in AA). We acknowledge it will not conflict with other Intergroup events, and Intergroup will not hold any legal liability. This has actually already been approved by the Board.

SF H&I, Lynn D: There are a lot of service opportunities; we need men and women in the jails. Meets 3rd Sat at 11am at 2900 24th St, Mission Fellowship.

Round Table: Brainstorm on topics for 2014

Table feedback...

Nora: 10% of people are doing 90% of the work. How do we spark people's interest and action? How can we get more access to the institutions? Can we get a sheet of paper to the groups and get them to have IGRs? How do traditions and intergroup merge? Can we review committees? Are there too many or too few? What would we do if there was no Central Office? What is the spiritual significance of being an Intergroup rep? Let's discuss the issue with social media and anonymity.

Chip: Are we trying to do too much with not enough resources or interest? What should the mission of intergroup be? Are we spread too thin?

Joie: What if we utilize the time for

roundtables in a more comprehensive fashion, like helping committees find members?

Matt: In lieu of topic discussions, we could do committee orientations, and learn more about the committees and service opportunities. Also in advance of Gratitude Month, come out with action and outreach plan on how to support larger area groups that need financial assistance. Regarding finances, explore our relationship with club houses, Alano groups, regarding gratitude month. The International Convention is in 2015.

Greg: How do we make roundtable discussions more actionable and earlier in the meeting. For example, discussion around self-support; how do we hold intergroup accountable. Allow committees to provide a topic for roundtable. Choose your own topic night!

Cheryl: Address misconceptions of AA, what it is and isn't. Regarding the service structure of AA, how does it keep track of all the groups? How do we foster collaboration between intergroup and general service?

Kim: Discuss elderly outreach, deaf community outreach, how to let them know what resources are available.

Richard: Use this time as a networking time to be able to talk to committee members and chairs. Connecting roundtable discussions to follow up and action on the ideas presented. Follow up on actionable items.

Next Intergroup Meeting: Wed. Feb. 5, 2014, 7pm, Mt. Tamalpais United Methodist Church, 410 Sycamore Ave, Mill Valley. Orientation at 6pm, dinner served at 6:30.

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Phil L. chair@aasf.org

VICE CHAIR

Becca M. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Charles L. secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Virginia M. 12thstep@aasf.org

ACCESS COMMITTEE

Steve F. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Jennifer D. fellowship@aasf.org

ORIENTATION COMMITTEE

Vincent F. orientation@aasf.org

OUTREACH COMMITTEE

Robert S. picpc@aasf.org

PI/CPC COMMITTEE

Rich G. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteleservice@aasf.org

THE POINT

Charley D. thepoint@aasf.org

TRUSTED SERVANTS

WORKSHOP COMMITTEE

OPEN tsw@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa *group contributions*

Fellowship Contributions	Nov. 13	YTD	Marin Contributions	Nov. 13	YTD	Marin Contributions	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
Fellowship Total	\$ 130	\$ 1,683	Morning After Sa 10am		600	Wednesday Mid-Week W 6pm		72
			Morning Attitude Adjustment		505	Wednesday Night Candlelight W 8pm	192	192
Marin Contributions	Nov. 13	YTD	Nativity Monday Night BB M 8pm		116	Wednesday Night SD W 7pm		150
11th Step Meeting M 8pm	90	90	Newcomers Step M 730pm		1070	Wednesday Sundowners W 6pm		200
12 & 12 Study Sa 815am		298	Noon Hope F 12pm		53	What's It All About F 12pm		205
7am Urgent Care Group 7D		200	Noon Reveille Su 12pm		72	Women's Big Book Tu 1030am		690
As Bill Sees It M 2pm		14	Noon Small Room Speaker		53	Women's Lunch Bunch F 12pm		325
Attitude Adjustment 7D 7am		1358	North Marin Speaker Sun 12pm	383	383	Working Dogs W 12pm		500
Awakenings		120	Novato Fellowship Events Comm		286	YP Chopsticks Sa 1030pm	39	82
Back to Basics Su 930am	188	459	Novato Fellowship Group		750	Marin Total	\$ 2,656	\$ 43,473
Blackie's Pasture Sa 830pm		200	Novato Monday Stag M 8pm		250			
Bolinas Book Study W 8pm	90	330	Novato Spirit Discussion F 2pm		300	SF Contributions	Nov. 13	YTD
Candlelight Group Sun 8pm		253	On Awakening 7D 530am		858	11th Step Power Power Power		38
Candlelight Meditation M 730pm	100	134	Pathfinders Tu 12pm		215	6am Dry Dock Fri		65
Closed Women's SS Tu 330pm		301	Primary Purpose W 830pm		26	6am Dry Dock Mon		65
Conscious Contact Sa 6pm		124	Quitting Time M-F 530pm		1650	6am Dry Dock Sa		192
Crossroads Sun 12pm		900	Refugee Th 12pm	50	350	6am Dry Dock Su		125
Day At A Time 7D 630am		240	Rise N Shine Sun 10am		613	6am Dry Dock Th		89
Design For Living W 7pm		60	San Geronimo Valley BS F 8pm		173	6am Dry Dock Tu		364
Downtown Mill Valley F 830pm		2309	San Geronimo Valley M 8pm		242	6am Dry Dock W		62
East San Rafael Big Book		91	Saturday Night Sa 8pm		337	7 AM Smokeless		30
Experience, Strength & Hope Sa 6pm		72	Saturday Women's Speaker Sa 6pm		273	7am Grab Bag	9	9
Friday Night Book F 830pm		257	Sausalito 12 Step Study Group		88	7am Living Sober W 7am		21
Friday Night Gay Stag 830pm		53	Serendipity Sa 11am		399	7am Step Discussion Tu 7am		66
Friday Night Terra Linda BB Study		80	Sisters In Sobriety Th 730pm	50	103	830am Smokeless F 830am		276
Girls Night Out W 815pm		116	Six O'Clock Sunset Th 6pm		990	830am Smokeless Th 830am		166
Glum Not! Su 9am		259	Sober & Serene F 7pm		566	A is for Alcohol Tu 6pm		266
Gratitude Tu 8pm		285	Sober Sisters Wed 12pm		82	A New Start F 830pm		293
Greenfield Newcomers Sun 7pm		785	Steps To The Solution W 715pm		237	A Vision for You (SF) Su 630pm		60
Happy Hour (Marin) Th 6pm		72	Stinson Beach BB Study Tu 8pm		252	AA As You Like It Tu 530pm		200
Happy, Joyous & Free 5D 12pm		2098	Stinson Beach Fellowship Th 8pm		252	Afro American Beginners Sat 8pm		413
High & Dry W 12pm		178	Sunday Express Sun 6pm		396	After Work Big Book Study		227
Intimate Feelings Sa 10am		276	Sundown W 7pm		355	After Work M 6PM		126
Inverness Sunday Serenity Su 10am		176	T.G.I. Tuesday 6pm		72	Agnostics & Freethinkers Su 630pm		212
Larkspur Beginners F 7pm		325	Terra Linda Group Th 830pm		176	All Together Now Th 8pm		66
Last Stop Men's Step Study W 6pm		300	Terra Linda Thursday Stag 8pm	500	1000	Alumni W 830pm	180	180
Living in the Solution F 6pm		50	TGIF F 6pm		216	Amazing Grace M 7pm		60
Marin City Groups 6D 630pm		900	The Barnyard Group Sa 4pm	200	390	Artists & Writers F 630pm		2249
Meditation Weds 7pm	150	465	The Fearless Searchers F 8pm		93	As Bill Sees It Th 6pm		508
Men's 2 Plus M 7pm		50	There is a Solution Tu 6pm		328	As Bill Sees It Th 830pm		132
Mill Valley 7D 7am		2962	Three Step Group Sa 530pm		500	As Bill Sees It Tu 1210pm		548
Mill Valley Discussion W 830pm		563	Thursday Night Book Club Th 7pm		37	Bayview AA Th 7pm		120
Monday Blues M 630pm		500	Thursday Night Miracles Th 830pm		150	Be Still AA Su 12pm		446
Monday Night Stag Tiburon	500	1320	Thursday Night Speaker 830pm		2674	Beginners 12 x 12 F 7pm	356	765

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
Cocoonuts 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. 18

Profit and Loss Statement: November 2013

	Nov 2013	Budget	Jan - Nov 2013	Budget		Nov 2013	Budget	Jan - Nov 2013	Budget
Ordinary Income/Expense					Payroll Fees	9	9	106	96
Income					Phone Book Listings	182	101	1001	1051
Gratitude Month	2949	2725	6773	7425	Postage	207	46	1364	1194
Group Contributions	9299	9000	133523	152000	Printing	0	0	16	1000
Individual Contributions	2439	3467	27637	26567	Professional Fees	895	0	1495	1500
Newsletter Subscript.	44	11	276	118	Rent - Office	3963	4114	43597	43764
Sales - Bookstore	7206	7500	105866	102700	Rent - Other	75	75	840	840
Special Event Income	0	0	13953	2341	Repair & Maintenance	1334	285	4631	5495
Total Income	\$ 21,937	\$ 22,703	\$ 288,029	\$ 291,151	Security System	0	0	354	366
Cost of Goods Sold					Shipping	317	0	1994	0
Cost of Books Sold	5179	5000	77315	72600	Software Purchased	0	0	604	550
COGS - Shipping	0	30	1625	639	Sunshine Club/12th Step	0	0	25	175
Credit Card Processing	318	277	4848	3983	Telephone	463	270	2580	2915
Inventory Adjustments	0	0	-94	0	Training	0	0	30	250
Total COGS	\$ 5,497	\$ 5,307	\$ 83,693	\$ 77,222	Travel	39	0	861	1200
Gross Profit	\$ 16,440	\$ 17,396	\$ 204,336	\$ 213,929	Total Expense	\$ 21,577	\$ 19,097	\$ 225,576	\$ 229,060
Expense					Net Ordinary Income	\$ (5,137)	\$ (1,701)	\$ (21,240)	\$ (15,131)
Access Expenses	4	520	915	5720	Other Income/Expense				
Archives Committee	0	50	25	450	Other Income				
Bank Fees	0	0	13	200	Bag Fees	4	0	53	21
Employee Expenses	12087	12700	138124	144717	Customer Shipping	191	0	2790	0
Equipment Lease	1535	0	6213	4833	Interest Income	0	120	858	1290
Filing/Fees	60	0	523	90	Miscellaneous Income	0	0	376	0
Insurance	0	0	2373	2326	Total Other Income	\$ 195	\$ 120	\$ 4,077	\$ 1,311
Intergroup Events	0	400	12649	4400	Other Expense				
Intergroup Literature	0	0	230	500	Depreciation Expense	284	265	2996	2918
Internet Expense	178	96	1369	1056	Total Other Expense	\$ 284	\$ 265	\$ 2,996	\$ 2,918
Office Supplies	228	182	2428	1998	Net Other Income	\$ (89)	\$ (145)	\$ 1,081	\$ (1,607)
Paper Purchased	0	250	1217	2375	Net Income	\$ (5,226)	\$ (1,846)	\$ (20,159)	\$ (16,738)

Treasurer's Report

For the month of November, total income was under budget by \$766 and is \$3,122 under budget year-to-date. Total expenses

for the month of November were \$2,479 over budget and are \$3,484 under budget year-to-date.

Our negative variance for November is \$5,226, compared to a budgeted negative

variance of \$1,846. Year-to-date negative variance is \$20,159.

Unrestricted cash balance decreased from \$26,908 to \$18,305, which represents one month of operating expenses.

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		San Francisco Total	\$ 6,513	\$ 88,335
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		YTD	\$ 9,299	\$ 133,491
Valencia Smokefree F 6pm	883		Women's 10 Years Plus Th 615pm	1320				

November 2013 Balance Sheet

	Nov 30, 2013	Oct 31, 2013	\$ Change	Nov 30, 2012	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	186,322.49	186,322.49	0.00	180,676.44	5,646.05
Unrestricted Cash	18,304.53	26,907.94	(8,603.41)	20,762.35	(2,457.82)
Total Checking/Savings	\$ 204,627.02	\$ 213,230.43	\$ (8,603.41)	\$ 201,438.79	\$ 3,188.23
Accounts Receivable					
Accounts Receivable	(289.09)	(83.49)	(205.60)	(24.53)	(264.56)
Total Accounts Receivable	\$ (289.09)	\$ (83.49)	\$ (205.60)	\$ (24.53)	\$ (264.56)
Other Current Assets					
Inventory - Bookstore	24,136.59	20,550.40	3,586.19	20,683.86	3,452.73
Prepaid Literature Orders	43.81	165.33	(121.52)	424.37	(380.56)
Undeposited Funds	210.80	157.34	53.46	0.00	210.80
Total Other Current Assets	\$ 24,391.20	\$ 20,873.07	\$ 3,518.13	\$ 21,108.23	\$ 3,282.97
Total Current Assets	\$ 228,729.13	\$ 234,020.01	\$ (5,290.88)	\$ 222,522.49	\$ 6,206.64
Fixed Assets					
Comp. and Off. Equipment (Net)	3,653.57	3,140.26	513.31	2,505.52	1,148.05
Furniture & Equipment (Net)	10.93	16.93	(6.00)	84.93	(74.00)
Leasehold Improvements (Net)	20,022.84	20,187.84	(165.00)	21,996.84	(1,974.00)
Total Fixed Assets	\$ 23,687.34	\$ 23,345.03	\$ 342.31	\$ 24,587.29	\$ (899.95)
Other Assets					
Deposits	6,697.50	6,697.50	0.00	6,697.50	0.00
Total Other Assets	\$ 6,697.50	\$ 6,697.50	\$ -	\$ 6,697.50	\$ -
TOTAL ASSETS	\$ 259,113.97	\$ 264,062.54	\$ (4,948.57)	\$ 253,807.28	\$ 5,306.69
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	454.00	0.00	454.00	0.00	454.00
Total Accounts Payable	\$ 454.00	\$ -	\$ 454.00	\$ -	\$ 454.00
Other Current Liabilities					
Payroll Liabilities	3,469.52	3,480.34	(10.82)	2,962.51	507.01
Sales Tax Payable	596.62	762.21	(165.59)	562.45	34.17
Total Other Current Liabilities	\$ 4,066.14	\$ 4,242.55	\$ (176.41)	\$ 3,524.96	\$ 541.18
Total Current Liabilities	\$ 4,520.14	\$ 4,242.55	\$ 277.59	\$ 3,524.96	\$ 995.18
Long Term Liabilities					
Deferred Compensation	54,193.00	54,193.00	0.00	48,393.00	5,800.00
Total Long Term Liabilities	\$ 54,193.00	\$ 54,193.00	\$ -	\$ 48,393.00	\$ 5,800.00
Total Liabilities	\$ 58,713.14	\$ 58,435.55	\$ 277.59	\$ 51,917.96	\$ 6,795.18
Equity					
Net Assets	220,559.42	220,559.42	0.00	207,439.45	13,119.97
Net Income	(20,158.59)	(14,932.43)	(5,226.16)	(5,550.13)	(14,608.46)
Total Equity	\$ 200,400.83	\$ 205,626.99	\$ (5,226.16)	\$ 201,889.32	\$ (1,488.49)
TOTAL LIABILITIES & EQUITY	\$ 259,113.97	\$ 264,062.54	\$ (4,948.57)	\$ 253,807.28	\$ 5,306.69

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February 2014

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