

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014
3
March

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
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Do Not Be Discouraged



-
- 6 Do Not Be Discouraged
 - 9 Sin of the Month: Wrath
 - 10 What Door Did You Come Through?
 - 13 Fear Is The Darkroom

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.

March 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 <u>FIRST TUE</u> Access Committee Central Office 6pm	5 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6pm Meeting 7pm
9 <u>SECOND SUN</u> Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm	10 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	11 <u>SECOND TUE</u> 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 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
16 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	17 <u>THIRD MON</u> 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 30	24 31	25 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	26

THURSDAY	FRIDAY	SATURDAY
		1
6 SECOND THU 12th Step Committee Central Office 6pm	7	8
13	14	15 THIRD SAT SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
20 FOURTH THU Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	21	22 FOURTH SAT CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
27	28	29 



March 2014 TABLE OF CONTENTS

Calendar	2
Meeting Changes	4
From the Editor	5
Faithful Fivers.....	5
Daily Reflection	6
Step Three.....	7
Not A Glum Lot	7
Aphorism: I Came, I Came To	8
Sin of the Month: Wrath.....	9
What Door...?.....	10
A.A. History: Three Legacies ...	11
Aphorism: Think, Think, Think .	12
Aphorism:	
Fear Is The Darkroom	13
Why The 12&12 Was Written...	13
Intergroup Meeting Summary..	14
Group Contributions	16
P&L/Treasurer's Report	18
Balance Sheet	19

"Yes, there is a substitute [for alcohol] It is a fellowship in Alcoholics Anonymous.

There you will find release from care,
boredom and worry."

Alcoholics Anonymous, 3rd Ed., p. 152.



Meeting Changes

Meeting Changes:

Sun	7:00pm	Cathedral Hill	LIVE & LET LIVE, 1187 Franklin St / Geary (Was at 8:00pm)
Mon	6:00pm	Castro	AFTER WORK BIG BOOK STUDY, 2128 15th St / Sanchez (Was at 1449 Stevenson)
Wed	6:00pm	Mission	KOO KOO HUMP DAY, 170 Valencia St / Duboce (Was at 1449 Stevenson)
Thu	6:00pm	Mission	A NEW STEP BEYOND, 170 Valencia St / Duboce (Was called Guardian Ninjas)
Thu	6:30pm	Cathedral Hill	THE BROAD HIGHWAY, 1101 O'Farrell St / Franklin (New location, Fireside Rm, side door)
Thu	7:00pm	Hayes Valley	GIDDY UP, 1748 Market St / Octavia (Was at 1449 Stevenson)

No Longer Meeting:

Wed	6:15pm	Mission	SISTERS OF SPONSORSHIP, Mission Neighborhood Center: 362 Capp St / 19th
Thu	8:30pm	Outer Sunset	SOBRIETY IS CALLING, 2190 46th Ave
Fri	7:00pm	San Rafael	FRIDAY NIGHT TERRA LINDA BIG BOOK STUDY, 1500 Los Gatos Dr / Lucas Valley

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!***



12th Step Workshop

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



Friday, March 13, 2014 at 6:15pm
Central Office, 1821 Sacramento St / Van Ness Ave.

What exactly is the 12th Step list anyway? It is a collection of information about local members who are willing to respond to the person who has called AA for help - day or night. These are men and women who believe it is very important to give back what was so freely given to them. By doing so, they are fulfilling the 12th Step of their own program while ensuring that the hand of AA really is there for the suffering alcoholic.

Why should I join the 12th Step volunteer list? Here are some fitting quotes from our Big Book:

- “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” (Page 77)
- “Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we meet their needs.” (Page 20)
- “Practical experience shows nothing will so insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.” (Page 89)

Is there a sobriety requirement to be a volunteer on the 12th Step list? No. Alcoholics Anonymous was founded on 12 Step work. The 12th Step is simply one alcoholic helping another.

How do I become a volunteer on the 12th Step list? It's easy! Simply attend one of our workshops and fill out the form letting us know when you're available. You can find out when the next workshop will be held by calling Central Office at 415-674-1821 during business hours, checking out the latest issue of The Point to see if a workshop is advertised there, or contact the committee at 12thstep@aasf.org.

From the Editor

Do Not Be Discouraged

by MEM

"We are not saints." A self-evident phrase whenever we read it, but amidst our several persistent imperfections squats the inability for many of us to take this truth to heart and cut ourselves a little slack. Our friend Kathleen reflects on a recent struggle to admit her limitations in response to a call for service, coming through the dark process into the sunshine of realization that she is in fact good enough for today.

Like a series of late winter squalls in March come writings about wrath and fear, just two of the many detours which can lead us off-road onto the rocky terrain of that land of discouragement. Bob S. reminds us of the work it takes to bring the truth and hope of our clichés into fruition. Bree offers a great survey of the many doors through which we enter A.A.

And more of our clichés or slogans or aphorisms are fleshed out in this issue. CSD gives a painfully accurate description of coming to on another "morning after," then coming to A.A. and finally coming to believe that his

Higher Power can indeed help keep him sober and on track, as it has these past dozen years. Claire explores the perils of fear-driven thought and reminds us to combine thinking with prayer and action for a life of serenity. Finally, Luke, a photographer himself, connects with the imagery of the darkroom of fear where its negatives are developed.

Here at *The Point*, we are trying not to be discouraged by the painfully slow process of attracting new members onto our editorial committee. We've enjoyed many years of producing these issues each month, communicating with those who write and helping to give their voices a wide audience. But the need for rotation is becoming keen and we hope that if you're reading this, and you enjoy working with words and using the positive aspects of an appreciation of tending to organization, details and follow-through (a little control-freakism is helpful!), that you overcome any fear that is holding you back. Now is the time to take the leap beyond thinking into action. We hope to hear from you at www.thepoint@aasf.org.

EDITORIAL POLICY

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

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



Faithful FIVERS!

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

Aaron H.	Jeanne C.	Peg L.
Alejandro D.	Jeff B.	Pene P.
Amelia E.	Jim C.	Penelope C.
Ami H.	John M.	Ralph P.
Barbara L.	John V.	Ralf Z.
Barbara M.	Karen C.	Rich G.
Ben W.	Karen K.	Robert W.
Bette B.	Kathleen C.	Sara D.
Blu F.	Kathleen M.	Scott C.
Braden B.	Kathy M.	Sheila H.
Bruce K.	Kris M.	Stephen S.
Bruce S.	Kurt C.	Steve A.
Carlin H.	Kurt P.	Steve G.
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Chris L.	Leo H.	Teddy W.
Chris S.	Linda L.	Tim Mc.
Chuck S.	Lisa M.	Tom S.
Chuck S.	Lucy & Dennis O.	Tony R.
CJ H.	Lynn D.	
Craig S.	Lynne L.	Your
Curtis V.	Mabel T.	Name
Dan B.	Marit L.	Here!
Dan & Sherry T.	Mark O.	
David J.	Martha S.	Or
David S.	Mary C.	Here!
Dianne E.	Mary D.	
Don N.	Mary L.	Or
Emily C.	Maryellen O.	Here!
Erin S.	Michael P.	
Esther R.	Michael W.	
Frederick D.	Michael Z.	
Gregory G.	Michelle C.	
Herman B.	Mike M.	
Ian M.	Mily T.	
James H.	Niels R.	
Jane K.	Oswald G.	
Janet B.	Paget V.	
Janet M.	Pam K.	

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!

Do Not Be Discouraged

Daily Reflections, March 2

by Kathleen C.

"No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints." (Alcoholics Anonymous, p. 60.)

In early January, my friend Margo sent me a text asking me to speak at a 7:00 a.m. meeting in the Inner Sunset. I live in Bernal Heights. At first, I thought I should accept her flattering offer. We always say Yes to A.A., right? But then, I hesitated. 7:00 a.m.? It would still be dark. In rush hour traffic? I might be late to the meeting. What about parking? Argh! Don't get me wrong. I love to speak. It's probably my favorite form of service. When I first got sober I was a speaking fool. Literally. I was doing the A.A. two-step – One and Twelve. "I'm an alcoholic and so are you." I was obnoxious.

Now I am a little more balanced – I try to share my experience, strength and hope and encourage the newcomers. And I usually say Yes to A.A. I'm retired and if I can fit it into my schedule, I agree to speak. This time, though, I hesitated. I am getting older - This happens if you don't drink and you don't die. There is a down side to survival though – I don't see so well in the dark. Driving in rush hour traffic halfway across town early on a winter morning might be a risky proposition. I've already been in one accident on my way to a morning meeting and almost totaled my car. I still go to morning meetings but I try to stay closer to home.

What should I do? I sat with the question and my feelings about it. Should have called my sponsor, but Margo's request was last-minute (she was probably desperate for a speaker, which is why she called me)

and I wanted to let her know as soon as possible so she could ask someone else. Finally, I texted her and declined – reluctantly, and with a certain amount of shame. I said No to A.A. She was gracious about my response and even thanked me for getting back to her so quickly.

It kills me to admit my limitations.

It kills me to admit my limitations. My disease of alcoholism is a voice whispering in my ear: "You messed up. You aren't good enough. What's the use? Have a drink."

Fortunately I don't have to work a perfect A.A. program to be a member of A.A. Just for today I didn't take a drink. I said my prayers this morning: the Serenity Prayer, the Third Step Prayer and the Seventh Step Prayer. You get the idea – I asked God to show me what to do today to put something into the stream of life. I pulled out a daily reader from the pile next to my bed and read today's page – my A.A. fortune cookie. I took my morning inventory – of myself, not my husband or my kids or my neighbors. I made a gratitude list of life's blessings and a God-bless list of people

who are struggling. During the day I took some sponsee phone calls, emails and text messages. I have a meeting commitment and I do my infrequent service for The Point. When I share, I tell my story as honestly as I can, in the hope that it might help another alcoholic, the same way other alcoholics have helped me. I'm a sober member of Alcoholics Anonymous, somewhere on the way to a meeting.

I don't have to be discouraged because I'm not a saint. I don't have to be embarrassed or ashamed because I can't do everything or because I can't do something perfectly, other than Step One. I'm only human – the way God made me. As my friend Terry succinctly puts it, "God doesn't make junk." I'm good enough for whatever He wants me to do today.



Step Three Is Only a Beginning

by Bob S.

It took several months after my first A.A. meeting before the few marbles left in my alcoholically damaged mind began whirling with sufficient congruence to believe I had found my answer to permanent sobriety. It all seemed pretty simple at the time. All I need do was to realize that I can't stop starting (Step One); realize that doctors, psychiatrists, social workers, etc., were of no avail for me (Step Two); realize that God alone could do the job (Still Step Two); and then ask Him repeatedly for relief from my bondage of self (Step Three).

I had no problem digesting Step One, because I had 'quit drinking forever' every year since I was nineteen. Here it was -- well over twenty years later -- and I had never stayed dry for more than a few months at a time. As for Step Two, I believed all those long-time sober alkies around the tables

who claimed that God had 'fixed' them. So obviously, all I need do was to post the Third Step Prayer on my fridge, memorize it and repeat it many times every day.

My repeated Third Step Prayers were most always prefaced by how many days I had been sober; I think that produced an added sincerity, because it made me *'think to remember'* before each session. I did this many times every day. Of course, I had a general idea of the rest of the steps, but never actually did them with a sponsor. After all, was I not joyously happy with all my new-found friends? I was attending meetings galore, my phone was ringing off the hook, I was going to church every Sunday and I was profoundly happy-happy-happy.

Someone said, "Survival on the fellowship was untreated alcoholism." The truth of that cliché came as a sudden horrific jolt one

terrifying evening. I was alone (not good) after a parade ended on Hollywood Boulevard, when a call of nature led me into 'Aunt Charlie's Tavern' where I found myself at the bar, almost ordering a happy-happy-happy gin & tonic. Thank God those idiotic words never exited my lips. Instead, I rushed home in terror and prayed that God would please show me the path to actual sobriety!

Within weeks a new sponsor showed me in the Big Book that Step Three was but a beginning (p.63); he then explained that Step Three is actually carried out by a timely doing of Steps 4, 5, 6, 7, 8 & 9, followed by a continuance of Steps 10, 11 & 12. I did, and God did, and now, many years later, the obsession to drink has never returned and I have not had a drink since my first A.A. meeting.

"I can't, God can, I think I'll let Him, is a great cliché," but it is only a beginning.



For the Ladies:

Saturday morning I got up early, quietly dressed, made my lunch and slipped quietly into the garage. I hooked the boat up to the van and proceeded to back out into a torrential downpour. The wind was blowing 50 mph, so I pulled back into the garage, turned on the radio and discovered that the weather would be bad all day.

I went back into the house, quietly undressed and slipped back into bed. I cuddled up to my wife's back; now with a different anticipation, and whispered, "The weather out there is terrible."

My loving wife of five years replied, "And, can you believe my stupid husband is out fishing in that?"

For the Men:

My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a nearby table.

"Do you know him?" I asked.

"Yes", she sighed, "He's my old boyfriend. I understand he took to drinking right after we split up those many years ago, and I hear he hasn't been sober since."

"My God!" I said, "Who would think a person could go on celebrating that long?"

And then the fight started....



A.A. Aphorisms

I Came, I Came to, I Came to Believe

by CSD

I came to in a cheap hotel on a Sunday morning. The way I felt went way beyond the usual pulverizing hangover. I had the feeling someone had held a blow torch to my face. I realized I couldn't open my right eye. I struggled to the bathroom. In the mirror, the right side of my face stared back at me – ugly, swollen and red. I vaguely recalled an argument over something the night before. Someone had sprayed my face with mace. I wasn't sure how I'd ended up in bed. I looked out the window, relieved to see my car in the hotel parking lot. I guessed I'd driven it there. I couldn't remember.

My wife had kicked me out of our home a few weeks beforehand. She'd given me the name of a psychologist she'd found who specialized in treating alcoholism and said I'd better see him. She'd told me she might take me back if I could control my drinking. Rejected, resentful and angry, I decided to show her I could control my own drinking. Several weeks of uncontrolled drinking followed, by myself in that hotel room and in nearby bars. It sounds absurd as I write it. It made sense to me then.

"Well," I said to my distorted reflection, "I'd better schedule an appointment with that psychologist." Did it occur to me to seek help from A.A.? No. I knew next to nothing about A.A. It met mostly in churches and consisted, I assumed, of Bible-thumping zealots. I didn't want anything to do with them. Next day, I made an appointment with the psychologist. I showed up at the

appointed hour and sat down. "Do you want to stop drinking?" he said. "Yes, I do." "Well," he said, "I can help you. I want you to come, day after tomorrow, to an A.A. meeting." I'm sure my face betrayed my distaste, even disdain, for that suggestion. He saw it and said, "Oh. Are you afraid to go to an A.A. meeting?" I wouldn't, of course, admit to that.

I met him at the church (It had to be a church, didn't it?) just before my

*I realized I wanted
what they had
very badly.*

first A.A. meeting. Somehow, I'd managed not to drink in the preceding two days. My psychologist was himself a recovering alcoholic and had attended this meeting many times. As we walked in the room, everyone greeted him. He introduced me around. I was steeling myself against the inevitable indoctrination I felt sure was on its way. I told myself the meeting would last only an hour. I could avoid brainwashing that long.

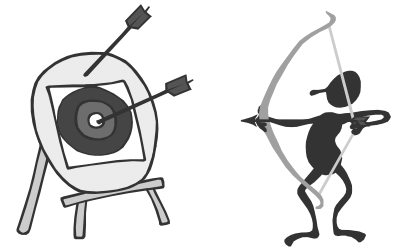
The meeting began. The members started talking – about their experiences with alcohol and recovery. I couldn't believe how well they understood exactly how I felt. They sounded just like me but seemed so much better able to deal with life. I realized I wanted

what they had very badly. They spoke of their own powerlessness over alcohol. They said reliance on a Higher Power had enabled them to stay sober. No one tried to get me to do or believe anything. They didn't even tell me to stop drinking.

So I came back the next week and for many weeks afterward. I came to believe something those A.A. members had could restore me to sanity. They told me that was a Higher Power and said I could choose my own. I managed to stay sober thinking about what they'd said and what I read. I expected over time I'd come to a better understanding of my own Higher Power. I have not. The truth is, now 12 years sober, I really have no clearer notion of that Higher Power than I got from my first A.A. meeting. I knew then and know now I couldn't stay sober but, with the help of a Higher Power, I can. That single sentence sets forth the sum total of my knowledge of my Higher Power. Spare, even stunted, you may say. For me, it's proven just enough.



Sin of the Month: Wrath



by GFG

The time has come for me to write about one of the seven deadly sins: Wrath, Greed, Sloth, Pride, Lust, Envy and Gluttony. Let me see ... which one should I write about? That was easy, I'll write about the sin of Anger. But wait a minute. I was surprised to see that Anger is not one of the seven deadly sins. There is an even better word for it: Wrath.

"Wrath" describes this alcoholic's emotional reactions and outbursts in a nutshell. I don't become angry, I become Wrathful. One dictionary defines Wrath as "strong vengeful anger or indignation (anger caused by something that is unfair or wrong").

*Woe to those around
me who have to deal
with my tirades.*

I don't know about you other alcoholics, but when I sense that something or someone has wronged me, I immediately become Wrathful. That's it. There's no getting slightly annoyed or feeling uncomfortable for me. There's no such thing as being slightly annoyed or slightly inconvenienced. I go from zero to Wrathful and woe to those around me who have to deal with my tirades.

I'm not bragging; don't get me wrong. I understand that this is a serious character defect. In fact, it became very clear when I made out my Step 4 inventory, and it still is clear when I to make out periodic Step 10

inventories. The truth is that I'm a Wrathful person and probably always have been. Maybe that's why I found solace in my booze. If I drank enough, I didn't care about who or what had wronged me. I could temporarily forget my Wrathful thinking.

Working the 12 Steps with my sponsor has helped me keep this character defect under some control. Step 1 taught me that I am powerless, not only over alcohol, but over people, places, things, and events. Step 2 taught me, and continues to remind me, that if I try to hold some semblance of faith in a power greater than myself, I can restore myself to sanity. Step 3 allowed me to let it all go, to know that I am not in control of everything, and that I need to have some sort of faith in a higher power. Step 4 helped me to realize that my resentments are created out of my own fears and insecurity. Step 5 enabled me to become honest about my Wrath with my sponsor. Step 6 allowed me to consciously, and willingly want, God to remove this defect (among others). Step 7 was the beginning of my sincerely asking (and later, actually desiring) for this defect of character to be removed. Step 8 helped me identify whom I had harmed, especially through this defect. Step 9 allowed me to apologize for my behavior and to sincerely try not to

repeat it. Step 10 is invaluable, since it asks me to review my behavior and to make amends as soon as possible. I use Step 11 as a means of continuing to ask God to remove this defect of character. Wrath will always be with me, but if I ask God to remove it, even temporarily, I function a lot better. I practice Step 12 over this issue by simply trying to practice this principle in all of my affairs.

You know, I'm a lot more comfortable in my skin, and with the world around me, when I am aware of the sin of Wrath and of my character defect of anger. I've come to the place in which I can sense the defect is about to take over. Sometimes I can catch it, take a quick inventory, and let the Wrath pass. Sometimes, I can't stop the Wrath in time. However, I am aware of it and continue to work on it. It's a long-term project.



What Door Did You Come Through?

by Bree L.

My sponsor told me that she came into program through the back door of A.A. as an ACA. Here I'd been thinking all along that I didn't really qualify as a "real" alcoholic, because I didn't exactly stagger through that front door with my own "controlled" drinking. My relationship with my children was tenuous. My family on the east coast could stay there for all I cared and I was waiting for a truck to run over my ex-husband. But by god, I wasn't drinking. My OA sponsor suggested I try A.A. He even came with me to my first A.A. meetings. It was more like a date through a side door.

I quickly identified as an "alcoholic." It was my ticket for entry, even if I said it with my fingers crossed. After three months of meetings, I knew in my bone marrow that A.A. was the only place to gain some sense of serenity. It took another year for my heart to arrive.

Dave G. talks about coming in through the court door. He was arrested in S.F. for his third DUI, headed for jail and quickly found out the courts don't mess around. He was put under house arrest with an ankle bracelet. They took away his license for three years. He had to both pay a fine and attend outpatient classes. He was sentenced to what he describes as a bunch of stuff, including three months to an alcohol rehab program. Part of that program was to attend three A.A. meetings per week. He says, "The killer was thirty months of rehabilitation."

All along he thought others were gamming the system and it was his

lack of street smarts. He searched for a lawyer to get him off on a technicality and found a realistic one who honestly told him it was pretty cut and dried. The lawyer's words were, "You did it, you pay for your mistakes."

He had been to A.A. on and off previously. They were drive-bys where nothing made sense. At one point, he figured that if he told the judge he was attending A.A., the judge might be more lenient. He'd say he wasn't drinking and the judge might give him a pass.

As part of his sentence he went to Ohlhoff House and the sheriff's work-furlough program. He found that he could get out of the work program if he went to A.A. – an easier way to go. He initially came to A.A. to get out of that work-furlough program. Slowly it all started to sink in and that was twenty-five years ago.

Jack E. tells of coming in through St. Luke's Emergency. He had been retired for six months and was home at nine in the morning, working on his second scotch and water. He started to bleed and couldn't seem to stop. At that point he called a neighbor to take him to the hospital, too ashamed to call his working wife. "She had to hear it from someone else," he says. "That was the straw that broke the camel's back. I knew I had a problem but couldn't fathom giving my morning scotch up.

Once hospitalized, he was forced to acknowledge other

problems associated with drinking. He had swollen legs (edema) and balance problems a result of peripheral neuropathy. He also had a fresh bleeding ulcer, which caused the bleeding. His doctor told him he needed to stop drinking. Jack said, he knew he needed to quit but didn't

*We all come into A.A.
through our own doors.*

know how. Jack's wife spoke with the hospital social worker and found Henry Ohlhoff's thirteen-week outpatient program. He left St. Luke's and went directly there. They said it worked best if he also went to A.A. meetings. That was five years ago. We all come into A.A. through our own doors. The serenity comes when we stay.



A.A. History: The Three Legacies

Part Nine, Prohibition, The Oxford Group, The Crash

[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 ninth installment of this series, we’ll review Prohibition, the Oxford Group, and some events that led to the formation of A.A.]

Prohibition - January 1919

The 18th amendment to the US Constitution, prohibiting alcohol, was ratified on January 16, 1919. On May 19 of that year, Congress passed the Volstead (or National Prohibition) Act over President Wilson’s veto. Terms such as “bootlegger,” “speakeasy” and “bathtub gin” entered the national vocabulary. Both Bill W. and Dr Bob did the worst of their drinking at a time when alcohol was illegal in the US.

Core Principles of the Oxford Group

Frank Buchman worked mostly in Princeton, Cambridge and Oxford Universities. Students responded to his approach and were ordained ministers. Others gave all their time to working with him. His movement, now called the Oxford Group, received wide international publicity in the 1920’s and 30’s. Core principles of the Oxford Group consisted of 3 parts:

1. The “4 absolutes” of Honesty, Unselfishness, Purity and Love,
2. The “5 C’s” of Confidence, Confession, Conviction, Conversion and Continuance
3. The “5 procedures” consisting of
 - 1st Give in to God



- 2nd Listen to God’s direction
- 3rd Check Guidance
- 4th Restitution (or Amends) and
- 5th Sharing for Witness and Confession.

The Oxford Group gave A.A. the term “sharing.” They were also strong advocates of one member working with another. Dr. Bob wrote that this was a key part of the message carried to him by Bill W. when they first met.

The Oxford Group gave A.A. the bulk of the spiritual principles embodied in the 12 Steps. This was acknowledged in a July 1949 letter from Bill W. to Sam Shoemaker. Bill later expressed regret that he did not write to Frank Buchman as well.

One thing the Oxford Group did not have (although you might hear people say they did) were steps. Sometimes people will say there were 6 Steps of the Oxford Group. That is not factual. It was the alcoholics only (the “alcoholic squad” in NY and Akron) that had, and practiced, Steps.

Black Tuesday - October 29, 1929

After the crash, Bill W. was broke and \$60,000 in debt (\$645,000 today).

He and his benefactor, Frank Shaw, parted company. A short time later, Bill’s friend, Dick Johnson, offered him a job in Montreal, Canada with Greenshields and Co. By Christmas, Bill and Lois were in Canada, living lavishly in a furnished apartment in Mount Royal overlooking Montreal. They had a new Packard automobile and membership in a Country Club. (From *Bill’s Story*, “the goose hung high.”)

In less than ten months after arriving in Montreal, Bill was fired from Greenshields and Co. due to his drinking and fighting in the country club. Lois went back to Brooklyn – her mother had fallen ill. Bill stayed in Montreal to clean up details.

In December, after a binge that started in Montreal and carried him into Vermont, Lois went to get Bill. They returned to Lois’ parents home at 182 Clinton St and moved into a room there. Lois’ mother, terminally ill with bone cancer, passed away on Christmas day. Bill, drunk for days before, could not attend the funeral and he stayed drunk for many days after.



A.A. Aphorisms

Think, Think, Think

by Claire A.

The *Think, Think, Think* aphorism is often hung in meeting rooms upside down. No wonder – so many of us say that when we start thinking, as opposed to seeking to understand and act on God's will, the trouble begins. Thinking can be the first step in self-will.

Thinking, for me, causes tons of problems. For one, I can think myself into fear. Recently, I made a trip to the east coast, which required flying in an airplane. I have this fear of flying. The temptation for me is to seek relief from that fear in thinking about how planes work, how the safety record for flying in the U.S. is good, how pilots are trained, how many safety checks there are and so on. While all of this information is certainly true, it doesn't relieve my fear. Usually, as soon as I start thinking about any of these things that are supposed to be reassuring, I immediately follow up the thought with a "But, what if?" as in, "But, what if my plane doesn't work because of a malfunction? What if I'm on the one flight that goes down? What if my pilot is drunk? What if someone forgets a safety check?" The more I think, the worse it gets.

My therapist tells me this is because my fear isn't coming from the rational part of my brain, it's coming from the animal part of my brain – a part that isn't soothed by information. That part of my brain is soothed by faith. No amount of thinking can stop the rush of adrenaline that comes with flying, but prayer can. When I completely surrender my will to my higher

power, my muscles relax and I trust that things will be OK. That's my experience, anyway.

But what a minute. Do I turn off my brain completely? Do I abandon all thought? No. Having faith in a higher power doesn't mean I stop thinking altogether. It means that I ask for direction in my thinking from my higher power. I am responsible for seeking the next right action and for taking the next step.

This same recent trip involved quite a bit of interaction with extended family, and conflict with family members. I found myself, at the end of the day, thinking about how this person should stop shouting at people, or that person should stop being so anxious. I also saw myself getting anxious in advance about people who were coming to visit. I thought about how the visit would go, what I would say, what they would say, and what they would think. There are a number of character defects involved in all of this, but over all, it's thinking that gets me in trouble.

Once again, what helped me in this situation was prayer. Each day I asked for God's help to understand my role and what I could do to help. I am powerless over these situations and people. No amount of thinking will change them. Prayer, though, helps me to remember I am not in control. Prayer helps me to find peace and to remember to try to be of

service to people who are struggling, to stop judging and reach instead for compassion. And really, isn't it arrogant of me to think that I have the answers to people's problems and situations? Isn't it self-centered of me to think that MY flight is going to be the one that has problems?

Thinking can be the first step in self-will.

So, it's really important for me to remember not to just think, but to pray, and to act. To live a life of serenity I have to stop thinking and follow the suggestions given to me!





A.A. Aphorisms

Fear is the dark room where negatives are developed

by Luke H.

I've found fear to be all-pervasive in my life, touching every aspect – whether it be work, friendships, romantic relationships, my passions. I've passed on attempting to apply for jobs for which I just knew I wasn't good enough. I've neglected to approach people I presumed were too popular or had too big of a personality for me, knowing in my heart of hearts that I'd never be their friend. I've dreamt of asking people out on a date and never made it past that stage for fear of being rejected and ridiculed. I've started and put down plenty of hobbies and interests because I knew that there would be a point where I might fail, so I might as well quit now. As you can see, fear has often crippled me and kept me back from accomplishing or trying plenty of things.

By staying in the middle of my fear

and the attendant feelings of inadequacy and self-loathing, I ended up never talked about what was really going on inside my overactive brain – which only led to greater fear. All those 'negatives' (fears) kept developing in the 'darkroom' of my brain and held me down. Once I began opening up to others in the program and facing fear with the help of A.A. and my Higher Power, life began to seem a lot less bleak. In fact, feelings of hope started to enter my life again.

This saying also has a greater meaning because I happen to be a photographer and it directly relates to a theory that I have about how to continue to be creative. I can sit around in the darkroom (or, in my case, in front of my computer) playing with the photos I've taken and wondering how I can get better or I can go out and take more photographs, exploring and

continuing to learn as I go. So why sit in all that fear when there's a life to be experienced out there? Why be

*Willingness without
action is fantasy.*

crippled by my fear and feelings of worthlessness for a moment longer? Something I saw recently from our very own *Grapevine* that I feel applies here to a certain extent is as follows: "[...] willingness without action is fantasy." Be more than willing to change: actually work toward changing. I know great things have happened in my life by simply working a program, showing up and being willing to take action.

Why the Book Was Written

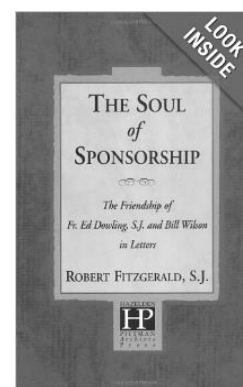
Were the 12 Steps added as Bait?

by Bob S.

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."



[From *The Soul of Sponsorship, The Friendship of Fr. Ed Dowling, S.J. and Bill Wilson in Letters*, pp. 55-56, Hazelden.]

Intergroup Meeting Summary—Feb 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	Mill Valley	Say Hey Group	Weekend Update
A New Start	Day At A Time	Miracles (Way) Off 24th St.	Sisters Circle	Women's 10 Years Plus
Any Lengths	Design for Living	Monday Night Stag Tiburon	Sober Saturday	Women's Promises
Artists & Writers	Each Day a New Beginning	Monday Night Women's	Sunday Night Corte Madera	
Attitude Adjustment Hour	Embarcadero Group	On Awakening Group	Sunday Rap	MCYPAA
Came to Park	Friday Morning 12 Steppers	Queers, Crackpots & Fallen Women	Sunset 9ers Tu	Marin General Service
Castro Discussion	Haight Street Blues	Reality Farm	Thursday Night Speaker	Marin H&I
Come 'n Get It!	High Noon F	Rise N Shine	Tuesday Big Book Study	SF H&I
Cover to Cover	High Noon Tu	Saturday Weekend Warrior	Vets Coffee Break	

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

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

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

The meeting was held on Wed., Feb 5th, 2014 at 410 Sycamore Ave, Mill Valley, CA.

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

Officer Reports

Board Chair Report, Phil L. Stu S, former IGR and COC member, passed away. The Board met on Jan 27th and discussed the feedback from the Jan Intergroup round tables; will attempt to facilitate making the Intergroup meeting more interactive and focused on service. We welcome your feedback; IGRs are the drivers. Income for 2014 was under budget. We are considering more reminders of self-support.

Treasurer's report, Michelle C. We

finalized December and resulted in a \$4,243 deficit for the year. Shipping rates are increasing, goal is for shipping income to equal shipping expense. SF booklet schedules are going up to a \$1 due to an increase in printing costs and lesser sales due to increased use of mobile version.

Central Office Manager Report, Maury P. Central Office is closed on Monday, Feb 17th for President's Day. We are taking pre-orders for the 75th Anniversary Edition of the Big Book (\$12 each); expected to arrive in May. An updated SF booklet schedule is due to arrive next week.

Intergroup Committee Reports

Access Committee, Steve F. We had our 1st and 2nd Access Committee meetings of the year and are exploring and developing new methods of service. We do not always go out to deliver service like the Sunshine Group does, but are now developing a work group to help deliver services to people currently outside the available structure of meetings. In reality, it will be for anyone who can't get to a meeting for any reason.

Archives Committee, Michael P. We meet on the 3rd Sunday of the month from 2-4pm. Our mission is to preserve the legacy of AA with research, documents, etc. We request that all groups provide a written copy of the "Meet the Meeting" presentations. To send meeting histories, email archives@aasf.org. We made up a sample meet the meeting sheet to help give an example of what we want.

Fellowship Committee, Michael P. We meet the 2nd Thursday of every month at 6pm at Central office. For more info,

email fellowship@aasf.org. Founders Day is coming up in June.

Orientation Committee, BluF. We meet the 1st Wed of the month at 6pm for orientation.

SF PI/CPC Committee, Rich G. We meet the 2nd Monday of month 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 next speaker workshop is Monday, Feb 10th. In the spirit of rotation, we are shifting positions and welcoming volunteers.

SF Teleservice Committee, Carolyn R. Teleservice answers the phones when Central Office is closed with a live person 24 hours/day. We meet the 3rd Monday at 6:00pm; orientation is from 6:30-7pm.

The Point Committee, Charley D. We meet on the 2nd Tuesday of each month from 5:30-6:30pm at Central Office. We are looking for members. Our focus this year is AA Aphorisms. If you have an AA slogan, send an email to thepoint@aasf.com or send an article about 500-600 words. There are hundreds of slogans!

Website Committee, Rebecca M. Initial designs for website are complete. Development work will start soon. We'll hold a public meeting to get feedback on the current site which will be held in mid-late March. User testing will happen in May/June.

General Committees Note

There are volunteer opportunities on most of the committees, which are shown on the handout in your packet. Please share

Individual Contributions

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

IN MEMORIAM

**Bill J.
Monika H.
Stu S.**

ANNIVERSARIES

**Sara D. — 20 years
Maury P. — 25 years**

with your meeting that it is not necessary to be an Intergroup rep to join an Intergroup committee. Any AA member is encouraged to participate.

Liaison Reports

Marin H&I, Frank T for Karen G: We had 20 new members and our meeting is Tuesday at the San Rafael Alano Club.

SF H&I, Lynn D: We have a committee meeting in Las Altos this Sunday. We will vote on travel reimbursement for reps doing H&I business. The H&I conference will be in Chico. They are actually really cool! There are lots of speakers, people in and out of prison, judges, and other interesting speakers. They do want pre-registration. We meet at 11am on the 3rd Saturday of the month at the Mission Fellowship on 24th street, SF.

Bridging the Gap, Chris H: We have a new chair Pat, and are looking for women from Southern and Western Marin.

Marin PI/CPC, Chris H: We are putting the Language of the Heart into libraries, looking for volunteers.

New Business

Instead of doing round tables, we held a meet the committee fair event where each committee chair held court and answered questions about the committee. Each IGR had a chance to go around and meet the committee members and discuss the opportunities for service and get to know the commitment better. The fair was a success. Some members signed up for commitments. Others will bring word of the committee opportunities back to their

meetings and home groups. Rebecca would have liked to see more hands raising for those who took new commitments but others mentioned they are still ruminating and digesting the information.

Meet the Meeting

Chris H, Sunday Night Corte Madera 8pm: We changed from a long term sobriety group to a young person's meeting but it continues to shift. More long timers have been coming in again with 30 years of sobriety. We have steering committees to help liven up the meeting and sponsorship liaisons. Everyone is welcome. We always do fellowship afterward, usually at the Cheesecake Factory.

Pascal G, Cover to Cover, 7:30pm Wed in Tiburon: The 1st meeting was in 2001 in my sponsor's living room with a few people reading the Big Book, using a format from Minnesota. We read the chapter, More About Alcoholism and page 164. We read the Big Book, cover to cover and then read the story of the month, and we focus discussions on the Big Book. The Fellowship has grown to about 25-40 people. All are welcome.

Steve F, Tuesday Big Book Study at St Anne's Church in the Inner Sunset, at 850 Judah St, SF: The meeting is 20 years old, with 8-10 regular members as well as court slip signees. We read the Big Book and have an old sign with the A sideways.

Next Intergroup Meeting: Wed. March 5, 2014, 7pm, 1187 Franklin St. SF CA. Orientation at 6pm, dinner is served at 6:30pm.

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

chair@aasf.org

VICE CHAIR

vicechair@aasf.org

TREASURER

treasurer@aasf.org

RECORDING SECRETARY

secretary@aasf.org

Intergroup Committees

12th STEP COMMITTEE

12thstep@aasf.org

ACCESS COMMITTEE

access@aasf.org

ARCHIVES COMMITTEE

archives@aasf.org

FELLOWSHIP COMMITTEE

fellowship@aasf.org

ORIENTATION COMMITTEE

orientation@aasf.org

OUTREACH COMMITTEE

outreach@aasf.org

PI/CPC COMMITTEE

picpc@aasf.org

SF TELESERVICE COMMITTEE

sfteleservice@aasf.org

THE POINT

thepoint@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa group contributions

Fellowship	Dec. 13	YTD
Brisbane Breakfast Bunch		\$ 138
Contribution Box	\$ 24	\$ 493
Intergroup	\$ 92	\$ 1,168
Fellowship Total	\$ 116	\$ 1,799

Marin	Dec. 13	YTD
11th Step Meeting M 8pm		\$ 90
12 & 12 Study Sa 815am		\$ 298
7am Urgent Care Group 7D 7am		\$ 200
As Bill Sees It M 2pm		\$ 14
Attitude Adjustment 7D 7am		\$ 1,358
Awakenings		\$ 120
Back to Basics Su 930am		\$ 459
Blackie's Pasture Sa 830pm		\$ 200
Bolinas Book Study W 8pm		\$ 330
Candlelight Group Sun 8pm		\$ 253
Candlelight Meditation M 730pm		\$ 134
Closed Women's SS Tu 330pm		\$ 301
Conscious Contact Sa 6pm		\$ 124
Crossroads Sun 12pm		\$ 900
Day At A Time 7D 630am	\$ 120	\$ 360
Design For Living (Marin) W 7pm		\$ 60
Downtown Mill Valley F 830pm		\$ 2,309
East San Rafael Big Book		\$ 91
Experience, Strength & Hope Sa 6pm		\$ 72
Friday Night Book F 830pm		\$ 257
Friday Night Gay Men's Stag 830pm		\$ 53
Friday Night Terra Linda BB Study		\$ 80
Girls Night Out W 815pm		\$ 116
Glum Not! Su 9am		\$ 259
Gratitude Tu 8pm		\$ 285
Greenfield Newcomers Sun 7pm		\$ 785
Happy Hour (Marin) Th 6pm		\$ 72
Happy, Joyous & Free 5D 12pm		\$ 2,098
High & Dry W 12pm		\$ 178
Intimate Feelings Sa 10am		\$ 276
Inverness Sunday Serenity Su 10am	\$ 144	\$ 319
Larkspur Beginners F 7pm		\$ 325
Last Stop Men's Step Study W 6pm		\$ 300
Living in the Solution F 6pm		\$ 50
Marin City Groups 6D 630pm		\$ 900
Meditation Weds 7pm		\$ 465
Men's 2 Plus M 7pm		\$ 50
Mill Valley 11th Step Tu 730pm	\$ 500	\$ 500
Mill Valley 7D 7am		\$ 2,962
Mill Valley Discussion W 830pm		\$ 563
Monday Blues M 630pm		\$ 500

Marin	Dec. 13	YTD
Monday Night Stag Tiburon		\$ 1,320
Monday Night Women's Group		\$ 446
Monday Night Women's M 8pm		\$ 92
Monday Nooners M 12pm		\$ 531
Morning After Sa 10am		\$ 600
Morning Attitude Adjustment	\$ 227	\$ 731
Nativity Monday Night BB 8pm		\$ 116
Newcomers Step M 730pm		\$ 1,070
Noon Hope F 12pm		\$ 53
Noon Reveille Su 12pm		\$ 72
Noon Small Room Speaker		\$ 53
North Marin Speaker Su 12pm		\$ 383
Novato Fellowship Events		\$ 286
Novato Fellowship Group		\$ 750
Novato Monday Stag M 8pm		\$ 250
Novato Spirit Discussion F 2pm		\$ 300
On Awakening 7D 530am	\$ 2,425	\$ 3,283
Pathfinders Tu 12pm		\$ 215
Primary Purpose W 830pm		\$ 26
Quitting Time M-F 530pm		\$ 1,650
Refugee Th 12pm		\$ 350
Rise N Shine Sun 10am	\$ 125	\$ 738
San Geronimo Valley BS F 8pm	\$ 104	\$ 276
San Geronimo Valley M 8pm		\$ 242
Saturday Night Sa 8pm		\$ 337
Saturday Women's Speaker 6pm		\$ 273
Sausalito 12 Step Study Group		\$ 88
Serendipity Sa 11am		\$ 399
Sisters In Sobriety Th 730pm		\$ 103
Six O'Clock Sunset Th 6pm		\$ 990
Sober & Serene F 7pm		\$ 566
Sober Sisters Wed 12pm		\$ 82
Steps To The Solution W 715pm		\$ 237
Stinson Beach BB Study Tu 8pm		\$ 252
Stinson Beach Fellowship Th 8pm		\$ 252
Sunday Express Sun 6pm		\$ 396
Sundown W 7pm		\$ 355
T.G.I. Tuesday 6pm		\$ 72
Terra Linda Group Th 830pm		\$ 176
Terra Linda Thursday Stag 8pm		\$ 1,000
TGIF F 6pm		\$ 216
The Barnyard Group Sa 4pm		\$ 390
The Fearless Searchers F 8pm		\$ 93
There is a Solution Tu 6pm		\$ 328
Three Step Group Sa 530pm		\$ 500
Thursday Night Book Club Th 7pm	\$ 38	\$ 74
Thursday Night Miracles Th 830pm		\$ 150

Marin	Dec. 13	YTD
Thursday Night Speaker 830pm		\$ 2,674
Tiburon Beginners & Closed Tu		\$ 396
Tuesday Chip Meeting Tu 830pm		\$ 941
We, Us and Ours M 650pm		\$ 500
Wednesday Mid-Week W 6pm		\$ 72
Wednesday Night Candlelight 8pm		\$ 192
Wednesday Night SD 7pm	\$ 121	\$ 270
Wednesday Sundowners W 6pm		\$ 200
What's It All About F 12pm		\$ 205
Women's Big Book Tu 1030am		\$ 690
Women's Lunch Bunch F 12pm		\$ 325
Working Dogs W 12pm	\$ 250	\$ 750
YP Chopsticks Sa 1030pm		\$ 82
Marin Total	\$ 4,052	\$ 47,524

San Francisco	Dec. 13	YTD
11th Step Power Power Power		\$ 38
6am Dry Dock Fri	\$ 77	\$ 142
6am Dry Dock Mon	\$ 90	\$ 155
6am Dry Dock Sa		\$ 192
6am Dry Dock Su		\$ 125
6am Dry Dock Th		\$ 89
6am Dry Dock Tu		\$ 364
6am Dry Dock W		\$ 62
7 AM Smokeless		\$ 30
7am As Bill Sees It Fri	\$ 19	\$ 19
7am Grab Bag		\$ 9
7am Living Sober W 7am	\$ 26	\$ 47
7am Step Discussion Tu 7am		\$ 66
830am Smokeless F 830am		\$ 276
830am Smokeless Th 830am		\$ 166
A is for Alcohol Tu 6pm		\$ 266
A New Start F 830pm		\$ 293
A Vision for You (SF) Su 630pm		\$ 60
AA As You Like It Tu 530pm	\$ 248	\$ 448
Afro American Beginners Sat 8pm		\$ 413
After Work Big Book Study	\$ 46	\$ 273
After Work M 6PM		\$ 126
Agnostics & Freethinkers Su 630pm	\$ 120	\$ 332
All Together Now Th 8pm		\$ 66
Alumni W 830pm		\$ 180
Amazing Grace M 7pm		\$ 60
Artists & Writers F 630pm		\$ 2,249
As Bill CCs It Sun 8am	\$ 36	\$ 36
As Bill Sees It Th 6pm		\$ 508
As Bill Sees It Th 830pm		\$ 132
As Bill Sees It Tu 1210pm		\$ 548

San Francisco	Dec. 13	YTD	San Francisco	Dec. 13	YTD	San Francisco	Dec. 13	YTD
Bayview AA Th 7pm		\$ 120	Gold Mine Group M 8pm		\$ 471	Pax West Daily Reflections		\$ 268
Be Still AA Su 12pm	\$ 417	\$ 863	Golden Gate Seniors Tu 130pm		\$ 60	Pax West M 12pm		\$ 2,010
Beginners 12 x 12 F 7pm		\$ 765	Haight Street Blues Tu 615pm		\$ 377	Pax West Men's SD M 12pm	\$ 984	\$ 984
Beginners' Step Study Sat 7pm		\$ 40	Haight Street Explorers Th 630pm	\$ 69	\$ 545	Pax West Th 12pm		\$ 726
Bernal Big Book Sat 5pm		\$ 650	Happy Hour Ladies Night F 530pm		\$ 162	Potrero Hill 12 x 12 M 630pm	\$ 228	\$ 438
Bernal New Day 7D	\$ 686	\$ 3,956	High Noon Friday 1215pm		\$ 164	Queers, Crackpots & Fallen Women	\$ 53	\$ 243
Big Book Basics F 8pm	\$ 138	\$ 707	High Noon Monday 1215pm	\$ 182	\$ 400	Reality Farm Th 830pm		\$ 730
Big Book Study Su 1130am		\$ 679	High Noon Sat Sun 1215pm	\$ 434	\$ 434	Rebound W 830pm		\$ 396
Big Book with Bob		\$ 61	High Noon Sunday 1215p		\$ 528	Richmond BB Study Th 730pm		\$ 32
Blue Book Special Su 11am	\$ 14	\$ 825	High Noon Thursday 1215pm	\$ 37	\$ 119	Rigorous Honesty Th 1205pm		\$ 414
Brothers in Arms M 8pm		\$ 168	High Sobriety M 8pm		\$ 112	Rise N Shine Sun 10am		\$ 135
Buena Vista Breakfast Su 12pm		\$ 20	High Steppers W 7pm		\$ 34	Room to Grow F 8pm		\$ 37
BYOL W 1pm		\$ 120	Hilldwellers M 8pm		\$ 436	Saturday Afternoon Meditation 5pm	\$ 105	\$ 610
Caledonia Sun 8pm		\$ 720	Hoodlum Haven F 8pm		\$ 96	Saturday Beginners Sat 6pm		\$ 1,899
Came To Believe Su 830am		\$ 117	Huntington Square W 630pm		\$ 1,414	Saturday Easy Does It Sa 12pm		\$ 362
Came to Park Sat 7pm		\$ 415	Into The Sun Meditation Th 12pm	\$ 48	\$ 76	Saturday Night Regroup 730pm		\$ 1,063
Castro Discussion Th 8pm		\$ 739	Joe and Charlie Tapes Fri 730am		\$ 25	Say Hey Group M-F 6pm		\$ 303
Castro Monday Big Book 830pm		\$ 50	Join the Tribe Tu 7pm		\$ 553	Serenity House	\$ 150	\$ 1,800
Castro Nooners F 12pm		\$ 129	Joys of Recovery Tu 8pm		\$ 191	Serenity Seekers M 730pm	\$ 170	\$ 358
Castro Steps & Traditions W 8pm		\$ 98	K.I.S.S. M 6pm		\$ 183	Shamrocks & Serenity M 730pm		\$ 1,096
Closed Women's SS Tu 330pm		\$ 81	Keep Coming Back Sa 10am		\$ 1,681	Sinbar Su 8pm		\$ 180
Cocoanuts Su 9am		\$ 786	Let It Be Now F 6pm		\$ 127	Sisters Circle Su 6pm		\$ 317
Code Blue Big Book Study W 7pm		\$ 253	Like A Prayer Su 4pm		\$ 202	Sober at State MW 1210pm		\$ 60
Coit's Quitters		\$ 206	Lincoln Park Sat 830pm		\$ 7	Sober Saturday Sa 830am		\$ 234
Conscious Contact Sa 6pm		\$ 80	Live and Let Live Su 8pm		\$ 304	Sobriety & Beyond W 7pm		\$ 477
Cow Hollow Men's Group W 8pm	\$ 637	\$ 1,831	Living Sober W 8pm		\$ 38	Sobriety & Miracles Sa 5pm	\$ 90	\$ 259
Cow Hollow YP Tu 730pm		\$ 281	Living Sober with HIV W 6pm		\$ 395	Sometimes Slowly Sa 11am		\$ 1,225
Daily Reflections F 12pm		\$ 213	Lush Lounge Sa 2pm		\$ 197	Sought to Improve Th 715pm		\$ 120
Design For Living BB Tu/Th 730am		\$ 112	Marina Discussion F 830pm	\$ 3,000	\$ 3,000	Speaker Discussion F 1pm		\$ 100
Design for Living Sat 8am	\$ 160	\$ 1,270	Meeting Place Noon F 12pm	\$ 190	\$ 467	St. Francis Men's F 830pm		\$ 108
Each Day a New Beginning F 7am		\$ 3,210	Meeting Place Noon W 12pm		\$ 679	Steppin' Up Tu 630pm	\$ 109	\$ 351
Each Day a New Beginning M 7am		\$ 639	Mellow Mission Sunrise M 7am		\$ 200	Stepping Out Sat 430pm		\$ 25
Each Day A New Beginning Su 8am		\$ 1,273	Men's Gentle Touch M 7pm		\$ 648	Stepping Stone SS M 730pm		\$ 101
Each Day a New Beginning Th 7am		\$ 801	Mid-Morning Support Su 1030am		\$ 889	Sunday Bookworms Sun 730pm		\$ 398
Each Day a New Beginning Tu 7am		\$ 1,114	Midnight Meditation Sat 12am		\$ 120	Sunday Lunch with Bill 12pm		\$ 86
Each Day a New Beginning W 7am	\$ 275	\$ 1,550	Miracle (Way) Off 24th St W 730pm		\$ 140	Sunday Morning Gay Stag 930am		\$ 384
Early Start F 6pm		\$ 2,401	Mission Fellowship		\$ 24	Sunday Night 3rd Step Group 5pm	\$ 535	\$ 1,342
Easy Does It Tu 6pm	\$ 45	\$ 200	Monday Beginners M 8pm		\$ 276	Sunday Night Castro SD 730pm		\$ 895
Embarcadero Group 5D 1210pm		\$ 240	Monday Men's Stag 8pm		\$ 159	Sunday Rap Sun 8pm		\$ 570
Epiphany Group Th 7pm		\$ 200	Monday Monday M 1215pm		\$ 168	Sunday Silence Su 730pm		\$ 285
Epiphany Group Th 8pm		\$ 100	Monday Night BB Study 8pm		\$ 116	Sundown W 7pm	\$ 316	\$ 1,487
Eureka Step Tu 6pm		\$ 112	Moving Toward Serenity W 830pm		\$ 259	Sunset 11'ers Su		\$ 302
Eureka Valley Topic M 6pm		\$ 603	New Friday Big Book F 12pm	\$ 225	\$ 415	Sunset 11'ers W		\$ 210
Excelsior "Scent" Free for All Sa 8pm	\$ 60	\$ 300	New Highs W 130pm		\$ 36	Sunset 9'ers F		\$ 87
Extreme Makeover M 730pm	\$ 66	\$ 223	New Life W 7pm		\$ 240	Sunset 9'ers Sa		\$ 72
Federal Speaker Su 12pm	\$ 86	\$ 465	No Reservations M 12pm		\$ 1,185	Sunset 9'ers Su		\$ 222
Fell Street F 830pm		\$ 552	Noon Smokeless W 12pm		\$ 100	Sunset 9'ers Th		\$ 61
Firefighters & Friends Tu 10am		\$ 256	O.A.D.W. Mon 7pm		\$ 166	Sunset 9'ers Tu		\$ 110
Friday All Groups F 830pm		\$ 258	One Liners Th 830pm		\$ 72	Sunset 9'ers W		\$ 42
Friday Smokeless F 8pm		\$ 335	One, Two, Three, Go! W 1pm		\$ 50	Sunset Speaker Step Su 730pm		\$ 690
Friendly Circle Beginners Su 715pm		\$ 220	Park Presidio M 830pm	\$ 95	\$ 341	Surf Tu 8pm		\$ 250
Giddy Up Th 7pm	\$ 51	\$ 242	Parkside Th 8pm		\$ 416			

Continued on p. 18

Profit and Loss Statement: December 2013

	Dec 13	Budget	Jan - Dec 13	Budget		Dec 13	Budget	Jan - Dec 13	Budget
Ordinary Income/Expense					Payroll Fees	9	9	115	104
Income					Phone Book Listings	93	101	1094	1152
Gratitude Month	8008	12785	14766	20210	Postage	146	46	1510	1240
Group Contributions	15526	13682	149049	165682	Printing	750	0	766	1000
Individual Contributions	10942	9144	38579	35711	Professional Fees	1180	650	2675	2150
Newsletter Subscript.	11	0	287	118	Rent - Office	4280	4114	47877	47878
Sales - Bookstore	7200	8149	113067	110849	Rent - Other	180	180	1020	1020
Special Event Income	0	0	13953	2341	Repair & Maintenance	282	463	4913	5300
Total Income	\$ 41,687	\$ 43,760	\$ 329,701	\$ 334,911	Security System	118	122	472	488
Cost of Goods Sold					Shipping	1703		3697	
Cost of Books Sold	5212	5169	82528	77769	Software Purchased	0	0	604	550
COGS - Shipping	-1403	0	235	639	Sunshine Club	0	25	25	200
Credit Card Processing	539	364	5495	4347	Telephone	234	266	2814	3180
Inventory Adjustments	179	200	85	611	Training	0	0	30	250
Total COGS	\$ 4,528	\$ 5,733	\$ 88,344	\$ 83,366	Travel	0	0	861	1200
Gross Profit	\$ 37,159	\$ 38,027	\$ 241,357	\$ 251,545	Total Expense	\$ 21,146	\$ 21,580	\$ 246,784	\$ 249,799
Expense					Net Ordinary Income	\$ 16,013	\$ 16,447	\$ (5,427)	\$ 1,746
Access Expenses	0	520	915	6240	Other Income/Expense				
Archives Committee	0	50	25	500	Other Income				
Bad Checks	0	0	62	0	Bag Fees	2	0	55	21
Bank Fees	-25	0	-13	21	Customer Shipping	170		2960	
Employee Expenses	11746	12700	149870	157417	Interest Income	125	124	1073	1414
Equipment Lease	0	1535	6213	6368	Miscellaneous Income	0		376	
Filing/Fees	0	0	523	90	Total Other Income	\$ 297	\$ 124	\$ 4,464	\$ 1,435
Insurance	0	148	2373	2474	Other Expense				
Intergroup Events	104	120	12752	4520	Depreciation Expense	284	265	3280	3181
Intergroup Literature	32	0	263	500	Total Other Expense	\$ 284	\$ 265	\$ 3,280	\$ 3,181
Internet Expense	123	100	1493	1152	Net Other Income	\$ 13	\$ (141)	\$ 1,184	\$ (1,746)
Office Supplies	102	182	2530	2180	Net Income	\$ 16,025	\$ 16,306	\$ (4,243)	\$ -
Paper Purchased	88	250	1304	2625					

Treasurer's Report

INCOME - SUMMARY: Our income for gratitude and group contributions was under budget by \$5,444 and \$16,633,

respectively. Our individual contributions and bookstore sales did exceed the annual budget (\$2,868 and \$2,218) but was not enough of income to generate a

positive variance. 2013 ended with a negative variance of \$4,243.

(Continued on page 19)

San Francisco	Dec. 13	YTD	San Francisco	Dec. 13	YTD	San Francisco	Dec. 13	YTD
Ten Years After Su 6pm		\$ 1,716	Tuesday's Daily Reflections Tu 8am	\$ 282		What It's Like Now M 6pm	\$ 94	\$ 554
The Drive Thru W 1215pm		\$ 295	Twelve Steps to Happiness F 730pm	\$ 85		Wits End Step Study Tu 8pm		\$ 180
The Lads Fr 730pm		\$ 222	Unidentified Group	\$ 44	\$ 488	Women's 10 Years Plus Th 615pm		\$ 1,320
The Leaky Cauldron Su 930am	\$ 127	\$ 127	Valencia Smokefree F 6pm		\$ 883	Women's Came to Believe Sa 10am	\$ 67	\$ 320
The Parent Trap 2 Wed. 430pm		\$ 297	Wake Up On 3rd St Group		\$ 147	Women's Kitchen Table Tu 630pm		\$ 437
The Pepper Group F 12pm		\$ 226	Walk of Shame W 830pm		\$ 225	Women's Meeting There is... W 6pm		\$ 435
They Don't Know Who We Are Sat 7pm		\$ 159	Waterfront Sun 8pm		\$ 666	Women's Promises F 7pm		\$ 1,121
Thursday Night Women's Th 630pm		\$ 825	We Care Tu 12pm		\$ 234	Work In Progress Sat 7pm		\$ 463
Too Early Sat 8am		\$ 805	Wednesday Noon Steps W 12pm		\$ 120	YAHOO Step Sa 1130am		\$ 212
Trudgers Discussion Su 7pm		\$ 540	Wednesday Sunrise Smokefree 7am		\$ 100	Young at Heart Sa 930am		\$ 93
Tuesday Big Book Study Tu 6pm		\$ 162	Weekend Update Su 6pm	\$ 198	\$ 266	San Francisco Total	\$ 11,359	\$ 99,694
Tuesday Dinner With Bill		\$ 50	West Portal W 8pm	\$ 422	\$ 749	YTD	\$ 15,526	\$ 149,017
Tuesday Men's Pax Tu 12pm		\$ 540	Wharfrats Th 815pm	\$ 92	\$ 485			

December 2013 Balance Sheet

	Dec 31, 2013	Nov 30, 2013	\$ Change	% Change	Dec 31, 2012	\$ Change	% Change
ASSETS							
Current Assets							
Checking/Savings							
Restricted Cash	186,537.04	186,412.62	124.42	0.07%	180,772.47	5,764.57	3.19%
Unrestricted Cash	<u>32,822.34</u>	<u>17,651.98</u>	<u>15,170.36</u>	<u>85.94%</u>	<u>43,797.80</u>	<u>(10,975.46)</u>	<u>-25.06%</u>
Total Checking/Savings	219,359.38	204,064.60	15,294.78	7.5%	224,570.27	(5,210.89)	-2.32%
Accounts Receivable							
Accounts Receivable	<u>12.14</u>	<u>(289.09)</u>	<u>301.23</u>	<u>104.2%</u>	<u>(44.49)</u>	<u>56.63</u>	<u>127.29%</u>
Total Accounts Receivable	12.14	(289.09)	301.23	104.2%	(44.49)	56.63	127.29%
Other Current Assets							
Inventory - Bookstore	20,726.27	23,807.34	(3,081.07)	-12.94%	15,874.61	4,851.66	30.56%
Prepaid Literature Orders	342.83	373.21	(30.38)	-8.14%	393.99	(51.16)	-12.99%
Undeposited Funds	<u>3,990.24</u>	<u>210.80</u>	<u>3,779.44</u>	<u>1,792.9%</u>	<u>401.16</u>	<u>3,589.08</u>	<u>894.68%</u>
Total Other Current Assets	<u>25,059.34</u>	<u>24,391.35</u>	<u>667.99</u>	<u>2.74%</u>	<u>16,669.76</u>	<u>8,389.58</u>	<u>50.33%</u>
Total Current Assets	244,430.86	228,166.86	16,264.00	7.13%	241,195.54	3,235.32	1.34%
Fixed Assets							
Comp. and Off. Equipment (Net)	3,540.57	3,653.57	(113.00)	-3.09%	2,376.52	1,164.05	48.98%
Furniture & Equipment (Net)	4.93	10.93	(6.00)	-54.9%	78.93	(74.00)	-93.75%
Leasehold Improvements (Net)	<u>19,857.84</u>	<u>20,022.84</u>	<u>(165.00)</u>	<u>-0.82%</u>	<u>21,831.84</u>	<u>(1,974.00)</u>	<u>-9.04%</u>
Total Fixed Assets	23,403.34	23,687.34	(284.00)	-1.2%	24,287.29	(883.95)	-3.64%
Other Assets							
Deposits	<u>6,697.50</u>	<u>6,697.50</u>	<u>0.00</u>	<u>0.0%</u>	<u>6,697.50</u>	<u>0.00</u>	<u>0.0%</u>
Total Other Assets	<u>6,697.50</u>	<u>6,697.50</u>	<u>0.00</u>	<u>0.0%</u>	<u>6,697.50</u>	<u>0.00</u>	<u>0.0%</u>
TOTAL ASSETS	<u>274,531.70</u>	<u>258,551.70</u>	<u>15,980.00</u>	<u>6.18%</u>	<u>272,180.33</u>	<u>2,351.37</u>	<u>0.86%</u>
LIABILITIES & EQUITY							
Liabilities							
Current Liabilities							
Accounts Payable	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.0%</u>	<u>1,615.00</u>	<u>(1,615.00)</u>	<u>-100.0%</u>
Total Accounts Payable	0.00	0.00	0.00	0.0%	1,615.00	(1,615.00)	-100.0%
Other Current Liabilities							
Payroll Liabilities	3,480.29	3,469.52	10.77	0.31%	2,636.41	843.88	32.01%
Sales Tax Payable	<u>540.64</u>	<u>596.62</u>	<u>(55.98)</u>	<u>-9.38%</u>	<u>602.98</u>	<u>(62.34)</u>	<u>-10.34%</u>
Total Other Current Liabilities	<u>4,020.93</u>	<u>4,066.14</u>	<u>(45.21)</u>	<u>-1.11%</u>	<u>3,239.39</u>	<u>781.54</u>	<u>24.13%</u>
Total Current Liabilities	4,020.93	4,066.14	(45.21)	-1.11%	4,854.39	(833.46)	-17.17%
Long Term Liabilities							
Deferred Compensation	<u>54,193.00</u>	<u>54,193.00</u>	<u>0.00</u>	<u>0.0%</u>	<u>48,393.00</u>	<u>5,800.00</u>	<u>11.99%</u>
Total Long Term Liabilities	<u>54,193.00</u>	<u>54,193.00</u>	<u>0.00</u>	<u>0.0%</u>	<u>48,393.00</u>	<u>5,800.00</u>	<u>11.99%</u>
Total Liabilities	58,213.93	58,259.14	(45.21)	-0.08%	53,247.39	4,966.54	9.33%
Equity							
Net Assets	220,560.65	220,560.65	0.00	0.0%	207,439.45	13,121.20	6.33%
Net Income	<u>(4,242.88)</u>	<u>(20,268.09)</u>	<u>16,025.21</u>	<u>79.07%</u>	<u>11,493.49</u>	<u>(15,736.37)</u>	<u>-136.92%</u>
Total Equity	<u>216,317.77</u>	<u>200,292.56</u>	<u>16,025.21</u>	<u>8.0%</u>	<u>218,932.94</u>	<u>(2,615.17)</u>	<u>-1.2%</u>
TOTAL LIABILITIES & EQUITY	<u>274,531.70</u>	<u>258,551.70</u>	<u>15,980.00</u>	<u>6.18%</u>	<u>272,180.33</u>	<u>2,351.37</u>	<u>0.86%</u>

(Continued from page 18)

EXPENSES - SUMMARY: Our total expenses for the year were lower than the

annual budget. The expenses that were under budget were Access Expenses (\$5,324) and Employee Expenses (\$7,547).

UNRESTRICTED CASH: At the end of

December 2013, Central Office unrestricted cash of \$32,822 which amounts to a little less than two months of operating expenses.

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