

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2014
4
April

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship

of Alcoholics Anonymous

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Only As Sick



As Our Secrets

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

April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 <u>FIRST TUE</u> Access Committee Central Office 6pm	2 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6pm Meeting 7pm
6	7	8 <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	9 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
13 <u>SECOND SUN</u> Golden Gate Young People in AA Central Office 12pm	14 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	15	16
20 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	21 <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	22 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	23
27	28	29	30

THURSDAY	FRIDAY	SATURDAY
3	4	5
10 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	11	12
17	18	19 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
24 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	25	26 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am

Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.



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As the body can fail its purpose
for lack of nourishment, so can the soul.

Twelve Steps and Twelve Traditions, p. 97.



Meeting Changes

New Meetings:

Thu	6:30pm	Mission Bay	SOUTH BEACH MEDITATION 65, Townsend St / Colin Kelly Jr (Meditation)
Thu	7:30pm	San Anselmo	THE BROAD HIGHWAY GROUP, 921 Sir Francis Drake: Red Hill Church (Speaker)

Meeting Changes:

Mon	12:10pm	Financial	MONDAY NOON DAILY REFLECTIONS, 660 California St / Grant (Was at 12:00pm)
Mon	6:00pm	Hayes Valley	KOO KOO BIG BOOK, Alano Club: 1748 Market St, Room 202 (Was After Work Big Book)
Thu	6:30pm	Mission	A NEW STEP BEYOND, Baha'i Center: 170 Valencia St / Duboce (Was at 6:00pm)
Sat	10:00am	Mill Valley	MORNING AFTER, Community Center: 315 Montford Ave (Was at 305 Montford Ave)

No Longer Meeting:

Sun	6:00pm	McLaren Park	RIVER OF LIFE AA, 1430 Sunnydale / Hahn
Mon	6:00pm	Hayes Valley	K. I. S. S., Gay & Lesbian Center: 1800 Market St / Octavia

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!***



JOIN THE MISSION FELLOWSHIP
IN CELEBRATING

2900's 14th Anniversary

2900 24TH STREET
SUNDAY, APRIL 13, 2014

doors open: 4:30pm

AA Meeting: 5:00pm - 6:00pm
(speakers from 1364, 1010, and 2900)

Fellowship & Sobriety Countdown: 6:00pm
cake & coffee

From the Editor

The Cruellest Month?

by Charley D.

The poet T.S. Eliot labelled April the “cruellest month ... mixing memory and desire, stirring dull roots with spring rain.” That restless, aching feeling sounds familiar. We drank to avoid it, to enjoy it, to make it last, to make it go away. But that didn’t work. Now, we know we’ve found something better. Even so, despite extensive analysis performed by the best minds, psychology and medicine can’t explain why A.A. works. Like most members who’ve found relief from the desire to stop drinking in this program, we marvel at how much we have in common with the diverse, fractious, fellows of A.A. – those we encounter at home and abroad. Is that a clue? Perhaps. Perhaps also those A.A. aphorisms, each stating a truth in a memorable, even catchy way, can help identify that miraculous thing that keeps us all sober. Perhaps we really don’t need to know anyway.

In her piece this month, Amber G., who admits to being no fan of aphorisms generally, underlines the importance of sharing the truth with other A.A.s. She modifies the slogan “We’re only as sick as our secrets” to say “I’m only as sick as I am isolative” We’ve found the best way to

avoid the dangers of isolation is service. Alice D. writes of a journey of recovery that began with making coffee for her San Francisco home group but now means bringing the message to inmates in a prison in Indonesia. Luke H. explains how service enabled him to rise above his own romantic troubles when a sponsee called for help.

In this the fourth (cruellest?) month, we feature the same numbered Step and Tradition. Claire A. explains why Tradition 4’s insistence on each group’s autonomy allows them to learn, adapt and grow to meet their members’ particular needs. Jamie M. relates how a Fourth Step in early sobriety paved the way to long-term recovery.

Our A.A. Pre-History feature focuses on the early 1930s and the repeal of prohibition. These were the dark hours of alcoholic night for Bill W. and Doctor Bob, before the dawn of the A.A. program later in the decade.

We lay this before you to help with the pain and the joy of awakening spring. Whatever understanding you have of the Higher Power who makes your sobriety possible, we hope you find a spark, a reminder, a flicker of hope in these pages.



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:

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David J.	Mary C.	Here!
David S.	Mary D.	
Dianne E.	Mary L.	Or
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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

We Are Only as Sick as Our Secrets

by Amber G.

"We are only as sick as our secrets," a common A.A. phrase or slogan, seems to have helped many A.A.s open up in their groups as well as to their sponsors, family and friends. An A.A. who tells her sponsor her worst secret might feel a closer and deeper connection with her. Might be able to stay sober because of it.

A recent fascination with wanting to know where that slogan came from led me to an online search. I learned nothing about its origin, but located a site that purports to list "400 A.A. Slogans" – wait, whaaat?? The list had the "oldies but goodies" such as "First Things First" and "H.A.L.T." (suggesting we not get too hungry, angry, lonely or tired), but others I didn't recognize. I started wondering, who's the putz making this stuff up? But then a more measured response emerged when I actually pictured people using these phrases – and staying sober. Hey, if it helps another A.A., who am I to say it isn't an A.A. slogan? If an A.A. stays sober using it, then I guess it is, indeed, A.A. Just maybe not something you can order in poster form to post above the secretary's desk at your home group.

But on the other hand, unless such a phrase helped me stay sober, I may not share it with a sponsee. The test for me would be: is this a saying that might confuse her about the message of Alcoholics Anonymous? Or would it help her stay closer to the message? For example, I've known A.A.s dealing with fear of being diagnosed with a life-threatening illness and I told them, "There is

always a power greater than fear." I explained how that phrase helped me rely more on my home group when I was diagnosed with a life-threatening illness. It was hard at first to allow my home group in around that time – but let them in I did, and they even brought meetings into my home when I was unable to get out to meetings. Today, I'm physically quite healthy but still use that phrase when Second Step doubts crop up.

I'm only as sick as I am isolative ...

In contrast, I don't often repeat the phrase, "We are only as sick as our secrets," although it clearly has helped many A.A.s. One of the great things about our A.A. sayings is that we can opt to put them on and wear them like loose garments – or not. I have learned from other A.A.s that "sick as our secrets" is a reminder to me to watch for the alcoholic tendency to isolate from others: to not attend meetings because life is great or busy, to not make program calls, to not tell my sponsor what's going on with me. I do not get impulses like this much anymore, but I remain vigilant and when I hear this phrase in meetings, it provides a reminder. But I don't take it with me outside of meetings.

Other phrases work better for me. As I go through my day, repeating "Easy Does It" has made me more useful under the pressure of a packed work day and enriched my enjoyment of

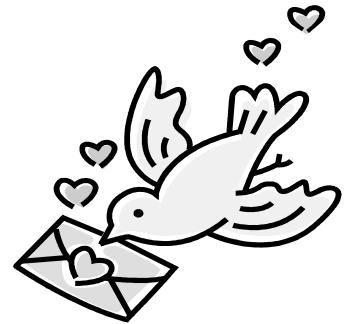
even stressful days and hard events in my personal life. For another A.A., using the "sick as our secrets" phrase just might do the very same thing. But here's why it doesn't for me. My secrets weren't, um, exactly secrets when I was drinking. I told anyone my tales of woe, discussing how the stories they held explained my behavior ("You'd drink like I do too, if you had experienced..."). And, when I got sober, I tried the same thing. I hired a therapist, who I used to avoid working the Steps or telling anything to those in A.A. Before sobriety, you couldn't shut me up. After sobriety, you couldn't open me up. That was going to have to be my Higher Power's doing.

I imagine you won't be surprised to hear that using therapy as my sole solution for alcoholism *never* gave me relief. Never gave me the sense of home I feel in A.A. Never yielded the rich work life I enjoy today. Never gave me the hope I needed. The spiritual solution I grabbed (and still grab) onto. I finally got into enough



(Continued on page 7)

Letters to the Editor



Dear Editor,

While reading the article “AA Aphorisms” in January, 2014, edition, I noticed the word God written six times with a small “g”. Buddha was written with a capital B, i.e. “We had lost our connection, if we ever had one, to god, our higher power, Buddha, the magical force of the universe – whatever you want to call the god of your understanding.”

Tradition Two states, “For our group purpose there is but one ultimate authority – a loving God as he may express Himself” It seems to me that the capitalization of Buddha and small case for God was intentional. The author appears to have “assumed authority” and in the article has become the “benign dictator” p. 133, Tradition Two, 12x12, to subtly or not so subtly negate the authority of our intimate authority – a loving God.

In the final paragraph, the author states she thanks God every day for the gift of desperation, thus

acknowledging His reality. The proper name of a specific deity, i.e. God, Buddha, should be capitalized like any other proper name.

I’m curious to know why this article was published this way.

Thank you for your help.

Sincerely,

Mary Ann B.

Dear Mary Ann:

Please refer to the cover of your issue, which reads in part (lower left corner): “Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole” The punctuation used was indeed the writer’s choice and the writer was speaking for herself only, telling her own story. We doubt her intent was to assume authority as a benign dictator. It’s quite possible she might construe your letter as

dictating to her, for that matter. I looked up “god” in my Webster’s dictionary and it was not capitalized, as the word has many meanings and uses. In A.A. we are each given unrestricted freedom to define our higher power as we understand it. And at *The Point*, we try to use our editor’s pen sparingly and let the writer’s voice come through to express their understanding.

Thanks for reading *The Point* and for writing to us. We trust our program’s history will mirror that of humankind as a whole and debates such as these will forever remain unresolved.

Sincerely,

Mike M.

Editor, *The Point*

(Continued from page 6)

pain to be willing to see that although therapy and just going to meetings with no further involvement in A.A. had kept me alive, I needed the Steps, needed an inventory, needed to do a Fifth Step with someone who could say, “Yeah, I’ve done that too.” I needed to make amends for the

wreckage I made during that long “dry drunk” period of one foot in, one foot outside of A.A. In the end, I owed more amends for that period than I did for my drinking years.

Today, slogans sometimes irk me when I hear them in meetings because I’m tired of them. But sure enough, when I need those very same slogans, I grab onto them like the life-

preservers that they are, and they help me get to a meeting and call my sponsor. I guess for me the twist on the “secrets” slogan that makes it more useful is to remind myself I’m only as sick as I am isolative, even if I’m dumping out my secrets as part of my isolation. I’m so relieved I don’t have to live like that today. by Line

LP



by Alice D.

Service has always been a huge part of my recovery. I was absolutely thrilled when my home group in San Francisco (7th and Irving) gave me the key to the meeting room and trusted me to make the coffee. That was nearly two decades ago. My life has had many high and lows in all areas – finance, romance, health, you name it. The one constant in my life has been my recovery and a huge part of that has been in the area of service.

When I had 2 days sober, my sponsor told me to reach out to other newcomers and simply ask how they were doing. The importance of getting out of myself was drilled into me. I was absolutely thrilled to make coffee at the Sunset 9'ers meeting when I was new – it was so amazing that people wanted me around! I have held many service positions in recovery – both in SF and in Marin. I did everything ... Secretary, Greeter, Raffle Girl, Basket Passer, Literature Person, GSR – you name it. They all hold a very special place in my heart and have incredible stories associated with them.

Life is quite a bit different now. I have been living in Bali, Indonesia for the past four years. Just as I was taught in early recovery, I jumped into A.A. service work as soon as I arrived in Bali, starting a new meeting in the town where I lived and reaching out to others. We have had a tough time getting people interested in anything beyond meeting level commitments (even that isn't easy at

Carrying the Message in Bali's Hotel K

times), but one area that has continued to carry on is our outreach to the inmates at Kerobokan Prison (known as Hotel K).

Home to many notorious drug traffickers, terrorists, petty criminals, drug addicts and alcoholics, Hotel K

*Home to many
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has quite a reputation around the world. It is a strange place and a sad place, but one where a number of people want recovery. Every other Thursday morning, a small group of us go into the prison to carry the message of Alcoholics Anonymous. Lately, we have had over 20 inmates attend our meetings, mostly Indonesians. They are so happy to see us and give us big hugs and warm embraces, saying "Sister! Brother! Pagi! [Good Morning!] It's so good to see you guys!" when they see us each week.

A young man from Australia came in recently and shared his message with the group. His story was one of tons of crime and violence, fueled by alcohol and drugs from a very early

age. In his drinking days, he rarely left his town. Now, 4 years sober, he was in a foreign country realizing the promise of how his experience could benefit others. He was so overwhelmed with emotion at the opportunity to share his experience with the prisoners that tears welled up in his eyes. After the meeting, he told me that going into Hotel K was most definitely one of the highlights of his sobriety – and, absolutely, the highlight of his trip to Bali.

A young Indonesian woman I will call Ketut translated the meetings for us for 2 years and 9 months – the entire length of her sentence. She is a really lovely woman, always wearing a big smile. After serving her sentence, she was released. She asked me to be her sponsor and we went to the Friday night chip meeting her first night out; she was so excited to get her 9 month chip. One of our members set her up with a small room of her own near the meeting - she is doing really well. She goes into the Indonesian rehab regularly to help them and she regularly goes into the prison to translate and participate – as a visitor now. Her friends at Hotel K are so happy to see her and she clearly delivers the message of faith, hope and the miracles that are coming true for her as a direct result of staying sober one day at a time.



IP



by Luke H.

Oftentimes I hear the 12 Steps neatly summed up as follows: Trust God. Clean house. Help others. Okay, so the way I was living my life doesn't work anymore and I need something greater than myself to restore me to sanity and help me with living my life? Got it. Write inventory and review it with a sponsor, deal with my character defects and make amends? Okay. Help others? Why? How does that benefit me in the least bit? That's much what I thought when I first got sober a couple of years ago and yet I continued to hear people whom I respected say, "Service keeps you sober." And, in my limited experience, I've found that to be absolutely true.

I'd like to use a recent example of life happening to show how true that is. Recently a romantic relationship that I had been in for over a year (my first in sobriety) ended. Usually that would have called for vast quantities of cheap boxed wine, expensive bourbon, and a lot of self-pity and crying in the shower with sappy love songs playing. That and I would feel slightly suicidal and like my world had ended. When I was drinking and using, my reactions to things like this were a little ... dramatic? Safe to say I didn't know how I'd react to something like this in sobriety, so I made sure to pray, call friends, call sponsees, go to meetings, reach out to newcomers and take inventory even more than usual.

The night that this happened, I was driving forlornly back to my

Service Keeps Me Sober

apartment when I called a sponsee who had called me earlier. I asked him how he was doing and he began relating some stresses in his life and delving into past traumas around certain people in his life. Before long he began crying on the phone with me and I was able to listen with empathy and get closer to another person than I felt like I ever had before. I felt useful and an

*I don't know where I'd be
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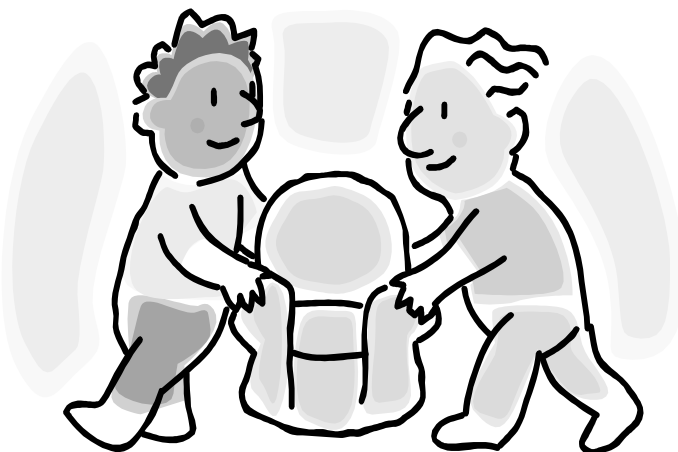
overwhelming sense of love for this man. What's more I felt more than ever the presence of my Higher Power. That phone call lasted well over an hour and I rarely thought of myself or how empty I was feeling. That sponsee saved my life. Being of service saved my life.

That experience reaffirmed something that I had heard in the rooms in the month prior, which is (roughly) that it's amazing how, when we come to the aid of another, all of the problems we thought we had are taken care of, as if

God were working in our lives while we were being of service to another. Sponsoring is one of the greatest gifts; however, there are plenty of other ways of being of service I've found. I get a kick out of madly circling meetings in a meeting schedule for newcomers, excitedly telling them about each one and the friends I've met at each. I enjoy calling a couple close friends in A.A. each day to see how they're doing and forget about whatever it is that's a problem in my life (real or perceived).

A lot of my problems are of my own making and so, when I'm not thinking about me and helping another, I have fewer problems. With fewer problems comes greater serenity, and with greater serenity there's a lessening of my desire to get outside of myself by using [insert anything, including alcohol]. I don't know where I'd be without the tools of A.A. and taking the suggestion to be of service. Nevertheless I'm pretty sure that I wouldn't be as happy, joyous and free as I am.

TP



Tradition Four

by Claire A.

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

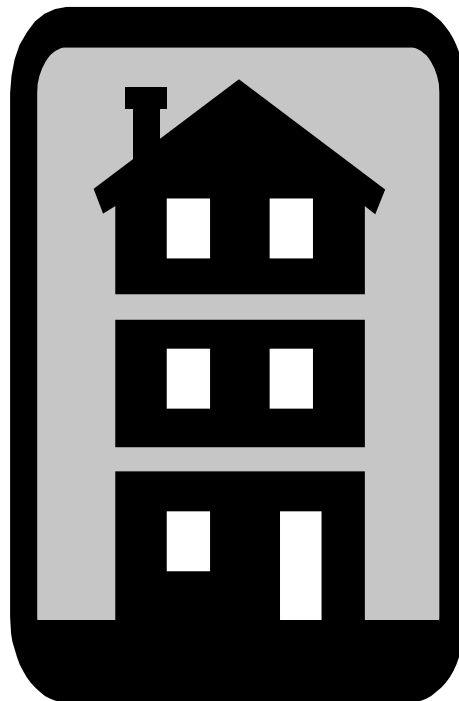
I love this tradition! In the story of this tradition, on page 149 of the book *Twelve Steps and Twelve Traditions*, is the appearance of Rule #62: "Don't take yourself too damn seriously." I haven't yet studied the traditions in a deep and sustained way. I read them in meetings when they come up, and I saw the fabulous play, *Our Experience Has Taught Us*, by Jackie B, but that's about the extent of my study. I'll just have to write from my own experience.

So, what does this tradition tell us? The group is self-governing, independent, and it makes its own decisions, for better or worse, based on the group conscience. But if the group's decision is going to affect other groups or the whole of A.A., then it needs to involve those groups. The group has the power to make some mistakes. As an individual, I am autonomous, just as the group is. I'm free to build a 3-story monument to recovery, a beehive of insanity, if I want to, as the Middleton group did. I'm also free to have a sense of humor when the thing comes crashing down around me. It's important to me to have this freedom.

That story makes me laugh because it reminds me of someone I know really well. Me. The people in the Middleton group were so sincere in their efforts that they made up 61 rules. They were so full of good will they came up with a floor for

medication and a floor for education in addition to their purpose of A.A. recovery. They were so busy fixing everything that they forgot to pay attention to what experienced people were telling them: that these types of ventures seldom succeed.

*Just as an ... alcoholic
is invited to try
a little more controlled
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experience*



I'm so grateful for the story because it gently shows me myself, and lets me laugh at my seriousness. I get so busy and determined with my little affairs that I often don't look up to see whether I am on track, let alone check in with others I may be affecting, and God forbid stop to smell the flowers or exercise or call my dad to see how he's doing. I get so insulted by anyone who dares to suggest that I might want to "lighten up." Often, though, that's exactly what would help (see "Easy Does It"). What I often need is to step back from what I am doing to consider whether it's the right course of action. I also need to check in with other individuals and try to learn from their experience.

I think autonomy is the crucial aspect of this tradition. I imagine that the other groups, watching the Middleton group, were shaking their heads as they witnessed the insanity of the 3-story building. Still, they gave their advice and then simply let the group do what it had to do. They let the enterprise fall flat on its face, consciously or not, allowing the group to learn. Just as an unwilling, un-open, dishonest alcoholic is invited to try a little more controlled drinking, the group is allowed to knock itself out and learn from the experience, as long as it doesn't hurt other groups or A.A. as a whole. Similarly, in my recovery the people who are most helpful to me are those who listen, tell me their experience and then let me make my own mistakes. I'm a stubborn alcoholic; sometimes I have to learn by bitter experience!

TP

A.A. History: The Three Legacies

Part Ten, 1931 Thru Repeal of Prohibition

[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 tenth installment of this series, we’ll review additional events that led to the formation of A.A., through the repeal of Prohibition.]

First in the chain of events that led to the founding of A.A. – 1931

In 1931, Rowland Hazard (age 50) was treated by Dr. Carl Gustav Jung in Zurich, Switzerland. It is believed that Rowland was a patient for about a year, sobered up and then returned to drinking. Treated a second time by Jung, Rowland was told that there was no medical or psychological hope for an alcoholic of his type; that his only hope was a vital spiritual or

religious experience – in short a genuine conversion experience. Bill W. wrote that this was “the first in the chain of events that led to the founding of A.A.” Rowland sobered up in the Oxford Group and was a prominent member of Calvary Episcopal Church in NYC (the Oxford Group U.S. HQ). He later moved to Shaftsbury, VT.

Bill W. later wrote to Dr. Jung on January 23, 1961, acknowledging his contribution to the A.A. movement. Jung replied to Bill on January 30. Bill wrote again to Dr Jung, however, Jung suffered a stroke and passed away on June 6, 1961. The letters Bill and Dr Jung exchanged were printed in the Grapevine and are preserved in the book “The Language of the Heart.”

The Oxford Group in Akron, OH - 1931 and 1933

Russell (Bud) Firestone from Akron, OH was the alcoholic son of Akron business tycoon Harvey Firestone Sr. In 1931, Bud was introduced to the Rev. Sam Shoemaker (the Oxford Group leader in the U.S.). Bud, who was drinking a fifth or more of whiskey a day, spiritually surrendered with Shoemaker and was released from his alcohol obsession.

In January 1933, Harvey Firestone Sr. (grateful for the help given to his son Bud) funded an Oxford Group conference at Akron's Mayflower Hotel. Firestone and the Rev. Walter Tunks met Frank Buchman and his team at the train station. The event was widely publicized and it attracted some notable names in A.A. history which included: Henrietta



Sieberling, T. Henry and Clarace Williams and Anne Smith. Anne began attending Oxford Group meetings with her friend Henrietta Sieberling and later persuaded Dr Bob to attend.

Bill W's Treatment at Towns Hospital – 1933

In the Autumn of 1933, Lois W. turned in desperation to her brother-in-law Dr. Leonard V. Strong. He arranged and paid for Bill's first admission to Towns Hospital. Dr Strong was married to Bill's sister Dorothy. Bill was subjected to something called the "Belladonna Cure." The regimen was fairly brutal and involved much "purging and puking" aided by, among other things, castor oil. Belladonna, a hallucinogen, was used to ease the symptoms of alcohol withdrawal.

Prohibition Repealed - 1933

On December 5, 1933, the 21st amendment to the US Constitution was ratified repealing the 18th amendment. The almost decade and a half prohibition of alcohol had been widely disregarded and yielded fortunes for organized crime in bootlegging and smuggling. Dr. Bob mentions in his Big Book story that it was around this time (what he called “the Beer Experiment”) that he joined the Oxford Group.



Fourth Step



by Jamie M.

My Fourth Step experience was a bit different from most of the stories I've heard. I met my temporary sponsor on a Saturday and we agreed to get together a couple of days later. That night I went to a friend's house and got loaded-- I smoked pot and snorted cocaine, but turned down the beer he offered me because I was going to A.A.! But that didn't work either. So I made it to my appointment with my sponsor, two days sober, and he started me on the steps. When he asked if I thought I was powerless over alcohol and my life was unmanageable, my "YES!" must have been pretty convincing, because we didn't spend much time on it. The second two steps went almost as fast. He had asked me to bring a yellow pad and a writing tool with me, so I don't think his plan was we were going to linger over those steps anyway.

So there I was, fresh from the first three steps and writing. He told me to make a grudge list, naming all the people, institutions, or principles I was angry with. Now, I doubt many readers of *The Point* are in the first week of sobriety, but if you can get started on that grudge list early in sobriety, I recommend it. My resentments were fresh and hot. I resented people who had more money than me-- how dare they be rich, enjoying luxuries that I didn't have! (never mind I hadn't done anything to earn a lot of money). I

resented people with less money than I because they made me afraid that I might end up with less. I resented people at my own level (especially if they were content) as useless mediocrities (another thing I was afraid of). In short, I ended up with an itemized list of every person, institution, or principle I could think of. It didn't take long.

I could have seen what was coming-- my sponsor did it strictly by the book -- but I don't remember really thinking about it. After I had a pretty good list, he showed me how to make the three column layout as shown on page 65: "I'm resentful at,"

My resentments were fresh and hot.

"The cause" and "affects my" and started me on breaking it down for every resentment on my list.

Here, things slowed down quite a lot. Just as it says in the book, it was very easy to think about all the people I was resentful at but I didn't feel any great urge to look at causes and conditions. I kept the list with me and every time life started to get too unbearable, I would get out the list and do a few more items. During this period, I had plenty of time to deal with anger and resentment. When you read the book, some of the most cogent discussion of the problems of anger and resentment and how to

deal with them are right smack in the middle of telling how to do your personal inventory.

One of the most memorable learning experiences came when I asked my sponsor what to do about the torment of my anger and resentment and he referred me to the prayer about how to deal with anger, but gave me the wrong page -- boy was I burned up about that! I ended up just saying, "God save me from being angry" and repeating it over and over, like a mantra. Then, one day, I saw on page 67, in the discussion of the Fourth Step, "When a person offended, we said to ourselves, 'This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.'" Well, I got part of it right, anyway. I'm still better at "This is a sick (person)" and "God save me from being angry" than wanting to be helpful to the SOB or doing someone else's will, Higher Power or not. But as long as I don't get loaded, I have a chance to keep working on it.

I kept slogging away at the list, going to meetings, doing service and talking to newcomers. My sponsor insisted that it was very important that I talk to newcomers, exchange phone numbers, and call them. Then, at one point, a newcomer asked me to sponsor him. I had more than six months, but less than a year, and I told the new guy I had to ask my sponsor. The sponsor said that I

(Continued on page 13)

(Continued from page 12)

should finish up my Fourth Step and do my Fifth before I take on the new guy as my first sponsee, so I did. Given my trepidation about the Fifth Step, I might have gone on perfecting my Fourth for who knows how long, but it was the desire to be of service to another that led me on.

I successfully did my Fifth Step with my sponsor and that's another story. But I will say this. When I hear people in meetings talk about "doing another Fourth Step" I have to respectfully disagree. For me, there's only one Fourth Step. After that, everything goes into the Tenth. Why do I say that? Because when I initially did the writing, facing up to where I had been selfish, dishonest, self-seeking, and frightened, looking at my fears (even where there was no resentment), finding my part in things-- even where the other was clearly a #!@*^&, doing a sexual inventory (straight pepper diet preferred) and all the rest, I had no idea why I was doing it. I really dreaded (as many of us do) talking about it to anyone. But after doing the Fourth and Fifth Steps, I got the results the book mentions. So I can never again do an inventory based purely on faith -- it's based on experience as well. That doesn't mean that taking inventory is easy, by no means. But it's different for me than before I ever did it at all.

Oh, one more thing. When I was first reading the book, without thought of



doing the steps (it really helped me go to sleep in early sobriety), I thought about underlining the important passages. My Big Book could have ended up like those of many of us -- one part highlighted in blue, another part in yellow, other parts underlined, other parts noted by brackets in the margins -- until the whole thing is marked up. Instead, I recognized that all the parts were of use. But I underlined two very short passages that I am sure saved my life.

One was on page 67 again, "We avoid retaliation or argument." Before I got

to A.A., I felt that these were two of my greatest talents. The ability to dispute with people and to hold a grudge. It was only in A.A. that I learned to recognize them for the character defects, soul-killing ones, that they really are. So even when my program is at its feeble, flimsy worst, if I can remember to avoid retaliation and argument, and to say "God save me from being angry," I get through it without picking up a drink -- and sometimes even without picking up new resentments!



Intergroup Meeting Summary – March 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	Embarcadero Group	Monday Night Women's	Sisters Circle	Valencia Smokefree
Artists & Writers	Extreme Makeover: Women's SS	Nu Soil	Sober Saturday	Vets Coffee Break
Came to Park	Friday Morning 12 Steppers	On Awakening	Sunday Night Corte Madera	Waterfront
Castro Discussion	Girls Night Out	Queers, Crackpots & Fallen Women	Sunday Rap	Weekend Update
Castro Steps & Traditions	Haight Street Blues	Reality Farm	Sunset 9ers Tu	Women's Promises
Cocanuts	High Noon F	Rise N Shine	Sunset Speaker Step	Marin General Service
Cover to Cover	High Noon W	Saturday Beginners	Thursday Night Speaker	SF H&I
Cow Hollow Young People's	MCYPAA	Saturday Weekend Warrior	Too Early	Marin Teleservice
Day At A Time	Mill Valley	Say Hey Group	Tuesday Beginners Meeting	Living Sober
Design for Living	Miracles (Way) Off 24th St.	Sesame Step	Tuesday Big Book Study	
Each Day a New Beginning	Monday Night Stag Tiburon	Shamrocks & Serenity	Tuesday Chip	

This is an unofficial summary of the March 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., March 5th, 2014 at 1187 Franklin St, SF CA.

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

Officer Reports

Board Chair Report, Phil: Facility rental for our annual Founder's Day increased. Rent has been increasing for many meetings. How do we remind people about self-support through our own contributions? We are still working on the standardization of committee operation. Board elections will be held in June. In the interim, we filled one open seat, subject to Intergroup approval. Election of Chip G. to the Board was ratified.

Treasurer's Report, Michelle C: Positive variance for January is \$12,401. Our unrestricted cash balance of \$46,425 can cover over two months of operating expenses. We are in good shape.

Central Office Manager Report, Maury P: All phone shifts are covered. We've sold 60% of our initial purchase of the 75th Anniversary commemorative edition of the book. The International Conference (every 5 years) will be held in Atlanta in 2015. You will see a link to FAQs for the event on the central office website soon.

Intergroup Committee Reports: each committee chair discussed their committees to give members more of a feel of what it would be like to participate.

Access Committee, Steve F: Meets 1st Tu at 6pm at Central Office. Steve reflected on recent touching moments, meeting the member whose story is in the General Service pamphlet for special needs. Received a request for an interpreter for a member who was receiving an honor at a meeting. There is special interest in having groups fill out the access survey online. Thorough answers to the extensive questions are very helpful for the access committee. We encourage members to get involved with the access committee and not just call for help.

Archives Committee, Michael P: Meets 3rd Su from 2-4pm. Our mission is to preserve the legacy of AA with research, documents, etc. We request that all groups provide a written meeting history, email archives@aasf.org. Currently working on the Saturday Evening Post article and a

letter to someone in PA asking about meetings in SF in the 1930s.

Fellowship Committee, Michael P: Meet 3rd Tu (time and location TBD). For more info, email fellowship@aasf.org. For Founder's Day, we're talking about music and an MC. Ask if your group would like to sponsor a part of the day at Founder's Day (setup, etc). Rent went up from \$450 to over \$800 this year. About 250-300 members attend each year. We are considering new ideas after Founder's Day like a circuit speaker meeting, etc.

Orientation Committee, Blu F: Meets 1st Wed at 6pm, before Intergroup.

Outreach Committee, Robert S: We've been to 12-15 meetings so far. We have 5 people and welcome more members (in SF and Marin). We do need women to outreach to women's' groups, Dakota volunteered! Contact outreach@aasf.org

SF PI/CPC Committee, Erin and Kris: Meets 2nd Mo 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.

Reaching out to the non-alcoholic public: police, social workers, youth programs, etc. Our workshop teaches you how to give a short pitch. DUI classes are usually first offenders. You can tell by the questions that there are a lot of misconceptions that AA members are all rough and barely keeping it together. We spoke to a psychology class in the University of San Francisco. We need two years sobriety for a speaker and are looking for more speaking opportunities with doctors, nurses, law-

Individual Contributions

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

ANNIVERSARIES

Sue L. – 10 years, Doug P. 24 years
Karen C. – 27 years, Yvonne D. – 27 years
Gerri B. – 29 years, Beverly C. – 34 years

IN MEMORIUM

Monika H., Bill J., Stu S.

yers, etc. We have many of those professionals represented in the fellowship and would like to leverage contacts to access those communities. Please contact us at picpc@aasf.org. Johnny brought up a point of educating visitors on protocol behavior at open meetings. For example, there is no contribution necessary.

SF Teleservice Committee, Carolyn R: Teleservice answers the phones when Central Office is closed with a live person 24 hours/day. Meets 3rd Mo at 6:00pm, with orientation at 6:30-7pm. The primary person handles most of call volume and requests for meeting information and the backup can address anyone needing a longer conversation. We now have 5 or 6 openings. Come to our next committee meeting. We have fewer calls now due to the website. Most of our calls are related to questions like, "what does it mean to be an alcoholic?" and calls from despairing third parties, but we are primarily here for the alcoholic who is still suffering. We do train in the traditions. The Cow Hollow Men's group was very creative and helpful by hosting a social gathering while covering the phones from 6-10pm.

The Point Committee, Charley D: Meets the 2nd Tu at 5:30pm at Central Office. Many don't know that *The Point* derives its name from the quote in the big book, "The Point is that we are willing to grow along spiritual lines!" We do 5 things... Plan The Point for the coming year, for example this is AA Slogans and Aphorisms (last year were the 7 deadly sins); Solicit articles; Edit articles we receive (glaring grammar or punctuation

changes - we don't edit content much at all); Lay out articles, select art, and produce a hard copy. Committee members write for The Point when we are short articles. We are ok with controversial issues and feedback We really need help first with committee members, then article writers or graphic artists.

12th Step Committee, Virginia M: Meets 2nd Th at 6pm at Central Office. We have a representative who can do a call/visit in ASL (American Sign Language).

Trusted Servant Committee This committee is defunct; awaiting a new committed chair to step up. The goal is to get the word out about the traditions.

Website Committee, Rebecca M: The website is very robust with contact info, timely announcements, and you can shop online! We are discussing having a public meeting to review the new website to give feedback. How does the web committee touch the fellowship? We want the site to have the feel of lightness in personality and ease of use. We want a place for committees to shine. Paul – Will there be online community functionality for members to communicate? Answer: that would be a major architectural undertaking; right now its member facing with avenues to contact committees and central office. Virginia expressed concern about the visibility of ASL on the site, such as a link with an ASL based message to describe the ASL access.

General Committees Note: There are volunteer opportunities on most of the

(Continued on page 18)

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 Contributions			San Francisco Contributions			San Francisco Contributions		
	Feb. 14	YTD		Feb. 14	YTD		Feb. 14	YTD
Contribution Box		48	11th Step Power Power Power M 545pm		66	Meeting Place Noon W 12pm		144
Intergroup	100	200	6am Men's Literature Meeting M		346	Men's Gentle Touch M 7pm		23
Fellowship Total	100	248	7am Step Discussion Tu 7am		98	Mid-Morning Support Su 1030am		612
			A New Start F 830pm	162	162	Midnight Meditation Sat 12am		100
Marin Contributions			After Work Big Book Study	48		Mission Fellowship	215	215
12 & 12 Study Sa 815am	66	66	All Together Now Th 8pm	690		Monday Beginners M 8pm	54	54
Attitude Adjustment 7D 7am	2016	2016	Artists & Writers F 630pm	1214		Monday Men's Stag 8pm		157
Beginner's Help Th 8pm		41	As Bill Sees It Th 6pm	128		Monday Monday M 1215pm		597
Closed Women's SS Tu 330pm	119	119	As Bill Sees It Th 830pm	196	196	Monday Nooners M 12pm		219
Crossroads Sun 12pm		800	As Bill Sees It Tu 1210pm		570	No Reservations M 12pm		455
Downtown Mill Valley F 830pm		490	Back to Basics Th 730pm	61	61	Pax West Men's Daily Reflections	116	116
Girls Night Out W 815pm		155	Beginners 12 x 12 F 7pm		50	Pax West T 12pm		667
Glum Not! Su 9am		140	Bernal New Day 7D	304	304	Pax West Th 12pm		749
Gratitude Tu 8pm		183	Blue Book Special Su 11am		42	Progress Not Perfection Tu 830pm	29	29
Greenfield Newcomers Sun 7pm		182	By the Book Sa 10am		106	Raising the Bottom W 9pm		300
High & Dry W 12pm	286	286	Came To Believe Su 830am		42	Serenity House	150	300
Intimate Feelings Sa 10am		37	Came to Park Sat 7pm	377	377	Sober at State MW 1210pm		124
Marin City Groups 6D 630pm	200	200	Castro Discussion Th 8pm		491	Sober Saturday Sa 830am		83
Meditation Weds 7pm		117	Castro Monday Big Book M 830pm		135	Sometimes Slowly Sa 11am	150	150
Mill Valley 7D 7am	600	600	Chips & Salsa Tu 12pm		49	Su Morning Gay Men's Stag 930am	552	552
Mill Valley Discussion W 830pm	97	97	Coit's Quitters	84	84	Sunday Night Castro SD Su 730pm		569
Monday Night Stag Tiburon	500	500	Each Day a New Beginning F 7am	429	429	Sunset 11'ers Tu		79
Monday Night Women's Group	165	165	Each Day a New Beginning M 7am		416	Sunset 9'ers F	20	20
Novato Fellowship Group	480	480	Each Day a New Beginning Th 7am		562	Sunset Speaker Step Sun 730pm	132	132
Passages W 1030pm		49	Each Day a New Beginning Tu 7am		373	Tea with Bill	25	25
Quitting Time M-F 530pm	832	832	Easy Does It Tu 6pm		549	Ten Years After Su 6pm	504	504
Refugee Th 12pm		62	Embarcadero Group 5D 1210pm		736	The Lads Fr 730pm	150	150
Rise N Shine Sun 10am		168	Federal Speaker Su 12pm	76	76	The Parent Trap 2 Wed 4pm		60
Saturday Night Sa 8pm		240	Fell Street F 830pm	390	390	Tuesday Big Book Study Tu 6pm		78
Sausalito 12 Step Study Group		111	Firefighters & Friends Tu 10am		12	Twelve Steps to Happiness F 730pm		70
Serendipity Sa 11am		169	Friday All Groups F 830pm		565	Wake Up On 3rd St Group		128
Sober & Serene F 7pm	287	287	Friday at Five F 5pm	85	85	Walk of Shame W 830pm	185	185
Sunday Express Sun 6pm		223	Friendly Circle Su 830pm	120	120	Waterfront Sun 8pm	244	244
Sunday Night Corte Madera 8pm	43	43	Getting Fit at One O'Clock Tu 1pm		8	We Care Tu 12pm		94
Terra Linda Group Th 830pm	588	588	Giddy Up Th 7pm		89	What It's Like Now M 6pm	139	139
There is a Solution Tu 6pm		53	Gold Mine Group M 8pm		176	Wits End Step Study Tu 8pm	35	35
Thursday Night Speaker 830pm		333	Gratitude Center	300	300	Women's 10 Years Plus Th 615pm		601
Tiburon Women's Candlelight W 8pm		148	Haight Street Blues Tu 615pm		111	Women's Kitchen Table Tu 630pm		396
Tuesday Beginners' Meeting		231	High Steppers W 7pm		53	Women's Mtg There is a... W 6pm		415
Tuesday Chip Meeting Tu 830pm		100	Hilldwellers M 8pm		332	Women's Promises F 7pm		140
We, Us and Ours M 650pm		100	Join the Tribe Tu 7pm		446	YAHOO Step Sa 1130am	300	300
Women's Lunch Bunch F 12pm		408	Keep Coming Back Sa 10am	210		San Francisco Total	\$ 5,584	\$ 21,356
Marin Total	\$ 6,278	\$ 10,816	Like A Prayer Su 4pm	50		YTD	\$ 11,962	\$ 32,421

Why the Pink Cans?

NORTHERN CALIFORNIA HOSPITAL & INSTITUTION COMMITTEE

The Hospital & Institution Committee of Northern California is an organized committee of Alcoholics Anonymous with the purpose of carrying the message of AA to those who are confined in prisons, hospitals and other institutions. Northern California H&I provides almost 42,000 meetings a year, serving 22 major state and federal institutions and hundreds of local jails, hospitals, rehabs and other community facilities. Those who are confined have no money to buy the AA literature brought in by the H&I volunteers, so the Pink Can, with your donations, covers this cost.

*H&I ... requests that
the Pink Cans be passed
separately from and
after the baskets to avoid
subtracting
from support of the
7th Tradition....*

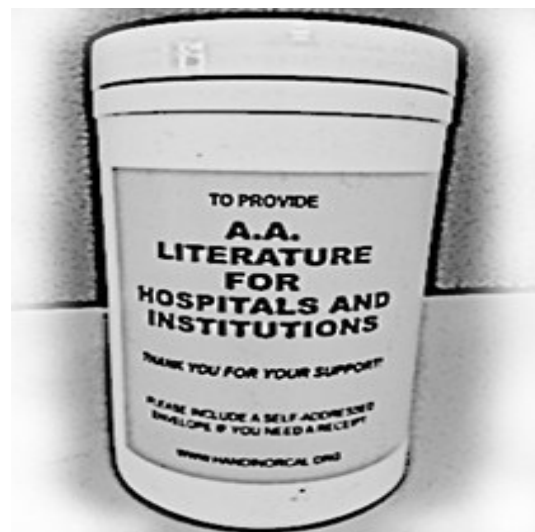
In the fiscal year ending November, 2013 Nor Cal H&I spent \$429,000* for books and literature from AA World Services; \$63,600* for the AA Grapevine in both English and Spanish; \$10,600* to purchase Meeting Directories from the local Central Offices; and \$13,400* to ship, distribute and supply these items throughout Northern California. These necessary categories comprise over 97% of the total Nor Cal 2013 expenses and amounts to the cost of just one Big Book, one Twelve and

Twelve and a small handful of pamphlets and schedules per meeting.

The Northern California Hospital & Institution Committee has for many years been one of the largest purchasers of literature from the AA General Service Office in New York, contributing greatly to World Service income. No H&I members are paid for service, nor are they reimbursed for expenses incurred carrying the message into these institutions, regardless of the distance. It is not unusual for an H&I volunteer to drive well over 200 miles for a weekly or monthly institution meeting. These travel expenses are a personal contribution of the individual.

One of the fears expressed early on in the implementation of the Pink Cans was that they would subtract from the support of the meetings. This is entirely contrary to the intention of the Committee, and should not happen if the AA group secretaries announce (before the baskets are passed) the importance of supporting the 7th Tradition first (thereby supporting the service entities it contributes to) and the purpose of the Pink Can. The Nor Cal H&I Committee requests that the Pink Cans be passed separately from and after the baskets to avoid subtracting from support of the 7th Tradition, and encourages all members to remove the cans from the baskets if they are being passed together. The small change placed in these cans by thousands of AA members in Northern Calif. make the purchase of AA and Grapevine literature and its distribution possible.

In 1942, the highly respected Warden



Clinton Duffy invited some local AA members to bring the first AA meeting into San Quentin Prison; by June of 1946, AA was invited into Folsom Prison and the committee we now know as H&I was born. Because of the increasing interest of AA members outside the San Francisco area to participate in prison work, the committee resolved to become an autonomous committee, thus forming the Northern California Hospital & Institution Committee.

Nor Cal H&I has been carrying the AA message of recovery to confined alcoholics for over 71 years, and is one of the oldest service committees of AA. We maintain strong and mutually beneficial relations with the Corrections and Treatment Committees of the AA General Service Board in New York, and are humbly grateful for the generous contributions, both financial and in service, of the AA members who make our mission possible.

For additional information, please write to the Northern California Hospital & Institution Committee, P.O. Box 192490, San Francisco, CA. 94119-2490 or visit our website at www.handinorcal.org.

*Amounts rounded to nearest \$100

Profit and Loss Statement: January 2014

	Jan 14	Budget	YTD Budget	2014 Budget		Jan 14	Budget	YTD Budget	2014 Budget
Ordinary Income/Expense					Payroll Fees	10.50	10	10	119
Income					Phone Book Listings	93.00	93	93	1,116
Gratitude Month	3,686.35	3,500	3,500	15,675	Postage	245.75	246	246	1,476
Group Contributions	20,458.88	21,533	21,533	157,533	Printing	0.00	0	0	1,000
Individual Contributions	6,237.00	6,376	6,376	42,501	Professional Fees	0.00	0	0	1,575
Newsletter Subscript.	33.09	33	33	253	Rent - Office	4,121.88	4,122	4,122	49,794
Sales - Bookstore	11,275.41	11,099	11,099	112,099	Rent - Other	100.00	90	90	1,045
Special Event Income	0.00	0	0	365	Repair & Maintenance	355.64	345	345	3,215
Total Income	\$ 41,691	\$ 42,541	\$ 42,541	\$ 328,426	Security System	0.00	0	0	477
Cost of Goods Sold					Shipping	238.08	323	323	3,881
Cost of Books Sold	8,109.29	8,029	8,029	82,348	Software Purchased	0.00	0	0	470
COGS - Shipping	14.00	14	14	300	Sunshine Club	25.00	0	0	0
Credit Card Processing	386.53	387	387	4,987	Telephone	221.60	246	246	2,950
Inventory Adjustments	3.00	0	0	0	Training	0.00	0	0	200
Total COGS	\$ 8,513	\$ 8,430	\$ 8,430	\$ 87,635	Travel	0.00	0	0	1,200
Gross Profit	\$ 33,178	\$ 34,111	\$ 34,111	\$ 240,791	Total Expense	\$ 21,129	\$ 20,306	\$ 20,306	\$ 241,502
Expense					Net Ordinary Income	\$ 12,049	\$ 13,805	\$ 13,805	\$ (711)
Reconciliation Discrepancies	0.10				Other Income/Expense				
Access Expenses	0.00	0	0	3,815	Other Income				
Archives Committee	0.00	0	0	500	Bag Fees	2.40	4	4	55
Employee Expenses	13,326.35	12,779	12,779	151,972	Customer Shipping	343.61	350	350	3,881
Equipment Lease	0.00	0	0	5,785	Interest Income	0.46	95	95	1,195
Filing/Fees	0.00	0	0	545	Miscellaneous Income	283.31	30	30	360
Insurance	1,620.00	1,620	1,620	2,400	Total Other Income	629.78	479	479	5,491
Intergroup Events	344.24	0	0	1,750	Other Expense				
Intergroup Literature	0.00	0	0	770	Depreciation Expense	278.00	280	280	3,361
Internet Expense	123.47	129	129	1,548	Total Other Expense	\$ 278	\$ 280	\$ 280	\$ 3,361
Office Supplies	126.14	125	125	2,450	Net Other Income	\$ 352	\$ 199	\$ 199	\$ 2,130
Paper Purchased	177.43	178	178	1,450	Net Income	\$ 12,401	\$ 14,004	\$ 14,004	\$ 1,419

Treasurer's Report

For the month of January, gratitude month was \$19 over budget.

Group and individual contributions were \$907 under budget and \$139 under budget respectively.

Total expenses for the month of January were \$823 over budget.

Our positive variance for January is \$12,401, compared to a budgeted positive variance of \$14,004.

Unrestricted cash balance increased from \$32,971 to \$46,425 which represents more than two months of operating expenses.

(Continued from page 15)

committees, which are shown on the handout in your packet. Please share with your meeting that it is not necessary to be an Intergroup rep to join an Intergroup committee. Any AA member is encouraged to participate.

Liaison Reports

Living Sober 2014, Kenny S and Cher E: This is this oldest LGBT conference. Registration is open. July 4 - 6. Visit www.livingsober.org for more info. Kenny also mentioned the Spring Cleaning Drag Queen event and are looking for speakers (submit a speaker tape). Margaret asked if

the big AA meeting at the end will be open to the public without registering. Kenny mentioned using the scholarship fund for that. Phil confirmed that Intergroup cannot put any event on the calendar that doesn't have a free AA meeting open to all members. Kenny will take that back to his committee and come back to the next Intergroup meeting in April to report.

Marin Bridging the Gap, Chris H: Working with Helen Vine Rehab right now and have a business meeting every other month. Please let us know if you see opportunities for growth.

(Continued on page 19)

January 2014 Balance Sheet

	Jan 31, 2014	Dec 31, 2013	\$ Change	% Change	Jan 31, 2013	\$ Change	% Change
ASSETS							
Current Assets							
Checking/Savings							
Total Restricted Cash	186,537.04	186,537.04	0.00	0.0%	180,871.23	5,665.81	3.13%
Total Unrestricted Cash	46,425.48	32,970.76	13,454.72	40.81%	45,397.45	1,028.03	2.27%
Total Checking/Savings	232,962.52	219,507.80	13,454.72	6.13%	226,268.68	6,693.84	2.96%
Accounts Receivable							
Total Accounts Receivable	45.63	24.29	21.34	87.86%	0.00	45.63	100.0%
Other Current Assets							
Inventory - Bookstore	18,644.64	20,726.27	(2,081.63)	-10.04%	18,786.75	(142.11)	-0.76%
Prepaid Literature Orders	6,342.80	342.83	5,999.97	1,750.13%	8,471.39	(2,128.59)	-25.13%
Undeposited Funds	131.95	3,990.24	(3,858.29)	-96.69%	0.00	131.95	100.0%
Total Other Current Assets	25,119.39	25,059.34	60.05	0.24%	27,258.14	(2,138.75)	-7.85%
Total Current Assets	258,127.54	244,591.43	13,536.11	5.53%	253,526.82	4,600.72	1.82%
Fixed Assets							
Total Comp. and Off. Equipment (Net)	3,427.57	3,540.57	(113.00)	-3.19%	2,282.52	1,145.05	50.17%
Total Furniture & Equipment (Net)	4.93	4.93	0.00	0.0%	71.93	(67.00)	-93.15%
Total Leasehold Improvements (Net)	19,692.84	19,857.84	(165.00)	-0.83%	21,672.84	(1,980.00)	-9.14%
Total Fixed Assets	23,125.34	23,403.34	(278.00)	-1.19%	24,027.29	(901.95)	-3.75%
Other Assets							
Deposits							
Garage Remote	30.00	30.00	0.00	0.0%	30.00	0.00	0.0%
Lease Deposit	6,667.50	6,667.50	0.00	0.0%	6,667.50	0.00	0.0%
Total Deposits	6,697.50	6,697.50	0.00	0.0%	6,697.50	0.00	0.0%
Total Other Assets	6,697.50	6,697.50	0.00	0.0%	6,697.50	0.00	0.0%
TOTAL ASSETS	287,950.38	274,692.27	13,258.11	4.83%	284,251.61	3,698.77	1.3%

(Continued from page 18)

Marin PI/CPC, Chris H: Feel free to contact us with opportunities to speak to the community.

Marin Teleservice, Alex G: Committee positions rotated.

Marin General Service, John R – Agenda Topics workshop last Saturday; going to pre-conference assembly in Monterey. The 3rd Monday of the month is our regular meeting in San Rafael.

Meet the Meeting

Dakota, **Monday Night Women's** group at 8pm in Larkspur at 230 Doherty Drive

Called MSW for short. We've been there for a long time, members are newer. The

original treatment center closed and this meeting started up to keep recovery alive. We have many commitments filled and about 50 women attending. The meeting is in a dark lit comfortable setting, full of supporting, loving women.

Brandon, **Castro Discussion (Show of Shows)**, Thursday 7:30pm at 100 Collingwood St. For 25 years, the meeting has been in 3 different locations, from a private school to a church in Noe Valley, and now it's at Eureka Valley Rec Center. We use a microphone with a format of Speaker/Discussion. The heyday of the meeting was in the late 80's and 90's during the AIDS crisis. There were 150-200 gay men in the fellowship. The ceiling was low in a large living room with about 30-40 people outside smoking. Personalities were ex-

tremely colorful! A member said, "I always knew where I was going on Wed nights." This meeting anchored people, especially as members and the gay community at large were witnessing and experiencing death. The meeting was a place to hunker down amidst society, a place to keep hopes up!

Frank, **Saturday Weekend Warriors** at 8:30am in Mill Valley at 118 E Strawberry Dr. Two people share about 10 mins each. Each meeting has a new leader who offers a reading and involuntarily picks people to share. We have donuts and coffee.

Next Intergroup Meeting: Wed. April.2, 2014, 7pm, 1187 Franklin St. SF CA. Orientation is at 6pm, dinner is served at 7pm.

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April 2014

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