

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014
5
May

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship

of Alcoholics Anonymous

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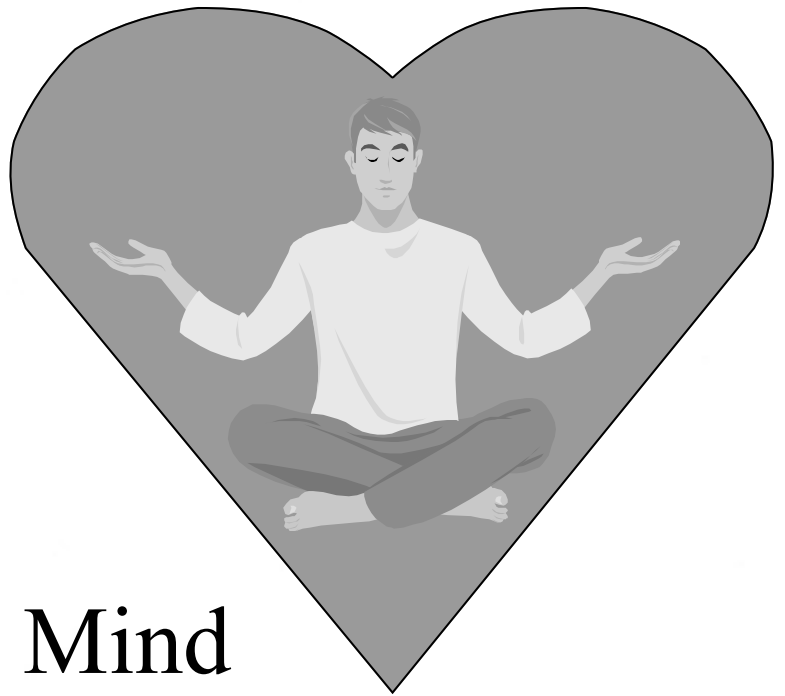
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Healing Heart & Mind

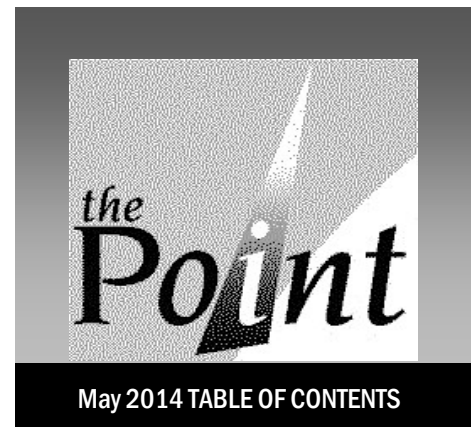
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- 7 Daily Reflection (Healing Heart & Mind)
 - 10 There is No Chemical Solution
to a Spiritual Problem
 - 13 The Month of Ma(r)y
 - 17 First Ever Symposium on A.A. History

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.

May 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>			
4	5	6 <u>FIRST TUE</u> Access Committee Central Office 6pm	7 <u>FIRST WED</u> Intergroup Meeting 101 Donohue St., Marin City Orientation 6pm Meeting 7pm
11 <u>SECOND SUN</u> Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm	12 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	13 <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	14 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
18 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	19 <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	20	21
25	26 MEMORIAL DAY CENTRAL OFFICE CLOSED	27 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	28

THURSDAY	FRIDAY	SATURDAY
1	2	3
8 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	9	10 Sunshine Club Orientation The Dry Dock 2118 Greenwich, SF 1:30pm
15	16	17
22 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	23	24 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
29	30	31 



Calendar	2
Meeting Changes	4
From the Editor	5
Faithful Fivers.....	5
Aphorism: H.A.L.T.....	6
Daily Reflection	7
Come as You Are	8
Letters to the Editor	8
Halfway to a Drink.....	9
Aphorism:	
No Chemical Solution.....	10
A.A. History: Three Legacies ...	11
Step Five	12
Letters to the Editor	12
The Month of Ma(r)y.....	13
Intergroup Meeting Summary..	14
Group Contributions	16
Symposium on A.A. History	17
P&L/Treasurer's Report	18
Balance Sheet	19

Pity me the heart that is slow to learn
What the quick mind sees at every turn.

*Big Book (3d ed.) p. 534, quoting the sonnet
"Pity Me Not" by Edna St. Vincent Millay*



Meeting Changes

(All changes are also listed on our website under “AA Meetings, Recent Schedule Changes”)

New Meetings:

Mon 7:30pm Park Merced THE MONDAY CLUB, 751 Eucalyptus / 21st Ave (Men, Speaker Discussion)

Meeting Changes:

M—F	7:00am	Mission	BIG BOOK BOOT CAMP, 362 Capp St / 19th St (was 3481 18th St / Valencia)
Wed	12:15pm	Financial	THE DRIVE THRU, 660 California / Grant (Enter through Courtyard, was Bookstore)
Thu	12:05pm	Inner Sunset	LUNCHTIME QUICKIE, Gratitude Center: 1320 7th Ave / Irving (Was 12:00pm)
Thu	5:30pm	South of Market	LIVING PROOF, 4-1 3rd St / Harrison (Was 6:30pm)
Fri	8:00pm	San Rafael	NOT A GLUM LOT, 199 Greenfield Ave (was 25 Ross Valley Dr.)

Removed from Schedule

Sun 9:00am Novato OVERCOMERS, New Life Christian Ctr: 1370 S. Novato Blvd (Not an AA meeting)

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 Sunshine Club!



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

The next Sunshine Club orientation will be at 1:30 pm on Saturday,
May 10, 2014 at The Dry Dock, 2118 Greenwich / Fillmore

Please call 415-674-1821 for more information or e-mail sunshine@aasf.org

(One year sobriety requirement.)



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



From the Editor

Healing

by Charley D.

This month, we focus on “Healing Heart and Mind.” Most who endure physical illness long to be rid of their ailments. We who suffered active alcoholism craved only that next drink until, crushed by our obsession, we, usually reluctantly, sought help in this program. Now that we’ve found what seems like the way out, at least for today, how do we heal ourselves? How do we know we’re getting better?

One way, as Anonymous explains, in our ongoing series on A.A. slogans, is to H.A.L.T. Even in sobriety it can be hard to realize we’re Hungry, Angry, Lonely or Tired. The consequences of remaining ignorant can prove devastating. Claire A.’s piece on the *Daily Reflection* for May 1, shows how honesty to oneself is the cornerstone to a healthy mental outlook. But are we healing or heeling? Luke H., in “Come As You Are,” explains how the honesty of other A.A.s enabled him to start being honest with himself. Sometimes we’re getting healthier and don’t realize it until later. On his way to a relapse, “Halfway to a Drink,” David M. stopped, remembered what he’d learned from A.A., and found his way back to a sober path. We

eventually realize, “There is No Chemical Solution to a Spiritual Problem.” Judy G. analyzes this A.A. aphorism. She tells how the “chemical” solution to the loneliness every alcoholic feels only makes things worse and reminds us that working our program can fill that “god-sized hole.” Step Five, which Bob S. examines in this fifth month of the year, enables him to get on “God’s train,” renewing himself every day. And what if we’d never found our way here? In “The Month of Ma (r)y,” Anonymous lays out the harrowing story of the twin lives she and a nearly identical cousin named Mary lived. Sadly, Mary never recovered from her alcoholism, which first took Mary’s husband’s life and finally her own.

When did A.A. healing begin? Our A.A. History article for this month features A.A.’s founder, Bill W., hitting bottom and finally beginning to recover as he developed the principles that would, were and remain the foundation of the A.A. program of recovery. Preserving that legacy was the theme of “The First Ever Symposium on A.A. History,” held earlier this year. Mr. Anonymous provides a fascinating summary of the event.

Stay well and keep healing.

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

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

H.A.L.T. with Eyes Open

by Anonymous

Sometimes, I just feel like crap and I don't notice that I am Hungry, Angry, Lonely or Tired. Each of these states can cleverly disguise itself as something else. As an alcoholic, it is important for me not to take foul moods for granted. While it may be true that everyone has a bad hair day now and then, I am not like "everyone" and I need to pay special attention to my frame of mind.

Hunger is not always a clear signal for me. Sometimes I just want to eat a bag of popcorn. But when lunch was a bag of popcorn and breakfast was coffee and a Cliff bar, by 3pm the world is not looking like a sunny

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place to me. At this point, I may not realize I am hungry. In fact, I may have a strange sense of excess energy, and quickly try to capitalize on it. At this point, my thinking often begins to change, turning edgier and more pessimistic. I start to find others more annoying than usual. I feel a readiness to defend myself, although nobody has challenged me.

Anger can also masquerade as something more acceptable, like justifiable anger. Or impatience (we must all be efficient). Or

understandable frustration (why does she keep doing that?). In hundreds of different ways, I can get my feathers ruffled. When I suffer from a state of agitation, my ability to handle something out of left field pretty much evaporates. This puts my sobriety in jeopardy. It puts me on the highway to "oh-what-the-hell."

Loneliness is not something I notice very well either, because I really enjoy being alone. I get a little perturbed (okay angry) when people immediately label it "isolating." I like to spend time in nature alone and time doing various hobbies I enjoy. Writing, for example, is a very solitary exercise. But sometimes I do get an overdose of solitude, especially when something troubling is on my mind and I share it only with myself. Myself and I go round and round, saying the same thing to each other and responding identically. Even among a group of friends I can be lonely, not really listening, off in my own thoughts and preoccupations. All these forms of loneliness put a strain on my sobriety. They let my critical internal voices dominate the conversation. This is an eventual pathway to "f-k it."

I do know when I am tired. The problem is I don't care. Which is bad. Apparently sleep is very important and flushes toxins out of my brain. And I am told that lack of sleep can cause serious illnesses. But the main



price I pay for not getting enough rest is the fragile state of mind it brings. I've read that "fatigue makes cowards of us all." When I am exhausted, everything seems more daunting. Every setback feels like a major blow. I struggle with this sense that I am not going to make it through the day. But I do, and then it is night again and I have forgotten that I am tired.

When I drank, I didn't need to eat. Being angry felt like I was a superpower. Being lonely was a non-issue, since nobody was worthy of my grandeur. Nor was I ever tired. I was either raging or passed out and there was not much transition between the two. In sobriety though, all these things matter. With A.A. I can live in this world without alcohol. But I have to do my part. I have to see the H.A.L.T.

Healing Heart and Mind

Daily Reflection: May 1, 2014

by Claire A.

"It's the side of myself that I refuse to look at that rules me." This is so true for me. I try to hide things from myself, deny things are happening and feelings are happening. Denying, though, like taking a drink, only puts off the inevitable. I am going to feel those feelings, whether it's today or tomorrow; they aren't going to just disappear if I deny them. And I might as well feel them now, because that will give me a chance to look at them, do something about them, and finally, be free of them. And, if I go ahead and deal with them now, then I don't have to later regret that I didn't already deal with them!

My first step here is to look at the feelings. That often means, for me, writing them down. If I can write

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down what's going on, that usually takes some of the intensity out of it for me. It's not enough to write, though. While it's a decent way to dump some intensity, writing doesn't move me forward.

In order to get further, I have to talk with someone honestly. Often, that person is my sponsor. Knowing that she has probably been where I am, and trusting that even if she hasn't, she will hear me without judging, I can 'fess up. Most of all, I trust her to help me see how to get in the solution. She'll allow me a minute of self-pity, maybe, but, thank goodness,

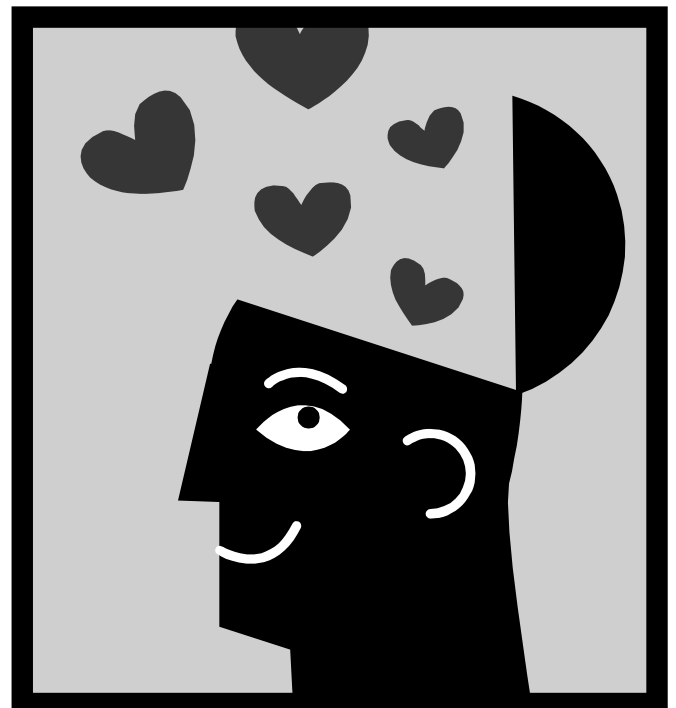
she'll then remind me of what I can do for relief.

I usually need help staying balanced in terms of making amends, too. Generally, I want to apologize where I needn't, and I don't want to apologize where I ought. My sponsor helps me sort this out, if my 4th or 10th Step hasn't already. When I write out my resentment, listing carefully what is really bugging me, when I get it all down on paper about what awful, horrendous thing someone has done to me -- me! -- I can then start to look at my part in the problem. And I can say that it is really rare that my anger about any given situation is truly directed toward someone else. Usually, I'm angry with myself for something I regret doing. In my alcoholism, I tend to direct that anger outward, though, blaming others for how I feel. In order to heal, to stop being ruled by my feelings, I have to sort that out. I have to take the very uncomfortable step of looking at my part. And I almost always have a part. Even if someone cuts me off in traffic, I have a part. I'm not saying that it's OK to cut people off in traffic, but if I get all bent out of shape about it, and expect that everyone on the road will treat me with respect, then

I'm setting myself up for anger.

When I take the attitude that I am simply in the stream of traffic, as a member of A.A. recently put it, then I remember that I am just one more car in the stream. It's really amazing to me to think this way, actually -- suddenly I am not this self-important driver, offended at every little thing, sure I am in the right, making judgments about everyone else's driving, and generally being a jackass. I can actually relax and enjoy life. It's very freeing!

And, coming back to the Reflection, it's all right there: "By revealing my secrets - and thereby ridding myself of guilt - I can actually change my thinking." Thank you for reading my secrets and helping me to change my thinking!



Come as You Are

by Luke H.

When I came to A.A. I was short a few friends and lacked much of a life. It was, as I remember it, a horrible place to be believe it or not! When I realized that I could completely recreate myself and no one would know how it's been before, I took full advantage of that. From 8 days to 8 months I tried to be happy, joyous and free, spiritual experience or not.

I didn't understand why those with more time than me kept making fun of me for being so 'happy' all the time. I'd stopped drinking and using so I was all better, right? Besides I needed to look good anyhow. How else was I going to meet that special someone in the rooms who finally 'got me'? Being a spiritual being on the path to recovery seemed like a good tack.

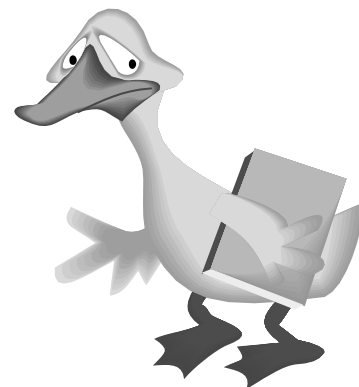
As I now know, this plan that I had didn't work so well. I began to notice how much I respected and appreciated those who shared

honestly about what was going on and came to A.A. whether things were good, bad or otherwise. There was a bit of disparity in my thinking still: it was okay for them to share but I would have been a loser for doing the same. It would have shown how poor of a program I was working to be rigorously honest with others!

I thought sharing how I felt (and it wasn't great) was a sign that I wasn't working the Steps hard enough or praying hard enough or relying on God enough. The reality of the situation is that I wasn't allowing God a place in my life to do the heavy lifting. I wasn't allowing the Fellowship that had grown up around me to really get to know me and help in carrying me through tough times. I thought it all came down to me to stay sober, the work that I did. I was having a hard time letting go and trusting. The problem was that I couldn't even see it for what it was.

Thankfully my thinking has changed

but not without some serious ego smashing and pain. Thank God for the pain that I've experienced from trying to engage in the old behaviors of trying to do it all on my own, trying to show only my best attributes, trying to appear better than I really am. Thank God for those who have come before me and shown me how to finally open up and be honest. It's been through that honesty that I've begun to truly develop lasting friendships and begin my journey towards something new and different.



Dear Editor:

You guys do a great job in putting the together *The Point!* Thank you. It's thoughtfully edited and very professional and a credit to our Intergroup and Central Office. I have 2 cents to contribute on the February 2014 piece, "Is Buddah [sic] OK in A.A.?" by Kathleen C., which made me ponder -- and that's high praise. Kathleen's piece reminded me of an

A.A. friend who says that Jesus and Buddah were really great guys but they have "lousy PR people!" This article also reminds me of when I was new to A.A. and wanted to run and tell everyone about my "discovery and solution." Luckily I didn't, because I didn't stay sober and I wouldn't have made a good example of what A.A. has to offer. Kathleen makes the point that conversion to Buddhism has as much place in A.A. as born-again Christianity. I totally agree. I try to tread lightly and share in a general way about areas of my program that may be important to me, but not essential to the A.A.

program that got me sober. Those eager to share how Buddhism or Christianity has changed their lives remind me of the enthusiastic A.A. new-comer who usually is not the most reliable source of how A.A. and sobriety work. We tolerate them, with the reminder to "keep coming back!" Keep up the good work with *The Point!*

Gratefully yours,

Anonymous Agnostic

Letters to the Editor

Halfway to a Drink

by David M.

I've learned in my time in A.A. that it's a one-day-at-a-time program. I hear that at every meeting I attend, conversations I have with other A.A.ers and from my readings. This mantra served me well, until a few weeks ago. Then, a series of momentary lapses in my memory began taking me down that slippery slope.

A recent Friday was the end of an increasingly frustrating series of weeks at work for me because I refused to give in to the fact that a business associate simply will not return emails or calls, except for the most trivial matters. My frustration at the lack of common business

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courtesy finally came to a raging head that afternoon. I had talked about it with friends in the program, my Sponsor and at meetings. What was I doing wrong? Why won't these frustrations go away?

Finally, my head exploded! I shut everything down and stomped out of the office, fully anticipating going to one of the two local bars that used to be my hangouts. I was on my way – determined this would fix things. I could actually hear the “crack” of the top of a freshly opened bottle of the

Scotch of my choice. A couple of doubles – neat – would take the gnawing frustrations away and make things all better.

I was a block from my office, when a loud voice in my head told me to ooserstop. I came to a screeching halt and got out of the way of other pedestrians and began a mental talk with myself. I sat down at a picnic table halfway between my office and the bars. The voice in my head screamed: "What the hell are you doing. This person is NOT worth drinking over!" That got to me, not immediately, but I sat there and thought.

Slowly, I started remembering the shares of those in the meetings who talk about their relapses and how miserable they were and what hell they had gone through. Did I want to do that, for the sake of showing “this person?” Next thing that kicked in was my very large ego. How can I face all those people in the rooms? What will they think of me? What do I say? I can't go back to that meeting ever again. My head was swimming with questions– NO answers! And yet.

I began to see more clearly, right then and there, I didn't have to go to the bar, what I needed was my 6:00 meeting. The voice started saying (over and over): “Go to your meeting now!” Mercifully, the ride to the meeting gave me time to calm down (some) and to begin reflecting on what I was so close to doing. The Serenity Prayer was running through my head on a continuous loop. By the time I arrived at the meeting, things were somewhat better. After walking through the doors and taking

my seat, I began to feel “at home.” The person sitting next to me asked me how my week was and for a second I almost let it out. My inner voice reminded me of the wisdom of Step 10 and said: “... restraint of pen and tongue.”

I shared my near-drink experience at group level the following two days, as it cannot sit in my brain. My brain is a dangerous and very fertile territory to be in alone, unchaperoned. After my shares, two amazing things happened: 1) the weight of the resentments vanished; and 2) people in the rooms came up to me and thanked me for sharing and gave me a hug. If I let things go, life becomes immeasurably better. I'm eternally grateful for everyone and everything in and about A.A.

Many in the rooms talk about their “tool box.” I didn't know I had one, until that day I desperately needed it. It was opened for me in a magical way. It's always been there. It's right there in the Steps. Each and every day, I thank my HP for what I have received from A.A. Meetings and everyone in the program are my medicine and my strength. I'm given a daily reprieve and for that I am sincerely and deeply thankful.





A.A. Aphorisms

There is No Chemical Solution to a Spiritual Problem

by Judy G.

We come into the rooms of A.A. broken. Physically, emotionally and spiritually broken. We have hit, hopefully, our own personal bottom. For each of us, that bottom may look very different from that of our fellows, but we all share one thing in common -- we are powerless over alcohol and our lives have become unmanageable.

All of the A.A. literature refers to loneliness. Many of our fellows talk about always feeling "other," like they never really fit in growing up, feeling different on some very deep fundamental level, until they took that first drink. That first dose of social lubricant that somehow made us feel whole, like we were funny, that we fit in.

Yes, we may have a physical allergy to alcohol, but we also have a disease

of the mind and spirit. We are spiritually bankrupt. All of the lies that we have told to cover up our addiction have taken their toll on our spirits. We are alone because we have isolated ourselves from our higher power, the god of our own individual understanding.

Many in A.A. talk about the "god-sized hole" in ourselves. The first time I heard that phrase, a light bulb exploded in my head. I thought I was the only one who felt that deep, excruciating hole. Like I was a sieve that could not contain my own sense of self. I turned to others, and to chemicals, for something I was supposed to be able to give myself -- a sense of completeness and self-worth. We drank to fill the god-sized hole in ourselves.

A.A. is a spiritual program of recovery. We learn that we have a disease of the mind, body and spirit. We come to A.A. to stop drinking, but we learn, as it says on page 19 of the big book, the elimination of our drinking is but the beginning of our road to sobriety. In A.A., we learn about spiritual fitness and emotional sobriety.

As we are told in the 24 Hour a Day book, spend time each morning with god. When we are drinking, we cannot spend time with god if we wake up hung over or in the bed of a stranger that we can't remember going home with. We can't spend time with god if we can't remember where our car is or if we are late for work or wake up and need to take a drink.

A.A. succeeds in curing us alcoholics of our drinking problem, when no

medical treatment can, because we have had a spiritual awakening. In A.A., we learn that we need to turn our problems with alcohol and with life over to god. It is too much for us to manage alone. In Step Three, we turn our will and our life over to the care of god, because our own self will and our own best thinking took us to some very low, dangerous, unhappy places.

*But in order to not take
our problems back ...
we have to do our part.*

We don't have to live in those places anymore. We are the lucky ones. We have been given the gift of recovery. We ask our higher power every morning for a day of sobriety and we thank our higher power at night.

But in order to not take our problems back -- be they problems with drinking, emotional sobriety, or spiritual fitness -- we have to do our part. We have to go to meetings, do service, work the steps and be available to our fellows.

In order to stay spiritually fit, we must be rigorously honest. We must trust in our higher power and not impose our self-will on life. Life on life's terms, as we say. And we must always remember that all of those chemicals that we used to try to soothe ourselves never actually worked to fill that god-sized hole. Only conscious contact with our higher power can fill that one.



A.A. History: The Three Legacies

Part Eleven, Ebby and Bill

[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 eleventh installment of this series, we'll review additional events in 1934 that led to the formation of A.A.]

Ebby T and the Oxford Group - 1934

In July 1934, Ebby T was approached in Manchester, VT by his friends Cebra G and Shep C. Both were Oxford Group members who did considerable drinking with Ebby but were abstaining from drinking. They informed Ebby of the Oxford Group in VT but Ebby was not quite ready yet to stop drinking.

In August 1934, Cebra and Shep vacationed at Rowland H's house in VT and learned that Ebby might be committed to an asylum. Rowland and Cebra attended Ebby's trial and persuaded the judge (who just happened to be Cebra's father, Collins) to parole Ebby to their custody.

Rowland took Ebby to NYC to sober up with the help of the Oxford Group at the Calvary Rescue Mission.

In late November 1934, Ebby heard about Bill's drinking problem and phoned Lois who invited him over for dinner. Ebby visited Bill and shared his recovery experience in the Oxford Group. Ebby later returned with Shep C and they both spoke to Bill about the Oxford Group. Lois recalled Ebby visited several times, once staying for dinner.

Bill W Hits Bottom - 1934

Prior to Ebby's November visit, Bill

went to Towns Hospital in July for the 2nd time. Dr Silkworth explained the obsession and allergy of alcoholism, but Bill started drinking again immediately upon discharge. Bill was unemployable, still about \$50,000 in debt (\$675,000 today), suicidal and drinking around the clock.

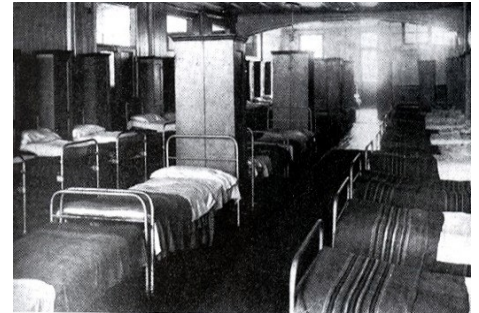
In September, Bill entered Towns Hospital for the third time. Dr Silkworth pronounced him as hopeless and told Lois that Bill would likely have to be committed. Bill left the hospital a very broken, frightened man. Sheer terror kept him sober but on November 11, he got drunk and severely injured. Lois began looking for sanitariums and asylums to place Bill.

After Ebby's visit in November, and after a drunken visit to Calvary Mission, Bill returned to Towns Hospital for the fourth time on December 11, 1934 and had his last drink (4 bottles of beer purchased on the way).

Ebby visited Bill in the hospital and explained the Oxford Group principles to him. After Ebby left, Bill fell into a deep depression (what he later called his "deflation at depth") and had a profound spiritual experience (sometimes called his "white flash" or "hot flash" experience).

Bill called Dr Silkworth to ask if he had gone crazy. Silkworth assured him he had not and told Bill to hang on to what he had because it seemed so much better than what he came into the hospital with. It is not well known, but Dr Silkworth was a very strong believer in the importance of spiritual experience in recovery.

Ebby Brings Bill a Book



Town's Hospital

On December 15, Ebby gave Bill W a copy of William James' book "The Varieties of Religious Experience." It deeply inspired Bill by revealing 3 key points for recovery:

- 1st) Calamity or complete defeat in a vital area of life (or what we call "Hitting Bottom");
- 2nd) Admission of defeat (or what we call "Acceptance"); and
- 3rd) Appeal to a Higher Power for help (or what we call "Surrender").

It's easy to see that these 3 points are also the bases for Steps 1, 2, and 3. The book "The Varieties of Religious Experience" strongly influenced early A.A. and is cited in the Big Book.



**Calvary Mission NYC, U.S.
headquarters Oxford Group**

The Benefits of Step Five

by Bob S.

Among the multiple benefits of the Step Five process was the opportunity for my sponsor, Carl, to point out, in a very absolute and convincing manner, exactly what had been blocking me from the truth in drink. My Step Four writings allowed him to point out my obvious 'grosser' handicaps. We went through the Fourth Step writings I had completed on resentment, fear and harms to others, especially sexual conduct. This basically was to be my life story. Other life details may have been mentioned, but focusing on these major defects kept us on track.

We first discussed items from my resentment list, whereupon many other underlying defects were hidden – such as self-justification, false pride, egoism, intolerance, envy, jealousy and even gossiping about

people I strongly disliked. From my fear list was pointed out my defect of imagining unlikely scenarios – possible disaster, greedy desires that I would never get things I really didn't deserve and the disastrous habit of living in the future. It was good to realize that most of my fears were illogical. The inquiry into harms to others, especially sexual misconduct, made clear where I had been evasive, prideful, uncaring, dishonest, impatient, egotistic, hateful and self-seeking.

Of course, we discussed my guilt. Carl tore up all my paperwork, except for the amends list, and placed it in a bowl in his kitchen sink. As he lit it all on fire, he lamented, "Bob, there goes your past up in smoke! You don't have to feel guilty about all those dismal things you have done in the past. You are now on God's train (he pointed



upward) and you are becoming a brand new person each and every new day. But if you join your friends on the Death and Destruction express (he pointed downward) and take just one shot of whisky, you get all your guilt back." My guilt immediately began to diminish and I haven't had a drink since.

Yet, I believe the most important benefit of Step Five was to be made aware of the exact details of my grosser handicaps, so I would know precisely what to ask God to rid me of in Step Seven.



Greetings,

I would like to extend my thanks to the editor and Claire A. for the "Think, Think, Think" piece in *The Power of Words* section of the March Point (page 12). It's good to know that somebody else is willing to question some of the nonsense that has crept into A.A.'s program since the big book was published. The Steps are a program of action, one can act their way into right thinking,

Letters to the Editor

but not think their way into right acting (see Chapter 1).

I don't have any idea who thought up the "Think, Think, Think" sticker in the first place but I believe that they should be sentenced to a life term listening to drunkalog after drunkalog, never hearing the solution (see Chapter 2). For one thing we seem to have colliding aphorisms. I find the "Your Best Thinking Got You Here" aphorism far more helpful when working with those in early sobriety. I have spoken to hundreds maybe even thousands of newcomers over the years and I interrupt any sentence that starts with "I think..." and invite them to examine the

results of their past thinking.

Some of my favorite thoughts from newcomers are:

- I THINK hard liquor is really my problem, I THINK I'll switch to beer.
- I THINK I could stay sober if I had a better *job* (feel free to substitute spouse, place to live, etc.).
- Since I've just had a sandwich, I THINK it's OK to have a shot of whiskey in my milk (see Chapter 3).

Thanks,

Kurt C.

The Month of Ma(r)y

by Anonymous

May is my sobriety month, seven years if I make it to the publication of this. Seven years is also the anniversary of the death of my near twin, Cousin Mary. She grew up in an adjacent county and attended rural elementary school, while I was indoctrinated by nuns in our brand new Catholic elementary school. Mary and I became classmates for the first time when we arrived as freshman in the consolidated high school serving our Midwestern farm communities. We shared the black hair associated with a certain subset of the Irish, in addition to freckles, identical last names and initials. Whenever we could, we'd delight in passing ourselves off as twins to whomever we could fool.

After college in San Francisco, I remained here to work on my alcoholism and clung with the superhuman effort well known to many of us compulsive tipplers, to a career in the bottom rungs of the legal profession (where I pretty much remain, 40 years later). Mary finished college at the local university in South Dakota, apprenticed in the adjacent state of Nebraska at her older sister's fashionable women's clothing store and then started her own shop in the tri-state area, in Iowa. After a relatively brief time, she was named as Iowa's Young Businesswoman of the Year. She, too, was busy working on her alcoholism, but apparently able to multi-task far better than I.

Our paths didn't cross much. Mary visited me here with her new husband. We had cocktails (my first and last experience with mint juleps) in the faded glory of a Pacific Heights

mansion owned by his aunt and uncle. We dined somewhere nearby and after a few martinis, we ordered food, I excused myself to "get some air" and walked off into oblivion – a not unexpected behavior for those who knew me.

Twenty years later I was having my mid-life crisis and ended up on the other side of the continent, in Florida. Mary and husband lived there, too, and had fallen on hard times through their shared alcoholism and a failed stock brokerage. Lawsuits against them alleging fraud were a big part of their lives. Then his esophagus ruptured due to his affection for whiskey. Somehow, despite their mutual unemployment, they always paid the rent on their apartment in a nice complex on the intracoastal waterway adjacent to a ritzy community. Burt Reynolds was often spotted at their favorite saloon. Everything was so FABulous.

During the three years I was living a few hours away, I would spend long weekends with them, buying all the groceries and booze. I would drink to passing out by the pool, but Cousin Mary was a slow and constant sipper of her vodka. She spent most of her indoor time rearranging the furniture and vacuuming. Her homemaking and decorating skills were legendary. After my three strikes with Florida's DUI laws, I entrusted my car to them for sale and we agreed on a commission. I became the victim of my first con game and ultimately they absconded with ten grand of money I desperately needed to drink. I have to thank them for that, because it pushed me sooner to A.A. for the first time. Of course I held a grudge and never saw Mary again.



After my eventual return to San Francisco (sober), Mary's husband died and she began calling drunk in the middle of the night. She loved to bemoan her evil sisters (even as they were constantly bailing her out emotionally and financially) and would threaten to come live with me since I was "the only one who really understood her." In and out of A.A., I finally had to cut off all contact for the sake of my own sobriety and sanity. I learned that she had had a liver stent and was in assisted living when she died of our disease in May 2007.

*She never stopped
loving me and I sure
wish she was here now
so I could forgive and
return that love.*

To this day, whenever I vacuum, I think of compulsive Cousin Mary. I don't often acknowledge the connection between her death and my sobriety date. But May will always be the month of Mary for me. She never stopped loving me and I sure wish she was here now so I could forgive and return that love. I am content, however, with the continued making of amends for the many terrible life choices the almost twins made.

Intergroup Meeting Summary—April 2014

The following groups (and *service committees*) 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 .

MARIN GROUPS	Thursday Night Speaker	Embarcadero Group	Saturday Beginners	Vets Coffee Break
Blackie's Pasture	Tuesday Chip	Extreme Makeover: Women's Step Study	Say Hey Group	Waterfront
Day At A Time	SF GROUPS	Haight Street Blues	Shamrocks & Serenity	Women's Promises
Girls Night Out	A Is For Alcohol	High Noon F	Sunday Rap	SERVICE COMMITTEES
Mill Valley	Artists & Writers	High Noon W	Sunset 9ers Tu	Marin Teleservice
Monday Night Women's	Came to Park	Miracles (Way) Off 24th St.	Sunset Speaker Step	Marin Bridging the Gap
On Awakening Group	Cow Hollow Men's Group	Queers, Crackpots & Fallen Women	They Stopped in Time	Marin PI/CPC
Saturday Weekend Warrior	Design for Living	Reality Farm	Tuesday Big Book Study	Marin H&I
Sunday Night Corte Madera	Each Day a New Beginning	Rise N Shine	Valencia Smokefree	Living Sober

This is an unofficial summary of the April 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., April 2nd, 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 March minutes and the April agenda were approved.

Officer Reports

Board Chair Report, Phil The Board met on March 24th. There is an ongoing conversation about the Intergroup meetings focus on service. We are asking for everyone's feedback. The next Committee Chair meeting is Saturday, April 19th. Elections for Board of Director positions are in June. There is an ongoing discussion regarding being "proudly" self-supporting through our own contributions. It's up to us to see that our budgetary needs are met or to modify the budget and reduce services. Phil listed many increased cost of life changes, yet members still average con-

tributing \$1.

Treasurer's report, Michelle C. The financial status is GOOD this month. The negative variance for Feb is \$1,077. We have an unrestricted cash balance of \$46,748.

Central Office Manager Report We need phone volunteers. One-year sobriety requirement. We are stocking the newly released LARGE PRINT *abridged* version of the Big Book from AAWS (All front matter, Prefaces, Forewords and Dr's Opinion; text of pages 1-164; Dr. Bob's Nightmare; and Appendices). The 75 Anniversary Ed. is coming in April.

Intergroup Committee Reports

Access Committee, Steve F. Meets 1st Tu at 6pm. We are grateful to all the groups filling out the Access survey online. We have one new service opportunity in our working group, (SOS) Sober Outside of Services. We ran out of DVDs, so want to allocate funds to buy more. The cost is approximately \$15. We could also use some help burning the DVDs.

Fellowship Committee, Michael Founders Day is June 7th. Please take back to your group our list of volunteer opportunities for things like setup, cleanup, greeting, etc. There will be a speaker meeting and we will most likely have a comedian. We'll have a coffee taste off, blind taste test; groups bring in their own authentic and special blends of coffee. Email us at fellowship@aasf.org

Orientation, Blu Meet 1st Wed at 6pm

SF PI/CPC, Erin and Kris co-chairs We Meet 2nd Mo at 7pm . We have open positions: DUI coordinator – you must have

been a speaker for a year; Literature person. Email picpc@aasf.org. Next workshop on a Saturday, April 12th. We are reaching out to doctors and nurses within AA to help access those communities. The Area / National Conference is coming up. We want to talk about the public service announcements. One thing happening is that they are eliminating full face pictures in those announcements and we think a full face allows people to connect to AA. What should the policies be going forward?

SF Teleservice, Carolyn R. Teleservice answers the phones when Central Office is closed. 4 hour shifts can be done anywhere. We are always looking for volunteers, and right now we need substitute volunteers for our regulars who need to go on vacation in the summer, especially the 6-10am shift. We meet the 3rd Monday, orientation at 6:30pm, meeting at 6pm.

The Point Committee, Charley Meets 2nd Tu at 5:30pm. We need committee members including to solicit articles, and plan future issues and an editor. The time commitment for an editor is about 8-12 hours/month. We have a graphics person who does the layout.

12th Step Committee, Virginia Meets the 2nd Th at 6:00pm. We need committee members, especially to help with orientation. We had 9 volunteers join the 12 step list last month, gained a Russian and Spanish speaker, and someone proficient in ASL. There is no sobriety requirement

Website Committee, Becca M. We are making progress on a new design.

Outreach Committee, Robert Join us to visit meetings and share about Intergroup. Current IGRs can go the website meeting

Individual Contributions

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

ANNIVERSARIES

Charles M. — 32 years

Yvonne D. — 27 years,

Alejandro D. — 11 years

IN MEMORIAM

Bill J., Monika H., Stu S.

schedule, click the address of the meeting and see if the meeting has an IGR or not.

General Committees Note There are volunteer opportunities on most of these committees and they're shown on the handout in your packet. Please share that with your meeting.

New Business

We are trying out a new IGR buddy system, asking new and experienced people to raise their hands and connect after the meeting.

Margaret J discussed the election process. Each year a third of the Board rotates. We have a nominating committee to interview candidates. The Board meets once a month and members must attend Intergroup events and be available periodically to deal with issues that can arise such as the remodel of Central Office, hiring new employees, or dealing with increases in the rent for Central Office. There is a 2 year sobriety requirement by election date (June 4th). This year we will have three 3-year positions and one 1-year term. Two Board members are standing for re-election. Ideally, we would have twice the number of candidates as positions open, or, in this case, between 6-8 people. The blue paper in The Point is the Board Member Statement of Interest that you can submit. **It is due by the May 7 Intergroup meeting in Marin.** We use the 3rd legacy procedure for elections.

Liaison Reports

Marin Teleservice, Alex Meets 4th Tu. orientation at 7pm and business mtg. at 7:30. For more info, check out www.marintelesevice.com There are back-up positions open.

Marin Bridging the Gap, Chris H. We are working in Helen Vine and are about to work with Marin Jails. We are looking for 5 people to help present at Helen Vine. Call 415-302-5111 to sign up.

Marin PI/CPC, Chris H. We can use young people to speak at schools. Anyone with a desire to present is welcome to bring up new ideas for venues.

Marin H&I, Karen G Meets 2nd Tu; Orientation from 6:15-7:15pm and meeting 7:15-8:15pm. The Marin committee needs support. There is discussion about the additional money after H&I bills are paid should not go to Central Office. Instead, the money should go back into the cans for AA materials; this meets the H&I by-laws. We want a new roster coordinator. We haven't received responses from some of the jails.

Living Sober, Kenny and Charles –

This year, Living Sober will have onsite scholarships readily available so that no attendee will be turned away for lack of funds. The only requirement is that attendees register, regardless of whether they are paying or not, either beforehand or onsite. He cited the precedent that the International Convention requires registration as well. Phil made a motion to ask that Living Sober be promoted by Intergroup as it is now in accordance with Intergroup's policies around only promoting events that include AA meetings as part of their program at no cost. The motion passed. It appears that there are events currently being promoted in the Buzz and other Intergroup materials that do not include no-cost AA meetings, Phil solicited volunteers to setup a subcommit-

(Continued on page 19)

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Phil L. chair@aasf.org

VICE CHAIR

Becca M. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

NONE secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Virginia M. 12thstep@aasf.org

ACCESS COMMITTEE

Steve F. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

ORIENTATION COMMITTEE

Blu F. orientation@aasf.org

OUTREACH COMMITTEE

Robert S. picpc@aasf.org

PI/CPC COMMITTEE

Erin S and Kris M. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteleservice@aasf.org

THE POINT

Charley D. thepoint@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa group contributions

Fellowship Contributions	Mar. 14	YTD
Contribution Box	109	158
Intergroup	130	330
Fellowship Total	239	488

Marin Contributions	Mar. 14	YTD
Wednesday Sundowners W 6pm	303	303
Women's Lunch Bunch F 12pm		408
Marin Total	2,299	13,115

San Francisco Contributions	Mar. 14	YTD
Gold Mine Group M 8pm		176
Gratitude Center		300
Haight Street Blues Tu 615pm		111
Haight Street Explorers Th 630pm	105	105
Happy Hour Ladies Night F 530pm	130	130
High Noon Saturday 1215pm	128	128
High Steppers W 7pm		53
Hilldwellers M 8pm		332
Huntington Square W 630pm	144	144
Join the Tribe Tu 7pm		446
Keep Coming Back Sa 10am		210
Like A Prayer Su 4pm		50
Living Sober with HIV W 6pm	195	195
Meeting Place Noon W 12pm		144
Men's Gentle Touch M 7pm		23
Mid-Morning Support Su 1030am		612
Midnight Meditation Sat 12am		100
Mission Fellowship		215
Monday Beginners M 8pm		54
Monday Men's Stag 8pm		157
Monday Monday M 1215pm		597
Monday Nooners M 12pm		219
No Reservations M 12pm		455
Noon Smokeless Th 12pm	75	75
Noon Smokeless W 12pm	50	50
Parkside Th 8pm	346	346
Pax West Men's Daily Reflections W 7am		116
Pax West T 12pm		667
Pax West Th 12pm		749
Progress Not Perfection Tu 830pm		29
Raising the Bottom W 9pm		300
Rigorous Honesty Th 1205pm	120	120
Saturday Night Live Sa 9pm	55	55
Serenity House	150	450
Sober at State MW 1210pm		124
Sober Saturday Sa 830am		83
Sobriety & Beyond W 7pm	120	120
Sometimes Slowly Sa 11am		150
Sought to Improve Th 715pm	141	141
Sunday Morning Gay Men's Stag Su 930am		552
Sunday Night Castro Speaker Disc Su 730pm		569
Sunset 11'ers Tu		79
Sunset 9'ers F		20
Sunset Speaker Step Sun 730pm		132
Tea with Bill		25
Ten Years After Su 6pm		504

(Continued on p.18)

Marin Contributions	Mar. 14	YTD
12 & 12 Study Sa 815am		66
Attitude Adjustment 7D 7am	279	2,295
Beginner's Help Th 8pm		41
Closed Women's SSTu 330pm		119
Crossroads Sun 12pm		800
Day At A Time 7D 630am	120	120
Downtown Mill Valley F 830pm		490
Girls Night Out W 815pm		155
Glum Not! Su 9am		140
Gratitude Tu 8pm		183
Greenfield Newcomers Sun 7pm		182
Happy, Joyous & Free 5D 12pm	375	375
High & Dry W 12pm		286
Intimate Feelings Sa 10am		37
Marin City Groups 6D 630pm		200
Meditation Weds 7pm		117
Mill Valley 7D 7am		600
Mill Valley Discussion W 830pm		97
Monday Night Stag Tiburon		500
Monday Night Women's Group		165
Novato Fellowship Group		480
Passages W 1030pm		49
Quitting Time M-F 530pm		832
Refugee Th 12pm		62
Rise N Shine Sun 10am		168
San Marin Step Study Sa 830pm	75	75
Saturday Night Sa 8pm		240
Sausalito 12 Step Study		111
Serendipity Sa 11am		169
Sober & Serene F 7pm		287
Sunday Express Sun 6pm		223
Sunday Night Corte Madera 8pm	90	133
Terra Linda Group Th 830pm		588
Terra Linda Thursday Men's Stag	250	250
There is a Solution Tu 6pm		53
Thursday Night Book Club 7pm	39	39
Thursday Night Speaker 830pm		333
Tiburon Beginners & Closed Tu	468	468
Tiburon Women's Candlelight W 8pm		148
Tuesday Beginners' Meeting		231
Tuesday Chip Meeting Tu 830pm	200	300
We, Us and Ours M 650pm	100	200

San Francisco Contributions	Mar. 14	YTD
11th Step Power Power Power		66
6am Men's Literature Meeting M		346
7am Step Discussion Tu 7am		98
A New Start F 830pm		162
AA Unity BB Study Tu 130pm	13	13
After Work Big Book Study		48
All Together Now Th 8pm		690
Any Lengths Sat 930am	1,124	1,124
Artists & Writers F 630pm		1,214
As Bill Sees It Th 6pm		128
As Bill Sees It Th 830pm		196
As Bill Sees It Tu 1210pm		570
Back to Basics Th 730pm		61
Beginners 12 x 12 F 7pm		50
Bernal Big Book Sat 5pm	322	322
Bernal New Day 7D	598	902
Big Book Boot Camp 5D	38	38
Big Book Study Su 1130am	341	341
Blue Book Special Su 11am	29	71
By the Book Sa 10am		106
Came To Believe Su 830am		42
Came to Park Sat 7pm	161	538
Castro Discussion Th 8pm		491
Castro Monday Big Book 830pm		135
Chips & Salsa Tu 12pm	51	100
Coit's Quitters		84
Each Day a New Beginning F 7am	757	1,186
Each Day a New Beginning M 7am		416
Each Day a New Beginning Th 7am		562
Each Day a New Beginning Tu 7am		373
Early Start F 6pm	1,218	1,218
Easy Does It Tu 6pm	141	690
Embarcadero Group 5D 1210pm		736
Eureka Valley Topic M 6pm	180	180
Federal Speaker Su 12pm		76
Fell Street F 830pm		390
Firefighters & Friends Tu 10am		12
Friday All Groups F 830pm		565
Friday at Five F 5pm	85	170
Friendly Circle Su 830pm		120
Getting Fit at One O'Clock Tu 1pm		8
Giddy Up Th 7pm		89

The First Ever Symposium on A.A. History

by Anonymous

For three days – from February 21 to 23, 2014 – A.A. history experts, history lovers and members met in Sedona, Arizona at the first ever Symposium on A.A. History. There were around 120 in attendance from all over the United States and parts of Canada. This event was organized by a small group of three members, Jay S., William S., and Glenn C. I will spare you their qualifications, but they are very able and created a great event. The symposium included participation from our General Service Office, but was not organized by any local groups, intergroups or General Service districts or areas.

This event may not be for everyone, but I found it amazing to see the work that is being done in researching our history. It combined the rigor of an academic conference with the enthusiasm you will find at most recovery events. I cannot go into detail on all the presentations, but will provide a few highlights and examples. Mike F. provided examples from early A.A. recordings and it was a great thrill to hear about his tireless efforts to preserve recordings of our early members,

which included a “wire recording” of Bill W. playing the violin as part of a get-well message sent to Dr. Bob and his wife, Anne. While Mike’s presentation was more about his own archival work, most of the presentations involved historical research using our G.S.O. archives or the archives at Stepping Stones, where Bill and Lois Wilson lived, for their research.

Glenn C. is a professional historian and has written extensively on the relationship between the Oxford Group and the development of our early fellowship, as well as other topics of A.A. history. Glenn presented on his current research, which includes looking at the relationship between Bill W. and Father Dowling. One fact Glenn brought to light – Jack Alexander, the author of the influential *Saturday Evening Post* article, met Father Dowling in St. Louis, Missouri, just as he was doing his research and writing his article. This meeting further persuaded Jack Alexander of the effectiveness of Alcoholics Anonymous, and the rest is A.A. history!

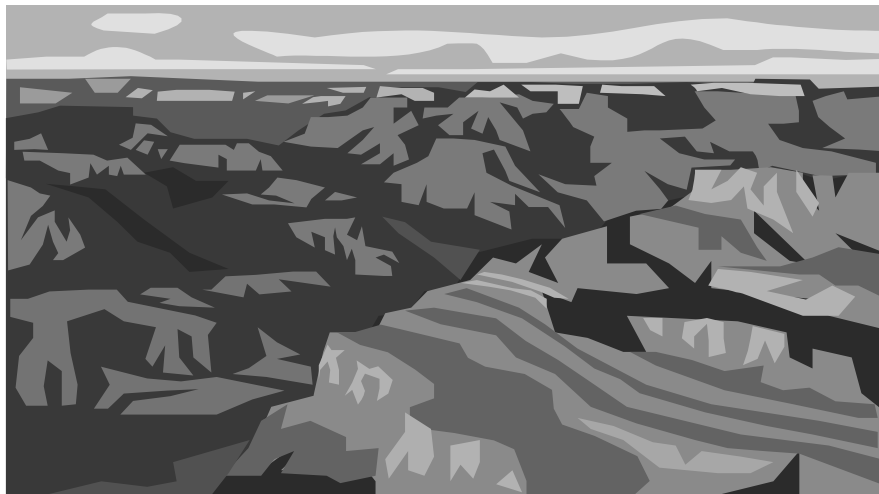
A strong part of the program was the participation of two non-alcoholic

filmmakers, Dan Carracino and Kevin Hanlon who created the 2012 biographical documentary, *Bill W.* While not members of our fellowship, they completed 8 years of research in creating this film and have made a valuable contribution to the study of A.A. history. They discussed their research and its difficulties and also presented outtakes from their film which included interviews with early members and their families. They also created a short documentary for presentation only at this symposium of an interview with the non-alcoholic, A.A. historian Ernie Kurtz,

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who was unable to attend this event due to poor health. Ernie’s message included one bit of very practical advice on the importance of our group histories. Keeping good records of the histories of our groups will allow future A.A. historians to do their jobs of recording and researching our fellowship’s history.

There are plans for this to become an annual event and anyone interested is encouraged to look into the A.A. History Lovers Yahoo discussion group. Glenn C. is the moderator and this is a great forum of the current discussion of the history of Alcoholics Anonymous.



Profit and Loss Statement: February 2014

	Feb 14	Budget	Jan - Feb 14	YTD Budget		Feb 14	Budget	Jan - Feb 14	YTD Budget
Ordinary Income/Expense					Payroll Fees	9.00	\$10	19.50	\$20
Income					Phone Book Listings	93.00	\$93	186.00	\$186
Gratitude Month	1,259.32	\$200	4,945.67	\$3,700	Postage	0.00	\$0	245.75	\$246
Group Contributions	11,961.62	\$11,000	32,420.50	\$32,533	Rent - Office	4,121.88	\$4,122	8,243.76	\$8,244
Individual Contributions	1,585.50	\$2,125	7,822.50	\$8,501	Rent - Other	0.00	\$95	100.00	\$190
Newsletter Subscript.	0.00	\$22	33.09	\$55	Repair & Maintenance	240.00	\$325	595.64	\$630
Sales - Bookstore	12,448.42	\$10,000	23,723.83	\$21,099	Security System	0.00	\$0	0.00	\$0
Total Income	27,254.86	\$23,347	68,945.59	\$65,888	Shipping	306.17	\$323	544.25	\$647
Cost of Goods Sold					Sunshine Club	0.00	\$0	25.00	\$0
Cost of Books Sold	8,952.53	\$7,029	17,061.82	\$15,058	Telephone	225.63	\$246	447.23	\$492
COGS - Shipping	0.00	\$26	14.00	\$40	Training	0.00	\$0	0.00	\$0
Credit Card Processing	595.93	\$400	982.46	\$787	Travel	0.00	\$100	0.00	\$100
Inventory Adjustments	-32.64	\$0	-29.64	\$0	Total Expense	\$ 19,140.33	\$19,185	\$ 40,269.51	\$39,457
Total COGS	\$ 9,515.82	\$7,455	\$ 18,028.64	\$15,885	Net Ordinary Income	\$ (1,401.29)	-\$3,293	\$ 10,647.44	\$10,546
Gross Profit	\$ 17,739.04	\$15,892	\$ 50,916.95	\$50,003	Other Income/Expense				
Expense					Other Income				
Reconciliation Discrepancies	0.00		0.10		Bag Fees	3.20	\$5	5.60	\$9
Employee Expenses	11,703.15	\$11,969	25,029.50	\$24,748	Customer Shipping	516.16	\$322	859.77	\$672
Equipment Lease	1,534.94	\$1,446	1,534.94	\$1,446	Interest Income	0.57	\$100	1.03	\$195
Filing/Fees	10.47	\$0	10.47	\$0	Miscellaneous Income	0.00	\$30	283.31	\$60
Insurance	0.00	\$0	1,620.00	\$1,620	Total Other Income	\$ 519.93	\$457	\$ 1,149.71	\$936
Intergroup Events	360.00	\$0	704.24	\$0	Other Expense				
Intergroup Literature	19.84	\$0	19.84	\$0	Depreciation Expense	299.00	\$279	602.00	\$558
Internet Expense	123.47	\$129	246.94	\$258	Total Other Expense	\$ 299.00	\$279	\$ 602.00	\$558
Office Supplies	167.59	\$211	293.73	\$336	Net Other Income	\$ 220.93	\$178	\$ 547.71	\$378
Paper Purchased	225.19	\$116	402.62	\$294	Net Income	\$ (1,180.36)	-\$3,115	\$ 11,195.15	\$10,924

Treasurer's Report

For the month of February, total income was over budget by \$3,908. This was primarily due to gratitude month, group contributions and bookstore sales.

Total expenses for the month of February were under budget by \$45.

Our negative variance was \$1,077 which was primarily due to a high cost of goods sold for February.

Unrestricted cash balance remained relatively the same as January. Cash balance increased from \$46,425 to \$46,748 which represents more than two months of operating expenses.

aa *group contributions, con't.*

San Francisco Contributions	Mar. 14	YTD	San Francisco Contributions	Mar. 14	YTD
The Lads Fr 730pm		150	Waterfront Sun 8pm		244
The Parent Trap 2 Wed 4pm		60	We Care Tu 12pm	60	154
The Parent Trap M 1pm	10	10	What It's Like Now M 6pm		139
The Pepper Group F 12pm	113	113	Wits End Step Study Tu 8pm		35
Thursday Night Women's Th 630pm	144	144	Women's 10 Years Plus Th 615pm		601
Trudgers Discussion Su 7pm	180	180	Women's Kitchen Table Tu 630pm		396
Tuesday Big Book Study Tu 6pm		78	Women's Mtg There is a Solution W		415
Tuesday Night Lasses Step Study	104	104	Women's Promises F 7pm		140
Twelve Steps to Happiness F		70	YAHOO Step Sa 1130am		300
Unidentified Group	235	235	San Francisco Total	\$ 7,661	\$ 29,017
Wake Up On 3rd St Group		128			
Walk of Shame W 830pm		185	YTD	\$ 10,199	\$ 42,620

February 2014 Balance Sheet

	<u>Feb 28, 2014</u>	<u>Jan 31, 2014</u>	<u>\$ Change</u>	<u>Feb 28, 2013</u>	<u>\$ Change</u>
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	186,537.04	186,537.04	0.00	180,968.08	5,568.96
Unrestricted Cash	<u>46,748.47</u>	<u>46,425.38</u>	323.09	<u>49,368.39</u>	<u>(2,619.92)</u>
Total Checking/Savings	233,285.51	232,962.42	323.09	230,336.47	2,949.04
Accounts Receivable					
Accounts Receivable	<u>252.38</u>	<u>28.18</u>	224.20	<u>0.00</u>	<u>252.38</u>
Total Accounts Receivable	252.38	28.18	224.20	0.00	252.38
Other Current Assets					
Inventory - Bookstore	23,255.96	18,666.54	4,589.42	20,164.04	3,091.92
Prepaid Literature Orders	2,250.07	6,320.90	(4,070.83)	654.23	1,595.84
Undeposited Funds	<u>10.80</u>	<u>131.95</u>	<u>(121.15)</u>	<u>512.85</u>	<u>(502.05)</u>
Total Other Current Assets	<u>25,516.83</u>	<u>25,119.39</u>	<u>397.44</u>	<u>21,331.12</u>	<u>4,185.71</u>
Total Current Assets	259,054.72	258,109.99	944.73	251,667.59	7,387.13
Fixed Assets					
Comp. and Off. Equipment (Net)	3,168.57	3,302.57	(134.00)	2,188.52	980.05
Furniture & Equipment (Net)	0.00	0.00	0.00	64.93	(64.93)
Leasehold Improvements (Net)	<u>19,527.84</u>	<u>19,692.84</u>	<u>(165.00)</u>	<u>21,507.84</u>	<u>(1,980.00)</u>
Total Fixed Assets	22,696.41	22,995.41	(299.00)	23,761.29	(1,064.88)
Other Assets					
Deposits	<u>6,897.50</u>	<u>6,697.50</u>	<u>200.00</u>	<u>6,697.50</u>	<u>200.00</u>
Total Other Assets	<u>6,897.50</u>	<u>6,697.50</u>	<u>200.00</u>	<u>6,697.50</u>	<u>200.00</u>
TOTAL ASSETS	<u>288,648.63</u>	<u>287,802.90</u>	<u>845.73</u>	<u>282,126.38</u>	<u>6,522.25</u>
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	<u>1,006.92</u>	<u>0.00</u>	<u>1,006.92</u>	<u>0.00</u>	<u>1,006.92</u>
Total Accounts Payable	1,006.92	0.00	1,006.92	0.00	1,006.92
Other Current Liabilities					
Payroll Liabilities	3,864.56	3,957.78	(93.22)	3,389.90	474.66
Sales Tax Payable	<u>1,923.98</u>	<u>915.35</u>	<u>1,008.63</u>	<u>821.70</u>	<u>1,102.28</u>
Total Other Current Liabilities	<u>5,788.54</u>	<u>4,873.13</u>	<u>915.41</u>	<u>4,211.60</u>	<u>1,576.94</u>
Total Current Liabilities	6,795.46	4,873.13	1,922.33	4,211.60	2,583.86
Long Term Liabilities					
Deferred Compensation	<u>54,193.00</u>	<u>54,193.00</u>	<u>0.00</u>	<u>48,393.00</u>	<u>5,800.00</u>
Total Long Term Liabilities	<u>54,193.00</u>	<u>54,193.00</u>	<u>0.00</u>	<u>48,393.00</u>	<u>5,800.00</u>
Total Liabilities	60,988.46	59,066.13	1,922.33	52,604.60	8,383.86
Equity					
Net Assets	216,361.26	216,361.26	0.00	220,560.40	(4,199.14)
Net Income	<u>11,298.91</u>	<u>12,375.51</u>	<u>(1,076.60)</u>	<u>8,961.38</u>	<u>2,337.53</u>
Total Equity	<u>227,660.17</u>	<u>228,736.77</u>	<u>(1,076.60)</u>	<u>229,521.78</u>	<u>(1,861.61)</u>
TOTAL LIABILITIES & EQUITY	<u>288,648.63</u>	<u>287,802.90</u>	<u>845.73</u>	<u>282,126.38</u>	<u>6,522.25</u>

(Continued from page 15)

tee to address the question of whether we need to modify this policy or not. we get a volunteer or two to be on the sub-committee? Nobody volunteered, so Phil will ask again next month.

Meet the Meeting

Laura, Shamrocks & Serenity, Monday at 7:30pm. In the Irish cultural center, founded in 2008. You don't have to be Irish but there are lots of Irish accents present! The meeting started to assist new immigrants with their problem with alcohol. It's also a chip meeting. Go up the stairs on Geary next to the Nags Head. Don't go into the Nags Head! The meeting is up narrow stairs, left down the hallway in the last unmarked door. To keep anonymity among the businesses, we close the door.

Becca clarified that the end goal for IGRs is to go to meetings and help connect the fellowship with service. It is not necessarily about every IGR signing up for a committee, but letting the members of the fellowship know what kind of service opportunities are out there.

Additionally, Becca brought up the challenge of how we can create month to month accountability for executing any ideas we come up with at Intergroup and asked that, as an experiment for the coming month, that all of Intergroup take the message of the Point Committee needing a new chair and new editorial members back to their meetings. She stated that we will check back in on this next month to see whether all IGRs focusing in this way worked.

Next Intergroup Meeting: Wed. May 7th, 2014, 7pm, St Andrew Presbyterian Church at 101 Donohue St, Marin City CA. Orientation is at 6pm, dinner is served at 6:30pm.

Moving?

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May 2014

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