

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014
6
June

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous

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Sponsors



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 - 8 Daily Reflection: Family Obligations
 - 9 A.A. Aphorisms: K.I.S.S.

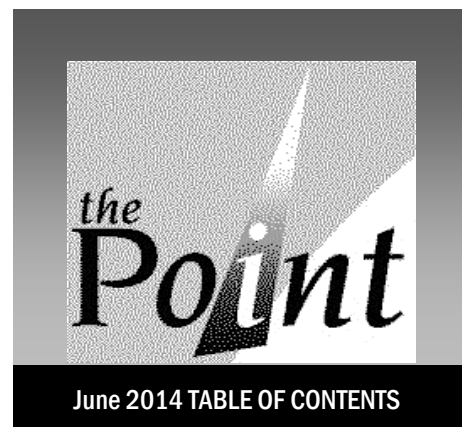
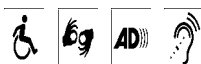
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

June 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office 6:00pm	4 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:00pm Meeting 7:00pm
8 <u>SECOND SUN</u> Golden Gate Young People in A.A. Central Office, 12:00pm	9 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6:00pm Business Meeting 7:00pm	10 <u>SECOND TUE</u> <i>The Point</i> Committee Central Office 5:30pm Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St, SF Orientation / Concept Study / BTG 7:00pm Business Meeting 8:00pm	11 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6:00pm
15 <u>THIRD SUN</u> Archives Committee Central Office 2:00pm	16 <u>THIRD MON</u> SF Teleservice Central Office Business Meeting 6:00pm Orientation 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	17	18
22	23	24 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	25
29	30		

THURSDAY	FRIDAY	SATURDAY
5	6	7 Intercounty Fellowship of AA Annual Founder's Day Event 1187 Franklin St, SF 5:00pm - 9:00pm Novato Fellowship Annual Founder's Day Picnic 3549 Novato Blvd, Novato 9:00am - 5:00pm
12 <u>SECOND THU</u> 12th Step Committee Central Office 6:00pm	13	14
19	20	21 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11:00am Business Meeting 12:00pm
26 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7:00pm	27	28 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10:00am

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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Our whole attitude and
outlook upon life will change.

Alcoholics Anonymous, p. 84.



Meeting Changes

New Meeting:

Thu 7:00pm Inner Richmond

Meeting Changes:

Tue 7:00pm Treasure Island

Tue 7:30pm San Rafael

Thu 5:15pm Marina

No Longer Meeting:

Mon 7:15pm Castro

10 & 11, Methodist Church: 4301 Geary Blvd / 7th Ave (Closed, Men Step Study)

FOGWATCH, 850 I Ave / 11th St (Alternates weekly Big Book Study or Speaker/Discussion)

AA BY THE BAY, St Luke's Church: 10 Bayview Dr / San Pedro Rd (Was Marin Pacific Group)

FOURTH DIMENSION SOLUTION, 2118 Greenwich / Fillmore (Was Thursday's Children)

PEOPLE OF COLOR, SF LGBT Center: 1800 Market / 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!**

NOVATO FELLOWSHIP FOUNDERS' DAY CELEBRATION

SATURDAY, JUNE 7
9AM TO 5PM
STAFFORD LAKE,
NOVATO

\$12 SUGGESTED
CONTRIBUTION
PARK ENTRANCE \$10

BBQ AT NOON
SPEAKER AT 2PM

MORE INFO AT
WWW.AASF.ORG

Founders' Day Dinner & Speaker Meeting

Saturday, June 7

First Unitarian Universalist Center
1187 Franklin Street, San Francisco



Doors open: 5:00 pm

Dinner 5:30pm - 6:30pm
(\$10 donation)

Welcome announcements: 6:45 pm

Comedian Liz Grant 7:00 pm

Speaker Meeting 7:30pm
Speakers: Wanda C. and Jayne R.

Pie Social 8:30pm
bring a pie to share!

Would you like to volunteer?
Questions? Fellowship@aasf.org

Entertainment, Raffle, & Pie Social!
(bring a pie to share!)

Sponsored by Intercounty Fellowship of Alcoholics Anonymous

From the Editor

Swan Song

by MEM

After six years of service on *The Point's* editorial committee, it is time for yours truly to honor the tradition of rotation and ease on down the road -- hopefully before morphing into one of those dreaded bleeding deacon types. The opportunity to have had first read of the hundreds of articles which have been submitted by our writers during this time has been a gift without equal. There's also been the gift of many, many opportunities to practice acceptance of things I cannot change. But perhaps the greatest pleasure has come from working with my dedicated fellows on the committee as our team has endeavored to keep the newsletter coming to you each month.

This issue is another eclectic offering on a wide range of subjects near and dear to the hearts of recovering alcoholics. Mr. Anonymous shares his great appreciation of the added dimension of theatre in A.A. as he discusses the most recent play of Jackie B., *Our Experience Has Taught Us*. Additional acknowledgment of the importance of sharing

experience, as opposed to telling another what they must do, is found in Bob S.'s article on "Prescription or Description." Claire reflects on how sobriety has helped her deal with a challenging family situation, while Caitlin examines the beneficial effect practicing these principles has had on her performance in the workplace.

We welcome another interesting installment from Bree about the various doors through which we enter A.A. Our newest committee member, Paul K, writes a glowing tribute to sponsorship. An old-timer on the committee, Mr. CSD, shares his struggle to overcome his innate ability to over complicate things and concludes that this simple program has indeed led him to a better life.

So many voices, all telling of the tiny miracles of redemption from drink and a new life in the spirit of our community. As I rotate off into the sunset, I will surely miss this close-up participation with so many I might not otherwise have met, but am filled with excitement about the next phase in this sober life and service in new venues. Blessings to us one and all.

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

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!

Our Experience Has Taught Us

Bringing A.A. History to Life

by Anonymous

Origin stories are an important part of our lives outside of A.A. In December, many of us celebrate the beginnings of Christianity on Christmas day. In July, we celebrate the founding of the United States on July 4th. Many of us grew up with myths associated with the origins of Christianity – no room at the inn for the family and the travels of the three wise men, for example. We learn stories of our nation's history involving tea being thrown off of ships and chopping down cherry trees. A.A.'s history is no different – the Mayflower hotel is celebrated as the location for Bill W.'s phone calls which led him to Dr. Bob and the founding of our program in June of 1935. Like the Christmas and July 4th mythology, I find myself asking what really happened.

The history plays of Jackie B. provide a great beginning to exploring A.A.'s history. Recently, I have had the wonderful opportunity to enjoy Jackie B.'s production, *Our Experience Has Taught Us: A Sensational History of our Twelve Traditions*. Sometimes, we put our A.A. founders, especially Bill W. and Dr. Bob, on pedestals to be worshipped and glorified for their contributions to A.A.'s beginnings. Turning our founders into saints is a disservice to them and to us. What Jackie's production really brings home are the mistakes that were made in the early days of Alcoholics Anonymous and what early members learned from them. How learning from the early problems enabled the fellowship to survive. Our Twelve Traditions are the direct result of

early difficulties in Alcoholics Anonymous.

Financial problems plagued the early fellowship, and there were temptations to accept outside support from well-meaning benefactors. A.A.'s history and development would be completely different if our early members had

The history plays of Jackie B. provides a great beginning to exploring A.A.'s history.

accepted contributions from organizations or individuals outside of our fellowship. Alcoholics Anonymous would have become beholden to outside interests and another area of our lives would have become commercialized. Can you imagine the possible results at meetings – “now, Tom will read *How It Works* which is brought to you by a donation from Coca-Cola!” Instead, we are self-supporting and not affiliated without outside businesses.

The most fascinating section of the play, *Our Experience Has Taught Us*, is the scene on A.A. anonymity which focuses on three early members who were very high profile in the news media of that time. Wouldn't publicity of members getting sober through A.A. help the fellowship grow and

save lives? Perhaps you know how this story ends - two of these early famous members had real problems staying sober and A.A.'s effectiveness came into question. This anonymity debate still rages today, especially with our new avenues of social media. The technology has changed but the questions around anonymity remain eerily the same. At the same time, Bill W. may have been the greatest anonymity breaker in the history of our fellowship! There isn't space to go into this here but just like for our members in their personal lives, many of our A.A. Fellowship's lessons have been learned the hard way.

There are plans being made to take the production of this play to the next International Convention to be held in July 2015 in Atlanta, Georgia. Please look on our Central Office website for upcoming productions of, *Our Experience Has Taught Us: A Sensational History of our Twelve Traditions*. Finally, investigate and ask questions about our history yourself – I mean well, but don't take my word for it!

TP



What Door Did You Come Through?

by Bree L.

My sponsor described coming through the side door of Al-anon, while I knew I hadn't come in the front door as a binge drinker, dry and controlled for five years. I fought coming to A.A., as I could never be an alcoholic. My entrance must have been through a side door. That was twenty-four years ago.

What door have others come through? A couple members describe their entrance.

Patti M. Talks of coming through the generational door, thanks to two alcoholic parents. She was eleven when her dad joined the program while her mother got sober shortly before she died.

Patti remembers her father drinking all during her early childhood; then her family had an about-face when he joined A.A. Today she says he was just doing what the program recommended, getting a sponsor and working through the steps. "I had a picture of what A.A. was like," she said, "beginning at age eleven."

Many may see the down side of our disease but Patty saw the upside in recovery. However, that did not mean she was bent on racing into A.A. It took her a while.

During her early years she didn't have the desire to drink, but the one time she did get drunk, she remembers that. "It was the greatest thing that could happen," she says. "It took me twenty more years to get some traction."

As early as her late thirties, she knew she was an alcoholic and belonged in

A.A., but she avoided it. "I just wasn't ready to stop drinking," she says. Then one night sitting on her couch, she saw where she was headed. Thanks to her Dad, she knew whom to call. It was at night but she knew someone would be there to answer the phone and talk to her.

She didn't get sober immediately, but came to meetings and continued to drink for a couple more months. However, once she made that final decision, she had a sponsor by the end of that day and within a week she completed the first step and within a month had a service commitment (coffee maker).

Patty says, "Our family went from utter chaos to a different life. The pivotal point was my Dad's recovery and I am eternally, actively grateful."

Today she is coming up on twenty-two years of sobriety.

Kent B. says he came in through the "revolving door." He describes it as a merry-go-round of alcohol, crystal meth and sex.

His work demanded odd hours on duty, with longer periods off. His pattern was to prepare for the random drug testing by quitting three days prior to returning to work. Rather than do drugs, he'd drink and when he couldn't stop drinking, he'd call in sick. There were times of non-stop days of using without end, days without sleep. His handy solution was to drink, so "I could get some sleep." Then when the drinking was too heavy, he'd take a bump of speed to kill the buzz. It was a nightmare.

He came to A.A. in 2008 and soon

realized that alcohol was his core addiction. After that first meeting he says his obsession to drink left.

A counselor at an early rehab facility asked him, "What are you addicted to?"

"Alcohol," was his answer.

"What are you addicted to?" The counselor repeated.

"Speed," he said.

"What are you addicted to?" The counselor hammered again with the same questions.

"Sex," he said in frustration.

"No," the counselor said and again asked, "What are you addicted to."

The answer – "I was addicted to altering my state of being," the counselor said, and that hit home. "I was afraid of any discomfort and would resort to my drugs of choice to accomplish this."

Today Kent says, "One drink and I break out into sex and/or crystal." He speaks with gratitude of that ever revolving door that never closed. He knew he was always welcome.

AP



Family Obligations

Daily Reflection: June 11

by Claire A.

"[A] spiritual life which does not include . family obligations may not be so perfect after all." Alcoholics Anonymous, p 129.

Family obligations were not something I enjoyed at all before I got sober. Spending time with family meant enduring interactions with people who were spiritually and psychologically sick, many of them alcoholics. Also, it meant sitting in an uncomfortable stew of my own emotions, angry or fearful with everyone. I never understood why my friends in college wanted to go home to their families, because spending time with my own family was so unpleasant. I think I always knew on some level that I was also sick, and the need to blame others was incredibly strong. I was completely tangled up in thoughts of who was responsible for the way that I felt. There was a great deal of blaming in my family. Taking responsibility, in a visible way, for how one felt was simply not done.

When I had my own children, I began to see the same path before me: blame, stress, pressure to be a certain way and unmanageability. I drank, of course, and became depressed, and finally sought outside help. The people who helped me quickly identified that I had a problem with alcohol. I consider myself very lucky to have gotten into A.A. and gotten sober while my children were still small. I wish I had gotten sober earlier! (Who doesn't?) But I'm glad and so grateful I'm sober now.

Nowadays, thanks to the program, I

am slightly more comfortable in situations with my family of origin, but I have a long way to go. Forgiveness is a huge piece of what I need to practice: forgiveness of myself and others for past wrongs. I can see I need to let go of my hopes and dreams for the family of origin that I wish I had, accept the family that I do have, be grateful for the family members I do have healthy relationships with and the chance to develop healthy relationships with my own little family. With the family members with whom I have made amends, I have much better relationships. I am able to relate to them in a healthy way, to argue and discuss without laying blame. I am able to make amends immediately when I do something wrong.

I am extremely fortunate to have my own family now: a husband and two daughters. And I am fortunate to be in the program at the same time, where I learn so much from other sober parents. I feel completely blessed to be the one to break the alcoholic cycle in my family, to be able to truly show up for my

children, as trite as that sounds. I'm able to be there to help them work through their feelings in a healthy way. When they are down, I see it. When they need help, I can hear their requests and help them.

And it's progress, not perfection: I catch myself in that familiar stew of emotions. I'm not usually mad at my little family. Instead, I'm stewing about whatever problem is happening in my mind. Usually it's something really earth-shattering, like "what that other driver did to me" or what I imagine some other parent at the kids' school thinks of me, or what I think of them, and I thus make myself unavailable to my family. I worry so much about what is not happening, that I'm not present for what IS happening. In those situations, I am very slowly becoming better at seeing what I am doing. It's this process of seeing that I am not a victim of my family, but a participant, that is so important to my full recovery. When I truly participate, holding nothing back, I am really happy!



TP



A.A. Aphorisms

K.I.S.S.

by Charley D.

I have a love-hate relationship with simplicity. I fancy myself a devotee of scientific thinking, with an especial fondness for Occam's razor, which holds that, in answering a question, science will accept as true the simplest explanation of all observable phenomena. If something comes along that we hadn't observed, we must take it into account, perhaps as a result, changing what is scientifically "true." You see what I mean? What a convoluted introduction I've given to this piece on my supposed desire for simplicity.

I also have a love-hate relationship with acronyms – like K.I.S.S., short for "Keep it simple, stupid." Sometimes I feel they're an excellent shorthand way of carrying around a useful piece of information. Sort of like a compressed data file. When, however, people are tossing around acronyms I don't know in conversation, I feel ignorant, ill-informed, the odd man out, which can be bad for serenity.

Still, acronym or not, keeping it simple has kept me sober.

I remember when I first came to A.A. seeking sobriety. I concocted for myself many a parade of horrors I was sure were marching my way. How would my friends, who'd always known me as a drinker, treat me in sobriety? Surely, I'd always be the sour note in any well-lubricated symphony of celebration. How possibly could I avoid drinking for the rest of my life? I had ahead so many Christmases, Fourth of July, St. Patrick's Days, weddings, wakes, weekends, broken hearts and celebrations. All of those without a drink? How could that be possible?

*Still, acronym or not,
keeping it simple has
kept me sober.*

And then, there was my view of a sober life – desiccated, dreary and boring – full of Big Book-thumping religious zealots who'd see to it I'd have no more fun in my life.

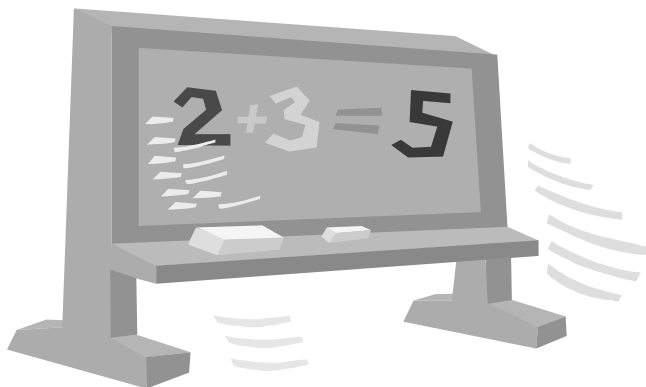
With these misgivings, it's a miracle I even made a start in A.A. I was,

however, very desperate. So I listened. My sponsor said not to worry about what my friends will say. "If you think you'll be uncomfortable in a situation that will threaten your sobriety, avoid it," he said. So I did. But then, I slowly began to socialize again. To my surprise, no one seemed to care that I wasn't drinking. Finally, after five years of sobriety, I was at a party. One of my best friends offered me a drink. "Sure," I said, "I'll have club soda and lime." "Oh, you're not drinking tonight?" he said. "Stan," I said, "I haven't had a drink in five years." "That's not true," said Stan, "I've been to many parties with you in the past five years. I'd have noticed." But he hadn't. No one else had either or, if they had, they hadn't said anything.

Yes, I've had my share of joyous and anguished experiences. I took each one as it came and never found in any of them a good reason to drink. It's now more than twelve years since that last drink. I've found, with the help of the fellowship of A.A., a rich, funny, sometimes sad, much more vibrant life. The key for me remains not getting too far ahead of myself. "One day at a time," is the corollary of "K.I.S.S." Those shopworn phrases sometimes seem so banal, so stupidly simple. I must steel myself to the tantalizing complexity of it all and live each day in the grateful knowledge that I no longer have to drink. I must also try to communicate that truth to newcomers, especially those bedeviled by the same redoubled complexities of doubt that faced me in the early days of sobriety.

I know I've found a better life. It's that simple.

tP





A.A. Aphorisms

Sponsors: Have one/Use one/Be one

by Paul K.

Have one!

I have 4 plus years without a drink, but my 3 ½ years of sobriety didn't start until I got a sponsor. During the first 8 months after rehab, I didn't drink, but also didn't attend many meetings and still felt it was ok to have an occasional puff of weed. Once I decided to get a sponsor, he quickly asked me about outside issues, saying that I couldn't expect to work a good program and improve my conscious contact with a higher power while still smoking weed. I was prepared for that news, tossed the weed and claimed a sobriety date.

He let me know that I looked and felt like an outsider who, despite my efforts to fit in, didn't really engage people before and after meetings and was not fully present at the meetings yet. When I met a woman in A.A. and mentioned I was going to pursue a relationship with her; he reminded me that most people "go out" because of relationships early in sobriety. I chose to date her and fire him. Later on, I realized the wisdom of his advice when I ran into my character defect of anger. I met many more of my character defects during that year-long relationship.

My second sponsor showed me tough love attention with detachment. He took my calls daily during a time when I was frustrated and unhappy, facing the wreckage of my past. I am so grateful to him for providing steady support, encouraging shifts in my perception and advising next right actions. At some point, I was angry again and he invited me to find

another sponsor, which I did. I see now that I am not always willing to follow a sponsor's advice. I have a strong will and it usually chooses to run riot rather than surrender. I see a paradox that I must take responsibility for my own actions and be willing to seek God's will. God can speak through sponsors and can even use their defects of character for good purpose.

Use one!

In early sobriety, I maintained constant contact with my sponsor. Today, my check-ins are less frequent, but we still see each other every week at my home group meeting and meet afterward to chat, read the Big Book or work a step. Regular check-ins are necessary for me to stay connected. When my freak-out potential is high; I can talk to someone who really knows what's going on in my life and can give me right-sized perspective.

Be one!

If I only had a sponsor and didn't become one; I would remain self-absorbed as a sponsee. It would still be all about me! Sponsoring another alcoholic is a chance to be there for another human being and get outside of my own alcoholic mind. I get a chance to turn my full attention and focus toward

someone else, asking how can I help provide support and guidance working the steps and dealing with life. After having worked the steps and had some semblance of a spiritual awakening, I can practice the wisdom of progress not perfection, being perfect enough to sponsor another alcoholic. My past and sometimes present mistakes can be used to help another. When I don't know an answer, I can turn to my sponsor and A.A. friends for help.

I worked with a practitioner for a year to explore the deeper layers of my psyche and behavior in relationships, and her verdict was that I am selfish and need to focus more on others. After digesting the news, I had to laugh inside, knowing that A.A. is the path for me. While sponsoring another alcoholic, I can practice being selfless while knowing that I am selfish. As I mingle with my A.A. fellows, I will get to know my own alcoholic nature and have a good laugh about it along the way.

TP



A.A. History: The Three Legacies

Part Twelve, New York to Akron

[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 twelfth installment of this series, we'll learn how Bill W. learned to share his experience with other alcoholics in order to help them accept a spiritual solution to their common problem.]

The Oxford Group in New York - 1934

Bill W. left Towns Hospital sober. He and Lois began attending Oxford Group meetings with Ebby T., Shep C., and Rowland H. in Calvary Hall at Calvary House.

Bill's Work With Alcoholics - Early 1935

In early 1935, Bill worked with alcoholics at the Calvary Mission and Towns Hospital, emphasizing his hot flash experience. Alcoholic Oxford Group members also began meeting at his home on 182 Clinton St. After about six months, Bill was very discouraged that he had no success sobering up others (however, his wife Lois reminded him that HE was staying sober because of his working with others).

Meanwhile in Akron, in March 1935, at the urging of her friend Delphine Weber, Henrietta Sieberling organized a Wednesday night Oxford Group meeting at T. Henry and Clarace Williams' home. The meeting was started specifically to help Dr. Bob with his drinking. Bob eventually openly admitted his drinking problem but could not bring himself to stop drinking.

In April 1935, Bill W. had a talk with Dr. Silkworth, who advised him to stop preaching about his hot flash experience and hit the alcoholics hard with the medical view on alcoholism. Dr. Silkworth advised Bill to break down the strong egos of alcoholics by telling them about the obsession that condemned them to drink and the allergy that condemned them to go mad or die. It would then be so much easier to get them to accept the spiritual solution.

Akron's Mayflower Hotel - May 1935

In April 1935, Bill W. returned to Wall Street and was introduced to Howard Tompkins of the firm, Baer and Co. Tompkins was involved in a proxy fight to take over control of the National Rubber Machinery Co. based in Akron, OH.

Bill W. went to Akron in May 1935 to lead the stock proxy fight but it was quickly lost. In poor spirits, and tempted to enter the Mayflower Hotel bar, Bill telephoned clergy members listed on the hotel lobby directory.

The Rev Walter Tunks referred Bill to Norman Sheppard who, in turn, referred him to Henrietta Sieberling. She viewed Bill's arrival as the answer to her prayers and called Anne Smith to arrange a dinner at her home the next day with Dr. Bob.

Mothers Day - 1935


On May 12, 1935, Mother's Day, Bill W. (age 39) met Dr. Bob (age 55) for the first time at Henrietta Sieberling's gatehouse at the Stan Hywet Hall estate. Dr. Bob was too hung over from the day before to eat

dinner and planned to stay only 15 minutes. Privately, in the library, Bill told Bob of his alcoholism experience as suggested by Dr. Silkworth. Bob opened up and he and Bill talked until after 11 PM. Dr. Bob's 15 minutes turned into six hours. Henrietta Sieberling arranged for Bill to stay at the Portage Country Club.

Bill Moves to 855 Ardmore in Akron

Later in May, Bill W. wrote to Lois saying that he and Dr. Bob tried in vain to sober up a Dr. McK. whose wife had committed suicide and who was described as a "once prominent surgeon who developed into a terrific rake and drunk."

In early June, Bill W. moved to Dr. Bob's house at the request of Anne Smith. Bill insisted on keeping two bottles of liquor in the kitchen to prove that he and Bob could live in the presence of liquor.

They went to Oxford Group meetings on Wednesday nights at the home of T. Henry and Clarace Williams. 



**Dr. Bob's Home:
855 Ardmore Ln, Akron, Ohio**

Step Six

by Jamie M.

All I really remember about my first encounter with Step Six is that I went home after my sponsor had cleared me on finishing Step Five, which happened over a few different occasions. I read the passage in the (Big) book on Step Six, went on and read the Seventh Step Prayer, and then went out and launched into a great self-improvement project. I quit smoking, started exercising and started doing various things that, on the face of them, didn't have a direct relationship to getting sober in A.A. All was well for awhile and then one day it hit me like something from a radio announcer: "Were entirely ready to have GOD remove ALL these defects of character." Also, "Were ENTIRELY ready to have God remove all these defects of character."

Self-improvement projects were all well and good, but they weren't what

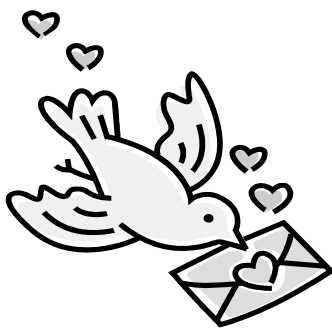
Step Six was about. As has been pointed out by others, this is, in a way, the beginning of a new phase in sobriety. It's relatively easy to admit powerlessness over alcohol when your life is going down the tubes in an obvious way, but how easy is it to make a complete surrender to the guidance of a Higher Power when the consequences of self-will aren't so well-defined?

The 12&12 chapter on Step Six does a great job of talking about this. It was there that I learned the seven deadly sins – pride, greed, lust, anger, gluttony, envy and sloth. Otherwise known as my seven favorite hobbies, up until I met Step Six. It was through looking at and thinking about (and dare I say it, working) Step Six that I began to realize that for an alcoholic of my type, the lack of understanding of the concept "enough" spread to many areas of my life. It was the beginning of something that has gone on,



intermittently, ever since. My various instinctive desires get out of check, I begin to think that this is really a good thing, I become progressively more and more restless, irritable, and discontent, and then I go back to the Higher Power angle and try working it around whatever is bothering me. I get some degree of relief, depending on my humility and willingness to rely on a Higher Power. To this day I hate it that the seven deadly sins (such old-fashioned morality!) are such a blueprint for dealing with my problems and that a Higher Power is the way to a solution. But I become more and more accepting that what works, works, even if the universe isn't constructed by me and run according to my plans (sigh).

TP



Dear Editor:

"Why the Pink Cans" in April's issue of *The Point* was a good reminder not only of what H&I does, but of the place the pink can should have in our meetings. At a recent large meeting I attended, the pink cans were placed inside the baskets being passed! H&I clearly says this is not supposed to

happen. I bit my tongue, but would appreciate seeing H&I reps do some field work and visit some meetings to educate the fellowship directly.

I note in recent financial reporting that in SF, contributions to H&I were nearly half of those to Central Office (\$44,075 H&I v. \$99,694 CO). And in Marin, it's nearly equal (\$43,406 H&I v. \$47,524 CO).

When I first came into the program, I always put \$1 in the basket and \$1 in the pink can – strictly because I felt guilty that I didn't want to go into the jails myself! I've since learned that a

Letters to the Editor

\$1 contribution in 1935 would equal **\$16.76** in 2013 and yet most people still plunk their puny \$1 bill into the basket. I now always give \$20 to the basket – not because of adjustment for inflation – but because of what a "few" Jaegermeisters and beers cost in today's world. Our Central Office and the General Service Office, Area and District, need better support to perform the dozens of services (not just literature) they provide. I hope readers of *The Point* will consider this when the basket is next passed.

Not A Stingy Recovering Alcoholic

Life Along Spiritual Lines

by Caitlin H.

It took me a long time to begin to put my sobriety first in the work context. My natural state is to be totally obsessed with my performance at work and consumed by fear of failure, so there was not a lot of room for God to shine through. Recently, I had an experience that really illustrated to me how putting sobriety before my career could actually help me at work. That was a huge step for me, so I'll share that story with you now.

I was preparing for a big presentation to a VP. The presentation was scheduled for the following morning. The night before the presentation, the VP's administrative assistant told us she needed to change the presentation time to later in the

afternoon. I began to worry, because it was now scheduled to end right when I needed to leave work to make it home in time to meet my sponsee. This VP was notoriously bad about extending meetings, so I worried I'd be late for my sponsee if he decided to keep the meeting going over time. This stress was compounded by my fears about the presentation itself. In the room would be my boss, my boss's boss and my boss's boss's boss, in addition to the VP and another Director. This was a terrifying situation for me.

But with God's guidance, I handled it all with grace. Instead of over-preparing and spending my time worrying, I did some extra praying. I asked God to keep me right-sized and help me play my part, as the distributor of information to the

audience. To deal with the timing issue, I told everyone before the meeting began (other than the VP, who was late) that I needed to leave at max five minutes after the scheduled meeting end time because I had a commitment after work.

As a result, everything went well. I was calm after praying, and got positive feedback about the presentation. And when the meeting inevitably ran over time, my boss interrupted and said, "Don't you need to leave?" I said yes, and calmly explained to the VP that I had to go. He responded enthusiastically, "Thank you for keeping your commitment!" as I left the room. All in all, by putting prayer and my commitment to my sponsee first, I was able to do better at work.

Prescription or Description?

by Bob S.

At first reading, the *Twelve-Step-Process* portion of the Big Book (first 103 pages) may appear to unfold as direct commandments for finding sobriety, seemingly in the category of, "Do it Buster or die," or "Thou must under pain of drunkenness." Of course, careful reading reveals this is not at all the tenor of our basic text.

But the initial Big Book manuscript, which was completed in December of 1938, certainly gave that impression, e.g., doing Step Seven "*On your knees*" or "*Now we think you can take it,*" or ... *reread this book up to this point or else throw it away,*" etc. The manuscript, at that time,

presented itself, for all practical purposes, as a **prescription**.

Four-hundred of these manuscripts were mailed to the fellowship, as well as certain professional people, for review and advice. By January 1939, an overhaul editing took place. This editing changed the general tenor from "You must" to "This is what we did." Consequently, when the Big Book was published in April of 1939, it no longer presented itself as a prescription, but a much more congenial and friendly sort of **description**.

Please notice that the first three words of the Big Book title page are in italics: "*The Story Of.*" This tells us

that we are about to read a story book, as story-text book, if you will. It proceeds to tell us what *they* did, and suggests that we follow *their* path if we want to get what they got: SOBRIETY!

I do not believe the book would have sold in the original style as a prescription. Most drunks have already been prescribed by doctors, preachers, friends and spouses, and winos who sang for their supper in missions had already had their fill of such. Drunks don't like being told what to do, so this book wisely describes what others had done to find blessed sobriety. Thank God for our editors.



Intergroup Meeting Summary—May 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 .

<i>Marin Groups</i>	On Awakening Group	Blue Book Special	Reality Farm	Tuesday Big Book Study
Attitude Adjustment Hour	Sunday Night Corte Madera	Come 'n Get It!	Rise N Shine	Vets Coffee Break
Blackie's Pasture	Thursday Night Speaker	Cow Hollow Men's Group	Saturday Night Regroup	Weekend Update
Cover to Cover	Tiburon Women's Candlelight	Each Day a New Beginning	Say Hey Group	Women's 10 Years Plus
Day At A Time	Tuesday Beginners Meeting	Embarcadero Group	Sober Saturday	Women's Meeting: There is a Solution
Happy, Joyous and Free	<i>SF Groups</i>	Friday Morning 12 Steppers	Sunday Night Castro Spk Disc	Women's Promises
Mill Valley	6am Men's Literature Meeting	High Noon W	Sunday Rap	GGYPAA
Monday Night Stag Tiburon	A Is For Alcohol	Living Sober with HIV	Sunset Speaker Step	<i>Marin BTG, H&I, Teleservice, PICPC and General Service</i>
Monday Night Women's	Artists & Writers	Miracles (Way) Off 24th St.	Too Early	

This is an unofficial summary of the May 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., May 7th, 2014 at 101 Donohue St, Marin City, CA.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The April 2014 minutes and the May 2014 agenda were approved.

Officer Reports

Board Chair, Phil We have four Board positions to fill at the June election and two statements of interest. Tonight is the deadline for applicants. At the quarterly Committee Chair meeting we reviewed the goal of standardizing committee practices.

Treasurer, Michelle C. We had a negative variance for March of \$4,948. Group contributions were less than budget, similar to last year at this time. Some expenses were over budget due to timing of pay-

ments. The unrestricted cash balance for March is \$33,926, representing almost two month's expenses.

Central Office Manager, Maury The 75th Anniversary edition of the Big Book is in stock (available online and in the Central Office bookstore, \$12). It is a limited edition, available until the 2015 International Conference in Atlanta. The Conference, held every five years, is 4th July weekend. There is an FAQ on the aa.org website. Phone shifts are available. There is a one-year sobriety requirement.

Intergroup Committee Reports

(Ed. Note: Committee Meetings are listed on the calendar on pages 2-3 of this issue.)

Access Committee, Steve F. Thanks to groups who completed the survey. One need brought to our attention is that the Living Sober event needs volunteers who understand ASL and can interpret. We have a new initiative called SOS, Sober Outside of Services, similar to Sunshine Club. SOS will be more of a permanent service than the Sunshine Club; more information to come next month. We request more members to help us carry the message, performing tasks such as building deaf packets and burning DVDs.

Archives Committee, Michael P. We preserve legacy of A.A., researching documents, organizing them to preserve the Legacy. Sometimes we find a real jewel. We are a living legacy. There is something about facts in A.A. that resonate with us.

Fellowship Committee, Margaret We are planning the Founder's Day Dinner and will have a comedian, a speaker, and a pie

social! Each group can sponsor a volunteer function like greeting, food, setup, etc.

PI/CPC

SF: Kris We go out into the general public, such as DUI classes, and describe what A.A. is and what it is not. This month we covered all the gigs that asked us to speak. We need a DUI coordinator and help with other activities. Many are working really hard right now to meet the current needs. We met about the UCSF Hospital's liver transplant programs. Doctors are requiring transplant candidates to go to a meeting a day for 90 days and get a sponsor, but most patients cannot get out of the hospital to attend a meeting and we can't meet the need of a daily meeting. We need to inform the doctors and families about A.A., what we do and how to contact us for assistance.

Marin: John We went into Dominican University for the first time and spoke to nursing students. We were very well received. They had a lot of questions on how to approach alcoholics. We recommend Marin A.A.'s to attend the SF PI/CPC workshop.

Teleservice

SF: Carolyn R. Teleservice answers the phones when Central Office is closed. Four-hour shifts can be done anywhere, including at home in your pajamas! Right now we need substitute volunteers for our regulars, both for primary and backup for those who need to go on vacation in the summer. Remember that groups can do a phone shift together; host a meeting, order pizza, have sponsorship discussions. It's a great opportunity for Fellowship.

Individual Contributions

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

ANNIVERSARIES

Nancy R. — 33 years

Peggy H. — 26 years

IN MEMORIAM

Bill J., Monika H., Stu S.

Marin: Alex www.marintelesevice.com
is a great place to sign up.

The Point Committee, Charley We are very actively looking for new members on the Point committee. Thanks to all who brought this request back to your groups; we've had terrific response, which proves that that when our Intergroup puts an effort behind a focused hot topic, it works!

Website Committee, Becca M. The new website design is complete! Michael P is starting to code now!

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 for experienced and new IGRs to connect. Phil got a new buddy and she made an announcement about The Point needing new members. Phil asked for new members to stand up and for experienced reps to connect after the meeting.

Margaret J reviewed that we have four open slots for the Board, 2 people standing, and 2 new people. The end of this meeting is the deadline to fill out statement of interest to be on the Board.

Becca and Maury brought up questions about clubs. How many members represent groups meeting in clubs? Do meetings handle their own funds? Three IGRs mentioned meeting in a club and that they do manage their own 7th Tradition contributions, but that it all goes to pay rent and for a prudent reserve. The topic of out-

reach to clubs is on the agenda at the next SF General Service Meeting. We've recently received a contribution from a club directly. Central Office cannot accept money from an institution or non-profit entity, but we can receive checks from individual A.A. meetings. If they clarify which groups the contribution is from, the problem is solved. It feels like an opportunity for education. Ray asked why we talk about money instead of service. Steve mentioned the positive example of a meeting facility that upgraded the meeting room. We are also trying to answer the question, what is a meeting versus a group? Groups often organize fellowship activities outside the meeting to support their members. Home groups have more intent to know each other well and hold each other accountable, though neither is more valid than the other.

Liaison Reports

Bridging the Gap Marin, Pat We are a group of volunteers who make themselves available to take someone to their first A.A. meeting outside of jail or a recovery facility. There is a six-month sobriety requirement. We currently range between 90-120 men and women participating at any one time. We match up people by location and age. There will be a volunteer BBQ and potluck on June 21st at the Marin Alano Club, open to current volunteers and interested members. In addition to being a volunteer, you can be a presenter. Pat presented at Kaiser in Terra Linda and we are presenting at men's and women's jails in Marin, pending clearance approvals. On the second Wednesday of the month, we

(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. 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			Apr. 14	YTD	Marin Contributions			Apr. 14	YTD	SF Contributions			Apr. 14	YTD
Contribution Box			\$ 91	\$ 249	T. G. I'm Sober			\$ 55	\$ 55	Chips & Salsa Tu 12pm				\$ 100
GGYPAA			\$ 26	\$ 26	Terra Linda Group Th 830pm			\$ 588		Cocoanuts Su 9am			\$ 271	\$ 271
Intergroup			\$ 101	\$ 431	Terra Linda Thursday Men's Stag Th 8pm			\$ 250		Coit's Quilters			\$ 84	
Fellowship Total			\$ 218	\$ 705	The Fearless Searchers F 8pm			\$ 16	\$ 16	Come 'n Get It! F 630pm			\$ 36	\$ 36
					There is a Solution Tu 6pm			\$ 53		Cow Hollow Men's Group W 8pm			\$ 480	\$ 480
					Thursday Night Book Club Th 7pm			\$ 39		Design for Living Sat 8am			\$ 385	\$ 385
					Thursday Night Speaker 830pm			\$ 832	\$ 1,165	Dignitaries Sympathy W 815pm			\$ 153	\$ 153
					Tiburon Beginners & Closed Tu 7pm & 830pm			\$ 468		Each Day a New Beginning F 7am			\$ 1,186	
					Tiburon Women's Candlelight W 8pm			\$ 148		Each Day a New Beginning M 7am			\$ 416	
					Tuesday Beginners' Meeting			\$ 121	\$ 352	Each Day a New Beginning Th 7am			\$ 328	\$ 890
					Tuesday Chip Meeting Tu 830pm			\$ 200	\$ 500	Each Day a New Beginning Tu 7am			\$ 266	\$ 639
					We, Us and Ours M 650pm			\$ 200		Each Day a New Beginning W 7am			\$ 330	\$ 330
					Wednesday Sundowners W 6pm			\$ 303		Early Start F 6pm			\$ 1,218	
					Women's Big Book Tu 1030am			\$ 641	\$ 641	Easy Does It Tu 6pm			\$ 690	
					Women's Lunch Bunch F 12pm			\$ 408		Embarcadero Group 5D 1210pm			\$ 736	
					Marin Total			\$ 5,342	\$ 18,457	Eureka Valley Topic M 6pm			\$ 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			\$ 170	
										Friendly Circle Beginners Su 715pm		\$ 192	\$ 192	
										Friendly Circle Su 830pm			\$ 120	
										Getting Fit at One O'Clock Tu 1pm			\$ 8	
										Giddy Up Th 7pm			\$ 89	
										Gold Mine Group M 8pm			\$ 176	
										Gratitude Center			\$ 300	
										Haight Street Blues Tu 615pm			\$ 111	
										Haight Street Explorers Th 630pm			\$ 105	
										Happy Hour Ladies Night F 530pm			\$ 130	
										High Noon Saturday 1215pm			\$ 128	
										High Noon Thursday 1215pm		\$ 50	\$ 50	
										High Steppers W 7pm			\$ 53	
										Hilldwellers M 8pm		\$ 60	\$ 392	
										Huntington Square W 630pm			\$ 144	
										Join the Tribe Tu 7pm			\$ 195	\$ 641
										Keep Coming Back Sa 10am			\$ 548	\$ 758
										Ladies Who Lunch Thu 1210pm			\$ 101	\$ 101
										Like A Prayer Su 4pm			\$ 50	
										Living Sober with HIV W 6pm			\$ 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 M 8pm			\$ 157	

Two Types of Mental Obsession

by Bob S.

I have come to believe that the mental obsession to drink presented itself in two quite different forms during my drinking years:

Thought and Consideration

During my many dry spells, I would consider the many good reasons to never again sample the devil's brew. So my confidence would grow, day by day, week by week. Happiness and joy flourished in my new-found freedom. Although A.A. was not on the radar screen, I busied myself by shooting pool or otherwise gambling at my favorite sports bar. Also, the Lucky Strikes hit the dust and I became a regular on the handball court at the local YMCA. I knew better than to ever drink again – my newfound reasonable thinking, supported by logical fear – seemed to render me safe and protected. But

alas, some good-natured joker staggered up to my local sports bar and shouted: "Set up the bar! Whiskey for everyone!" Of course, that included yours truly. My good-keen-intellectual-alcoholic mind thought the situation over and decided on the seeming-obvious conclusion that one drink couldn't hurt anybody. My very best thought and consideration allowed me to start off on another drunken spree. Jim's story (*Big Book*, starting on p.35), provides another relevant example of alcoholic thinking. Thought and consideration allowed him to drink whisky so long as it was mixed with milk. There was definitely something missing in Jim's noodle with which I can certainly identify!

No Thought or Consideration

Then there were other drunken sprees when my ability to decide

waxed completely nonexistent. As Red Skelton (some of you will remember) used to say when performing his little child act: "If I dood it I get a whippin'. If I dood it I get a whippin' ... I dood it!" Fred's Big Book story (first full paragraph on p.41) illustrates as how Fred just *dood it* and practically without thinking!

So I maintain that a practicing real alcoholic, such as I, had no choice to not drink, because there was something badly wrong with my decision-making apparatus. Self-will and self-knowledge could not provide adequate prevention for a real alcoholic such as I. Page 43 tells us, "The alcoholic at certain times has no effective mental defense against the first drink. His defense must come from a higher power."

So, think before you think. Oops! I mean, *Pray* before you think!



SF Contributions	Apr. 14	YTD	SF Contributions	Apr. 14	YTD	SF Contributions	Apr. 14	YTD
Monday Monday M 1215pm	\$ 99	\$ 696	Sobriety & Beyond W 7pm	\$ 120		Tuesday Night Lasses Step Study		\$ 104
Monday Nooners M 12pm	\$ 219		Sometimes Slowly Sa 11am	\$ 150		Twelve Steps to Happiness F 730pm		\$ 70
No Reservations M 12pm	\$ 455		Sought to Improve Th 715pm	\$ 141		Unidentified Group	\$ 142	\$ 377
Noon Smokeless Th 12pm	\$ 75		Stepping Stone Step Study M 730pm	\$ 174	\$ 174	Valencia Smokefree F 6pm	\$ 80	\$ 80
Noon Smokeless W 12pm	\$ 50		Sun Morning Gay Men's Stag 930am	\$ 552		Wake Up On 3rd St Group		\$ 128
Parkside Th 8pm	\$ 346		Sunday Night Castro SD 730pm	\$ 569		Walk of Shame W 830pm		\$ 185
Pax West Men's Daily Reflections W 7am	\$ 116		Sunset 11'ers Th	\$ 200	\$ 200	Waterfront Sun 8pm		\$ 244
Pax West T 12pm	\$ 667		Sunset 11'ers Tu	\$ 79		We Care Tu 12pm		\$ 154
Pax West Th 12pm	\$ 749		Sunset 9'ers F	\$ 20		Wharfrats Th 815pm	\$ 272	\$ 272
Progress Not Perfection Tu 830pm	\$ 29		Sunset Speaker Step Sun 730pm	\$ 132		What It's Like Now M 6pm		\$ 139
Raising the Bottom W 9pm	\$ 300		Tea with Bill	\$ 25		Wits End Step Study Tu 8pm		\$ 35
Reality Farm Th 830pm	\$ 357	\$ 357	Ten Years After Su 6pm	\$ 497	\$ 1,000	Women's 10 Years Plus Th 615pm		\$ 601
Rebound W 830pm	\$ 60	\$ 60	The Lads Fr 730pm	\$ 150		Women's Came to Believe Sa 10am	\$ 90	\$ 90
Rigorous Honesty Th 1205pm	\$ 120		The Parent Trap 2 Wed 4pm	\$ 60		Women's Kitchen Table Tu 630pm		\$ 396
Saturday Afternoon Meditation 5pm	\$ 154	\$ 154	The Parent Trap M 1pm	\$ 104	\$ 114	Women's Mtg There is a Solution W 6p	\$ 82	\$ 497
Saturday Night Live Sa 9pm	\$ 55		The Pepper Group F 12pm	\$ 113		Women's Promises F 7pm		\$ 140
Saturday Night Regroup Sat 730pm	\$ 239	\$ 239	They Stopped In Time M 8pm	\$ 205	\$ 205	YAHOO Step Sa 1130am		\$ 300
Serenity House	\$ 150	\$ 600	Thursday Night Women's Th 630pm	\$ 144		SF Total	\$ 7,515	\$ 36,532
Sober at State MW 1210pm	\$ 124		Trudgers Discussion Su 7pm	\$ 180		Total YTD Contributions	\$ 13,075	\$ 55,694
Sober Saturday Sa 830am	\$ 83		Tuesday Big Book Study Tu 6pm	\$ 78				

Profit and Loss Statement: March 2014

	Mar 14	Budget	Jan - Mar 14	Budget		Mar 14	Budget	Jan - Mar 14	Budget
Ordinary Income/Expense					Paper Purchased	0	116	403	409
Income					Payroll Fees	5	10	25	30
Gratitude Month	303	300	5248	4000	Phone Book Listings	93	93	279	279
Group Contributions	10199	10500	42620	43033	Postage	200	200	446	446
Individual Contributions	1606	2850	9429	11351	Printing	695	0	695	0
Newsletter Subscript.	0	33	33	88	Rent - Office	4122	4122	12366	12366
Sales - Bookstore	11023	9000	34746	30099	Rent - Other	180	90	280	280
Total Income	23131	22683	92076	88571	Repair & Maintenance	240	325	836	955
Cost of Goods Sold					Security System	118	118	118	118
Cost of Books Sold	8432	6279	25494	21337	Shipping	639	323	1184	970
CoGS- Shipping	41	26	55	66	Sunshine Club	0	0	25	0
Credit Card Processing	493	400	1475	1187	Telephone	227	246	675	738
Inventory Adjustments	-312	0	-342	0	Travel	0	0	0	100
Total COGS	\$ 8,653	\$ 6,705	\$ 26,682	\$ 22,590	Total Expense	\$ 19,903	\$ 18,371	\$ 60,173	\$ 57,827
Gross Profit	\$ 14,477	\$ 15,978	\$ 65,394	\$ 65,981	Net Ordinary Income	\$ (5,426)	\$ (2,393)	\$ 5,222	\$ 8,154
Expense					Other Income/Expense				
Teleservice Committee	0	75	0	75	Other Income				
Reconciliation Discrepancies	-1		-1		Bag Fees	2	5	7	14
Access Expenses	160	415	160	415	Customer Shipping	475	320	1334	992
Employee Expenses	12083	11897	37112	36645	Interest Income	185	100	186	295
Equipment Lease	0	0	1535	1446	Miscellaneous Income	116	30	399	90
Filing/Fees	0	0	10	0	Total Other Income	\$ 777	\$ 455	\$ 1,926	\$ 1,391
Insurance	0	0	1620	1620	Other Expense				
Intergroup Events	835	0	1539	0	Depreciation Expense	299	279	901	837
Intergroup Literature	0	0	20	0	Total Other Expense	\$ 299	\$ 279	\$ 901	\$ 837
Internet Expense	145	129	392	387	Net Other Income	\$ 478	\$ 176	\$ 1,025	\$ 554
Office Supplies	161	211	455	548	Net Income	\$ (4,948)	\$ (2,217)	\$ 6,247	\$ 8,708

Treasurer's Report

For the month of March, total income was under budget by \$448. This was primarily due to individual and group contributions being less than budgeted.

Total expenses for the month of March were over budget by \$1,533.

Cost of Books Sold was over budget due to the purchase of 75th Anniversary Edition of Big Book but was closely matched by Bookstore Sales.

This month there was a negative variance of \$4,948 but year-to-date there is a positive variance of \$6,247.

Unrestricted cash balance went from \$45,758 to \$33,926 representing just under two months of operating expenses.

**39TH ANNUAL
WESTERN ROUNDUP
LIVING SOBER**

**FRI-SAT-SUN
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2014**

AA Conference
with Al-Anon Participation
hosted by members of the LGBT AA Community

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SAN FRANCISCO

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For ASL or special needs, contact us at least 72 hours in advance at 415.978.2478

March 2014 Balance Sheet

	Mar 31, 14	Feb 28, 14	\$ Change	Mar 31, 13	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	190,991	186,537	4,454	181,059	9,931
Unrestricted Cash	33,926	45,759	(11,832)	43,917	(9,991)
Total Checking/Savings	224,917	232,296	(7,379)	224,977	(60)
Accounts Receivable					
Accounts Receivable	13	252	(239)	(5)	18
Total Accounts Receivable	13	252	(239)	(5)	18
Other Current Assets					
Inventory - Bookstore	21,102	23,256	(2,154)	19,088	2,015
Prepaid Literature Orders	7,186	2,250	4,936	3,324	3,862
Undeposited Funds	81	11	70	635	(554)
Total Other Current Assets	28,369	25,517	2,852	23,046	5,322
Total Current Assets	253,299	258,065	(4,766)	248,018	5,281
Fixed Assets					
Comp. and Off. Equipment (Net)	3,035	3,169	(134)	2,095	940
Furniture & Equipment (Net)	0	0	0	59	(59)
Leasehold Improvements (Net)	19,363	19,528	(165)	21,343	(1,980)
Total Fixed Assets	22,397	22,696	(299)	23,496	(1,099)
Other Assets					
Deposits	6,898	6,898	0	6,698	200
Total Other Assets	6,898	6,898	0	6,698	200
TOTAL ASSETS	282,594	287,659	(5,065)	278,212	4,382
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	796	1,007	(211)	0	796
Total Accounts Payable	796	1,007	(211)	0	796
Other Current Liabilities					
Payroll Liabilities	4,125	3,865	261	5,006	(881)
Sales Tax Payable	872	1,038	(166)	761	111
Total Other Current Liabilities	4,997	4,903	95	5,767	(770)
Total Current Liabilities	5,793	5,909	(117)	5,767	26
Long Term Liabilities					
Deferred Compensation	54,193	54,193	0	48,393	5,800
Total Long Term Liabilities	54,193	54,193	0	48,393	5,800
Total Liabilities	59,986	60,102	(117)	54,160	5,826
Equity					
Net Assets	(201,911)	(201,911)	0	(197,712)	(4,199)
Opening Balances	418,272	418,272	0	418,272	0
Net Income	6,247	11,195	(4,948)	3,492	2,755
Total Equity	222,608	227,556	(4,948)	224,052	(1,444)
TOTAL LIABILITIES & EQUITY	282,594	287,659	(5,065)	278,212	4,382

(Continued from page 15)

meet at 6pm at the Marin Alano Club in San Rafael.

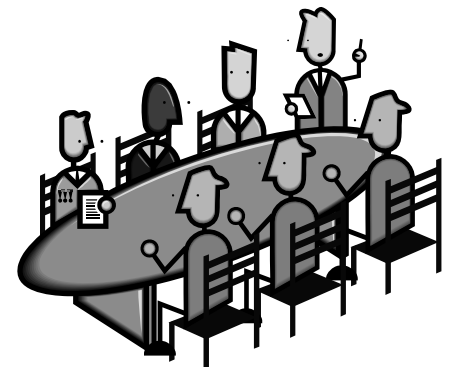
GGYPAA, Dakota We hosted a successful dodge ball event in SF and are planning a new event now.

Marin H&I, Karen G We elected a new Teleservice liaison. We will vote on what to do with extra money. There are two alternate positions open at Helen Vine.

Quarterly Workshop idea: Hot Button Issues We hope to revitalize committees like the Literature Committee and the Trusted Servant Committee. The Literature Committee reviews all the literature for accuracy and relevance. The Trusted Servants Committees hosts Trusted Servant workshops. There is a proposal for a new quarterly workshop, originated by General Service and Inter-group to facilitate hot topic discussions with participation from all service entities. Violet, Summer, and Gretchen are interested in representing Inter-group. There will be ongoing information and opportunities to sign up. Maury will connect with them to give more details.

Becca announced this month's single-pointed focus for IGRs to go back to their meetings and ask for Teleservice volunteers. Let's get all open positions filled!

Next Inter-group Meeting: Wed, June 4th, 2014, 7pm, 1187 Franklin St. SF CA. Orientation is at 6pm, dinner is served at 7pm.



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June 2014

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