

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014
July 7

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous
1821 Sacramento Street
San Francisco, CA 94109-3528

Having Fun in Sobriety



San Francisco (415) 674-1821
Marin (415) 499-0400
Fax (415) 674-1801
www.oasf.org
thepoint@oasf.org

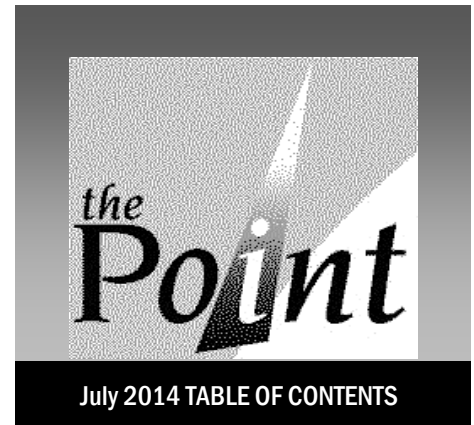
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

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July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1 <u>FIRST TUE</u> Access Committee Central Office 6:00pm	2 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7:00pm
6	7	8 <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 Orientation / Concept Study / BTG 7:00pm Business Meeting 8:00pm	9 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6:00pm
13	14 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office 7:00pm	15	16
20 <u>THIRD SUN</u> Archives Committee Central Office 2:00pm Business Meeting followed by Work Day Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12:00pm	21 <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	22 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7:00pm Business Meeting 7:30pm	23
27	28	29	30

THURSDAY	FRIDAY	SATURDAY
3	4	5
10 <u>SECOND THU</u> 12th Step Committee Central Office 6:00pm	11	12 SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 10:00am
17	18	19 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11:00am
24 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7:00pm	25	26 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10:00am
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The spiritual life is not a theory.

We have to live it.

Alcoholics Anonymous, p. 83.



Meeting Changes

New Meetings:

Sun	6:00pm	Haight Ashbury	4TH STEP WORKSHOP, All Saints Episcopal Church: 1350 Waller St / Masonic Ave (Big Book Study)
Mon-Fri	9:30am	San Rafael	GOD COULD & WOULD IF HE WERE SOUGHT, 1360 Lincoln Ave / Maple St (Book Study)
Wed	8:30PM	Outer Sunset	OCEAN OF SOBRIETY, 3918 Judah St / 44th Ave (Chips, Closed, Speaker/Discussion, Meditation)
Sat	9:15pm	San Rafael	WHY IT WORKS, 1360 Lincoln Ave / Maple St (Book Study, Steps & Traditions, Discussion)

Meeting Changes:

Mon	8:00pm	Pacific Heights	BROTHERS IN ARMS, CPMC: 2333 Buchanan St / Clay St (Now in room 309, was in Thornton room)
Tue	8:00pm	Castro	TUESDAY FIRESIDE CHAT, 100 Diamond St / 18th St (Chips on last Tuesday of the month)
Thu	7:00pm	Inner Richmond	PEN AND PAPER, 4301 Geary Blvd / 7th Ave (Was called 10 & 11)
Fri	5:00pm	Pacific Heights	HAPPY HOUR, Nu Outlook: 2203 Sutter St / Pierce St (Now Steps & Traditions Study)

No Longer Meeting:

Wed	9:00am	Inner Sunset	WEDNESDAY SUNSET 9'ERS, Seventh Ave Presbyterian Church: 1329 7th Ave / Irving St
Thu	7:30am	Civic Center	FRIDAY KNIGHTS, 387 Golden Gate Ave / Larkin St
Thu	1:00 pm	South of Market	VETERANS COFFEE BREAK, Swords to Plowshares: 1060 Howard/Russ
Fri	6:00pm	Inner Richmond	THE LADS II, 5340 Geary Blvd / 18th Ave
Sat	9:00pm	Castro	SATURDAY FIRESIDE CHAT, St. Francis Lutheran Church: 152 Church St / Market St

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!***

The 12th Step Orientation

When: July 19, 2014, at 3:00pm

Where: Central Office, 1821 Sacramento Street, SF CA 94109

12th Step Work—Your personal emergency relief kit!

Please join our growing list of volunteers on the Central Office 12th Step list—a list of members who are willing to respond to the person who has called A.A. for help—day or night. You stay sober and may be able to help another person into recovery.

This workshop will be ASL interpreted.

What are the requirements? The willingness to help the alcoholic who still suffers, attendance at this workshop and the ability to respond quickly when called.

Persons requiring reasonable accommodations, including assistive listening devices or print materials in alternate format should contact Central Office at (415) 674-1821 no less than five business days prior to the event or e-mail 12thstep@aasf.org. This orientation will be ASL interpreted.

From the Editor

A New Beginning

by Gilbert G.

It's time to say "goodbye" to our steadfast Editor, Michael M., who organized every issue and made sure deadlines were met. I became able to take on this role after watching and learning from him over the years. Thank you, Michael, for the education and encouragement.

Coincidentally, The Point Editorial Committee has just taken on new members. To them, I say, "welcome aboard"! The next few months will involve a learning curve. I am confident that they will be enthusiastic team members and article contributors. Together we will give our publication a fresh start. We welcome your opinions and feedback, so feel free to send a Letter to the Editor and let us know what you think.

Finally, in this issue Claire A. talks about the A.A. aphorism, Take What You Like, Leave the Rest. Claire explains how this idea is about acceptance. Andy Anonymous writes

about the 7th Tradition. He raises the question, "... how much is my sobriety worth?" The e-volunteer at Help@aasf.org shares a conversation with a newly sober person who wanted to find meetings during an upcoming business trip to San Francisco. The story ends with a surprise and some good advice. Charley D. finds amazement in how alike recovering alcoholics can be. He goes on to talk about denial, powerlessness, unmanageability, and acceptance. Marlan H. shares his experience of benefitting from 90 meetings in 90 days and the message of hope. This month's history article by Arthur S. sheds some light on the second and third members of A.A. Annia R. talks about her mindfulness practice and attempting to be present in her life. Bette B. talks about having fun being sober. Paul K. talks about how he often offers the topic, having fun in sobriety, at meetings in which he chairs.

Welcome, all, to The Point, reloaded!



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

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

Take What You Like, Leave the Rest

by Claire A.

When I was a kid, taking what I liked and leaving the rest was frowned on. I was to eat my entire dinner – no eating the potatoes and leaving the liver. And no picking the M&Ms out of the trail mix.

Thank goodness it's not that way in A.A., and thank goodness that the only requirement for A.A. membership is a desire to stop drinking. I am ego-driven, and I was especially so in early sobriety. If anyone had told me what I had to do, I would surely never have stuck to the program, even though I was desperate for help. Every step of the way, I was free to take suggestions or leave them. And I often did. I left the idea of God, the idea of calling people, the idea of 90 in 90, and so many other terrific suggestions, on the table, while I pursued this or that other A.A. idea, in a totally unbalanced and self-will based attempt to get sober. The things that I

*I now see
that she trusted
my higher power
to keep me sober.*

tried worked, not because I chose the right thing, but because they work for everyone. The fact is that I didn't see the benefits of the whole program until I actually did the whole program—even the stuff I didn't really want to do. Especially the stuff I didn't want to do.

My first sponsor was incredibly patient with me, I now realize. Even

though on the exterior I said “yes” to what she suggested, inside I rebelled. And I would simply not do some of the things she suggested. She didn't really react. She just kept suggesting things, and letting me find my own path. I now see that she trusted my higher power to keep me sober.

As a sponsor myself, I am learning to trust the program and other people's higher powers on a new level. When my instinct tells me that I know what's best for them, I can remember my sponsees also get to take what they like and leave the rest. It's not my job to fix my sponsee, nor to judge whether they are broken! That's God's job, and I'm a lot happier when I keep that in mind.

These days, I'm applying the idea of taking what I like and leaving the rest in other areas of my program and my life. I think this practice is a good antidote for my tendency toward perfectionism. For example, with other parents in the PTA, I accept what I like, without having to find people who are exactly how I want them to be. I see other people doing this naturally, but I'm an alcoholic, and I expect perfection. I can build up a nice fat resentment about how others are conducting themselves at PTA meetings. Taking what I like about people and leaving the rest is another way of saying that I accept them as they are. Doing this not only makes it easier to have a broad circle of acquaintance, it lowers my anxiety level around these people, and it gives me permission to lower my expectations of perfection of myself, expectations that often leave me tongue-tied in front of people, for fear of screwing up. When I relax and

allow myself to open up, I'm generally accepted. People may disagree with me, and I usually put my foot in my mouth a few times, but the overall result is good.

To me, the idea of "Take What You Like and Leave the Rest" is about acceptance. We come into the program in all different kinds of ways, with all different kinds of bottoms, and we are all different people. In A.A., we find acceptance, not just of who we are and what we've done, but of what we make of the program. We are given huge gifts: the Steps, sponsors, hundreds of meetings where we can go and talk about our lives, about getting sober, about alcoholism, the Big Book and all the other books about the program. And acceptance runs both ways. We are accepted, and if we so choose, we accept the program, even the tiniest bit of the program. If we don't accept everything about the program, we just take the parts we like. The beauty of the program is that the more you do, the greater your peace.

TP



Our 7th Tradition

How Much Does It Currently Cost to be a Member of Alcoholics Anonymous?

by Andy Anonymous

I have been around A.A. long enough, and I am still sick enough that I really enjoy discussions of our 7th Tradition and what self-support means. We offer our program freely, but at some point, the bills must be paid – and the 7th Tradition forces me and my group to examine how effectively we are using our contributions. Since you are reading *The Point*, the Central Office newsletter, I am assuming you know about our Central Office and at least some of the services that Central Office provides to our fellowship. However, I bet you'd be surprised how many of our fellowship including long-timers are not very aware of Central Office.

The cost of living in the Bay Area is rising – that's a no-brainer, wouldn't you agree? So, keeping our meetings going and our Central Office operating is getting more expensive, too. Trust me: I haven't done much research in preparing this article, but I am assuming that our General Service Office in New York has increasing expenses as well. The cost of being a self-supporting member of A.A. must be going up too.

Well, how much is my sobriety worth??? You know that ad on TV – cost of roses? \$20; a fancy haircut? \$70; having time for dinner with your honey: Priceless? Is my sobriety still a dollar in the basket? \$2? \$5? Or is sobriety priceless? What's the dollar value on "priceless?"

Some members say that anonymity is kind of an old-fashioned idea – I don't care who knows I am an alcoholic; maybe self-support has run its course too? Everybody knows an alcoholic – think of how many newcomers we could help with all

the outside support we could get. I'll bet pretty soon our City Hall will have advertising on it – look at the SF Giant's ballpark – there's advertising everywhere. I could get Twitter or Google to sponsor my Home Group – kind of like having our softball team sponsored by Mickey's Lodge or the Shannon Arms tavern, or Anchor Steam brewery? We could even get a bunch of sweatshirts made up to spread the word. Or you know or we could go to Starbucks and get coffee and pastries donated – that would save a lot. Good idea?

Time = Money. Many in our fellowship are on fixed incomes for a variety of reasons. Expenses increase, but our income doesn't keep pace. Our fellowship is largely run by volunteer efforts with volunteers maintaining our groups, answering phones, doing 12th Step service; however, there are expenses. From our *Twelve Steps and Twelve Traditions*: "Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today." We minimize our expenses but we can't eliminate them entirely. This may be a topic for another time, but if we really look at all the services that are provided by our contributions, it's quite impressive. Our contributions are used both locally and around the world to carry the message of Alcoholics

We minimize our expenses but we can't eliminate them entirely. This may be a topic for another time, but if we really look at all the services that are provided by our contributions, it's quite impressive.

Anonymous. Profits from literature sales make up the difference – not enough group and individual contributions are received to support the services deemed necessary.

Finally, I maintain that our tradition of self-support is a huge aspect of keeping A.A. right-sized. Even the smallest monetary contribution needs to be acknowledged and appreciated. New in A.A., I figured that the fellowship received grant money, or some kind of outside charitable contributions. After a while, I realized that the basket going around the room finances our meeting and also the services that Central Office and General Service provide. Please talk about how our contributions are used – with other members, sponsees, and complain if you're not happy. Costs ARE going up, but currently we are still getting a lot of bang for our A.A. buck. Just remember, a buck doesn't go as far as it did in the good old early days of Alcoholics Anonymous!





Recently, our online “help” at the Intergroup website received a typical email, requesting assistance to find a San Francisco meeting for a recovering alcoholic visitor coming to town. But the story changed pretty quickly. Read on.

Hi,

My name's Simon [pseudonym] and I came into the rooms in January of this year. I have just embarked on a new career and will be visiting SF for training from May 10 through the 16 and am looking forward to attending some meetings! I don't know any fellows in SF (and am not that familiar with the city) but was hoping someone might be able to make some recommendations on meetings that would be pretty central and early in the mornings or evenings from 7pm.

Thanks for your help!

Best,

Simon

Hi, Simon,

I'm an alcoholic in recovery who helps answer email requests to our Central Office.

Welcome in advance to San Francisco and a warm A.A. welcome, as well. While in SF, you are

welcome to drop by our Central Office (1821 Sacramento St., corner of Van Ness Ave.) during business hours, which are Monday through Friday, 10am to 6pm and Saturday, 10am to 2pm.

San Francisco is not a large city geographically, but I'm not sure where you'll be staying. Send your hotel or address and I can figure it out and suggest nearby meetings.

Call our Central Office (415.674.1821) and you can speak to an alcoholic in recovery who can help guide you to meeting locations at times that work for you during your visit. You are wise to get some meetings set up, as travel during early sobriety can be a slippery time. If you're staying in a hotel, you can request that the minibar in your room be cleared of all alcohol. This was important to me when I first got sober, as a hotel room on business travel was a real trigger for me.

In sobriety,

e-Volunteer

Hi, e-Volunteer,

Thank you for the advice. I will definitely email the hotel ahead of arrival to remove the alcohol from the mini-bar. I will be staying at the Clift Hotel downtown and will be arriving in the evening on Saturday, so will

likely be looking for a meeting as this is normally when I would hit the bars.

Thanks again for the advice!

Simon

Simon,

The Clift is at 495 Geary St.; at 6pm on Saturday, there is a speaker meeting at 842 Geary, a short walk away, at Let's Jam Cafe (upstairs). If that's too early, there is a 7pm meeting at 900 Hyde St. (cross street is Pine) at the St. Francis Hospital, enter on Hyde and go to the second floor, Hoffman Room.

If 7pm is also too early, there are meetings later than that, multiple meetings at 8, 9, 10 and even one at midnight on Saturday, but you'd most likely want to take public transit or a cab. Take a look at our meeting schedule for San Francisco meetings on Saturday evening [list omitted for this article]. If you need help finding the meetings, you can call our main # (415.674.1821) and an alcoholic in recovery will help you out, 24/7. If you click on the meeting address (blue link) on the website (not within this email, you'll have to go to the site), a map will pop up to help you.

Write again if you need more help,

e-Volunteer

(Continued on page 17)

A.A. Aphorisms

Alcoholism – an Equal Opportunity Destroyer

by Charley D.

The Big Book calls alcohol “cunning, baffling, powerful.” Most other diseases announce when they’ve arrived – with a rash, a runny nose, chest pains, or maybe a nagging cough. You know then it’s time to get help. Of course, alcoholism has its symptoms too – the blackouts, bent fenders and broken relationships. With them comes, perhaps, the disease’s most insidious characteristic. Alcoholism induces in the sufferer a tendency and ability to deny those very symptoms.

That’s how it went with me. I never lost a job, slept under a bridge, had a DUI, or drank wine from a bottle in a bag in a stinking alleyway. As I hadn’t exhibited these traits of the “true” alcoholic, I convinced myself I was okay and trudged on with my disease, drinking every day, passing out most every night, waking up feeling like I’d been run over by a steamroller. My wife told me I needed help. I brushed her off. “Stop nagging me,” I said, “So what if I drink too much once in a while?” She persisted. Once, I even “proved” to her I wasn’t an alcoholic by taking up her challenge, I think, in mid-October to stop drinking until Thanksgiving. I didn’t drink a drop for over a month. Feeling grouchy and put upon the whole time, I had the sensation I was holding my breath. Thanksgiving Day came. I could finally exhale. I started drinking in the morning, somehow cooked a turkey in my inebriated condition, and sat down to dinner – drunk, unpleasant, and argumentative. I showed her! I’d shown myself too. I kept on drinking for several more years.

Imagine a sick person with, say, heart disease. He suffers a heart attack and, luckily, survives. He reacts by saying, “Well, because I survived whatever that was, I can’t have heart disease because people can die of heart attacks.” You entreat him to go to the hospital. “Not everyone dies who gets a heart attack,” you say, “The next one may kill you.” He refuses. Alcoholics behave just like that. I certainly did. I always found a pretext for distinguishing me, a mere heavy drinker, from the true alcoholic.

Alcohol is, as the saying goes, an equal opportunity destroyer. Therefore, A.A. doesn’t define alcoholism by the number of benders, hangovers, or arrests you endure. With the First Step, I admit I’m “powerless over alcohol” and my life has become “unmanageable.” How powerless? How unmanageable? Who’s the judge of that? Only me. Alcoholism is different for everyone.

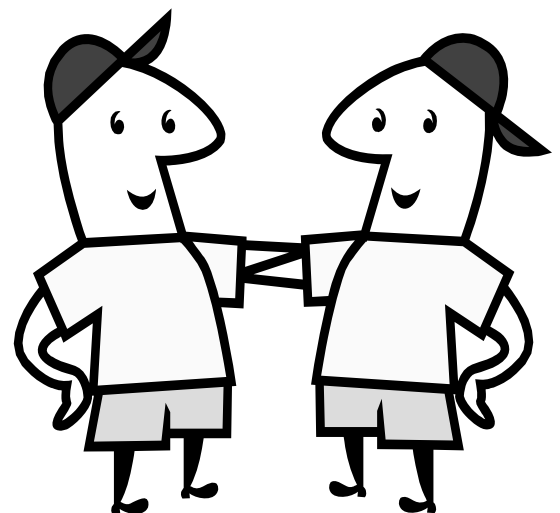
I continue to find amazement in how alike we recovering alcoholics are.

You’d think recovery would be different for everyone too. But it’s not. After almost thirteen years sober, I continue to find amazement in how alike we recovering alcoholics are. Many times I have heard another alcoholic share at a meeting and felt, not that she’s lived a life similar to mine, but

somehow know she’s lived exactly the same life I have in the exact same way. It’s as if she’s gotten inside my head and thought with my mind. I’ll then realize with astonishment she’s otherwise different in every imaginable way – age, gender, background, race, education, religion, sexual orientation, even drinking habits before she got sober.

Leo Tolstoy wrote, “Happy families are all alike; every unhappy family is unhappy in its own way.” That’s also true of recovery in A.A. We each got here in our own highly unique unhappy way and found the same better way of living. We draw on our varied experiences to share strength and hope with each other, and with the help of our Higher Power, find a common road of recovery that seems surprisingly similar for all of us. Sadly, each suffering alcoholic continues to suffer in her own way, probably, as I did, relying on that uniqueness to persuade herself she’s not really suffering. Thus, she remains hostage to that equal opportunity destroyer.

TP





A.A. Aphorisms

90 Meetings in 90 Days

by Marlan H.

Plenty of time to clear the haze: the dirty fog within my mind. Having a specific safe place to be time after time, day after day. I've started new habits, new ways of thinking. Yes, that's the ticket. With this renewed mindset, I'll surely lick it! Alcoholism a disease centered in my mind: one that caused me to uproot from my family and friends in hot pursuit of a different kind of life. A new way for me. I'll change my people, places and things. This will be the key... to my success! There is no time for rest.

90 meetings in 90 days. To an over achiever this appears to be a challenge. To remain within the confines of the aforementioned structure will require a certain level of balance. One that I certainly am not used to. Completely drug free with nothing to combat the depression. I dive into more meetings, wondering, will this become an obsession - of the mind? "Yes, but a different kind, one that will make you stronger, smarter; you'll learn to love better." Mmmm ok, that will suit me just fine.

So I give in and succumb to the notion that 90 meetings in 90 days may not be enough for an alcoholic of this particular kind: an alcoholic like me. Longing desperately to be free from my stinking thinking. How can this be - that I am turning my will and power over completely to a source of life sustenance greater than me? Will "He" be able to remedy a life I've nearly destroyed over the course of many, many years? Will these blasted "Promises" ever come true in this lifetime? What am I to do? Then I realized that I couldn't get to the 9th Step promises without doing steps 1 through 8. There is a reason for this order: a method to this madness if I am to stay the straight and narrow path. This will require much work on my part for there is no pill that I can ingest to make this mess go away. I must face my problems and deal with life, the ups and downs the mundane day to day. The Steps will get me to the next page in my story.

The next chapter in my life started by attending 90 meetings in 90 days. The meetings weakened my resolve fueled by selfish pride and washed my brain, allowing me to attain a clearer picture of remnants of

feelings once masked by alcohol - the bane of my existence. I see that resistance is futile if I truly aspire to be all that my higher power thinks of me. His precious thoughts to me are innumerable. I can't even fathom; no, I can't even understand so I'll stand or sit through...

*Truth be told,
90 meetings in 90 days
saved my life.*

90 meetings in 90 days. They made me spiritually fit in a short span of time. Free from the random blathering of idiots, the ones in my mind. I learned that I don't have to react. In fact, I don't have to listen to those thoughts anymore. For me they simply are not true. Truth be told, 90 meetings in 90 days saved my life. I dove in headfirst. Now, when knee deep in trials and sometimes tribulations that we often refer to as "life," I call another alcoholic and listen to his plight. And if I can't get through, I lend a hand in service. This oftentimes helps too. However, on the rare occasion when these tools simply will not "hoe the road", I get myself to a meeting and there a truth is being told: a message that hits close to home. Still, if that doesn't work I come down from my throne and climb onto my "high horse" and ride into another meeting. There, I am right-sized when faced with another alcoholic, someone just like me - fresh from the streets, completely depleted from all energy clinging to one common thread...

HOPE.



A.A. History: The Three Legacies

Part Thirteen, A.A. Begins

by Arthur S, edited by Gilbert G

[This series of installments contains information from the presentation, "A Timeline History of Alcoholics Anonymous". In the thirteenth installment of this series, we'll learn about the second and third members of Alcoholics Anonymous. The beginning of our fellowship is considered to be the day the second member joined Alcoholics Anonymous.]

Dr Bob's Last Binge - Early June 1935

Dr. Bob, off the booze for about a month, left Akron by train to attend a weeklong American Medical Association (AMA) convention in Atlantic City, NJ. He started drinking soon after boarding the train and continued binging and blacking out at the convention for 2 or 3 days.

Bill and Anne Smith received a call to come pick up a very drunken Dr. Bob at his office nurse's home. Bill helped Dr. Bob through 3 days of sobering up to get ready for a scheduled surgery. On the day of the surgery, Bill gave Dr. Bob his last drink (a beer) and a "goofball" (a barbiturate).

Dr. Bob's sobriety date is June 10, 1935. Bill W's sobriety date is December 11, 1934. The beginning of the Fellowship of A.A. is celebrated on the day that the 2nd alcoholic (Dr. Bob) had his last drink. This constituted 2 alcoholics coming together for the purpose of sobriety. As such, and in what would later become one of the key principles in the long form of Tradition Three, the first A.A. group, Akron #1, was born.

Dr. Bob suggested that he and Bill W work with other alcoholics. A local Minister, J C Wright, provided a prospect who was quite a character. Bill and Bob tried in vain, throughout the summer, to sober up Edgar (Eddie) R (described as an "alcoholic atheist and able to produce a major crisis of some sort about every other day"). Eddie R missed the chance to be A.A. #3 but he showed up at Dr. Bob's funeral in 1950. He was sober a year and attending the Youngstown, OH group.

Another classic case of 2 members who did not make it at first during the summer and fall of 1935, are mentioned in the book "Dr. Bob and the Good Oldtimers" (pg 97). They have become part of A.A. folklore. A man whose alias name is given as "Victor" and who was a former mayor of Akron, OH, and a woman whose alias name is given as "Lil" teamed up to claim the dubious honor of providing A.A. with the notion that would later come to be called the "13th Step."

All kidding aside, it should be remembered that A.A. of the early years went after nothing but the toughest of tough cases of alcoholism - people who were typically considered hopeless and beyond all help.

Alcoholics Anonymous Number Three - Late June 1935

In late June 1935, Bill W, Dr. Bob and Eddie R visited Bill D at City Hospital. A prominent attorney, Bill D was hospitalized

8 times in 1935 for his drinking. It took 5 days before Bill D would say that he could not control his drinking. He checked out of the hospital on July 4, 1935 and never drank again.

Bill D's Big Book story is "Alcoholics Anonymous Number Three." The story did not appear either in the original manuscript or the 1st edition Big Book. The reasons for this are not clear.

Bill D was Ohio's Panel 1 Delegate to the 1st General Service Conference in 1951.



Bill D. - A.A. #3

Practicing Mindfulness & Being Present

by Annia R.

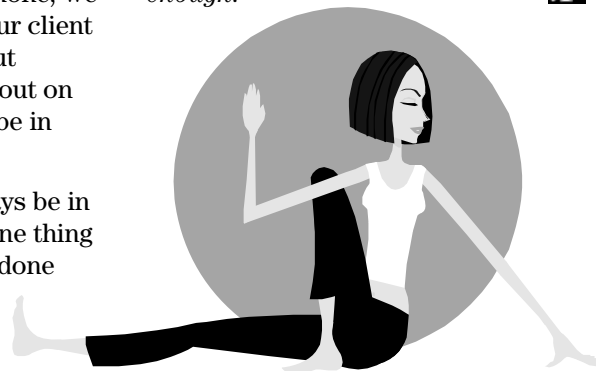
I did not realize until recently how un-mindful I am in my daily activities. I tend to do several things at once, thinking that I will be more productive. I talk on the phone while checking my e-mail, I eat while I'm driving, I think about my evening plans while having lunch with a friend... the list goes on. Sometimes I realize that I've spent the whole conversation with someone thinking about something else, and I have no idea what the person said for the last 10 minutes.

We think that we need to be productive, multi-task, speed-talk,

kill two birds with one stone, and pack as much into our day as we possibly can so that we feel good about ourselves at the end of the day. In reality, doing several things at once often results in neither task getting accomplished. We miss our exit because we are on the phone, we make a typo in an e-mail to our client because we are thinking about something else, and we miss out on life because we are trying to be in two places at once.

The point of power is to always be in the present moment. Doing one thing at a time results in one thing done well, rather than two tasks accomplished halfway.

Thought for the day: Today I will practice mindfulness. I will focus on the task at hand, and I will be present and attentive for the duration of that activity. I will enjoy what I am doing and I will savor the moment. I am doing enough.



Keep Coming Back, It Works!

by Anonymous

Not sure when it started in A.A. – that rousing chorus of “KEEP COMING BACK, IT WORKS!” and attendant hand stooging at the end of every A.A. meeting...

When I was newly sober, any reason NOT to be in A.A. was at the top of my list. I hated the words “share” and “God” and “gratitude”. But little by little, my relationship with A.A. has evolved. Today I understand that “sharing” and “God” and “gratitude” in fact saved my life.

I'm truly grateful that binge drinking, blackouts, hangovers and impending doom no longer macerate my daily life. These days, I read pamphlets and books with a highlighter, meet regularly with a sponsor and 3-4

sponsees. I attend an embarrassing amount of meetings every week, practice restraint and tolerance, hold down a job and drive a registered vehicle. Honestly – I keep coming back because it does work.

But I'm pretty sure that I don't keep coming back because it's shouted at me at the end of every meeting. Does this go on all over the U.S., all over the world? Is it a San Francisco thing, a California thing? And, why – WHY? (I know, I know...).

While it's possible that I'm STILL looking for that one reason not to be there, lately this weird little ritual has begun to feel kind of extreme, demanding – like some creeping form of madness.

I'm aware that the intention is to

warmly welcome new people in the fellowship. And “keep coming back” summarizes A.A.'s 3rd Tradition: “The only requirement for A.A. membership is a desire to stop drinking.” All who suffer from alcoholism are welcome – and we refuse none who wish to recover.

However, I want to take this opportunity to extend a quiet message to those who are new to Alcoholics Anonymous: There are loads of “suggestions” in A.A. A few of my favorites include: attend 90 meetings in your first 90 days, find a good sponsor, practice the steps, reach out to others. But chanting KEEP COMING BACK, IT WORKS at the end of every meeting and hand-pumping – well, that is entirely optional.



Don't Take Yourself Too Damn Seriously

Cheerfulness and laughter make for usefulness

by Paul K.

Taking the world and myself too seriously is an unconscious habit of mine. It seems to be a character trait that I was born with. At age 15, my girlfriend told me to lighten up. At age 42, my girlfriend told me to lighten up. I wonder who was right. This character trait will require God's help and my working of the 12 steps to be lifted. Now sober for 3 ½ years, I smile more and feel more at peace than ever before, but my insides still churn often and I continue to feel the intensity of my inner nature. That uncomfortable feeling is one place my alcoholism lives and is part of what I'm treating every day.

When chairing a meeting, I sometimes offer the topic of "having fun in sobriety." Most alcoholics in early sobriety are content to *not* be miserable. *Not* waking up late again for work is fun. *Not* feeling despair is fun. In general, for me, smiling on the inside is fun. I heard someone say that fun starts after 2 years of sobriety. I would agree, knowing that my second year of sobriety was full of pain facing the wreckage of my past. Working the steps and attending meetings rebuilt the foundation of a stable life and a feeling of having friends in sobriety. The grip of anxiety and pain started to loosen and I could start wearing my life more like a loose garment. My happiness was less dependent on external circumstances.

I started drinking to lighten up. The end result was more heaviness – physically, mentally, emotionally, and spiritually. The way I carried myself reflected my heaviness and clouded

relationship with the world. That takes time to discover and discard. My habit of playing the victim of my circumstances takes time to shift. The more that I see about my own nature, the more I want to see. I welcome others' feedback where I used to bristle. Pages 87-88 of the Big Book state as part of step 11 that "We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, 'Thy will be done.' We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works—it really does."

I felt like I was supported and there was room for mistakes and playfulness.

After a two-week meditation retreat, I felt a sense of wellbeing that was immensely tangible. I felt like I was supported and there was room for mistakes and playfulness. That feeling was in stark contrast to my normal feeling that all is about to fall apart and I need to desperately keep it together. Daily life reinforces my attachments to self and fear. My daily meditation and step work are necessary to keep me sane, healthy and happy.



My home group is a men's meeting called Glum Not. We learn to have good belly laughs in that group. We read pages 132-133 of the Big Book which remind us "if newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. ... We think cheerfulness and laughter make for usefulness. ... We are sure God wants us to be happy, joyous, and free."

Early A.A.s learned the value of laughing at themselves when they tried to start groups that were meant to be all things to all people, A.A., job training, social club, gym, bank, and hospital. They had a list of 61 rules to follow to ensure success. When the whole thing came tumbling down, the founding A.A. member wrote Bill Wilson a letter with one more rule to follow, "Don't take yourself too damn seriously!"



Intergroup Meeting Summary—June 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>	<i>SF Groups</i>	Sunset 9ers Tu	Living Sober with HIV	Say Hey Group
Thursday Night Speaker	High Noon Tu	Embarcadero Group	6am Men's Literature Meeting	Sunday Rap
Sunday Night Corte Madera	Marina Discussion	Women's 10 Years Plus	A Is For Alcohol	Any Lengths
Tuesday Beginners Meeting	Sometimes Slowly	Saturday Beginners	Each Day a New Beginning	Waterfront
Happy, Joyous and Free	Home Group	They Stopped in Time	Nu Soil	Sunset Speaker Step
Cover to Cover	Serenity Seekers	Valencia Smokefree	Shamrocks & Serenity	Women's Mtg: There is a Solution
Day At A Time	Too Early	Vets Coffee Break	Cow Hollow Men's Group	Extreme Makeover: Women's SS
Mill Valley	Came to Park	Weekend Update	Reality Farm	
Monday Night Stag Tiburon	Design for Living	Come 'n Get It!	Friday Morning 12 Steppers	
<i>Marin PI/CPC</i>	Castro Discussion	Queers, Crackpots & Fallen Women	Haight Street Blues	

This is an unofficial summary of the June 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., June 4, 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 May meeting minutes and the June agenda were approved.

Officer Reports

Board Chair Report, Phil Board elections will be held tonight. We have achieved an increased level of committee involvement, increased focus on service, and held our yearly "retreat". Goals for the year and progress: Groups with IGR's 8.2% overall, 8.4% in SF and 7.6% in Marin; Facilitated standardization of committee processes; Website development is underway; Regarding the gap in service, we created

SOS Committee within the Access Committee. The Board is empowered by Intergroup to oversee Central Office and to suggest topics for Intergroup discussion. Intergroup is responsible for the annual budget. Phil's term is complete. He thanked everyone for the experience, the opportunity to grow while serving in the role. Carolyn will be the new Vice Chair and Becca will be the Board's new Chair!

Treasurer's report, Michelle C. The overall rating is FAIR. April 2014 there was a negative variance of \$6,807 and the year-to-date negative variance is \$560. The unrestricted cash balance increased to \$34,243, representing slightly less than two months of operating expenses.

Central Office Manager, Maury P. This is the annual meeting during which we highlight accomplishments. The biggest one is the Online Bookstore. It's successful, but we do want to streamline. We supported the highly successful and well-loved play, "Our Experience has Taught Us." We hosted the Volunteer Appreciation Dinner (with a fire! Thanks Chip J). We participated in both Marin and SF Unity Day. We have sold over 400 of the 75th Anniversary edition of the Big Book. We started the new initiative to have Quarterly Hot Topic meeting.

Intergroup Committee Reports

Access Committee, Steve F. Phil standing in for Steve tonight. There is a new SOS committee with a workshop to fill the gap in service for those who cannot attend meetings. We updated the online access

committee survey to take to your meetings. The Sunshine committee trained 20 new volunteers and helped with many patients in the hospitals.

Archives Committee, Michael P. We are working on the Founders' Day archive display and organizing our files.

Fellowship Committee, Michael and Blu We meet the 2nd Thursday of every month at 6pm. For this annual meeting, we will recap the success of the Traditions Play, "Our Experience Has Taught Us." Also, we have the upcoming Founders' Day. This year we have a professional sober comedian. There will be a speaker meeting with new timer and an old timer, a raffle, game booth, and pie social. We are considering ideas for a new event for this year.

Orientation, Michael and Blu We meet the 1st Wed of the month at 6pm for orientation. We updated the orientation material to reflect the bylaw changes that we are a membership organization. There will be a flyer at Founders' Day with information about a new service opportunity to participate with SOS, helping bring meetings to homebound A.A. members once a month.

Outreach, Robert We started strong but participation has waned, so we are looking to renew efforts if anyone wants to get involved with outreach to increase intergroup participation among A.A. groups.

PI/CPC

SF: Erin We meet the 2nd Monday of the month at 7pm at Central Office.

Individual Contributions

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

ANNIVERSARIES

Lynn H. - 44 years

John M. - 34 years

Barbara E. - 33 years

IN MEMORIAM

Monika H., Stu S.

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

Becca M. chair@aasf.org

VICE CHAIR

Carolyn R. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

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

Recapping where we operate and where we do not...

PI

DUI: 2 of 4 DUI Providers

Schools:

Universities: UCSF, USF, CCSF (missing SF State, Golden Gate)

High Schools: 2 of 18 public schools / 1 private school (of unknown total #)

Special Events: Project Homeless Connect, Family Connect (previously did Prisoner Release Services, Job Corps on Treasure Island, CIIS Psych Student events)

CPC

Nursing programs

Doctors: SF General Family Med, UCSF Medical Students

Clergy: CPCMC Chaplains (no others)

Law Enforcement programs

Legal: lawyers / courts / judges

Social Worker programs

Mental Health programs

Data shows that the number of active speakers is consistently and significantly less than the total number of members signed up and the number of events services starts to also trend lower, perhaps as a result. There is also data showing that the number of people "converted" to speakers is low compared to those who attend workshops.

Marin: John We spoke at 1 DUI class in Marin, were successful with high schools, and are doing outreach in Kaiser, Dominican University, and other special events.

Teleservice

SF: Carolyn R. (Absent, but written report submitted.)

Teleservice answers the phones when Central Office is closed. We meet the 3rd Monday at 6:30pm at Central Office, this month it will be June 16th. This year we have reached out to coordinate efforts with Marin Teleservice. We had our first joint Teleservice event, a pie and ice cream social in Marin. We will repeat this year in SF. We added a new holiday coordinator role to the list of coordinators. Kurt C. came up with the idea and is doing a fantastic job! We have 200 + volunteers in Teleservice providing hundreds of hours of coverage each month. We had an overwhelming turnout this month thanks to Intergroup's focused announcements! Seven new volunteers filled eight shifts. New substitutes signed up and we gauged holiday interest.

The Point Committee, Charley Our challenge for this year was to increase membership and we did that. Our May meeting was Mike, Michael, Michele, and Marlan. Our long serving editor, Mike, has resigned. Gilbert is taking on the editor role now. A.A. Aphorisms list into the hundreds. We will keep writing about them until people get bored! If you have ideas or complaints, email thepoint@aasf.org.

12th Step Committee, Virginia

The business meeting is the 1st Monday of each month, 6:30pm. We hosted 3 trainings with an average of 9 people at each training. We increased to 4 Spanish speaking members, 1 French, 1 Farsi, 1 more Russian, 2 ASL. We are always looking for more members representing a diversity of languages. We are having a

(Continued on page 19)

aa group contributions

Fellowship Contributions	May. 14	YTD
Contribution Box	\$ 249	
GGYPAA	\$ 26	
Intergroup	\$ 105	\$ 536
Fellowship Total	\$ 105	\$ 810

Marin Contributions	May. 14	YTD
11th Step Meeting M 8pm	\$ 60	
12 & 12 Study Sa 815am	\$ 66	
Attitude Adjustment 7D 7am	\$ 2,295	
Awakenings	\$ 60	\$ 60
Back to Basics Su 930am	\$ 150	\$ 150
Beginner's Help Th 8pm	\$ 41	
Bounce Back M 6pm	\$ 600	
Closed Women's SS Tu 330pm	\$ 26	\$ 145
Conscious Contact Sa 6pm	\$ 80	\$ 80
Crossroads Sun 12pm	\$ 800	
Day At A Time 7D 630am	\$ 120	
Downtown Mill Valley F 830pm	\$ 875	
Friday Night Book F 830pm	\$ 54	
Girls Night Out W 815pm	\$ 155	
Glum Not! Su 9am	\$ 140	
Gratitude Tu 8pm	\$ 183	
Greenfield Newcomers Sun 7pm	\$ 295	
Happy, Joyous & Free 5D 12pm	\$ 375	
High & Dry W 12pm	\$ 286	
Intimate Feelings Sa 10am	\$ 110	
Just Can't Wait 'til 8 M 630pm	\$ 209	\$ 209
Larkspur Beginners W 7pm	\$ 50	\$ 50
Last Stop Men's SS W 6pm	\$ 250	
Marin City Groups 6D 630pm	\$ 200	
Meditation Weds 7pm	\$ 156	\$ 272
Mill Valley 7D 7am	\$ 1,000	
Mill Valley Discussion W 830pm	\$ 250	
Monday Blues M 630pm	\$ 280	
Monday Night Stag Tiburon	\$ 500	
Monday Night Women's Group	\$ 165	
Monday Night Women's M 8pm	\$ 196	\$ 196
Monday Nooners M 12pm	\$ 274	
Nativity Monday Night BB 8pm	\$ 100	
Novato Fellowship Group	\$ 237	\$ 717
Passages W 1030pm	\$ 49	
Primary Purpose W 830pm	\$ 153	
Quitting Time M-F 530pm	\$ 832	
Refugee Th 12pm	\$ 112	
Rise N Shine Sun 10am	\$ 516	
San Geronimo Valley M 8pm	\$ 185	
San Marin SS Sa 830pm	\$ 75	

Marin Contributions	May. 14	YTD
Saturday Night Sa 8pm	\$ 240	
Sausalito 12 Step Study Group	\$ 111	
Serendipity Sa 11am	\$ 169	
Six O'Clock Sunset Th 6pm	\$ 600	\$ 600
Sober & Serene F 7pm	\$ 200	\$ 487
Sober Sisters Wed 12pm	\$ 184	\$ 184
Sunday Express Sun 6pm	\$ 200	\$ 423
Sunday Friendship Sun 6pm	\$ 134	\$ 134
Sunday Night Corte Madera 8pm	\$ 133	
Sunlight of the Spirit Th 7pm	\$ 300	\$ 300
T. G. I'm Sober	\$ 55	
Terra Linda Group Th 830pm	\$ 588	
Terra Linda Thursday Stag 8pm	\$ 250	
The Fearless Searchers F 8pm	\$ 16	
There is a Solution Tu 6pm	\$ 53	
Thursday Night Book Club Th 7pm	\$ 39	
Thursday Night Speaker 830pm	\$ 1,165	
Tiburon Beginners & Closed 7/830pm	\$ 468	
Tiburon Women's Candlelight W 8pm	\$ 148	
Tuesday Beginners' Meeting	\$ 352	
Tuesday Chip Meeting Tu 830pm	\$ 200	\$ 700
We, Us and Ours M 650pm	\$ 75	\$ 275
Wednesday Sundowners W 6pm	\$ 303	
Women's Big Book Tu 1030am	\$ 641	
Women's Lunch Bunch F 12pm	\$ 408	
Women's Meeting Su 430pm	\$ 71	\$ 71
Marin Total	\$ 3,128	\$ 21,585

SF Contributions	May. 14	YTD
11th Step Power Power Power	\$ 117	
6am Men's Literature Meeting M	\$ 346	
7am Step Discussion Tu 7am	\$ 98	
A is for Alcohol Tu 6pm	\$ 60	\$ 60
A New Start F 830pm	\$ 162	
AA Unity Big Book Study Tu 130pm	\$ 13	
Afro American Beginners Sat 8pm	\$ 168	\$ 168
After Work Big Book Study	\$ 48	
Agnostics & Freethinkers Su 630pm	\$ 120	
Alamo Square Su 7pm	\$ 60	
All Together Now Th 8pm	\$ 690	
Amazing Grace M 7pm	\$ 60	\$ 60
Any Lengths Sat 930am	\$ 1,124	
Artists & Writers F 630pm	\$ 1,214	
As Bill Sees It Sat 8pm	\$ 70	
As Bill Sees It Th 6pm	\$ 128	
As Bill Sees It Th 830pm	\$ 196	
As Bill Sees It Tu 1210pm	\$ 570	

SF Contributions	May. 14	YTD
Back to Basics Th 730pm	\$ 61	
Beginners 12 x 12 F 7pm	\$ 470	\$ 519
Beginners' Step Study Sat 7pm	\$ 189	
Bernal Big Book Sat 5pm	\$ 840	
Bernal New Day 7D	\$ 371	\$ 1,274
Big Book Basics F 8pm	\$ 144	
Big Book Boot Camp 5D	\$ 38	
Big Book Study Su 1130am	\$ 341	
Blue Book Special Su 11am	\$ 86	\$ 180
By the Book Sa 10am	\$ 106	
Came To Believe Su 830am	\$ 82	
Came to Park Sat 7pm	\$ 538	
Castro Discussion Th 8pm	\$ 491	
Castro Monday Big Book M 830pm	\$ 135	
Chips & Salsa Tu 12pm	\$ 100	
Cocoanuts Su 9am	\$ 271	
Coit's Quitters	\$ 60	\$ 144
Come 'n Get It! F 630pm	\$ 36	
Cow Hollow Men's Group W 8pm	\$ 192	\$ 672
Cow Hollow YP Tu 730pm	\$ 127	\$ 127
Design for Living Sat 8am	\$ 385	
Dignitaries Sympathy W 815pm	\$ 153	
Each Day a New Beginning F 7am	\$ 1,186	
Each Day a New Beginning M 7am	\$ 442	\$ 858
Each Day a New Beginning Th 7am	\$ 890	
Each Day a New Beginning Tu 7am	\$ 639	
Each Day a New Beginning W 7am	\$ 330	
Early Start F 6pm	\$ 1,218	
Easy Does It Tu 6pm	\$ 690	
Embarcadero Group 5D 1210pm	\$ 736	
Eureka Valley Topic M 6pm	\$ 180	
Federal Speaker Su 12pm	\$ 125	\$ 201
Fell Street F 830pm	\$ 390	
Firefighters & Friends Tu 10am	\$ 12	
Franciscan Noon Discussion M 12pm	\$ 117	\$ 117
Freethinkers Step Study Su 11am	\$ 60	\$ 60
Friday All Groups F 830pm	\$ 565	
Friday at Five F 5pm	\$ 170	
Friendly Circle Beginners Su 715pm	\$ 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 Destiny Sa 630pm	\$ 133	\$ 133

(Continued from page 8)

Hi e-Volunteer,

Thank you for your support over email. Unfortunately I will now no longer be coming to the US.

I had to go to Amsterdam to meet my boss (who knows I'm an alcoholic). We went for dinner, I did not drink the whole evening but as soon as I was on my own at the hotel I drank. So much alcohol that I went into blackout and was still drunk when I went to meet my boss the following morning.

He sacked me and sent me on the next flight to London.

I am now home and feeling the

full effects of self-pity and the 4 horsemen.

Thanks again for the information and maybe if I am able to sort my head we'll meet one day.

Simon

Dear Simon,

Your honesty may save your ass. Good for you, 'fessing up.

You may not want to hear this now, but getting fired may be the best thing that ever happened to you. Now you can devote yourself FULL TIME to working the program of Alcoholics Anonymous. Get back into recovery mode, be willing to do whatever it takes, and take direction from others

in the program. Get to at least one meeting, possibly multiple meetings, every day. Get a sponsor, work the steps, help other alcoholics. You'll be okay.

(When I first got clean and sober, I had to leave my job to stay that way. I kept relapsing on the job. Today I have 9 and a half years sober, but I slipped and slid in the beginning, although I don't recommend it, if you don't have to. Too much pain.)

I hope to see you here in SF one of these days. Take care of yourself-- don't regret the past, you'll be able to use it to help somebody else in the future.

In sobriety,
e-Volunteer

SF Contributions	May. 14	YTD	SF Contributions	May. 14	YTD	SF Contributions	May. 14	YTD
Happy Hour Ladies Night F 530pm		\$ 130	Parkside Th 8pm	\$ 346		The Parent Trap 2 Wed 4pm	\$ 60	
High Noon Monday 1215pm	\$ 82	\$ 82	Pax West Daily Reflections W 7am	\$ 116		The Parent Trap M 1pm	\$ 114	
High Noon Saturday 1215pm		\$ 128	Pax West Discussion Th 12pm	\$ 749		The Pepper Group F 12pm	\$ 113	
High Noon Sunday 1215p	\$ 878	\$ 878	Pax West Literature Discussion T 12pm	\$ 667		They Stopped In Time M 8pm	\$ 205	
High Noon Thursday 1215pm		\$ 50	Progress Not Perfection Tu 830pm	\$ 29		Thursday Night Women's Th 630pm	\$ 144	
High Steppers W 7pm		\$ 53	Raising the Bottom W 9pm	\$ 300		Trudgers Discussion Su 7pm	\$ 180	
Hilldwellers M 8pm		\$ 392	Reality Farm Th 830pm	\$ 357		Tuesday Big Book Study Tu 6pm	\$ 92	\$ 170
Huntington Square W 630pm	\$ 124	\$ 268	Rebound W 830pm	\$ 60		Tuesday Night Lasses Step Study	\$ 104	
Join the Tribe Tu 7pm		\$ 641	Rigorous Honesty Th 1205pm	\$ 120		Twelve Steps to Happiness F 730pm	\$ 70	
Keep Coming Back Sa 10am		\$ 758	Saturday Afternoon Meditation 5pm	\$ 154		Unidentified Group	\$ 377	
Ladies Who Lunch Thu 1210pm		\$ 101	Saturday Night Live Sa 9pm	\$ 55		Valencia Smokefree F 6pm	\$ 80	
Let It Be Now F 6pm	\$ 60	\$ 60	Saturday Night Regroup 730pm	\$ 239		Wake Up On 3rd St Group	\$ 215	\$ 343
Like A Prayer Su 4pm		\$ 50	Serenity House	\$ 150	\$ 750	Walk of Shame W 830pm	\$ 185	
Living Sober with HIV W 6pm		\$ 195	Sober at State MW 1210pm	\$ 124		Waterfront Sun 8pm	\$ 244	
Meeting Place Noon W 12pm		\$ 144	Sober Saturday Sa 830am	\$ 83		We Care Tu 12pm	\$ 154	
Men's Gentle Touch M 7pm		\$ 23	Sobriety & Beyond W 7pm	\$ 120		Wharfrats Th 815pm	\$ 272	
Mid-Morning Support Su 1030am		\$ 612	Sometimes Slowly Sa 11am	\$ 150		What It's Like Now M 6pm	\$ 152	\$ 291
Midnight Meditation Sat 12am		\$ 100	Sought to Improve Th 715pm	\$ 141		Wits End Step Study Tu 8pm	\$ 35	
Mission Fellowship		\$ 215	Stepping Stone Step Study M 730pm	\$ 174		Women's 10 Years Plus Th 615pm	\$ 601	
Monday Beginners M 8pm	\$ 105	\$ 159	Sunday Morning Gay Men's Stag 930am	\$ 552		Women's Came to Believe Sa 10am	\$ 90	
Monday Men's Stag 8pm		\$ 157	Sunday Night Castro SD 730pm	\$ 569		Women's Kitchen Table Tu 630pm	\$ 396	
Monday Monday M 1215pm		\$ 696	Sunset 11'ers Tu	\$ 79		Women's Mtg There is a Solution W 6pm	\$ 497	
Monday Nooners M 12pm		\$ 219	Sunset 9'ers F	\$ 20		Women's Promises F 7pm	\$ 140	
No Gurus Meditation Su 7pm	\$ 145	\$ 145	Sunset 9'ers Th	\$ 200		YAHOO Step Sa 1130am	\$ 300	
No Reservations M 12pm		\$ 455	Sunset Speaker Step Sun 730pm	\$ 132		San Francisco Total	\$ 4,842	\$ 41,374
Noon Smokeless Th 12pm		\$ 75	Tea with Bill	\$ 25				
Noon Smokeless W 12pm		\$ 50	Ten Years After Su 6pm	\$ 157	\$ 1,157	YTD	\$ 8,075	\$ 63,769
O.A.D.W. Mon 7pm	\$ 212	\$ 212	The Lads Fr 730pm	\$ 150				

Profit and Loss Statement: April 2014

	Apr 14	Budget	Jan - Apr 14	Budget		Apr 14	Budget	Jan - Apr 14	Budget
Ordinary Income/Expense					Paper Purchased	0	116	403	525
Income					Payroll Fees	9	10	34	40
Gratitude Month	172	100	5420	4100	Phone Book Listings	93	93	372	372
Group Contributions	13075	16250	55694	59283	Postage	8	46	454	492
Individual Contributions	1646	2700	11075	14051	Printing	0	0	695	0
Newsletter Subscript.	33	22	66	110	Rent - Office	4122	4122	16488	16488
Sales - Bookstore	12475	10000	47221	40099	Rent - Other	0	90	280	370
Total Income	\$ 27,400	\$ 29,072	\$ 119,476	\$ 117,643	Repair & Maintenance	240	325	1076	1280
Cost of Goods Sold					Security System	0	0	118	118
Cost of Books Sold	9223	7029	34717	28366	Shipping	430	323	1614	1294
COGS - Shipping	14	26	69	92	Sunshine Club	0	0	25	0
Credit Card Processing Fees	324	400	1800	1587	Telephone	224	246	898	983
Inventory Adjustments	16	0	-326	0	Training	39	0	39	0
Total COGS	\$ 9,577	\$ 7,455	\$ 36,259	\$ 30,045	Travel	0	0	0	100
Gross Profit	\$ 17,823	\$ 21,617	\$ 83,217	\$ 87,598	Total Expense	\$ 24,674	\$ 24,533	\$ 84,846	\$ 82,360
Expense					Net Ordinary Income	\$ (6,851)	\$ (2,916)	\$ (1,629)	\$ 5,238
Teleservice Committee	0	75	0	150	Other Income/Expense				
Reconciliation Discrepancies	0		-1		Other Income				
Access Expenses	25	425	185	840	Bag Fees	4	4	11	18
Archives Committee	0	0	0	0	Customer	276	322	1610	1314
Employee Expenses	18463	18321	55576	54966	Interest Income	63	100	249	395
Equipment Lease	0	0	1535	1446	Miscellaneous Income	0	30	399	120
Filing/Fees	0	0	10	0	Total Other Income	\$ 343	\$ 456	\$ 2,269	\$ 1,847
Insurance	778	0	2398	1620	Other Expense				
Intergroup Events	0	0	1539	0	Depreciation Expense	299	279	1203	1116
Intergroup Literature	0	0	20	0	Total Other Expense	\$ 299	\$ 279	\$ 1,203	\$ 1,116
Internet Expense	133	129	526	516	Net Other Income	\$ 44	\$ 177	\$ 1,067	\$ 731
Office Supplies	109	211	564	759		\$ (6,807)	\$ (2,739)	\$ (563)	\$ 5,969

Treasurer's Report

For the month of April, total income was under budget by \$1,672 which was primarily due to individual and group contributions being less than budgeted.

Total expenses for the month of April were over budget by \$141.

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

April had a negative variance of \$6,807 and the year-to-date there is a negative variance of \$560.

Unrestricted cash balance increased from \$33,926 to \$34,243 which represents a little less than two months of operating expenses.

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April 2014 Balance Sheet

	<u>Apr 30, 14</u>	<u>Apr 29, 14</u>	<u>\$ Change</u>	<u>Apr 30, 13</u>	<u>\$ Change</u>
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	192850	192787	63	181158	11692
Unrestricted Cash	34243	33550	693	45012	-10769
Total Checking/Savings	\$ 227,093	\$ 226,337	\$ 756	\$ 226,170	\$ 923
Accounts Receivable					
Accounts Receivable	25	25	0	0	25
Total Accounts Receivable	\$ 25	\$ 25	\$ -	\$ -	\$ 25
Other Current Assets					
Inventory - Bookstore	23805	23933	-128	15229	8576
Prepaid Literature Orders	251	251	0	8674	-8422
Undeposited Funds	226	52	173	87	138
Total Other Current Assets	\$ 24,282	\$ 24,237	\$ 46	\$ 23,990	\$ 292
Total Current Assets	\$ 251,400	\$ 250,598	\$ 802	\$ 250,160	\$ 1,240
Fixed Assets					
Comp. and Off. Equipment (Net)	2901	3035	-134	2001	900
Furniture & Equipment (Net)	0	0	0	55	-55
Leasehold Improvements (Net)	19198	19363	-165	21178	-1980
Total Fixed Assets	\$ 22,098	\$ 22,397	\$ (299)	\$ 23,233	\$ (1,135)
Other Assets					
Deposits	6898	6898	0	6698	200
Total Other Assets	\$ 6,898	\$ 6,898	\$ -	\$ 6,698	\$ 200
TOTAL ASSETS	\$ 280,396	\$ 279,893	\$ 503	\$ 280,091	\$ 305
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Direct Deposit Liabilities	0	-4093	4093	0	0
Payroll Liabilities	3465	1764	1701	3378	87
Sales Tax Payable	962	945	17	695	267
Total Other Current Liabilities	\$ 4,427	\$ (1,384)	\$ 5,811	\$ 4,073	\$ 354
Total Current Liabilities	\$ 4,427	\$ (1,384)	\$ 5,811	\$ 4,073	\$ 354
Long Term Liabilities					
Deferred Compensation	60167	60167	0	48393	11774
Total Long Term Liabilities	\$ 60,167	\$ 60,167	\$ -	\$ 48,393	\$ 11,774
Total Liabilities	\$ 64,594	\$ 58,783	\$ 5,811	\$ 52,466	\$ 12,128
Equity					
Net Assets	-201908	-201908	0	-197712	-4196
Opening Balances	418272	418272	0	418272	0
Unrestricted Funds	0	0	0	0	0
Net Income	-563	4746	-5308	7065	-7627
Total Equity	\$ 215,802	\$ 221,110	\$ (5,308)	\$ 227,625	\$ (11,824)
TOTAL LIABILITIES & EQUITY	\$ 280,396	\$ 279,893	\$ 503	\$ 280,091	\$ 305

(Continued from page 15)

workshop on July 19th that will be ASL interpreted (not sure what time yet).

Website Committee, Becca M. We have entered the development phase and expect to have a website in production this year. Once we start populating content we will reach out to those who could help do QA (Quality Assurance) and usability testing.

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.

Old Business Phil – we have a need to review all the current literature and documentation for correctness and consistency. We propose bringing back a Literature Committee, which, among other duties, will review all locally produced literature, as copy editors, making changes to font, etc. We are interested in being consistent with A.A. and Intergroup branding. Virginia suggested having ASL and other forms of presenting information for those who cannot read. Bridget likes the idea to keep branding consistent. Laura suggested working with the Web Committee to sync written literature with web literature. Paul, Bridget, Jane B, Laura, Kurt, Bailey, and Virginia all expressed interest in joining. The first meeting will be at 6pm before next Intergroup meeting.

New Business Elections

Rebecca (Becca), Rich G, John T and Chris H were all approved for Board of Directors.

Thanks to Johnny for his service as hospitality coordinator. Nobody stepped up to take the commitment right away so we discussed possible changes to make it easier. In the end, we are excited to have elected two co-chairs! Jerry will handle the SF meetings and John will handle Marin.

Next Intergroup Meeting: Wed. July 2, 2014, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:30pm.

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July 2014

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