

the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2014
8
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A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

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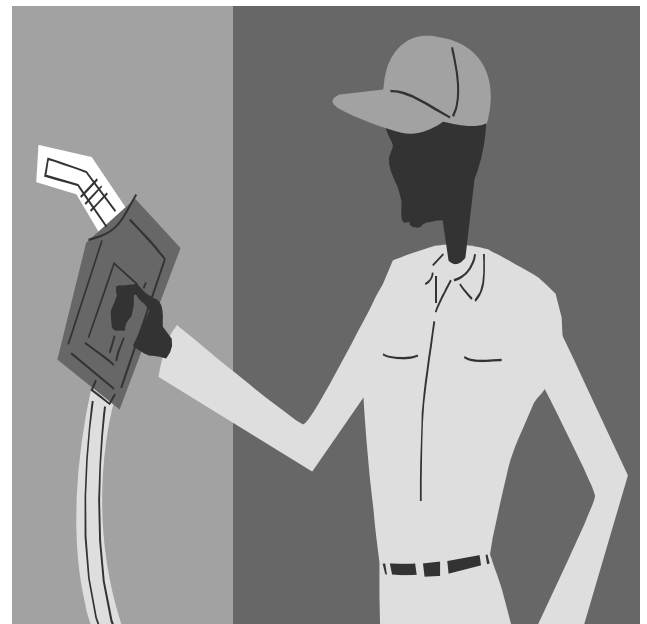
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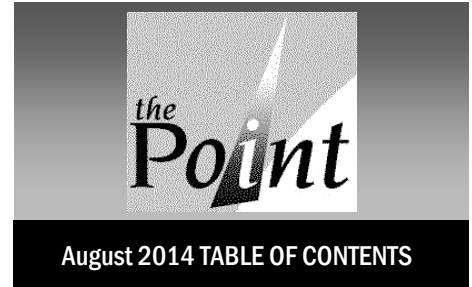
Service: Fill 'er Up Please



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

THURSDAY	FRIDAY	SATURDAY
	1	2
7	8	9
14 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	15	16 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
21	22	23 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
28 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	29	30 



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Great suffering and great love are
 A.A.'s disciplinarians;
 we need no others.

12&12, Tradition Nine, p.174



Meeting Changes

New Meetings:

Sun	7:00pm	Mission	POCKET ACES, Mission Fellowship: 2900 24th St / Florida (Big Book, Chip, Speaker/Discussion)
Mon	3:30pm	Mill Valley	REDWOOD MEETING, The Redwoods: 40 Camino Alto / Miller (Speaker/Discussion, Step)
Thu	7:30am	Inner Sunset	DOWN AND DIRTY AT SEVEN-THIRTY, Gratitude Center: 1320 7th Ave / Irving (Book Study)
Thu	6:45pm	Mission	A WOMAN'S WAY, St. Luke's: 3555 Cesar Chavez / Valencia, Griffith Rm (Book Study, Women's)

Meeting Changes:

Mon	5:30pm	Tenderloin	Q&A ON SPONSORSHIP: First Place: 410 Ellis St / Jones (Was called Daily Reflections)
Fri	9:00am	Inner Sunset	NEW 9'ERS, Gratitude Center: 1320 7th Ave / Irving (Was 8:55am)
Sat	2:00pm	Mission	LUSH LOUNGE, 938 Valencia St / 20th St (Added Transgender & Gender-Queer)
Sat	6:00pm	Inner Sunset	WHY NOT LAUGH, Gratitude Center: 1320 7th Ave / Irving (Was Step Discussion)
Sat	6:00pm	Mission	IT TAKES A VILLAGE, Mission Fellowship, 2900 24th St / Florida (Had Child Care, still child friendly)
Sat	6:30pm	Pacific Heights	PACIFIC HEIGHTS BIG BOOK STUDY, 2203 Sutter / Pierce (Was Nu Soil, Now a Big Book Study)

No Longer Meeting:

Fri	8:00pm	Mission	COMEBACK, Mission Fellowship: 2900 24th St / Florida
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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!**

Sober Outside Services (SOS) A new opportunity to provide service in A.A.

SOS

This group was formed to serve A.A. members whose on-going circumstances keep them from attending regular A.A. meetings. These A.A. members may be homebound or in an assisted living or hospital environment. This service opportunity provides a face to face meeting for these members, who otherwise may not be able to experience such meetings anymore. If you are interested in becoming part of this effort, please email us at sos@aasf.org. Additionally, if you or an A.A. member you know is in need of receiving a meeting, please contact us at sos@aasf.org.

**Our first orientation will be held at Central Office on August 16, 2014 at 1pm.
1821 Sacramento St / Van Ness Ave, SF CA**

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.



From the Editor

Help!

by Charley D.

What is it about us alcoholics that makes it so hard for us to ask for help? Most of us came to A.A. long after we should have run up the white flag of surrender, stopped fighting, and asked for help. Even once we've learned the program can give us the help we need, why do we find it so difficult to haul ourselves to meetings, find a sponsor, and commit ourselves to service? We know it works. Why not take the help that's so readily available in A.A.?

In this issue Kathleen C. shows in "Service is Selfish" how she overcame the inertia of initial sobriety and, now retired, keeps service at the top of her priority list to help herself. Marlan H. agrees in his "Survey of Service." He concludes helping others didn't just help him stay sober – it saved his life. Like many alcoholics, Gilbert G. acknowledges, in "Help is Only a Phone Call Away," that he lacks the ability to recognize when he needs help and so has developed the excellent habit of staying in touch with other members of the fellowship by phone, not just

when he knows he needs it, but all the time. Early in sobriety Bette-B B. took to heart the advice of an old timer who said, "This is a simple program. All you have to do is change your whole life!" This led her to graduate school and several moves around the U.S. Still, every day she has lived in service of the A.A. way of life. Claire A. describes how, in "A.A. Elsewhere/Meetings while Traveling," wherever she goes, members are reaching out a helping hand not just to the newly sober but also to the newly arrived. Paul K. reminds us that, in all the A.A. steps, indeed in every phase of life, "Willingness is the Key." Finally in "A.A. History: the Three Legacies," read how help arrived for Bill W. from a source that may surprise you.

We hope in this issue, you'll find the help you need or, perhaps, at least a hint that may set you on the right path. The paradox of service may be A.A.'s most magical. By helping other suffering alcoholics we alleviate our own sufferings. May you find and give the help you need.



EDITORIAL POLICY

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

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



Faithful FIVERS!

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

Aaron H.	John M	Rebekah D.
Alejandro D.	John V.	Rich G.
Amelia E.	Karen C.	Robert W.
Ami H.	Karen K.	Sara D.
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Chuck S.	Lucy & Dennis O.	Your
CJ H.	Lynn D.	Name
Craig S.	Lynne L.	Here!
Curtis V.	Mabel T.	
Dan B.	Marit L.	Or
David J.	Mark O.	Here!
David S.	Martha S.	
Dianne E.	Mary C.	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.	
James H.	Niels R.	
James M.	Paget V.	
Jane K.	Pam K.	
Janet B.	Peg L.	
Janet M.	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

Service is selfish

by Kathleen C.

For me, service in Alcoholics Anonymous is selfish. It's selfish because the biggest beneficiary of my service is me. Especially sponsorship – having a sponsor and being a sponsor. I agree with Dr.

The biggest beneficiary of my service is me.

Bob, in the chapter in *Alcoholics Anonymous* entitled “Dr. Bob’s Nightmare.” Working with another alcoholic is the best insurance against a slip.

It was three years after I got sober that I finally asked Bonnie to be my sponsor, and almost twenty-five years later, she is probably my closest friend.

I got my first sponsee after six years of sobriety, because her sponsor was moving to Arizona. We worked the steps, and she was a very appreciative sponsee. Rosemary kept me sober. I learned so much from her about fellowship – how to celebrate sobriety birthdays by going to a chip meeting with a big gang of your sober sisters and brothers and having dinner together after the meeting. She got me to join A.A.

Commitments keep me coming back to meetings. Even in early sobriety, when I had zero willingness and grudgingly went to only one meeting a week, the Hilldwellers Monday Night Big Book meeting, my home group today, I still usually had a

commitment at that meeting – making coffee, picking up the treasury, putting out literature. Having a commitment at a meeting keeps me in the center of the herd, surrounded by my fellow black sheep, less likely to get picked off by the lions circling out there.

I've even done General Service - a test of sobriety, willingness, and tolerance for boredom. A.A. decision-making proceeds at a glacial pace, there's a conga line waiting for the microphone, everybody at the meeting listening to everybody who has an opinion. Despite my impatience with the process, I learned some valuable lessons that have helped me in my sober life - the respectful A.A. decision-making process leads to fewer regrets, and less need for amends than the kind of hasty decision-making I did when I was drinking.

I read an article recently, in one of my husband's medical journals, about a national research project that discovered that if older people have some kind of volunteer work to do, they tend to be less socially isolated. They suit up and show up because they feel needed.

We in Alcoholics Anonymous could have told the researchers the same conclusion. When I was getting ready to retire, three-plus years ago, I shared at meetings that I wasn't worried about feeling

useless in retirement. A.A. would give me a purpose in life, something to get me out of the house, so I didn't go back to drinking the way I might if I had too much time on my hands.

Today, I do not have to live and die like the poor man in the *Alcoholics Anonymous* story who stayed dry for twenty-five years and then, the minute he retired, “out came his carpet slippers and a bottle.” He was dead within a few years. I absolutely insist on enjoying my sober life.

After a long career where I felt valued for my productiveness, I still want to feel useful to my fellow human beings. The best way for me to feel useful is in A.A. I can't imagine anything more worthwhile than helping another alcoholic get sober and stay sober, whether I am a sponsor, a coffee maker, a GSR, or a writer for *The Point*.





The Value of Service

by Marlan H.

What is the value of Service? One could estimate that its worth could be any specific amount that it is given by an individual. Personally, service is invaluable. It keeps me sober.

I recently moved to San Francisco from Los Angeles. It was an overwhelming move. I left a promising career in luxury real estate in hot pursuit of a full and satisfying life. I had no clue what that looked like specifically or what type of work that would entail. However, I was certain that life as I knew it had to change. The loss of my father opened my eyes to many things and helped prioritize how I choose to spend my remaining days on earth. I was faced with questions? Do I want riches and glory? Or do I want to live a healthy, whole full life?

Upon landing (mentally) I soon realized that I needed to do something different in an effort to get out of my head. I settled nicely into a sober living environment (SLE) and began to be of service. I gave of myself in any way that I could, without being co-dependent. I was able to maintain healthy boundaries. Still, I began to see that all who live in SLE's are there for a myriad of reasons that didn't necessarily line up with my goals and aspirations. Working the steps the program and practicing its principles in all of my affairs, it became increasingly difficult to point the

finger of judgment at those who chose to pursue alternate paths. I simply did the same and chose to be of additional service – elsewhere.

While sitting in the Sunday morning service I heard an announcement. Volunteers were needed at a local middle school. It was a no brainer for me. I'm in!!! I e-mailed the office the next day, met for orientation within the next couple of days, and was cleaning out my new office space the following week.

As I dove into a newly purposed life, by being of service at the middle school and picking up several A.A. related service commitments, the weight of the relocation and the loss of my father slowly began to dissipate.

I was becoming a better person! I was thinking less about myself and thinking more about others.

Volunteering at the school was by no means an easy undertaking but I was over the moon with the results. I was becoming a better person! I was thinking less about myself and thinking more about others. I was consistently trying to figure out ways to help make the education process more streamlined for the administration, teachers, and most importantly the students.

At times the process was very taxing on my spirit and my mind. Once I even prayed (because I thought I wasn't being appreciated for my services) and I cried out to my God, literally, "I FEEL LIKE I AM BEING USED!" And ever so gently I heard a still small quiet voice reply sweetly, "You are." "Very good Marlan, you are being used." Humbling was an understatement. I couldn't pick my ego up off the floor with a forklift, so I decided to leave it there – with my pride as well.

With the end of the semester quickly approaching I found other ways to pour myself out so "HE" could fill me up. I recently finished a fundraising event bicycling from San Francisco to Los Angeles. And I am looking at volunteer opportunities at a local hospital. The timing of it all couldn't be more appropriate. As I survey the value of Service I see that I was wrong. Service isn't merely keeping me sober... Service is saving my life!



Daily Reflection

Living It

by B.A.

Many years ago, (well before finding recovery), someone shared with me their perceptions related to God. They explained: when a human being is in authentic, pure joy, they are closest to “God” or “God Consciousness.” When I think of the confident, grounded people I admire, I notice they are souls with a healthy sense of self-worth. I notice that these people are often in pure joy, emanating genuine reverence for all living things.

There is no way I could have ever felt comfort in my own skin, let alone any form of joy, had I not found the rooms of Alcoholics Anonymous. I cannot possibly have reverence for anything or anyone, if I don't know how to love and nurture my own self. If I don't feel worthy, I cannot possibly hold consideration for anyone or anything.

I know, with every fiber of my being, it was the act of something powerful, pure and loving (and much larger than me) that introduced me to the rooms of recovery. I had gone out of my way to kill myself and, instead of helping me to put a bullet in my head, this divine power introduced me to A.A. In doing my step work, in being honest, open and willing, in speaking to others like us, I'm waking up.

I know people in the program who are satisfied that they are simply not drinking or using anymore, (they're not concerned with continual inner growth). Some of these people use the program as if they are on autopilot or as part of a generic routine. If I don't commit to living sober in all aspects of my life, I will

be as good as “dry” or maybe dead. I want the ability to form healthy relationships and honor healthy boundaries. I want the ability to pause, to shift my old perceptions. I want to grow daily, remaining balanced and grateful.

I mustered up the guts and sought a sponsor who truly has what I want. My sponsor leads by example, enabling me to see what may be required or how to expand my options for healing.

I have three years in the rooms of recovery, it wasn't THAT long ago I'd get irritated if I overheard my sponsor telling her friends “I'm living the dream!”

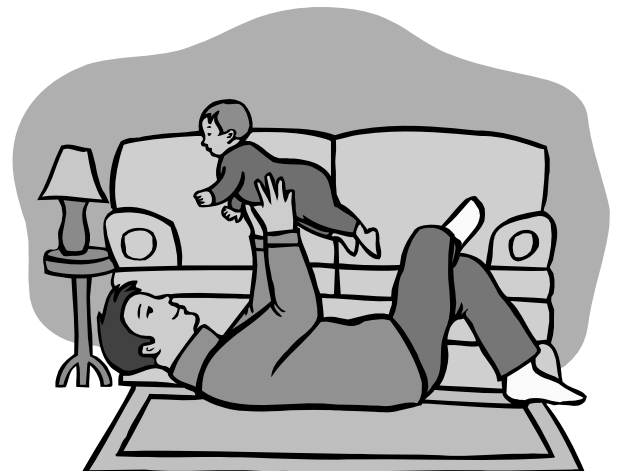
It's not as though I completely forgot to look up and notice the beauty of swaying trees, and I've always felt joy to hear others laughing. I was simply unfamiliar with all aspects of a “program of action” or how my willingness might help me to live sober, one day at a time.

My program of action involves commitment to daily growth. Step work opens me up to the gift of myself: my shortcomings, habits, fears, my strengths and my core beliefs about myself. The more I'm willing to meditate, pray, and face all aspects of myself I expand my ability to heal. As I heal, I feel comfortable in my own skin. The more comfort I feel with myself, the more confident I become. With that comfort and confidence, I remain willing and grounded. All this (a result of taking action) is due to the

information I learn from my sponsor's wise guidance and my rigorous honesty.

Step work is powerful medicine for me, revealing much, (including facts that had long been blocked from my consciousness). Since my gifted sponsor is not a therapist, my program of action involves counseling. With therapy, I'm better able to balance and integrate emotional, mental and somatic healing with my step work. For many others, living sober might mean action in other 12-step programs and/or antidepressants. Some folks may discover they need a new sponsor or even a new therapist. We take action to gain sincere direction and support.

My program of action has meant gaining the resources and confidence to shift my perception. To learn and know that, in my deepest core, I'm worthy of confidence and self-care. I'm worthy of feeling reverence for people, places and things because I know how to self-nurture, gaining self-respect. I'm worthy of living sober and “living the dream!”





A.A. Aphorisms

Help is only a phone call away

by Gilbert G.

Why is it so difficult for me to reach out for help? I may be in emotional pain, but it does not come naturally for me to reach out and call someone. That someone includes my sponsor. Yes, help is only a phone call away. What I lack is the ability to gauge that I am in need of help and that by reaching out to another alcoholic, that action will ease my pain. I have spent days feeling “irritable, restless, and discontent” only to later realize that I was in a “funk” whose time span might have been greatly shortened if I had picked up a device that has been around since the late 19th century: a telephone.

The answer is simple. In fact, I always give my sponsees the same advice: “Make a habit of calling your sponsor and other people in the program on a regular basis, so when you are hurting, and don’t know what to do, you’ll naturally reach for the telephone to connect with another sober alcoholic.”

That’s it! It’s so simple. If I use the telephone to regularly stay in touch with my sponsor and other people in the program, I don’t have to get caught in my mental thinking trap with questions like: “Well, I haven’t called in a while, what will he think about me calling now that I’m needy?” or “Does this person really want to spend time chatting with me?” By having a list of people with whom I contact on a regular basis, I can avoid this trap.

I also highly recommend getting telephone numbers from people in

the program: preferably from your home group. You’ll hopefully see those people at least weekly. I’ll share my experience about a member from my group who called me out of the blue. The call came in on my cell phone, late at night: about 10:30. That’s late for me. I’m already getting ready for bed by that time. I picked up my cell phone, which I had not yet turned off, and heard a familiar voice say “hello.”

The conversation started with the usual “hello” and “how are you?” statements, and the caller just kept on talking about “stuff” — stuff about him, stuff about what’s going on in general... just “stuff.” We talked for at least a half hour, and after we hung up I wondered about the real purpose for his call. Simple, he was reaching out to connect with another alcoholic.

I realized right then and there that I had been of service just by being available to this man and taking his call. That’s what the Twelfth Step is all about. I looked at the “Step Twelve” chapter in the book *Twelve Steps and Twelve Traditions*. The first paragraph contains the two sentences: “Here we turn outward toward alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. I think that the ‘alcoholic still in

distress’ can also be a sober alcoholic who needs our support to get through the day and remain sober.”

I am grateful for every telephone call from a suffering alcoholic that I have taken over the years. These people have shown me that they had the courage to reach out when they were in need. It shows me that the program works. I also once had a Teleservice commitment. Help is only

*Be brave. Reach out
and call someone.*

a phone call away for any still-suffering alcoholic. I could only applaud the bravery of those people who called in to ask about A.A. and whether it could work for them. I like that word, “bravery.” Be brave. Reach out and call someone.



The Spiritual Practice of AA

by Bette-B B.

don't drink one-day-at-a-time

go to meetings

get a sponsor

listen

find a higher power

work the steps

share your story

work with others

pray

meditate

carry the message

I sobered up at the “Divine Dump” in San Francisco in 1984. One old-timer there would say in a raspy voice, “This is a simple program. All you have to do is change your whole life!” I always wanted to be an explorer, traveling the world, which I did in my drinking years. As it turned out, the greatest exploration of my life has been the spiritual journey of being in A.A.

I was a poor artist/part-time waitress when I first came into A.A., which was good because I had a simple life and could focus on learning the practice of how to stay sober. At six years of sobriety, however, I became bored and restless. I had heard stories of people in the program derailing between five and ten years, into what I called ‘the valley of despond’ (life without A.A.). At birthday meetings, there would be a big drop-off of people getting chips in that time span.

Through a process of exploration, I decided what I wanted to be in my sober life; the path involved going out of state for grad school, at the age of 50, and applying to over three

hundred jobs around the country. A spiritual friend said, “There’s not only something waiting out there for you, there is something being reserved for you.” I only had to do the footwork and let go of the outcome.

This was a time of great upheaval, involving three major moves across the country, but I found a new career of fifteen years which was based on love and service, and which gave me an opportunity to be useful in the world.

In every new town on this journey, the first thing I did was to find an A.A. meeting and start reaching out to others—volunteering for service, becoming involved in fellowship, and finding a sponsor, keeping my connection to the program alive and lively. I had heard many stories in the rooms from people who moved, didn’t like the meetings in their new place, stopped going to meetings, and drank again. That was not a path I wanted to follow.

I was told before I started off on my odyssey, “always say ‘yes’ to an A.A. invitation, whether you want to go or not, because it might not be offered again.” So I said “yes” to many A.A. adventures—camping out as a participant in a marimba band at the Oregon Country Fair, taking a ferry across the Mississippi River with friends to a small Cajun town festival in Louisiana (my preferred spelling), and going with my sponsor in Nebraska

to see hundreds of thousands of migrating Sandhill Cranes rise from the Platte River at sunrise in the freezing temperatures of early Spring.

In 2012, I retired and returned to my home in San Francisco. I had stayed in touch over the years with my first sponsor in A.A., and she introduced me to her current meetings and fellowship. I felt so blessed to have a friend who had stayed on the Road of Happy Destiny all these years, as I have.

Through all of these relocations, my spiritual practice of A.A. continued in the same way I had been taught from the very beginning of my sobriety: stay in the middle of the bed (Midwest), or the boat (West)! Take action every day in service of this way of life. Practice commitment to the program, and carry the message that there is a solution for a disease of mind and body that I cannot find on my own power.

P



A.A. History: The Three Legacies

by Arthur S., edited by Gilbert G.

[This series of installments contains information from the presentation, "A Timeline History of Alcoholics Anonymous". In the fourteenth installment of this series, we'll learn about how the principle of a group conscience emerged, how Bill and Lois separated from the Oxford Group, and Bill W.'s idea to write a book.]

The Principle of Group Conscience - December, 1936

In August 1935, Bill W. returned to NYC. Meetings were held at his house at 182 Clinton St. on Tuesday nights.

Over time, Bill was criticized by the NY Oxford Group members for working only with alcoholics. In Akron, T. Henry and Clarace Williams were also criticized by Oxford Group members who did not support their efforts with alcoholics. The Oxford Group was out to save the world and sought out famous public figures to join their ranks for the publicity it would generate. Bill simply was out to save some nameless drunks.

In December 1936, Charles Towns offered Bill W. a very lucrative job at his hospital as a lay alcoholism therapist. After years of living a hand to mouth existence, Bill wanted it very much.

The question was presented to the NY group meeting in Bill's home. They rejected it and Bill complied with their decision. This was the emergence of the Tradition 2 principle of "God speaking in the group conscience is to be our final authority."

Hospitals, Paid Missionaries and a Book of Experience - November, 1937

In the late spring of 1937, Oxford Group leaders at the Calvary Mission ordered alcoholics staying there not to attend meetings at Clinton St. Bill and Lois were increasingly described as "not maximum" (an Oxford Group term for those lagging in devotion to Oxford Group principles). In August, 1937, Bill and Lois stopped attending Oxford Group meetings and the New York A.A.s separated from the Oxford Group.

By November, 1937, Bill and Dr. Bob met in Akron, OH and compared notes. Forty cases were sober (more than 20 of them for over a year). All had once been diagnosed as hopeless. Bill had ideas for a chain of hospitals, paid missionaries and a book of experience to carry the message to distant places. Dr. Bob liked the book idea but was "frankly dubious" of the hospitals and paid missionaries.

In a meeting at T. Henry Williams' home, Bill's ideas, for a book, hospitals and how to expand the movement with paid missionaries, narrowly passed by two votes among 18 members (actually it was a single vote that made the difference). The New York group was more enthusiastic. As mentioned at the beginning of this series of articles, this humble group conscience decision would be the seed that grew into A.A.'s Three Legacies of Recovery, Unity and Service.

The book project required financing and organization to bring it to completion. Bill and New York member Hank P. tried to raise money without success. In December, 1937, Bill's brother-in-law — Dr. Leonard V.

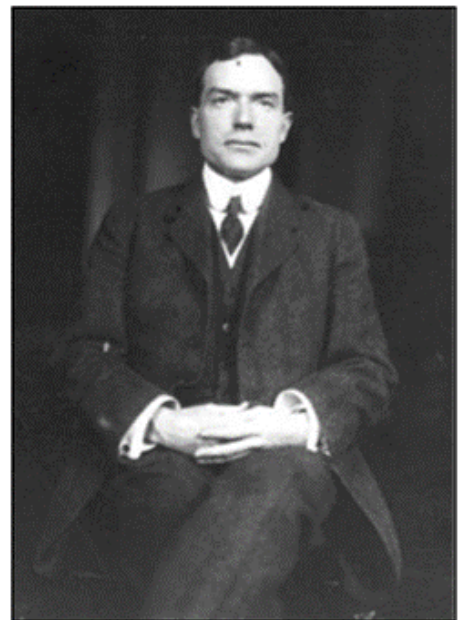
Strong — set up a meeting with Willard S. Richardson who was the manager of John D. Rockefeller, Jr.'s philanthropies. A second meeting was held and Richardson's associate, Frank Amos, was asked to investigate the fledgling A.A. Fellowship.

Fundraising for the Book – 1938

On February 1, 1938, Frank Amos visited Akron, OH and later made a very favorable report back to Willard Richardson. Richardson recommended to John D. Rockefeller, Jr. that he donate \$50,000 (\$650,000 today) to the Fellowship.

Rockefeller declined to make the donation but did provide \$5,000 (\$65,000 today) to be held in a fund at the Riverside Church. The fund was used to pay off Dr. Bob's mortgage and provide Bill and Bob with \$30 a week (\$390 today) as long as it lasted.

IP



John D. Rockefeller, Jr

A.A. Elsewhere

Meetings while traveling

by Claire A.

In some ways, going to meetings while traveling has been the best chance for me to see how this program really works. Knowing that no matter where I go, I can find A.A. is incredibly reassuring. I remember I went to a meeting in Virginia at one point early in sobriety. I was pretty frightened about being away from San Francisco and my regular meetings. I didn't know where I was going. Actually, I pretty much missed the meeting: the schedule had been changed. Still, when I poked my head in the door, even though they were about to wrap up the meeting, they waved me in, enthusiastically. They had me introduce myself, and they all sang out "Hi, Claire!" And at the end of the meeting, they took time to get to know me a little. What a relief it was to find that even if the faces are different, the accents new, or the coffee a little weak, the program is still the same.

After that visit to Virginia, I headed up to Maine, and went to a meeting or two there. Again, everyone was very welcoming. Folks handed me schedules and phone lists. It's really just the same as it's written in the literature. All around the U.S., A.A.s are reaching out a welcoming hand to visitors, just as they do to newcomers. And I noticed that the things people were talking about were still the same. Lo and behold, alcoholics in Maine have the same problems as alcoholics in California.

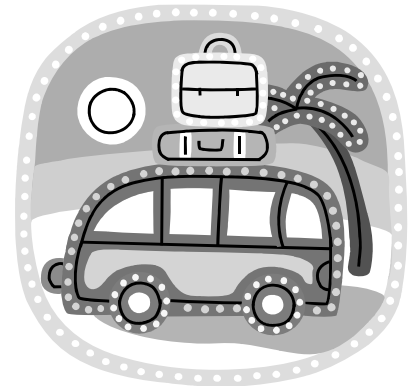
When anyone anywhere reaches out a hand to A.A., A.A. is there, and for that, I am responsible, and also grateful!

I travel twice a year at least to see my extended family. Each trip is at least two weeks long, and I know from bitter experience that two weeks without a meeting for me is too long. I can normally make it a couple of days before I start to feel unmoored. Throw in flights, changed schedules, and the stress of being with family, and I really need a meeting every day.

I'm lucky that the places I go, Virginia and Maine, have lots of meetings. Where I go in Virginia, the meetings are quite spread out, and I'm lucky: the trip to the meeting involves a pleasant drive down country roads.

I need to practice finding what I have in common with people.

During meetings in other places, I'm reminded that I need to practice finding what I have in common with people. It's easy, when I'm at home, to relate to people in meetings because I have already found things I have in common with them. So it's good to get some practice in looking for commonalities. And there are always some. I'm not a farmer, I don't live in rural Virginia, I don't have grandkids, or problems with a tractor, but I do understand struggling with alcoholism, and I'm amazed at how that struggle can give me common ground with people I would otherwise not likely get to know. Also, I can see how odd I may initially seem to these Virginians. Here I come with my strange accent, my weird fuzzy hat and odd notions and politics into their meeting. It's easy to see how they could feel they don't have much in common with me.



But when I tell them how I'm struggling to stay sane while I travel, they start nodding with understanding. They get me in a way many people in my own family – the people I'm in Virginia to visit! – don't.

It's a similar story in Maine. There, I go to a women's meeting. The specific issues on people's minds are different. More mosquitoes, more tourism, less farming, but we're all still alcoholics. At one particular meeting I went to, there was a brand new newcomer, clearly struggling hard to stay in her seat. The women there did exactly what any SF women's group would do: they listened to her, they exchanged phone numbers with her, offered to get her to another meeting, gave her schedules and pamphlets. In short, they carried the message to her. When I raised my hand and said I was traveling, they made a special effort to reach out to me, too, whether by just checking in to make sure I had a schedule and knew where meetings were, or to ask me out to coffee. It was completely heartwarming. It's really true that wherever you go, you can find A.A. And as I start to see visitors in the Bay Area at meetings, I now know how I can help them. Just reaching out a hand, extending a little extra help, an invitation to coffee, or some input on meetings, can make a big difference in a person's comfort level. And this is something that is so easy to give!



Willingness is the Key

May we all be willing to work the steps, even if we don't want to!

by Paul K.

What is willingness the key to? There are probably a few concepts that would qualify as the key to the program, such as “action” being the magic word. “Willingness” is a concept that pervades all 12 steps.

One definition of willingness is the state of being prepared to do something: readiness. Willingness implies starting the engine, getting the ball rolling, opening the door, going to a meeting, reaching for help. We can pray for willingness if we don't have it to step out of the inertia of laziness and sloth. Willingness is a power that cuts through resistance and encourages action. The 12 steps ask for: 1) Willingness to admit our powerless over alcohol and that our lives are unmanageable by us alone; 2) Willingness to admit that we've become insane and to believe that a power greater than ourselves can help restore us to sanity; 3) Willingness to make a start at turning our will and lives (thoughts and actions) over to that higher power; 4) 5) 6) & 7) Willingness to face, admit, and be rid of those character traits that have been blocking us from a relationship with a higher power and our fellows; 8) & 9) Willingness to make a list of those harmed and to make amends. 10) Willingness to take daily inventory and actions associated; 11) Willingness to seek a higher power through prayer and meditation; 12) Willingness to help another alcoholic and practice these new principles in our daily lives. We have to be willing to keep at it even when we fall down or take our will back and resist the program of action.

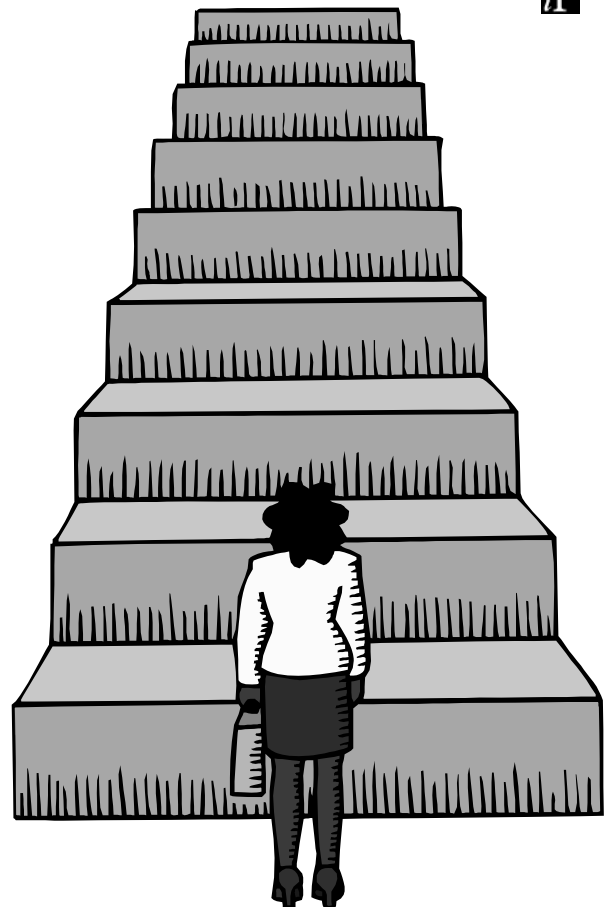
Some say the principle behind Step 6 is willingness; the willingness to have God remove all of these defects of character. I am realizing that I need to exercise willingness the most when I feel resistance to taking action. My resistance is highest when I'm practicing my character defects. Luckily my obsession with alcohol has been removed, but I am facing other areas of my life where willingness to change will be required.

One example is procrastination, aka sloth. Instead of writing this article, I may decide to read a book in the sun or take a nap. I have many a rationalization and excuse to make it possible for me to resist my next right action. I need to be able to see my procrastination, admit it, become willing to pray for it to be removed, and start taking actions that are the opposite of that behavior, such as submitting the article ahead of time. The rubber hits the road when I've asked for guidance, or an intuitive thought, and received it only to realize that I would rather do something else instead. My self-will is ready and willing to do the driving instead. I believe in not taking myself too damn seriously, so I will have fun with this process. It involves staying awake, being present, not drinking alcohol, going to meetings, and accepting feedback from my sponsor and A.A. fellows. We all have blind spots as well as character

traits that we are well aware of already.

My next challenge is to become willing to face and be rid of the clutter in my home. It feels like an opportunity to take a 4th Step inventory on the physical plane that will reveal areas that need attention in my emotional and spiritual life. I am reminded of the saying “Trust God, Clean House, and Help Others.” I have been trusting God and helping others, but I haven't been doing a vigorous personal housecleaning. I must become willing to face and be rid of the things that are blocking me from God, my fellows, and my life's higher purpose.

TP



Intergroup Meeting Summary—July 2014

The following groups (and *service entities*) have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, consider electing an Intergroup Representative (IGR) and /or an alternate so your meeting is effectively represented .

A Is For Alcohol	Cow Hollow Men's Group	Keep Coming Back	Queers, Crackpots & Fallen Women	They Stopped in Time
Any Lengths	Each Day A New Beginning	Live & Let Live	Saturday Weekend Warrior	Thursday Night Speaker
Artists & Writers	First Place	Living Sober With HIV	Say Hey Group	Thursday Thumpers
Attitude Adjustment Hour	Friday Morning 12 Steppers	Marina Discussion	Sober Saturday	Tiburon Haven
Blue Book Special	Girls Night Out	Miracles (Way) Off 24th St.	Step Talk	Walk Of Shame
Boys Night Out	Haight Street Blues	Monday Night Stag Tiburon	Sunday Night Castro Speaker Disc	What It's Like Now
Came to Believe	High Noon Mon	Noon Smokeless	Sunday Rap	Women's Mtg There is a Solution
Come 'n Get It!	Join The Tribe	On Awakening Group	Sunset Speaker Step	<i>San Mateo General Service</i>

This is an unofficial summary of the July 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., July 2nd, 2014 at 1187 Franklin St, SF CA.

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

Officer Reports

Treasurer's report, Michelle C. The overall financial position continues to be in FAIR condition this month. We have a relatively normal \$9,600 negative variance for the year. This is mostly related to the pre-payment for the 75th Anniversary Big Book, which continues to sell well. Let your groups know that timely group contributions help Central Office with accounting. There is a regular dip in May and June, then an increase in July and August.

Intergroup Committee Reports

Access Committee, Steve F. Tonight, Dorothy and Leslie will present for the new SOS (Sober Outside Services) work group. We could use help carrying the message. Come to our committee meeting on the 1st Tuesday of the month at 6pm at Central Office. We have a pamphlet and survey online. Dorothy – We are serving the permanently disabled. We'll hold weekly, semimonthly, or monthly meetings. So far, we have 4 people asking and 10 volunteers ready to help. We are looking to launch a committee meeting in August (tbd).

Archives Committee, Michael P. We clean up the wreckage of the past and preserve AA traditions. J The next meeting is the 3rd Sunday of the month, July 20th, from 2-4pm at Central Office.

Fellowship Committee, Michael P & Blu We meet the 2nd Thursday of every month at 6pm. Founder's Day in June was a great success, maybe the best ever. The games were fun; Liz G was great as the comedian. Thanks for all the help!

Orientation Committee, Michael P We meet the 1st Wednesday of the month at 6:15pm for orientation.

Literature Committee, Bridget We are a new committee, meeting for the first time tonight. We chose the co-chairs, Phil and Bridget. Bailey will be the recording secretary. We will create a mission statement related to reviewing literature, and will collaborate with other literature based committees (ex. Archives).

Outreach Committee, Frank Frank asked those willing to go to an SF meeting

in the next month to raise hands.

SF PI/CPC, Erin S. We meet the 2nd Monday of month, 7pm at Central Office. PI – We are tracking the important data only, 4 events, and 9 speakers. DUI providers are consolidating classes so there is less on the calendar, and we are reaching out to others. We held a training session, but no new members signed up this month. CPC – We will talk with Chaplains in training, young people groups, and train the trainer for other groups not as well established in Sacramento in October and Humboldt County. We have a literature person and media person. The Intergroup's targeted message worked! We have about 14 new volunteers to help now, so are looking for new gigs to speak at.

SF Teleservice Committee, Carolyn R. Teleservice answers the phones when Central Office is closed. We are always looking for volunteers. The next orientation is July 21st, 3rd Monday, at 6:30pm. Carolyn is taking volunteers and nominations for a new committee chair now that Carolyn is Vice Chair on the Board!

The Point Committee, Charley New committee members are showing up. We really appreciate the wonderful job that Michael M. did for The Point. Check out the From the Editor section in the July issue which acknowledges Michael, who really stepped up and did most of the work when the membership was thin. Thank you Michael!

12th Step Committee, Virginia The committee meeting is the 2nd Thursday of each month, July 10th, at 6:00 pm at Central Office. We have a 12 step orientation meeting on Saturday, July 19th at 3pm at

Individual Contributions

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

IN MEMORIAM

Esther R. - 39 years

Jim A. - 40 years

ANNIVERSARIES

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

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

SOS

Dorothy V. sos@aasf.org

SUNSHINE CLUB

David C. and Carole P. sunshine@aasf.org

WEBSITE COMMITTEE

website@aasf.org

Central Office. It will be ASL interpreted.

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

Carolyn brought up the ASL Interpreter Policy, November 2010 for discussion related to the Access Committee's request to approve an ASL interpreter for 2 AA meetings during the Living Sober event. Living Sober already provides 3 ASL interpreted meetings and the Access committee wants to cover 2 more for one member. Steve wanted to separate the discussion into two issues 1) Request for Intergroup to authorize use of funds to pay for ASL interpretation for meeting in SF, per the original intent, charter, and budget. And 2) to discuss the future approval power of the Access Committee for ASL interpreters without the need to present to Intergroup. However, a debate started on the first point to approve the funds. There was some confusion in that much of this discussion already occurred in a prior Intergroup meeting during which Living Sober made its case to have the conference posted on the Intergroup calendar. They do require registration, and there is a fee, but there is also funding (scholarships) provided to allow members to attend without payment.

After much discussion, Gloria made a motion to approve, Gretchen seconded. Most approved, 6 opposed. Liz offered minority opinion that Living Sober event is conference event, not a regular meet-

ing. There was more discussion about Living Sober and the budget used so far. The Access Committee has only spent \$185 of the budget of \$3,815. Each ASL interpreter will cost under \$500 total. Virginia reminded of our primary purpose.

For the second vote, most approved, 6 declined, 3 abstained, so the motion passes to approve the funds for the 2 meetings, ASL interpreted.

The second topic was related to future policy decisions related to ASL Interpreter approvals. There was discussion about events "promoted" by central office in the calendar. Steve suggested we add 3 words which allow for approval of ASL at any "regularly scheduled meeting."

Margaret expressed concern for approving for any event in the calendar, wondering if the list of requests would get out of hand. Based on history, that is not likely. Dorothy stated we don't want the play by play and prefer the Access committee handle it based on policy; which is the plan.

Carolyn proposes to move this discussion to next month old business. Carolyn made the motion, Sam seconded. Most approved. Steve had a comment that maybe we use Virginia's suggestion to approve any "AA" meeting instead of the 3 new words, "regularly scheduled meeting." We are moving the discussion to next month's old business. Steve will present the new language in writing and Phil will gather information with literature committee. Phil wants one policy on all docs and on the aasf.org website under accessibility.

aa group contributions

Fellowship Contributions			Marin Contributions			SF Contributions		
	Jun. 14	YTD		Jun. 14	YTD		Jun. 14	YTD
Contribution Box	\$106	\$355	San Geronimo Valley M 8pm		\$185	Artists & Writers F 630pm		\$1,214
GGYPAA		\$26	San Marin SS Sa 830pm		\$75	As Bill Sees It Sat 8pm		\$70
Intergroup	\$115	\$651	Saturday Night Sa 8pm		\$240	As Bill Sees It Th 6pm		\$128
Fellowship Total	\$221	\$1,032	Sausalito 12 SS Group		\$111	As Bill Sees It Th 830pm		\$196
			Serendipity Sa 11am		\$169	As Bill Sees It Tu 1210pm		\$570
			Six O'Clock Sunset Th 6pm		\$600	Back to Basics Th 730pm		\$61
			Sober & Serene F 7pm		\$487	Beginners 12 x 12 F 7pm		\$519
			Sober Sisters Wed 12pm		\$184	Beginners' SS Sat 7pm		\$189
			Sunday Express Sun 6pm		\$423	Bernal Big Book Sat 5pm	\$429	\$1,270
			Sunday Friendship Sun 6pm		\$134	Bernal New Day 7D	\$312	\$1,586
			Sunday Night Corte Madera 8pm	\$76	\$208	Big Book Basics F 8pm	\$120	\$264
			Sunlight of the Spirit Th 7pm		\$300	Big Book Boot Camp 5D		\$38
			T. G. I'm Sober		\$55	Big Book Study Su 1130am		\$341
			Terra Linda Group Th 830pm		\$588	Blue Book Special Su 11am		\$180
			Terra Linda Thursday Men's 8pm		\$250	Brothers in Arms M 8pm	\$138	\$138
			The Fearless Searchers F 8pm		\$16	Buena Vista Breakfast Su 12pm	\$313	\$313
			There is a Solution Tu 6pm		\$53	By the Book Sa 10am		\$106
			Thursday Night Book Club Th 7pm		\$39	Came To Believe Su 830am		\$82
			Thursday Night Speaker 830pm		\$1,165	Came to Park Sat 7pm		\$538
			Tiburon Beginners & Closed 7/830pm		\$468	Castro Disc Th 8pm		\$491
			Tiburon Women's Candlelight W 8pm		\$148	Castro Monday BB 830pm		\$135
			Tuesday Beginners' Meeting		\$352	Chips & Salsa Tu 12pm		\$100
			Tuesday Chip Meeting Tu 830pm	\$250	\$950	Cocoanuts Su 9am		\$271
			We, Us and Ours M 650pm		\$275	Coit's Quitters		\$144
			Wednesday Sundowners W 6pm	\$350	\$653	Come 'n Get It! F 630pm		\$36
			Women's Big Book Tu 1030am		\$641	Cow Hollow Men's Group W 8pm	\$204	\$876
			Women's Lunch Bunch F 12pm		\$408	Cow Hollow Young People's Tu 730pm		\$127
			Women's Meeting Su 430pm		\$71	Design for Living Sat 8am		\$385
			Marin Total	\$3,036	\$24,621	Dignitaries Sympathy W 815pm		\$153
						Each Day a New Beginning F 7am		\$1,186
						Each Day a New Beginning M 7am		\$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
						Epiphany Group Th 7pm	\$200	\$200
						Eureka Step Tu 6pm	\$110	\$110
						Eureka Valley Topic M 6pm		\$180
						Federal Speaker Su 12pm		\$201
						Fell Street F 830pm	\$273	\$663
						Firefighters & Friends Tu 10am	\$170	\$182
						Franciscan Noon Disc M 12pm		\$117
						Freethinkers SS Su 11am		\$60
						Friday All Groups F 830pm		\$565
						Friday at Five F 5pm		\$170
						Friendly Circle Beginners Su 715pm		\$192
						Friendly Circle Su 830pm		\$120
Marin Contributions			SF Contributions					
	Jun. 14	YTD		Jun. 14	YTD			
11th Step Meeting M 8pm		\$60	11th Step Power Power Power		\$117			
12 & 12 Study Sa 815am		\$66	6am Dry Dock Fri	\$84	\$84			
Attitude Adjustment 7D 7am	\$2,295		6am Dry Dock Mon	\$54	\$54			
Awakenings	\$60		6am Dry Dock Tu	\$100	\$100			
Back to Basics Su 930am	\$150	\$150	6am Men's Literature Meeting M		\$346			
Beginner's Help Th 8pm	\$41	\$41	7am Speaker Disc Th 7am	\$45	\$45			
Blackie's Pasture Sa 830pm	\$150	\$150	7am Step Disc Tu 7am		\$98			
Bounce Back M 6pm	\$600	\$600	A is for Alcohol Tu 6pm		\$60			
Closed Women's SS Tu 330pm	\$145	\$145	A New Start F 830pm		\$162			
Conscious Contact Sa 6pm	\$80	\$80	A Word From Our Sponsors Wed 12p	\$42	\$42			
Crossroads Sun 12pm	\$800	\$800	AA Unity BB Study Tu 130pm		\$13			
Day At A Time 7D 630am	\$120	\$240	Afro American Beginners Sat 8pm		\$168			
Downtown Mill Valley F 830pm	\$875	\$875	After Work Big Book Study		\$48			
Friday Night Book F 830pm	\$54	\$54	Agnostics & Freethinkers Su 630pm		\$120			
Girls Night Out W 815pm	\$155	\$155	Alamo Square Su 7pm		\$60			
Glum Not! Su 9am	\$140	\$140	All Together Now Th 8pm	\$184	\$874			
Gratitude Tu 8pm	\$100	\$283	Amazing Grace M 7pm		\$60			
Greenfield Newcomers Sun 7pm	\$295	\$295	Any Lengths Sat 930am		\$1,124			
Happy, Joyous & Free 5D 12pm	\$375	\$375						
High & Dry W 12pm	\$286	\$286						
Intimate Feelings Sa 10am	\$110	\$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	\$250						
Living in the Solution F 6pm	\$100	\$100						
Marin City Groups 6D 630pm	\$300	\$500						
Meditation Weds 7pm	\$272	\$272						
Mill Valley 7D 7am	\$1,000	\$1,000						
Mill Valley Disc W 830pm	\$250	\$250						
Monday Blues M 630pm	\$280	\$280						
Monday Night Stag Tiburon	\$500	\$1,000						
Monday Night Women's Group	\$165	\$165						
Monday Night Women's M 8pm	\$196	\$196						
Monday Nooners M 12pm	\$159	\$433						
Nativity Monday Night BB 8pm	\$100	\$100						
North Marin Speaker Sun 12pm	\$200	\$200						
Novato Fellowship Group	\$717	\$717						
Passages W 1030pm	\$49	\$49						
Primary Purpose W 830pm	\$153	\$153						
Quitting Time M-F 530pm	\$552	\$1,384						
Refugee Th 12pm	\$44	\$156						
Rise N Shine Sun 10am	\$516	\$516						
San Geronimo Valley BS F 8pm	\$135	\$135						

Attitude of Gratitude

by Annia R.

I went to visit a friend in New York City during the first week of June. On our first day, we took a bus tour of the city. It was hot and the bus was going pretty slowly due to heavy traffic in the city. Even though I was a little uncomfortable, I kept thinking how happy and grateful I felt. I noticed the warm breeze against my skin while the woman behind me complained about the traffic.

For the last 7 years, I've been writing gratitude lists several times a week. Over time, I trained my brain to focus on the positive rather than the

negative. As a result, I get to enjoy myself so much more often. I focus on things that are going well rather than things that are uncomfortable.

No matter what our circumstances are, we can choose to develop an attitude of gratitude. If we practice focusing on the positive, our minds will get used to noticing things that are going well. As a result, we can enjoy life rather than endure it.

Thought for the day: Today I will make a list of things that I am grateful for. I will share my gratitude with others, and I will enjoy my day as much as possible.



SF Contributions	Jun. 14	YTD	SF Contributions	Jun. 14	YTD	SF Contributions	Jun. 14	YTD
Getting Fit at One O'Clock Tu 1pm		\$8	No Reservations M 12pm		\$455	Tea with Bill		\$25
Giddy Up Th 7pm		\$89	Noon Smokeless Th 12pm		\$75	Ten Years After Su 6pm	\$170	\$1,327
Gold Mine Group M 8pm		\$176	Noon Smokeless W 12pm		\$50	The Lads Fr 730pm		\$150
Gratitude Center		\$300	O.A.D.W. Mon 7pm		\$212	The Parent Trap 2 Wed 4pm		\$60
Haight Street Blues Tu 615pm		\$111	Parkside Th 8pm		\$346	The Parent Trap M 1pm		\$114
Haight Street Explorers Th 630pm		\$105	Pax West Daily Reflections W 7am		\$116	The Pepper Group F 12pm		\$113
Happy Destiny Sa 630pm		\$133	Pax West Disc Th 12pm		\$749	They Stopped In Time M 8pm		\$205
Happy Hour Ladies Night F 530pm		\$130	Pax West Literature Disc T 12pm	\$740	\$1,407	Thursday Night Women's Th 630pm	\$184	\$328
Happy, Joyous & Free 5D 12pm	\$375	\$375	Progress Not Perfection Tu 830pm		\$29	Too Early Sat 8am	\$906	\$906
High Noon Monday 1215pm		\$82	Raising the Bottom W 9pm		\$300	Trudgers Disc Su 7pm		\$180
High Noon Saturday 1215pm	\$407	\$535	Reality Farm Th 830pm		\$357	Tuesday BBStudy 6pm		\$170
High Noon Sunday 1215p		\$878	Rebound W 830pm		\$60	Tuesday Downtown Tu 8pm	\$28	\$28
High Noon Thursday 1215pm	\$139	\$189	Rigorous Honesty Th 1205pm		\$120	Tuesday Night Lasses SS		\$104
High Steppers W 7pm		\$53	Saturday Afternoon Meditation 5pm		\$154	Twelve Steps to Happiness F 730pm	\$18	\$88
Hilldwellers M 8pm		\$392	Saturday Night Live Sa 9pm		\$55	Unidentified Group		\$377
Huntington Square W 630pm		\$268	Saturday Night Regroup Sat 730pm		\$239	Valencia Smokefree F 6pm	\$150	\$230
Join the Tribe Tu 7pm	\$362	\$1,002	Serenity House	\$150	\$900	Wake Up On 3rd St Group		\$343
Keep Coming Back Sa 10am		\$758	Shamrocks & Serenity M 730pm	\$426	\$426	Walk of Shame W 830pm		\$185
Ladies Who Lunch Thu 1210pm		\$101	Sober at State MW 1210pm		\$124	Waterfront Sun 8pm		\$244
Let It Be Now F 6pm		\$60	Sober Saturday Sa 830am		\$83	We Care Tu 12pm		\$154
Like A Prayer Su 4pm	\$200	\$250	Sobriety & Beyond W 7pm	\$90	\$210	Wharfrats Th 815pm		\$272
Living Sober with HIV W 6pm		\$195	Sometimes Slowly Sa 11am		\$150	What It's Like Now M 6pm		\$291
Meeting Place Noon W 12pm		\$144	Sought to Improve Th 715pm		\$141	Wits End SS Tu 8pm		\$35
Men's Gentle Touch M 7pm		\$23	Stepping Stone SS M 730pm		\$174	Women's 10 Years Plus Th 615pm		\$601
Mid-Morning Support Su 1030am		\$612	Sunday Morning Gay Stag 930am		\$552	Women's Came to Believe Sa 10am		\$90
Midnight Meditation Sat 12am		\$100	Sunday Night 3rd Step 5pm	\$593	\$593	Women's Kitchen Table Tu 630pm		\$396
Mission Fellowship		\$215	Sunday Night Castro SD 730pm		\$569	Women's Mtg There is a Solution W 6pm		\$497
Monday Beginners M 8pm		\$159	Sunday Silence Su 730pm	\$200	\$200	Women's Promises F 7pm		\$140
Monday Men's Stag 8pm		\$157	Sundown W 7pm	\$628	\$628	YAHOO Step Sa 1130am		\$300
Monday Monday M 1215pm		\$696	Sunset 11'ers Tu		\$79	San Francisco Total	\$9,040	\$50,414
Monday Nooners M 12pm		\$219	Sunset 9'ers F	\$57	\$77	YTD	\$12,297	\$76,066
Morning After Sa 10am	\$200	\$200	Sunset 9'ers Th		\$200			
No Gurus Meditation Su 7pm		\$145	Sunset Speaker Step Sun 730pm	\$238	\$370			

Profit and Loss Statement: May 2014

	May 2014	Budget	Jan - May	YTD Budget
Ordinary Income/Expense				
Income				
Gratitude Month	44	0	5464	4100
Group Contributions	8075	7000	63769	66283
Individual Contributions	1469	1475	12543	15526
Newsletter Subscript.	11	11	77	121
Sales - Bookstore	8931	10000	56152	50099
Intergroup Event Income	0	0	0	0
Total Income	\$ 18,529	\$ 18,486	\$ 138,005	\$ 136,129
Cost of Goods Sold				
Cost of Books Sold	6548	7029	41266	35395
COGS - Shipping	13	26	82	118
Credit Card Processing	602	450	2402	2037
Inventory Adjustments	10	0	-316	0
Total COGS	\$ 7,174	\$ 7,505	\$ 43,433	\$ 37,550
Gross Profit	\$ 11,355	\$ 10,981	\$ 94,572	\$ 98,579
Expense				
Teleservice Committee	0	75	0	225
Reconciliation Discrepancies	1		0	
Access Expenses	0	425	185	1265
Archives Committee	51	0	51	0
Employee Expenses	12653	11897	68228	66864
Equipment Lease	1535	1446	3070	2893
Filing/Fees	501	60	511	60
Insurance	0	780	2398	2400
Intergroup Events	0	0	1539	0
Intergroup Literature	3	0	23	0
Internet Expense	133	129	659	645
Office Supplies	264	211	827	970

	May 2014	Budget	Jan - May	YTD Budget
Paper Purchased	0	116	403	641
Payroll Fees	11	10	44	50
Phone Book Listings	93	93	465	465
Postage	249	220	703	712
Printing	0	0	695	0
Professional Fees	0	1200	0	1200
Rent - Office	4122	4122	20609	20610
Rent - Other	75	90	355	460
Repair & Maintenance	240	325	1316	1605
Security System	0	0	118	118
Shipping	443	323	2057	1617
Sunshine Club	0	0	25	0
Telephone	227	246	1125	1229
Training	0	0	39	0
Travel	0	0	0	100
Total Expense	\$ 15,141	\$ 15,024	\$ 77,492	\$ 75,322
Net Ordinary Income	\$ (3,785)	\$ (4,043)	\$ 17,080	\$ 23,257
Other Income/Expense				
Other Income				
Bag Fees	2	4	13	22
Customer Shipping	383	320	1993	1634
Interest Income	66	100	315	495
Miscellaneous Income	0	30	399	150
Total Other Income	\$ 451	\$ 454	\$ 2,720	\$ 2,301
Other Expense				
Depreciation Expense	299	279	1495	1395
Total Other Expense	\$ 299	\$ 279	\$ 1,495	\$ 1,395
Net Other Income	\$ 152	\$ 175	\$ 1,225	\$ 906
Net Income	\$ (3,634)	\$ (3,868)	\$ 18,305	\$ 24,163

Treasurer's Report

For the month of May, total income was over budget by \$43 and year-to-date by \$1,876.

Total expenses for the month of May were under budget by \$1,169 and year-to-date over budget by \$1,318.

May had a negative variance of \$9,093 and the year-to-date there is a negative variance of \$9,649. The Year-to-date negative variance is primarily caused by COGS being more than budgeted (\$5,871).

Unrestricted cash balance decreased from \$34,243 to \$25,862 which represents a little more than one month of operating expenses.

**The Point Committee
values your input!**

Email us at: thepoint@aasf.org

Or write to us at Central Office:

1821 Sacramento St, SF CA 94109

May 2014 Balance Sheet

	<u>May 31, 2014</u>	<u>Apr 30, 2014</u>	<u>\$ Change</u>	<u>May 31, 2013</u>	<u>\$ Change</u>
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$ 192,915	\$ 192,850	\$ 65	\$ 181,254	\$ 11,661
Unrestricted Cash	\$ 25,862	\$ 34,243	\$ (8,381)	\$ 34,688	\$ (8,826)
Total Checking/Savings	\$ 218,777	\$ 227,093	\$ (8,316)	\$ 215,942	\$ 2,835
Accounts Receivable					
Accounts Receivable	\$ 25	\$ 25	\$ 0	\$ -	\$ 25
Total Accounts Receivable	\$ 25	\$ 25	\$ 0	\$ -	\$ 25
Other Current Assets					
Inventory - Bookstore	\$ 22,887	\$ 23,805	\$ (919)	\$ 19,581	\$ 3,305
Prepaid Literature Orders	\$ 950	\$ 251	\$ 699	\$ 2,873	\$ (1,924)
Undeposited Funds	\$ -	\$ 226	\$ (226)	\$ 233	\$ (233)
Total Other Current Assets	\$ 23,837	\$ 24,282	\$ (446)	\$ 22,688	\$ 1,149
Total Current Assets	\$ 242,639	\$ 251,400	\$ (8,761)	\$ 238,630	\$ 4,009
Fixed Assets					
Comp. and Off. Equipment (Net)	\$ 2,617	\$ 2,751	\$ (134)	\$ 2,966	\$ (350)
Furniture & Equipment (Net)	\$ -	\$ -	\$ -	\$ 49	\$ (49)
Leasehold Improvements (Net)	\$ 19,033	\$ 19,198	\$ (165)	\$ 21,013	\$ (1,980)
Total Fixed Assets	\$ 21,649	\$ 21,948	\$ (299)	\$ 24,028	\$ (2,379)
Other Assets					
Deposits	\$ 6,898	\$ 6,898	\$ -	\$ 6,698	\$ 200
Total Other Assets	\$ 6,898	\$ 6,898	\$ -	\$ 6,698	\$ 200
TOTAL ASSETS	\$ 271,186	\$ 280,246	\$ (9,060)	\$ 269,356	\$ 1,830
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$ 3,713	\$ 3,465	\$ 248	\$ 3,531	\$ 182
Sales Tax Payable	\$ 748	\$ 962	\$ (214)	\$ 756	\$ (9)
Total Other Current Liabilities	\$ 4,461	\$ 4,427	\$ 33	\$ 4,287	\$ 173
Total Current Liabilities	\$ 4,461	\$ 4,427	\$ 33	\$ 4,287	\$ 173
Long Term Liabilities					
Deferred Compensation	\$ 60,167	\$ 60,167	\$ -	\$ 48,393	\$ 11,774
Total Long Term Liabilities	\$ 60,167	\$ 60,167	\$ -	\$ 48,393	\$ 11,774
Total Liabilities	\$ 64,628	\$ 64,594	\$ 33	\$ 52,680	\$ 11,947
Equity					
Net Assets	\$ 216,207	\$ 216,207	\$ -	\$ 220,560	\$ (4,353)
Opening Balances					
Unrestricted Funds					
Net Income	\$ (9,649)	\$ (556)	\$ (9,093)	\$ (3,885)	\$ (5,764)
Total Equity	\$ 206,558	\$ 215,652	\$ (9,093)	\$ 216,675	\$ (10,117)
TOTAL LIABILITIES & EQUITY	\$ 271,186	\$ 280,246	\$ (9,060)	\$ 269,356	\$ 1,830

(Continued from page 15)

Liaison Reports

John, Marin General Service, Unity Day, September 6th at San Rafael Community Center.

GGYPAA Greg, Friday annual BBQ 12pm at Fort Mason. We will be there until the fireworks. July 20th is the next business meeting at the Alano Club with elections and service commitments.

Karen G, Marin H&I, We need PI/CPC young people to go into the schools. Bridging the Gap (BTG) in Marin needs more volunteers. We are approved to go into Kaiser. On July 20th, BTG commitments are turning over. We settled the saga of where the extra money goes after the Alano Club is paid. We will turn over all excess money to the literature fund to fund Marin county meetings. We met with the prison committee, and will start approving people to hold jail and prison (San Quentin) meetings.

Lucy, SF H&I Weed help for SF county men's jail, Salvation Army, St. Francis Psychiatric Hospital.

Next Intergroup Meeting: Wed. August 6th, 2014, 7pm, 101 Donohue St Marin City CA. Orientation is at 6:15pm, dinner is served at 6:30pm.

If your group does not have an Intergroup Rep (IGR), please consider visiting a meeting to see if it might be a good service commitment for you. Our focus is on service outside the group and we have a great time doing it with lots of opportunities for participation! One-year of continuous sobriety is suggested.

Moving?

Don't miss The Point! Please give us your new address.

NAME		
NEW ADDRESS		
CITY	STATE	ZIP
OLD ADDRESS		

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528
You can also **email** or **phone** us with your new contact information.
thepoint@aasf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400

August 2014

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