

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014
9
September

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous

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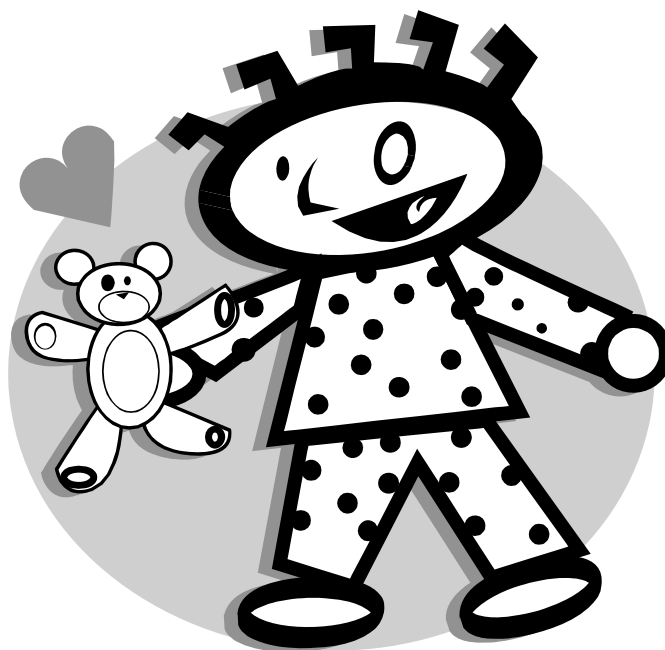
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No Longer Alone



6 Tradition Nine





8 Livin' It

10 Daily Reflection

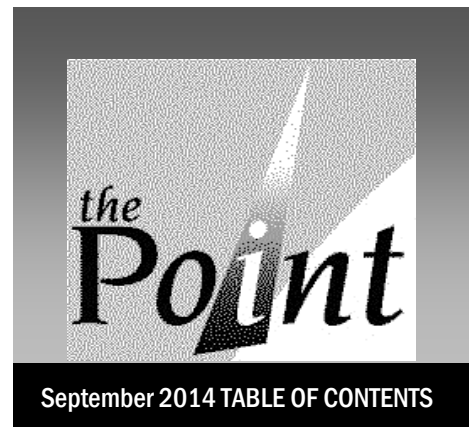
12 Sober 'n' Crazy

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.

September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 LABOR DAY CENTRAL OFFICE CLOSED	2 FIRST TUE Access Committee Central Office 6pm	3 FIRST WED Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm
7 SF H&I Special Edition of the H&I Orientation Old First Church, 1751 Sacramento St, SF 6pm	8 SECOND MON SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	9 SECOND TUE The Point Committee Central Office 5:30pm Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm	10 SECOND WED Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
14 Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm	15 THIRD MON SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	16	17
21 THIRD SUN Archives Committee Central Office 2pm Business Meeting followed by Work Day	22	23 FOURTH TUE Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	24 FOURTH WED Sober Outside Services (SOS) Central Office 6pm
28	29	30	Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event. <div>     </div>

THURSDAY	FRIDAY	SATURDAY
4	5	6 Marin General Service District 10 Unity Day 2014 San Rafael Community Center 618 B Street, San Rafael Noon to 11pm
11 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	12	13
18	19	20 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
25 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	26	27 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
		



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I reached the point of actual despair that
I ever would be able to drink only a
harmless amount each day.

Big Book, 1st edition, p. 215



Meeting Changes

New Meetings:

Mon	6:30am	Outer Sunset	P/M in the AM, Unity Christ Church: 2690 Ocean Ave / 19th Ave (Meditation, Discussion)
Mon	7:30am	Castro	CASTRO CONSCIOUS CONTACT, 4058 18th St / Hartford (11th Step Meditation)

Meeting Changes:

Sun	6:30pm	Pacific Heights	INTO ACTION, Nu Outlook: 2203 Sutter St / Pierce (Was called Sobriety Marathon)
Thu	6:30pm	Pacific Heights	IN THE SOLUTION, Nu Outlook: 2203 Sutter St / Pierce (Was called Super Kill)
Fri	2:00pm	Pacific Heights	LOVELY BUNCH OF GRAPES, Nu Outlook 2203 Sutter St / Pierce (Was called Afternoon Delight)

No Longer Meeting:

Sun	7:00pm	Cathedral Hill	LIVE & LET LIVE, First Unitarian Universalist: 1187 Franklin St / Geary
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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!**

SPECIAL EDITION OF THE H&I ORIENTATION

**The San Francisco H&I Committee
is bringing its orientation to you!**

Sunday, September 7, 2014, 6pm
*prior to the 7:15pm
 Friendly Circle Beginners Meeting
 Old First Church
 1751 Sacramento St at Van Ness Ave*

Please take advantage of this great opportunity to join H&I
 and help carry the AA message to alcoholics who are confined.
 We have needs with different commitments and are
 starting new evening meetings at St Francis Hospital
 (Hyde St & Pine St) that need support!

Western Roundup Living Sober Presents

2014

Fall Follies

DRAGSTRAVAGANZA

Saturday, Sept. 13

AA/AL-Anon Meeting 6pm
 Drag Show 7:30pm
 \$15 Admission
 Everett Middle School
 450 Church St. San Francisco
 between 16th & 17th Streets

Performers - Email fundraising@livingsober.org

To arrange special needs, contact us directly at least 72 hours in advance at 415-928-2476

From the Editor

Too much? Not enough?

by Charley D.

Every alcoholic has asked herself, "Have I had too much to drink or would one more be okay?" We usually opted for more on our way to another round of alcoholic defeat. Numerous defeats led to despair. We never could hit on that moderate method that would allow us to "drink like a gentleman" – just enough, not too much. Even if, with the help of our Higher Power and our fellows in A.A., we stay sober another day, small wonder that same inability to find balance should trouble us in other facets of our lives.

Too much or too little organization? James M., in his piece on Tradition Nine, demonstrates how A.A. has struck a balance between the two. In his article, "Sin of the Month," Marlan H. explains how, even in recovery, he's a "whore for more," which starts with procrastination and ends in isolation. See how B.A.'s devotion to A.A.'s steps gave her a new sense of self-worth. Anonymous, in "Cooling the Burn," tells how she tempers her urge for center stage by asking, before she speaks, if what she's about to say is "true, kind and necessary." In her comment on

September 21's Daily Reflection, Seana L. sees a new and better life that comes from giving over control to her Higher Power. In our continuing feature on A.A. aphorisms, Claire A. finds "Sober 'n' Crazy" an apt description of her life, dealing with the "crazy" part by practicing the 12 Steps. "No More Excuses" by Beatrice A. describes how, in sobriety she got entangled in an abusive relationship and overcame it by relying on the fellowship. Annia R. reminds us how important "Inspirational Friends" can be in living a happy life of service to others. Finally, our regular A.A. Pre-History column shines a light on the Big Book's origins.

As Goldilocks found out, even when you think you've found that perfect balance, you still can end up surrounded by bears. If you find yourself there, read what this issue has to say. If that doesn't help, or even if it does, head for a meeting, call another A.A., or get in touch with your sponsor. We may never develop the ability to discern what's too much or not enough. We can, however, find our way back to sanity when things go too far one way or the other.

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

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!

Tradition Nine

by James M.

But by none of these special services, has our spiritual or social activity, the great current of A.A. ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort. (Bill W. August 1948 *Grapevine*)

I love Tradition Nine. How wonderful it is to give a bunch of disorganized drunks permission to be disorganized! But at the same time, there is a minimum of organization needed for us to do what is, after all, our primary purpose—carrying the message of hope and recovery to the alcoholics who still suffer. Think of all the places across the country where a desperate alcoholic, hitting bottom, has called a 24-hour help line, little knowing the “organizational” principle behind it.

*The phone rang
at 2:30 in the morning
and the voice at the
other end said, “I’m
scared. I’m alone. I’ve
never asked anyone
for help before.*

There needs to be enough organization to keep the phone bill paid, to get the phone number out there, and so on—but the person answering the phone is a recovering alcoholic with a message that can’t

be found anywhere else. One of the most profound moments of my life was when, doing Teleservice, the phone rang at 2:30 in the morning and the voice at the other end said, “I’m scared. I’m alone. I’ve never asked anyone for help before.” I cry every time I remember that. I don’t know if that guy got sober, but he enriched my life beyond all measure, just by the chance to be of service. This is the most perfect example I can think of that shows how tradition nine works at its best.

In a world increasingly ruled by large organizations a lone alcoholic, no matter how spiritually developed, would have little chance approaching a hospital, let alone a jail, and asking to carry a message of recovery in to people who desperately need it—are perhaps more ready to get sober than they’ll ever be. But by having an organized group with contact names, a mailing address, and other signs of permanence and organization, we get the chance to share personal experience, face to face, with the alcoholics who still suffer. That the committee running the operation is governed by the other traditions—that our leaders are but trusted servants, that the ultimate authority is a loving God as expressed by our group conscience—is of key importance to us, but usually not of interest to the outside organizations. But to the institutionalized alcoholic feeling the weight of incarceration or involuntary hospitalization, learning that A.A. will not attempt to control his or her recovery, is a relief. That the Teleservice volunteer or the speaker at the H&I meeting is

another drunk—but one who doesn’t have to drink any more—is what makes A.A. work when a string of rehab stints and DUIs haven’t effected any change.

The Traditions are a wonderful body of principles that work together. That we hold anonymity to be the spiritual foundation of all our traditions means that the message will always be more important than the messenger. That a group has only one purpose—to carry its message—means that A.A. is prevented from “mission creep” that has undermined other groups. That we are self supporting means that groups—and larger, more organized parts of A.A.—that don’t have a spiritual message and a clear purpose cannot continue to exist, for the individual members of the fellowship will do away with them through the means of a dollars and cents form of group conscience. And the role of the Ninth Tradition is to help us balance and contain all these principles so that we have enough organization, but not too much. Which is a miracle for a bunch of folks who got to A.A. because they had no idea about what was enough, but not too much.

TP



Sin of the Month: Isolation

by Marlan H.

Held captive by procrastination, I won't trade a pinched pen for a relaxed embrace. Knowing a simple transfer will break self-imposed chains. I will not let go and selfishly wait (inhale). Time pauses for no man. Still, I wait.

Passions burn for people, places, and things; all of which do no good and may impose plenty of harm, I give in and disarm the obsession with an overwhelming sensation—a quick release setting the mind free—momentarily—a cheap way of escape. Thoughts quickly reassemble for a second plan of attack! An attempt to reenact the previous two minutes of pleasure. I don't fight back. I dare not meditate. I chose to stay in this digestive state and stroke the desires—they do not waver. However, I've found commitment to a solid life will keep me from being consumed by an internal flame. As I shift in my seat and spill ink to the paper. It relieves pressure. I sit. Round three; the passions are mounting and I burn.

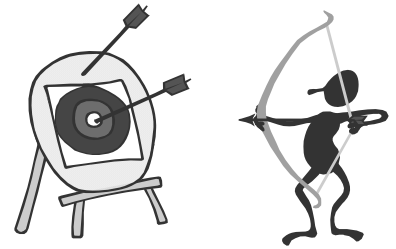
It's never enough. I want more; more than this temple could possibly store. The mere idea of consumption sends lifeblood surging to every muscle and orifice of my body. Eyes bulging, heart racing, I swell from the inside at the notion of having more. More visual simulation, more people to adore, more time, more energy, more space to embrace, MORE. Is this alcoholic thinking, or a simple fact: I am, indeed, a whore for MORE?

A self absorbed mind utters: I'm better. I'm taller. I'm smarter; more attractive than you. Arrogance takes

me higher. The air incredibly thin, ego tossed in the wind like fool chasing a dollar led by a hidden string, I don't know a thing—none the wiser. Nevertheless, I know more than you. Before the fall I recall nothing. I tumble to the ground and pick myself up having learning nothing. I know it all! Consistent and strong, I am confident and stand tall in one Ground Hog Day experience... Relapse.

*It's never enough.
I want more; more
than this temple could
possibly store.*

I've been hurt. Therefore, I deserve better than you. Even though I've put forth little effort today to change my circumstances; I cling to the past and use this excuse as fuel for a deep seeding hatred of you, your goals, your accomplishments, and your truth. I want your life! It appears to be right; better than mine. I'll lounge in disdain, praying that my Higher Power make all my dreams come true.



And while I'm on the subject: I'll have your car, your mate, and your children too. I'll adjust my wish list as I sit and do—nothing! As a matter of fact I will no longer bother to pray or meditate, avoiding clear direction. Instead I'll wait for the heavens to split open and shower me with blessings I do not have room enough to store. Even then I will want more!

Anger builds at the core of my being. I will not work to change the situation. I don't want to work and end the strife. I've spurned the love of others I chose a reclusive life. I don't care if there may be a common denominator within our shared experience—a commonality that binds us together during dark days and lonely nights. I dare not invite anyone into this place, my space, my home, my heart. I'm comfortable here if only for the moment; for a minute, for a Monday. Then I realize the sin of the month is a deadly combination of an infamous few totaling the grand sum of one...

Isolation.



Livin' It

Finding self-worth in recovery

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.

... I'm waking up.

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!"

iP



Cooling the Burn

Finding humble discourse to counter burning desires for an audience

by Anonymous

In the last few minutes of a meeting, sometimes the Secretary invites a final share from those who may have a “burning desire.” I notice a lot of smirks at that phrase, including my own. Many alcoholics seem to have a tendency of being strongly compelled to speak, not just to share at a meeting, but to pipe up in general when there is an audience.

*“Necessary” is the test
that sends most of my
scintillating remarks
to an early grave.*

I remember being a bit dismayed when I learned in A.A. that gossip was not advisable. I had always loved to give or receive a good “tidbit” and I knew that much attention I got from others often came from the stories I told. I knew how to gather suspense, how to deliver a surprise ending. As much as I needed mind-altering substances to feel at ease, I needed others to hang on my every word too.

The urge to speak, to have all eyes turn to me, can still form a burning desire despite many years of sobriety. The test of whether a statement is true, kind and necessary is exactly the type of fire suppressant I need. To really cool the burn of seeking center stage, I need rigorous honesty. Without it, I can convince myself (and you) that my proposed utterance is true, kind and/or necessary.

“True” seems to be the easiest hurdle to pass, being so mutable and subject to creative license under international story-telling standards. If the basic sequence of facts took place as reported, I tend to justify my choice of adjectives. But if I have been working the Program in all respects, the burning desire to tell tales is already quenched. Big fish stories seem less compelling and offer little psychic payoff. In contrast, if I am not spiritually fit, I cannot reliably determine whether an utterance is “kind.” In order to justify the statement, I might try the old “it’s for his own good” definition of “kind.” I might try to make the imaginary ends justify the questionable means.

“Necessary” is the test that sends most of my scintillating remarks to an early grave. Annoyingly, there is very little I have to say that is actually necessary. One of the most far-reaching aspects of my re-education in A.A. has been the dawning realization is that being quiet most of the time is a good thing. It produces many beneficial byproducts, such as listening when others speak. Sometimes I try to tell myself that the world is missing out on a terribly entertaining story if I must keep this one to myself. Yet, remarkably, the people around me do not seem condemned to a somber, joyless encounter if they are deprived of my tabloid headlines.

All of the A.A. literature reminds me of how much pain I brought upon myself and others through my “twisted” way of relating. It shows me how so much of my

personality was marked by selfishness and self-seeking, including attention-seeking. It warns me that my compulsions around alcohol can be fueled and ignited by my own feelings of shame and regret from harming others. It teaches me that “nothing pays off like restraint of tongue and pen.” As much as the desire for an audience burns inside of me, the cooling mist of prayer and meditation takes the charge out of this character defect. There was a time that nothing could stop my tongue from flapping, from tearing into the world with its barbs. Today, through the gifts of the Program, the burning desire no longer engulfs me. And humble discourse brings me surprisingly gentle warmth.

TP



Daily Reflection

We will suddenly realize that God is doing for us what we could not do for ourselves

by Seanna L.

I've grown to love Alcoholics Anonymous and especially, the 9th Step Promises. When I first heard the promises read during meetings it was yet again one of the things I heard that I thought, "wasn't true for me". In my first year of sobriety, I was filled with fear and acted out of self-will most of the time. Once I sincerely handed my life and my will over to a God of my own understanding did I start to notice and feel the miracles and magic happening all around me in my daily life. It has been my higher power that has helped me stay sober. In my darkest moments in sobriety, when I was the closest to relapse or acting out in other destructive old habits, it has been either divine intervention by outside circumstance or an intuitive thought which has saved me.

One example, I was grieving over the loss of a friend in A.A., who relapsed and within just a few days had a fatal overdose. I was severely depressed and doing everything I could think of to stay afloat. I was having lunch with a few friends in A.A. after a meeting and couldn't handle the pain I was experiencing. I decided to leave them and go for a walk by myself. Knowing that "running away" was one of my coping mechanisms I thought to myself, "I should call someone, maybe a friend, my sponsee, a newcomer. I really should get out of my head right now." Even with this thought, I could not with all my might bring myself to make that call. I kept walking with no destination and within five minutes I received a phone call from a

newcomer I had met months before and hadn't heard from since. It was exactly what I needed.

Experience has taught me that when I open my world up to God, anything is possible.

I am firm believer that I do not know what's best for me. I let God be the final judge. People, places, and things that are difficult for me to handle are obstacles to learn and grow from. Whether it be a friendship, a job, or a romantic relationship. I do not have the luxury of dubious anger. The last promise is reminder to have Faith. To remember that the unfolding of my life is at times confusing and frustrating but through it all there are reasons and explanations that I will not always find out first hand.

Experience has taught me that when I open my world up to God, anything is possible. The first place I ever noticed God working in my life was when I started taking my sponsor's suggestions. Currently, I live with three amazing sober women who are also in A.A. The reason I live here is because my sponsor had me call another women in program to discuss the end of my three-year relationship I was going through at the time. The woman I called heard of an open room a few weeks later and gave me a number to call. Before I moved into the house I live at now I was around A.A. I went to A.A. and worked a program because I was on a constant Step Zero (I just wanted the bad things to stop happening). As a direct result taking my sponsor's

suggestion, my life opened up completely. Today I am grateful to be an alcoholic, who is able to be a part of such an amazing and diverse group of drunks here in the San Francisco Fellowship of Alcoholics Anonymous. God is definitely doing for me what I cannot do for myself and for that I am immensely grateful. Moving into my new home helped me dive into Alcoholics Anonymous and I have been continually falling in love with the program ever since.

TP



A.A. Pre-History: #15

Beginning of the writing of the Big Book - April, 1938

In April 1938, the writing of the Big Book began at Hank P.'s office at Honors Dealers, 17 William St, Newark, NJ. During 1938, Bill wrote and rewrote drafts at home on legal pads then dictated them to Ruth Hock (who was the Honors Dealers Secretary).

Unfortunately, very few of the drafts survive today. Most were discarded in a later move from William St. to Vesey St. in New York City. A particularly difficult loss to A.A.'s archives is the draft page containing the initial version of the 12 Steps.

Each week, Bill would first read what he had written to those who gathered to meet at his home on Tuesday evenings. After making changes, he sent the edited drafts to Dr. Bob for further review and editing by the Akron members. As Bill worked his way through the explanatory chapters of the basic text, New York and Akron members wrote the personal stories that would be included in the book.

The following is a copy of one of the few handwritten draft pages that have survived. It shows a version of Bill's Story entitled "The Strange Obsession" and begins with Bill's thoughts as he stands in front of Towns Hospital.

Dr. Silkworth's Letter - July 27, 1938

In July 1938, Dr. Silkworth wrote a letter of support for use in fundraising for the book. It was later incorporated into the Big Book chapter "The Doctor's Opinion." Dr. Esther Richards of Baltimore was the one who suggested to Bill W. to "get a number one physician in the

alcoholism field to write an introduction."

The Alcoholic Foundation - August 11, 1938

In August 1938, the Alcoholic Foundation was created as a charitable trust with a board of 5 Trustees. The board composition began a long (and later troublesome) tradition of making non-alcoholics a majority. Non-alcoholic trustees were Willard Richardson (who proposed the Foundation), Frank Amos and John Wood (an attorney).

Alcoholic trustees were Dr. Bob and New York member Bill R. who was the first Chairman of the Board (the actual title used at the time, and up to 1955, was President). Bill R., whose Big Book story is "A Business Man's Recovery" returned to drinking and had to resign in February 1939.

An advisory committee to the board was also established. It consisted of A LeRoy Chipman, Bill W., Albert L. Scott and Hank P.

At this time, a menacing cloud was arising in Europe and Asia. Nations of the world armed and mobilized for the coming of World War II. In response to the growing crisis, Frank Buchman called for a "moral and spiritual re-armament" to address the root causes of the conflict. He renamed the Oxford Group to "Moral Re-Armament" (MRA).

Works Publishing Co. - September, 1938

In September 1938, Frank Amos had Bill W. meet Eugene Exman of Harper & Brothers. Exman offered

Bill an advance of \$1,500 (\$19,000 today) on rights to the book. The Board urged acceptance.

Instead, Hank P. and Bill formed Works Publishing Co.

Hank and Bill sold Works Publishing Co. stock at \$25 par value (\$325 today).

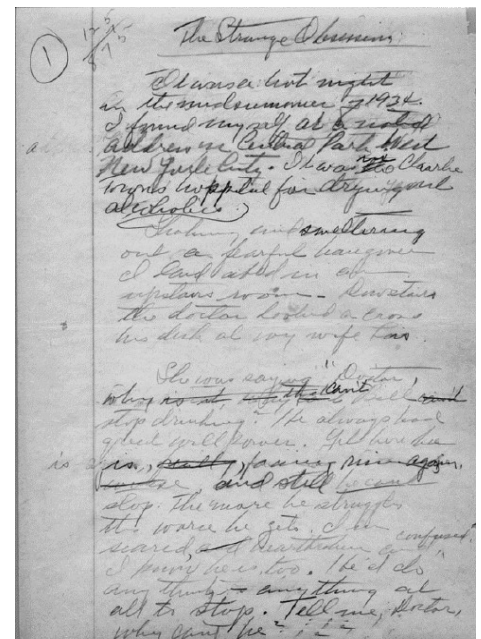
Of 600 shares issued: Hank and Bill got 200 shares each.

200 shares were sold to others.

Later, 30 shares of preferred stock at \$100 par value (\$1,300 today) were sold.

Dr. Silkworth encouraged Charles Towns to loan \$2,500 for the book.

Towns later increased the amount to \$4,000 (\$52,000 today).



Draft of The Strange Obsession



by Claire A.

This aphorism rings really true for me. I have been sober for three years now, and it seems that I still have a lot of times where I feel pretty crazy, and not in a good way. In my old life, I considered being crazy a good thing. I thought people who were crazy were edgy. I was a little afraid of them, but I also thought they were cool. When I got together with friends to party, we would say we were getting crazy.

Nowadays, getting crazy is more about being miserable. When I first got sober, I was pretty miserable a lot of the time. Gradually, as I've worked the steps and talked about what's going on in my life with my sponsor, I notice that I've gained some regular serenity, with bouts of crazy. Usually an event will happen that tips me over into crazy. I don't drink, but I pick up my old behaviors: obsession, comparing myself with others, and staying in fear rather than faith, to give some examples.

This happened quite recently when I went on a trip to visit family. I'm a nervous flyer generally, and the morning that we left for the airport, I got really nervous. Usually, when I practice the principles — acceptance, tolerance, gratitude — I'm OK. But that morning, I made myself miserable in the taxi to the airport. Instead of focusing on how friendly and helpful the taxi driver was, I obsessed about traffic accidents, the speed of the taxi, and whatever else I could get my hands on.

So the aphorism Sober 'n' Crazy is pretty much perfect for me. I guess I

thought that when I got sober, things would suddenly be all right. Somehow, I would stop having problems. Actually, I do have a lot fewer problems, because I don't create problems by drinking, but I do still create problems for myself, and that's how I think of this idea of Sober and Crazy. I'm crazy when I needlessly create problems for myself.

*Nowadays, getting
crazy is more about
being miserable.*

How am I crazy? Well, a big problem for me is spending too much time in my head. Thinking drives me crazy. Generally, there aren't too many problems that require obsessive thought. If I'm thinking too much about something, it usually means I need to get up and do something else — anything else. Take a walk, fold some laundry, call a person in the program, volunteer to help. The more I can focus my action on helping someone else, the better. I have spent most of my life thinking that if I just thought long enough, I would Figure It Out. I've finally realized (after many people in the program told me!) that the thinking is not the answer; it's the problem.

Comparing myself with others is another example of crazy, for me. Whether I'm being judgmental of other parents, or envious of some person's outfit or job, I'm miserable. It's taken the program and sponsors to show me that I'm doing this to

myself. Learning to accept myself for who I am has brought me serenity and happiness. And when I can stop worrying about what everyone else is doing, wearing or accomplishing, I have a lot more time to live my life the way I want to.

Another big crazy for me is staying in fear. Generally, when I'm afraid, I freeze up. My shoulders go up around my ears, a knot ties itself in my stomach, and if anyone talks to me, I'm abrupt in my responses. Here again, taking action is critical. Also, I have to acknowledge that I'm afraid. It's like what someone wrote about monsters under the bed. As soon as you start talking about the monsters, they become smaller and less threatening. As soon as I describe my fears, they start to flow out of me. (I realize the word "flow" may seem a little woo-woo, but that is how I experience it.)

Getting out of crazy is definitely a work in progress, and I'm grateful to have the program and the tools to do the work!



No More Excuses

We serve our community by being accountable for our actions

by Beatrice A.

I'm tired of hearing: "you know, some of us are sicker than others," to excuse behavior within our community. I get that we process information differently. At the same time, there ought to be a modicum of responsibility when we commit to being a part of a recovery community. In a sober living environment, they live within guidelines so tenants maintain a semblance of cooperation. During a meeting, there's a sequence of events that take place to help the meeting flow and so that everyone feels included. Everyone deserves to feel safe and welcome within our community, not just a select few or our best mates.

A solid program can empower an individual; however, it's up to the individual to move forward within their respective "awakening" or choose not to. Do we take responsibility for who we've become and how we've affected other people's lives, or do we transfer our addiction and/or become "dry"? I choose to hold myself accountable daily, in an effort to grow and let others know A.A. truly saves lives.

Torture and degradation were the norm in my childhood, leaving me with undiagnosed, post-traumatic stress (in a near constant state of chronic shock). I started my healing journey when I was ten years old, when I'd sneak out to seek counseling. I've done a great deal of healing, prior to, and within my A.A. program. I pray I will forever be willing to evolve. Even with willingness, and a beautiful higher power, when it comes to certain

situations I can be a bit "slow on the uptake". Unable to reason in that moment, I'm apt to "freeze up" (emotionally and/or mentally) if I become confused with someone who is powerfully manipulative. I'm far from stupid; it's simply that there are people who are experts in coercion. At times it proves too confusing for me to notice the "red flags" or lies.

Due to varied challenges, I'm new in my current meetings, just starting to know people in my community. To say the past several months have been difficult would be beyond an understatement. Without family existing or dear friends close by, it proved fertile ground for me to fall prey to fear as well as an incredibly controlling human being. I'm deeply grateful to my amazing and gifted sponsor and yet I still got lost, caught up in someone else's insecurities.

During one of the darkest episodes on my recovery path, my higher power made itself clear.

Over a year ago, a guy with ten years sober started "courting" me, via email. I would later discover I'm not the only person who's experienced his controlling technique. He preys on women with self-image issues, responding to an individual's "trigger." Yes, I did cut communication off with him; on two separate occasions, but that didn't stop him.



The worst confusion happened more recently, after he managed to fully snag me in his web of lies, (then became fearful he might lose his apartment). I proved the more innocent of his "situations:" I was only one of many he was baiting. He was fearful his live-in girlfriend would discover his pursuits; he didn't want to lose his portion of their shared apartment. .

Recently my higher power spoke to me with such clarity, asking me to be courageous. My higher power told me to release any fears related to this man, asking me to move forward into the light. It was a clear and profoundly moving message, leaving me feeling supported to my very core. During one of the darkest episodes on my recovery path, my higher power made itself clear. We are a part of a recovery community; whether we are new to certain meetings, (as is my case), or not. We serve our community by being accountable for our actions. Some of us may be sicker than others, true enough, but it's not an excuse.

tP

Intergroup Meeting Summary—August 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</i>	Sat Weekend Warrior	Come 'n Get It!	Miracles (Way) Off 24th St.	They Stopped in Time
Attitude Adjustment	Sun Night Corte Madera	Cow Hollow Men's	Pax West	Tuesday Big Book Study
Blackie's Pasture	Thursday Night Speaker	Cow Hollow YP	Queers, Crackpots, Fallen Women	Waterfront
Day At A Time	Tuesday Beginners	Fri Morning 12 Steppers	Rise N Shine	Women's 10 Years Plus
Girls Night Out	<i>San Francisco</i>	Haight Street Blues	Saturday Night Regroup	Women's Mtg: There is a Solution
Glum Not!	Any Lengths	High Noon F	Sesame Step	Women's Promises
Happy, Joyous and Free	Beginners Warmup	Home Group	Sunday Night Castro SD	<i>Marin Teleservice</i>
Mill Valley	Came to Park	Marina Discussion	Sunday Rap	<i>Marin General Service</i>
Mon Night Stag Tiburon	Castro Discussion	Mid-Morning Support	Sunset 9ers Tu	<i>Marin and SF H&I</i>

This is an unofficial summary of the August 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., August 3, 2014 at 101 Donohue St, Marin City, CA.

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

Officer Reports

Board Chair Report, Becca

At the July committee chair meeting we reviewed obstacles and ideas to keep Intergroup meeting interesting. Send thoughts and feedback to board@aasf.org. We filled the remaining Board position, Charley D. The annual Board retreat is coming up. We will set goals, review what's working and what's not, and discuss how to improve service.

Treasurer's report, Michelle C. We are financially OK for June, with a negative

variance of \$447. We're doing well for July. Group contributions improved but individual contributions are down. Please remind groups about the Faithful Fivers (not limited to five dollars) and the sobriety birthday program (donating an amount per year of sobriety).

Central Office Manager, written report submitted. The SF schedule is printed. Central Office will be closed September 1st. We are looking for phone volunteers to be part of the substitute pool.

Intergroup Committee Reports

Access Committee, Steve F. Chris and Rich helped achieve results with the gap in service. Our liaison, Leslie, is here for SOS (Sober Outside of Services). We recommend groups try out a new Accessibility Liaison commitment at meetings. We are developing ways to be of service, including creating a good atmosphere at meetings for access. We now have SOS volunteers but still need to locate the people needing this service. Orientation is Saturday, Aug 16th at 1pm at Central Office. We have packets to hand out explaining how to get meetings at home, access the Grapevine, etc. The launch date is in September and SOS members will attend Marin Unity Day.

Archives Committee, Michael P. We preserve legacy of A.A. and help clean up the wreckage of our past! We are making decisions regarding purging versus keeping and organizing the materials that we have, working on making physical and online displays instead of storing away. We meet the 3rd Sunday of month from 2-4pm at Central Office.

Fellowship Committee, Michael P. We will help put together SF Unity Day and

volunteer opportunities.

Literature Committee, Bridget We are a new committee, meeting at 6:15pm before each Intergroup meeting. We are still organizing and will announce more next month.

Orientation, Blu Eight new people signed up. If you were late, attend next month at 6:15pm before the regular monthly Intergroup meeting.

Outreach, Robert We need assistance informing meetings about Intergroup and participation. We are active in Marin with help of Frank and are working on SF. We may ask current IGR's to attend one big meeting. We'll provide the pitch in September and October.

SF PI/CPC, Erin We meet the 2nd Monday of month at 7pm at Central Office, with a speaker workshop at 6pm We had good speaker activity even though it was a slower month. Thanks to Peter M who trains chaplains. We also helped to inform 100 UCSF students about A.A. Peter B is doing a great job as workshop coordinator. We still need a Secretary, Literature Coordinator, DUI Coordinator and a CPC Coordinator (for Doctors/Nurses). We are working with GGYPA to train the Too Early Group and perhaps the Reality Farm group. We have a media person to discuss media handling. We are also reaching out to hospitals about the requirement from social workers that liver transplant applications attend 90 meetings in 90 days. We are asking them to remove the A.A. name, reminding of our policy of attraction rather than promotion.

Teleservice

Individual Contributions

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

IN MEMORIAM

Chris W., Monika H., Stu S.

ANNIVERSARIES

Jim A. - 40 years, Esther R. - 39 years,

Ed K. - 35 years, Abby L. - 27 years

SF: Carolyn R. Teleservice answers the phones when Central Office is closed. We have a new Committee Chair, Christopher G., and a new Information Chair, Layne Z. Orientation is at 6pm on the 3rd Monday of each month, at Central Office, followed by the business meeting.

Marin: Alex K. Telephone lines are no longer forwarded through a paid answering service. We now forward our own phone calls. Sign up to volunteer at www.marintelesevice.com. Orientation is at 7pm every 4th Tuesday of the month, followed by business meeting at 7:30pm at the Marin Alano Club.

The Point Committee, Paul K. Charley stepped down as long-time Chair to take on new responsibilities as an Intergroup Board member. Paul K. will be the new Chair. Michelle is a new committee member with vast professional experience as an editor. She is taking charge of article solicitation and editing and implemented a new Google doc process. Gilbert is our Point Editor and Duran does most if not all of the layout. Marlan is our new recording secretary. We do still welcome new committee members and contributing writers. We are making an effort to use articles from our 'bank' to make sure those who write articles get published and read! We also have a need for another copy editor. Soon, we'll have cards to distribute to let people know about The Point and opportunities to participate.

Website Committee, Becca M. We are looking for help to build the website and have some leads on qualified people within the fellowship. If those leads don't turn out, we will consider paying a special worker to do the work. If that ends up being the case, we will come back to Intergroup with a budget ask.

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.

Liaison Reports

Marin General Service, John R. Unity Day is Sept 6th at the San Rafael Community Center from 12pm – 11pm. We will have panels, a delegate report, dinner, speaker meeting and the film Bill W. with popcorn!

Marin H&I, Karen G. We had a small meeting last month with 8 new committee members. There are no new enrollees for corrections facilities. We are working on having new applicants to go into jails, juvenile halls, and San Quentin. We meet the second Tuesday of each month, orientation at 6:15pm and business meeting at 7:15pm at the Marin Alano Club.

SF H&I, Robert B. We are hosting a special edition orientation on Sunday, September 7, 2014 at 6pm, prior to the 7:15pm Friendly Circle Beginners Meeting at Old First Church on 1751 Sacramento St at Van Ness Ave.

New Business

We are ratifying Charley D. as the new Intergroup Board member. The ratification passed with a simple majority.

Marin Sunshine Club – We hadn't had any requests from Marin for a long time until recently and there currently isn't an active pool of volunteers for Marin Sunshine Club requests. This brought up several questions about how best to move forward.

Targeted Message of the month – Please

(Continued on page 19)

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Becca M. chair@aasf.org

VICE CHAIR

Carolyn R. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Chris H. 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

Chris G. sfteleservice@aasf.org

SOS COMMITTEE

Dorothy V sos@aasf.org

SUNSHINE CLUB

David C & Carole P. sunshine@aasf.org

THE POINT

Paul K. thepoint@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa *group contributions*

Fellowship Contributions	Jul. 14	YTD
Contribution Box	\$ 355	
GGYPAA	\$ 26	
Intergroup	\$ 76	\$ 727
Oyster Point Group	\$ 90	\$ 90
Fellowship Total	\$ 166	\$ 1,198

Marin Contributions	Jul. 14	YTD
11th Step Meeting M 8pm	\$ 60	
12 & 12 Study Sa 815am	\$ 66	
Attitude Adjustment 7D 7am	\$ 2,231	\$ 4,526
Awakenings	\$ 60	
Back to Basics Su 930am	\$ 57	\$ 207
Beginner's Help Th 8pm	\$ 41	
Blackie's Pasture Sa 830pm	\$ 150	
Bounce Back M 6pm	\$ 600	
Closed Women's SS Tu 330pm	\$ 106	\$ 251
Conscious Contact Sa 6pm	\$ 80	
Crossroads Sun 12pm	\$ 500	\$ 1,300
Day At A Time 7D 630am	\$ 240	
Downtown Mill Valley F 830pm	\$ 51	\$ 925
Friday Night Book F 830pm	\$ 123	\$ 178
Girls Night Out W 815pm	\$ 155	
Glum Not! Su 9am	\$ 160	\$ 300
Gratitude Tu 8pm	\$ 283	
Greenfield Newcomers Sun 7pm	\$ 295	
Happy Destiny F 7pm	\$ 200	\$ 200
Happy, Joyous & Free 5D 12pm	\$ 375	
High & Dry W 12pm	\$ 286	
Intimate Feelings Sa 10am	\$ 102	\$ 212
Just Can't Wait 'til 8 M 630pm	\$ 209	
Larkspur Beginners W 7pm	\$ 50	
Last Stop Men's Step Study W 6pm	\$ 250	
Living in the Solution F 6pm	\$ 100	
Marin City Groups 6D 630pm	\$ 500	
Meditation Weds 7pm	\$ 74	\$ 346
Mill Valley 7D 7am	\$ 1,000	
Mill Valley Discussion W 830pm	\$ 250	
Monday Blues M 630pm	\$ 55	\$ 335
Monday Night Stag Tiburon	\$ 1,000	
Monday Night Women's M 8pm	\$ 362	
Monday Nooners M 12pm	\$ 433	
Nativity Monday Night BB M 8pm	\$ 100	
North Marin Speaker Sun 12pm	\$ 200	
Novato Fellowship Group	\$ 717	
Passages W 1030pm	\$ 49	
Primary Purpose W 830pm	\$ 153	
Quitting Time M-F 530pm	\$ 1,384	
Redwoods	\$ 43	\$ 43
Refugee Th 12pm	\$ 30	\$ 186

Marin Contributions	Jul. 14	YTD
Rise N Shine Sun 10am	\$ 263	\$ 779
San Geronimo Valley BS F 8pm	\$ 135	
San Geronimo Valley M 8pm	\$ 185	
San Marin Step Study Sa 830pm	\$ 75	
Saturday Night Sa 8pm	\$ 240	
Sausalito 12 Step Study Group	\$ 111	
Serendipity Sa 11am	\$ 169	
Six O'Clock Sunset Th 6pm	\$ 600	
Sober & Serene F 7pm	\$ 487	
Sober Sisters Wed 12pm	\$ 184	
Sunday Express Sun 6pm	\$ 423	
Sunday Friendship Sun 6pm	\$ 134	
Sunday Night Corte Madera 8pm	\$ 208	
Sunlight of the Spirit Th 7pm	\$ 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	\$ 162	\$ 216
Three Step Group Sa 530pm	\$ 705	\$ 705
Thursday Night Book Club Th 7pm	\$ 39	
Thursday Night Speaker 830pm	\$ 775	\$ 1,940
Tiburon Beginners & Closed Tu 7/830p	\$ 468	
Tiburon Women's Candlelight W 8pm	\$ 173	\$ 320
Tuesday Beginners' Meeting	\$ 352	
Tuesday Chip Meeting Tu 830pm	\$ 100	\$ 1,050
We, Us and Ours M 650pm	\$ 50	\$ 325
Wednesday Sundowners W 6pm	\$ 653	
Women's Big Book Tu 1030am	\$ 641	
Women's Lunch Bunch F 12pm	\$ 408	
Women's Meeting Su 430pm	\$ 71	
Working Dogs W 12pm	\$ 198	\$ 198
Marin Total	\$ 6,158	\$ 30,779

SF Contributions	Jul. 14	YTD
11th Step Power Power Power	\$ 82	\$ 198
6am Dry Dock Fri	\$ 84	
6am Dry Dock Mon	\$ 54	
6am Dry Dock Tu	\$ 100	
6am Men's Literature Meeting M	\$ 346	
7am As Bill Sees It Fri	\$ 11	\$ 11
7am Living Sober W 7am	\$ 39	\$ 39
7am Speaker Discussion Th 7am	\$ 45	
7am Step Discussion Tu 7am	\$ 58	\$ 156
A is for Alcohol Tu 6pm	\$ 60	
A New Start F 830pm	\$ 243	\$ 405
A Word From Our Sponsors Wed 12p	\$ 42	
AA As You Like It Tu 530pm	\$ 40	\$ 40
AA Unity Big Book Study Tu 130pm	\$ 13	

SF Contributions	Jul. 14	YTD
Afro American Beginners Sat 8pm	\$ 9	\$ 177
After Work Big Book Study	\$ 48	
Agnostics & Freethinkers Su 630pm	\$ 120	
Alamo Square Su 7pm	\$ 60	
All Together Now Th 8pm	\$ 874	
Amazing Grace M 7pm	\$ 60	
Any Lengths Sat 930am	\$ 1,124	
Artists & Writers F 630pm	\$ 722	\$ 1,936
As Bill Sees It Sat 8pm	\$ 70	
As Bill Sees It Th 6pm	\$ 300	\$ 428
As Bill Sees It Th 830pm	\$ 196	
As Bill Sees It Tu 1210pm	\$ 570	
Ass in a Bag Th 830pm	\$ 1,180	\$ 1,180
Back to Basics Th 730pm	\$ 61	
Beginners 12 x 12 F 7pm	\$ 519	
Beginners' Step Study Sat 7pm	\$ 189	
Bernal Big Book Sat 5pm	\$ 1,270	
Bernal New Day 7D	\$ 248	\$ 1,834
Big Book Basics F 8pm	\$ 264	
Big Book Boot Camp 5D	\$ 38	
Big Book Study Su 1130am	\$ 341	
Blue Book Special Su 11am	\$ 180	
Brothers in Arms M 8pm	\$ 138	
Buena Vista Breakfast Su 12pm	\$ 313	
By the Book Sa 10am	\$ 38	\$ 144
Came To Believe Su 830am	\$ 82	
Came to Park Sat 7pm	\$ 538	
Castro Discussion Th 8pm	\$ 442	\$ 933
Castro Monday BB M 830pm	\$ 135	
Castro Nooners F 12pm	\$ 169	\$ 169
Chips & Salsa Tu 12pm	\$ 76	\$ 176
Cocoanuts Su 9am	\$ 181	\$ 452
Coit's Quitters	\$ 144	
Come 'n Get It! F 630pm	\$ 30	\$ 66
Cow Hollow Men's Group W 8pm	\$ 288	\$ 1,164
Cow Hollow Young People Tu 730pm	\$ 127	
Design for Living Sat 8am	\$ 132	\$ 518
Dignitaries Sympathy W 815pm	\$ 153	
Each Day a New Beginning F 7am	\$ 807	\$ 1,993
Each Day a New Beginning M 7am	\$ 357	\$ 1,215
Each Day a New Beginning Su 8am	\$ 288	\$ 288
Each Day a New Beginning Th 7am	\$ 279	\$ 1,169
Each Day a New Beginning Tu 7am	\$ 343	\$ 981
Each Day a New Beginning W 7am	\$ 352	\$ 683
Early Start F 6pm	\$ 1,218	
Easy Does It Tu 6pm	\$ 690	
Embarcadero Group 5D 1210pm	\$ 736	
Epiphany Group Th 7pm	\$ 200	
Eureka Step Tu 6pm	\$ 110	

Inspirational Friends

by Annia R.

I have a friend who inspires me. She grew up in a cult and was severely neglected. She survived addiction, abuse, suicidal depression, PTSD, among other things. She got into recovery when she was 20 years old. Now, at 48, she has 28 years of sobriety. She also started an international nonprofit that builds clinics in Africa to help women deliver babies safely. My friend operates this nonprofit using her own earnings at her day job as a recruiter. She doesn't pay herself salary or get

any rewards other than the joy of following her heart.

I have many other friends who inspire me to get through the challenges that I face with grace and integrity, and to use my skills and talents to do something good in the world. I choose to surround myself with people who have integrity, kindness, and passion.

We have choices which includes a choice of the type of people we surround ourselves with. We can "stick with the winners" and learn from those who are leading lives that

we find inspiring. Everyone is different, and I am not suggesting that everyone should have friends who start nonprofits or help deliver babies. Each of us can decide what kind of a person can serve as a good example. The point is that we have choices. We can't always choose our relatives and sometimes we can't choose our co-workers or neighbors, but we can choose friends wisely.

Thought for the day: I will pause and think about a person who inspires me. I will reach out to that person and learn from him or her.

SF Contributions	Jul. 14	YTD	SF Contributions	Jul. 14	YTD	SF Contributions	Jul. 14	YTD
Eureka Valley Topic M 6pm		\$ 180	Ladies Who Lunch Thu 1210pm	\$ 75	\$ 176	Rebound W 830pm		\$ 60
Extreme Makeover M 730pm	\$ 63	\$ 63	Let It Be Now F 6pm		\$ 60	Rigorous Honesty Th 1205pm	\$ 120	\$ 240
Federal Speaker Su 12pm		\$ 201	Like A Prayer Su 4pm		\$ 250	Saturday Afternoon Meditation 5pm		\$ 154
Fell Street F 830pm		\$ 663	Living Sober with HIV W 6pm		\$ 195	Saturday Beginners Sat 6pm	\$ 1,046	\$ 1,046
Firefighters & Friends Tu 10am		\$ 182	Looney Toons Tu 10pm	\$ 58	\$ 58	Saturday Easy Does It Sa 12pm	\$ 312	\$ 312
Franciscan Noon Disc M 12pm	\$ 88	\$ 205	Lunch with Bill Fri 12pm	\$ 12	\$ 12	Saturday Night Live Sa 9pm		\$ 55
Freethinkers Step Study Su 11am		\$ 60	Meeting Place Noon F 12pm	\$ 217	\$ 217	Saturday Night Regroup 730pm		\$ 239
Friday All Groups F 830pm		\$ 565	Meeting Place Noon W 12pm	\$ 224	\$ 368	Serenity House	\$ 150	\$ 1,050
Friday at Five F 5pm	\$ 90	\$ 260	Men's Gentle Touch M 7pm		\$ 23	Serenity Seekers M 730pm	\$ 325	\$ 325
Friendly Circle Beginners Su 715pm		\$ 192	Mid-Morning Support Su 1030am	\$ 464	\$ 1,076	Shamrocks & Serenity M 730pm		\$ 426
Friendly Circle Su 830pm	\$ 150	\$ 270	Midnight Meditation Sat 12am		\$ 100	Sober at State MW 1210pm		\$ 124
Getting Fit at One O'Clock Tu 1pm		\$ 8	Mission Fellowship		\$ 215	Sober Saturday Sa 830am	\$ 156	\$ 239
Giddy Up Th 7pm		\$ 89	Monday Beginners M 8pm	\$ 82	\$ 241	Sobriety & Beyond W 7pm		\$ 210
Gold Mine Group M 8pm	\$ 410	\$ 586	Monday Men's Stag 8pm		\$ 157	Sometimes Slowly Sa 11am		\$ 150
Gratitude Center		\$ 300	Monday Monday M 1215pm		\$ 696	Sought to Improve Th 715pm		\$ 141
Haight Street Blues Tu 615pm		\$ 111	Monday Nooners M 12pm		\$ 219	Stepping Stone SS M 730pm		\$ 174
Haight Street Explorers Th 630pm		\$ 105	Morning After Sa 10am		\$ 200	Sunday Morning Gay Stag 930am		\$ 552
Happy Destiny Sa 630pm		\$ 133	Moving Toward Serenity W 830pm	\$ 72	\$ 72	Sunday Night 3rd Step Group 5pm		\$ 593
Happy Hour Ladies Night F 530pm		\$ 130	No Gurus Meditation Su 7pm		\$ 145	Sunday Night Castro SD 730pm		\$ 569
Happy, Joyous & Free 5D 12pm		\$ 375	No Reservations M 12pm		\$ 455	Sunday Silence Su 730pm		\$ 200
High Noon Monday 1215pm		\$ 82	Noon Smokeless Th 12pm		\$ 75	Sundown W 7pm		\$ 628
High Noon Saturday 1215pm		\$ 535	Noon Smokeless W 12pm		\$ 50	Sunset 11'ers Tu		\$ 79
High Noon Sunday 1215p		\$ 878	O.A.D.W. Mon 7pm	\$ 64	\$ 276	Sunset 9'ers F		\$ 77
High Noon Thursday 1215pm		\$ 189	Park Presidio M 830pm	\$ 25	\$ 25	Sunset 9'ers Th		\$ 200
High Steppers W 7pm	\$ 75	\$ 128	Parkside Th 8pm		\$ 346	Sunset Speaker Step Su 730pm		\$ 370
Hilldwellers M 8pm	\$ 84	\$ 476	Pax West Daily Reflections W 7am		\$ 116	Tea with Bill		\$ 25
Huntington Square W 630pm		\$ 268	Pax West Discussion Th 12pm	\$ 600	\$ 1,349	Ten Years After Su 6pm	\$ 210	\$ 1,537
Into The Sun Meditation Th 12pm	\$ 56	\$ 56	Pax West Literature Disc T 12pm		\$ 1,407	The Lads Fr 730pm		\$ 150
Join the Tribe Tu 7pm		\$ 1,002	Progress Not Perfection Tu 830pm		\$ 29	The Leaky Cauldron Su 930am	\$ 175	\$ 175
Joys of Recovery Tu 8pm	\$ 249	\$ 249	Queers, Crackpots, Fallen Women	\$ 90	\$ 90	The Parent Trap 2 Wed 4pm		\$ 60
K.I.S.S. M 6pm	\$ 185	\$ 185	Raising the Bottom W 9pm		\$ 300	The Parent Trap M 1pm	\$ 135	\$ 249
Keep Coming Back Sa 10am		\$ 758	Reality Farm Th 830pm	\$ 367	\$ 724			

Continued on p. 19

Profit and Loss Statement: June 2014

	Jun 2014	Budget	Jan - Jun	YTD Budget		Jun 2014	Budget	Jan - Jun	YTD Budget
Ordinary Income/Expense					Payroll Fees	\$ 11	\$ 10	\$ 55	\$ 60
Income					Phone Book Listings	\$ 93	\$ 93	\$ 558	\$ 558
Gratitude Month	\$ -	\$ -	\$ 5,464	\$ 4,100	Postage	\$ 21	\$ -	\$ 724	\$ 712
Group Contributions	\$ 12,297	\$ 8,250	\$ 76,066	\$ 74,533	Printing	\$ -	\$ -	\$ 695	\$ -
Individual Contributions	\$ 2,569	\$ 3,075	\$ 15,112	\$ 18,601	Professional Fees	\$ -	\$ -	\$ -	\$ 1,200
Newsletter Subscript.	\$ 33	\$ 11	\$ 110	\$ 132	Rent - Office	\$ 4,122	\$ 4,122	\$ 24,731	\$ 24,732
Sales - Bookstore	\$ 9,656	\$ 9,000	\$ 65,808	\$ 59,099	Rent - Other	\$ 180	\$ 100	\$ 535	\$ 560
Intergroup Event Income	\$ 1,721	\$ 365	\$ 1,721	\$ 365	Repair & Maintenance	\$ 541	\$ 325	\$ 1,856	\$ 1,930
Total Income	\$ 26,276	\$ 20,701	\$ 164,281	\$ 156,830	Security System	\$ 125	\$ 119	\$ 243	\$ 237
Cost of Goods Sold					Shipping	\$ 8	\$ 323	\$ 2,066	\$ 1,941
Cost of Books Sold	\$ 7,101	\$ 6,529	\$ 48,367	\$ 41,924	Software Purchased	\$ -	\$ -	\$ -	\$ -
COGS - Shipping	\$ 13	\$ 26	\$ 95	\$ 144	Sunshine Club	\$ -	\$ -	\$ 25	\$ -
Credit Card Processing	\$ 428	\$ 400	\$ 2,830	\$ 2,437	Telephone	\$ 245	\$ 246	\$ 1,371	\$ 1,475
Inventory Adjustments	\$ 8	\$ -	\$ (308)	\$ -	Training	\$ -	\$ -	\$ 39	\$ -
Total COGS	\$ 7,551	\$ 6,955	\$ 50,983	\$ 44,505	Travel	\$ -	\$ 500	\$ -	\$ 600
Gross Profit	\$ 18,725	\$ 13,746	\$ 113,298	\$ 112,325	Total Expense	\$ 13,864	\$ 13,703	\$ 91,758	\$ 89,665
Expense					Net Ordinary Income	\$ 4,862	\$ 43	\$ 21,540	\$ 22,660
Teleservice Committee	\$ -	\$ 75	\$ -	\$ 300	Other Income/Expense				
Reconciliation Disc	\$ -		\$ (1)		Other Income				
Access Expenses	\$ 60	\$ 425	\$ 245	\$ 1,690	Bag Fees	\$ 4	\$ 5	\$ 17	\$ 27
Archives Committee	\$ -	\$ -	\$ 51	\$ -	Customer Shipping	\$ 269	\$ 321	\$ 2,262	\$ 1,955
Employee Expenses	\$ 12,036	\$ 11,897	\$ 80,264	\$ 78,761	Interest Income	\$ 64	\$ 100	\$ 379	\$ 595
Equipment Lease	\$ -	\$ -	\$ 3,070	\$ 2,893	Miscellaneous Income	\$ -	\$ 30	\$ 399	\$ 180
Filing/Fees	\$ -	\$ -	\$ 511	\$ 60	Total Other Income	\$ 336	\$ 456	\$ 3,056	\$ 2,757
Insurance	\$ -	\$ -	\$ 2,398	\$ 2,400	Other Expense				
Intergroup Events	\$ 1,500	\$ 850	\$ 3,039	\$ 850	Depreciation Expense	\$ 299	\$ 279	\$ 1,794	\$ 1,674
Intergroup Literature	\$ 38	\$ -	\$ 61	\$ -	Total Other Expense	\$ 299	\$ 279	\$ 1,794	\$ 1,674
Internet Expense	\$ 133	\$ 129	\$ 793	\$ 774	Net Other Income	\$ 37	\$ 177	\$ 1,262	\$ 1,083
Office Supplies	\$ 96	\$ 211	\$ 923	\$ 1,182	Net Income	\$ 4,899	\$ 220	\$ 22,802	\$ 23,743
Paper Purchased	\$ -	\$ 116	\$ 403	\$ 756					

Treasurer's Report

For the month of June, total income was over budget by \$5,575 and year-to-date by \$7,451. This overage was primarily due to group contributions exceeding expectations.

Total expenses for the month of June were under budget by \$332 and year-to-date over budget by \$986.

June had a negative variance of \$447. Year-to-date there is a negative variance of \$10,096 compared to a budgeted year-to-date negative variance of \$10,262.

Unrestricted cash balance decreased from \$25,862 to \$24,759 which represents a little more than one month of operating expenses.

A.A. World Services, Inc. announces price increase

A.A. World Services, Inc. (AAWS), publisher of the *Big Book* and *Twelve Steps and Twelve Traditions* announced a price increase on all books effective October 1, 2014.

Currently, we sell all English language versions of the *Big Book* and *Twelve Steps and Twelve Traditions* at AAWS list price (while we markup other titles 20%). This policy ensures that we make these two cornerstone titles available at the most reasonable price possible. At this time, there is no plan to change our existing policy. However, due to the increase from AAWS, on October 1, 2014 our book prices will go up accordingly.

Updated prices will be available on aasf.org beginning September 1, 2014.

June 2014 Balance Sheet

	Jun 30, 2014	May 31, 2014	\$ Change	Jun 30, 2013	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$ 192,978	\$ 192,915	\$ 63	\$ 181,352	\$ 11,626
Unrestricted Cash	\$ 24,759	\$ 25,862	\$ (1,103)	\$ 29,070	\$ (4,311)
Total Checking/Savings	\$ 217,737	\$ 218,777	\$ (1,040)	\$ 210,422	\$ 7,315
Accounts Receivable					
Accounts Receivable	\$ 27	\$ 25	\$ 2	\$ -	\$ 27
Total Accounts Receivable	\$ 27	\$ 25	\$ 2	\$ -	\$ 27
Other Current Assets					
Inventory - Bookstore	\$ 23,759	\$ 22,887	\$ 872	\$ 15,627	\$ 8,132
Prepaid Literature Orders	\$ 1,033	\$ 950	\$ 83	\$ 5,226	\$ (4,194)
Undeposited Funds	\$ 635	\$ -	\$ 635	\$ 20	\$ 615
Total Other Current Assets	\$ 25,427	\$ 23,837	\$ 1,590	\$ 20,874	\$ 4,553
Total Current Assets	\$ 243,191	\$ 242,639	\$ 552	\$ 231,296	\$ 11,895
Fixed Assets					
Comp. and Off. Equipment (Net)	\$ 2,483	\$ 2,617	\$ (134)	\$ 3,564	\$ (1,082)
Furniture & Equipment (Net)	\$ -	\$ -	\$ -	\$ 43	\$ (43)
Leasehold Improvements (Net)	\$ 18,868	\$ 19,033	\$ (165)	\$ 20,848	\$ (1,980)
Total Fixed Assets	\$ 21,350	\$ 21,649	\$ (299)	\$ 24,455	\$ (3,105)
Other Assets					
Deposits	\$ 6,698	\$ 6,898	\$ (200)	\$ 6,698	\$ -
Total Other Assets	\$ 6,698	\$ 6,898	\$ (200)	\$ 6,698	\$ -
TOTAL ASSETS	\$ 271,238	\$ 271,186	\$ 53	\$ 262,448	\$ 8,790
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$ 3,482	\$ 3,713	\$ (231)	\$ 3,498	\$ (16)
Sales Tax Payable	\$ 1,478	\$ 748	\$ 731	\$ 763	\$ 715
Total Other Current Liabilities	\$ 4,960	\$ 4,461	\$ 500	\$ 4,262	\$ 699
Total Current Liabilities	\$ 4,960	\$ 4,461	\$ 500	\$ 4,262	\$ 699
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	\$ 65,127	\$ 64,628	\$ 500	\$ 52,655	\$ 12,473
Equity					
Net Assets	\$ 216,207	\$ 216,207	\$ -	\$ 220,560	\$ (4,353)
Opening Balances	\$ -	\$ -	\$ -	\$ -	\$ -
Unrestricted Funds	\$ -	\$ -	\$ -	\$ -	\$ -
Net Income	\$ (10,096)	\$ (9,649)	\$ (447)	\$ (10,767)	\$ 671
Total Equity	\$ 206,111	\$ 206,558	\$ (447)	\$ 209,794	\$ (3,683)
TOTAL LIABILITIES & EQUITY	\$ 271,238	\$ 271,186	\$ 53	\$ 262,448	\$ 8,790

SF Contributions	Jul. 14	YTD
The Pepper Group F 12pm	\$ 60	\$ 173
They Stopped In Time M 8pm		\$ 205
Thursday Night Women's 630pm	\$ 78	\$ 406
Thursday Thumpers Th 7pm	\$ 28	\$ 28
Too Early Sat 8am		\$ 906
Trudgers Discussion Su 7pm		\$ 180
Tuesday Big Book Study Tu 6pm		\$ 170
Tuesday Downtown Tu 8pm		\$ 28
Tuesday Night Lasses Step Study		\$ 104
Twelve Steps to Happiness F 730pm		\$ 88
Unidentified Group	\$ 435	\$ 812
Valencia Smokefree F 6pm		\$ 230
Wake Up On 3rd St Group		\$ 343
Walk of Shame W 830pm	\$ 246	\$ 431
Waterfront Sun 8pm		\$ 244
We Care Tu 12pm	\$ 26	\$ 180
Weekend Update Su 6pm	\$ 320	\$ 320
West Portal W 8pm	\$ 326	\$ 326
Wharfrats Th 815pm		\$ 272
What It's Like Now M 6pm		\$ 291
Wits End Step Study Tu 8pm		\$ 35
Women's 10 Years Plus Th 615pm	\$ 944	\$ 1,545
Women's Came to Believe Sa 10am	\$ 73	\$ 163
Women's Kitchen Table Tu 630pm	\$ 397	\$ 793
Women's Mtg There is a Solution W 6pm		\$ 497
Women's Promises F 7pm	\$ 335	\$ 475
YAHOO Step Sa 1130am		\$ 300
San Francisco Total	\$ 16,414	\$ 66,828

YTD \$ 22,738 \$ 98,804

(Continued from page 15)

remind / inform the member of your group about services available to A.A.'s who are homebound on either a short term or long term basis. For those unable to get to meetings on a more long term or permanent basis, the SOS committee is working to address the "gap" in services available at the group and intergroup level. For those temporarily unable to get out of the house, perhaps due to an illness or injury, the Sunshine Club organizes A.A. members to bring meetings upon request. Want to learn (or do) more? Go to aasf.org.

Next Intergroup Meeting: Wed. Sept 3, 2014, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 6:30pm.



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September 2014

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