

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014 10
October

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous

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Let It Go



7 Sponsorship Keeps Me Sober

8 My Part in It

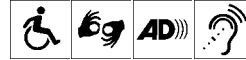
9 Having Fun in Sobriety

13 My Gratitude for Alcohol

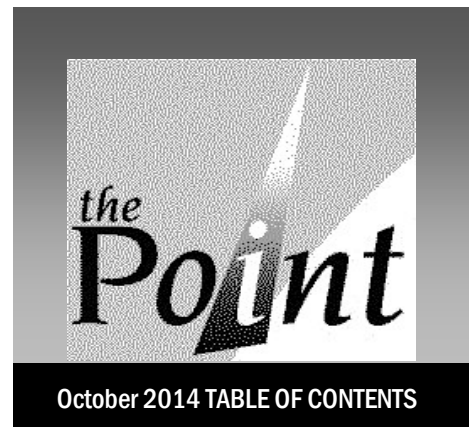
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p>			<p>1</p> <p><u>FIRST WED</u></p> <p>Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm</p>
<p>5</p>	<p>6</p>	<p>7</p> <p><u>FIRST TUE</u></p> <p>Access Committee Central Office 6pm</p>	<p>8</p> <p><u>SECOND WED</u></p> <p>Marin Bridging the Gap 1360 Lincoln Ave, San Rafael Orientation 6pm Quarterly Business Meeting 6:30pm</p>
<p>12</p> <p>Golden Gate Young People in AA Central Office 12pm</p>	<p>13</p> <p>COLUMBUS DAY CENTRAL OFFICE CLOSED</p> <p><u>SECOND MON</u></p> <p>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Business Meeting 7pm</p>	<p>14</p> <p><u>SECOND TUE</u></p> <p>The Point Committee Central Office 5:30pm</p> <p>Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm</p> <p>SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm</p>	<p>15</p> <p>Quarterly Discussions "Alcoholic and a...Is Addiction an Outside Issue?" Central Office 7:00pm</p>
<p>19</p> <p><u>THIRD SUN</u></p> <p>Archives Committee Central Office 2pm Business Meeting followed by Work Day</p>	<p>20</p> <p><u>THIRD MON</u></p> <p>SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm</p> <p>Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm</p>	<p>21</p>	<p>22</p> <p><u>FOURTH WED</u></p> <p>Sober Outside Services (SOS) Central Office 6pm</p>
<p>26</p>	<p>27</p>	<p>28</p> <p><u>FOURTH TUE</u></p> <p>Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm</p>	<p>29</p>



THURSDAY	FRIDAY	SATURDAY
2	3	4
9 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	10	11
16	17	18 SF Unity Day 1101 O'Farrell St, SF 10am - 4pm SF H&I Orientation at SF Unity Day 10am Sunshine Club Orientation 2097 Turk St, SF 12:30pm
23 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	24	25 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
30	31	



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Then comes the acid test. Can we stay sober, keep in emotional balance, and live to good purpose under all conditions?
Twelve Steps And Twelve Traditions, p. 88



Meeting Changes

New Meetings:

Mon	3:00pm	Castro	SEX AND LOVE IN SOBRIETY, Castro Country Club, 4058 18th St / Hartford (Speaker Discussion)
Sat	9:15pm	Mission	FIRESIDE CHAT, Dolores St Com Ctr 938 Valencia St / 20th St (Gay, Lesbian, Young People, Chip)

Meeting Changes:

Tue/Thu	5:00pm	SF State	SOBER AT STATE, SF State University, Student Services Bldg (SSB) Room 104 (was 12:00pm)
Wed	6:00pm	Novato	LAST STOP MEN'S STEP STUDY, 1461 S. Novato Blvd / Arthur (was at 1545 S. Novato Blvd)
Sat	7:30pm	Castro	KEEP IT SIMPLE, Most Holy Redeemer Church, 100 Diamond St / 18th St (was 8:30pm)

No Longer Meeting:

Mon/Wed/Fri	12:00pm	SF State	SOBER AT STATE, SF State University, Student Services Bldg (SSB)
Mon	6:30am	Outer Sunset	P/M IN THE AM, Unity Christ Church, 2690 Ocean Ave / 19th Ave
Wed	8:00am	San Rafael	DAILY REFLECTIONS, Kaiser Psychiatry Bldg, 820 Las Gallinas Ave / Northgate Dr
Wed	12:00pm	Financial	WOMEN'S BIG BOOK SPEAKER DISCUSSION, Old St. Mary's, 660 California St / Grant
Fri	10:30am	Inner Sunset	IT TAKES A VILLAGE, Gratitude Center, 1320 7th Ave / Irving
Fri	8:00pm	San Anselmo	THE FEARLESS SEARCHERS, Anselmo School, Richmond Rd / Mariposa Ave,

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!**

Alcoholic and a ..
Is Addiction an Outside Issue?
 Central Office, 1821 Sacramento Street, SF
 October 15 | 7pm - 8pm with fellowship after
Panelists: Karen C. & Ted R.
 The first in a series of quarterly discussions hosted by General Service, GGYPA, H&I and Intergroup



San Francisco Unity Day
Saturday October 18 | 10am - 4pm
Urban Life Center | 1111 O'Farrell Street

Workshops • Panels • Presentations • Lunch • Information
 Speaker Meeting • Fellowship • Entertainment

Raffle!
 Win A
 Grapevine
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Volunteer: info@sfgeneralservice.org

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From the Editor

Safety in A.A.

by Gilbert G.

How do we define "safety"? To me, I feel safe when I feel that I am protected from harm. Of course, "harm" can take many forms. Harm can take the forms of physical violence, emotional abuse, pilfering of valuables, and vicious gossip, among other things.

When I arrived in A.A., I immediately felt comfortable. I felt "at home". I instinctively knew that I had arrived at the right place. That said, in addition to feeling at home, I wanted to feel safe in my home. I wanted to have some semblance of trust in the members of my home group. For this reason, I have had a few home groups over the years. When people and personalities distracted me from my focus on my sobriety, I would move on and establish myself in a new home group.

In A.A., I have felt unsafe in a variety of ways. For instance, I don't feel particularly safe at a meeting when someone starts to act erratically. I don't feel safe when someone starts talking out loud, or yelling, at no one in particular or at someone else. I don't feel safe among strangers when I attempt to share personal stories about myself. I don't feel safe when I detect cliques of people chatting amongst themselves at a meeting. I wonder whether they are gossiping about other members in the room.

Of course, I am describing my perceptions of other people's behaviors. That is the crux of the

issue. Much of what I described are my perceptions that other's behaviors are detrimental to me in some way. How I respond to those behaviors is up to me. It is up to me to lean over and gently ask a disruptive member to refrain from the behavior or to leave the room. I can refrain from engaging in gossip, no matter how I might be tempted to join in. I can continue to do 11th Step inventories over issues that that bother me. Finally, I can ask for "the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." I am not helpless in the search for safety.

In this issue—

John J. writes about complacency and how the power of the program rests in the actions we take to stay sober today. Jill M. writes about the gift of obtaining sponsees and how, through working with them, she is reminded to work the program herself. Bob S. writes about living in the spirit of Step Ten to stay protected from his false self. Hollis K. describes how he uses the four column format of the Fourth Step to analyze situations and find his part in them. He then ends his article with some positive affirmations. Carrie S. talks about how living the principles of A.A. allows her to have fun while being her true sober self. John W. shares a Daily Reflection, A book on a shelf, in which he describes his growing relationship with the Big

(Continued on page 13)



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.	Jeff B.	Paget V.
Alejandro D.	Jim C.	Pam K.
Amelia E.	Jimmy M.	Peg L.
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Dianne E.	Lynne L.	Name
Don L.	Mabel T.	Here!
Don N.	Marit L.	
Emily C.	Mark O.	Or
Erin S.	Martha S.	Here!
Esther R.	Mary D.	
Frederick D.	Mary C.	Or
Gregory G.	Mary L.	Here!
Herman B.	Maryellen O.	
Hilary M.	Michael P.	
James H.	Michael W.	
James M.	Michael Z.	
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Daily Reflection

Keep the focus and drop the subtlety



by John J.

Following the program and trusting in your higher power provides everything you need to be happy, joyous, and free. Much like with alcohol, though, all it takes is a taste of happiness and freedom for us to lose our balance and selfishly fixate on wanting even more good things in our lives. As the focus shifts towards our own needs, fear can also kick in, so that we begin to withdraw and isolate once again, because one false step could wash away everything good that we are clinging to. As each wave occurs of selfishness, dishonesty, self-seeking, and fear, they read to us as separate occurrences, and not as insidious instances of alcoholic thinking creeping back into our lives.

How could this happen... how can the very thing that we fought to be free from sneak back into our lives through the very same promises that motivated us to be better people? The key is complacency... the power of the program rests in the present, in the actions we take to maintain sobriety for today, for this very moment. The second we shift our focus to yesterday, to tomorrow, or anything other than the next right action, we create a space for alcoholism to inject selfishness, dishonesty, self-seeking, or fear.

Yesterday's program has no power over today's sobriety. Tomorrow's thoughts or potential outcomes are of little importance in guiding our next action. We turn our will and lives over to the care of God, and follow the steps, *every day, to the*

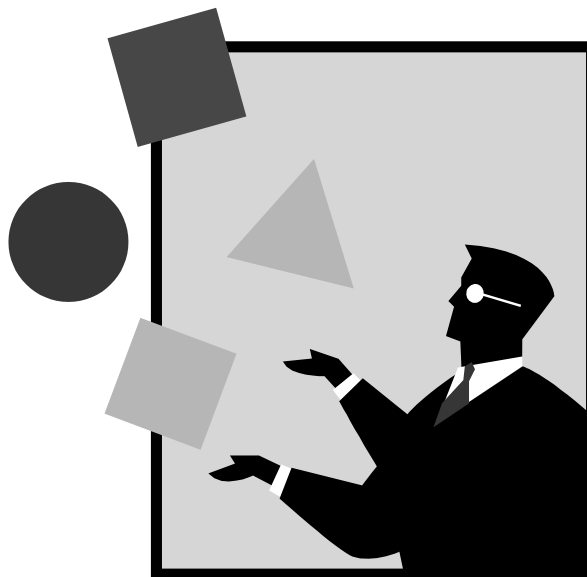
*Our program
allows us to pick up
a day of sobriety,
enjoy it, and let it go.*

best of our ability. Every day will look different, and some days will be better than others, but the program is constant. I truly believe that if you bookend your day with the 11th step, and keep your priorities as Program first, Family second, and Work third, then alcohol is kept away at a day's

distance. And that's all that is needed to live a fulfilling life filled with peace and happiness.

Our disease prevents us from enjoying one sip of alcohol and then putting it down. Our program allows us to pick up a day of sobriety, enjoy it, and let it go. The best part is that there is no benefit to resting on your laurels because life gets better and better. Why hold onto a past accomplishment when you could be free to allow even more amazing things into your life? Alcoholism is subtle, but faith in God and in A.A. is simple. There is nothing subtle about going to meetings, following the big book, calling your sponsor, and helping others. There is nothing subtle about being grateful. There is nothing subtle about identifying resentments and clearing them up as they occur. There is a lot of subtlety in trying to control people and outcomes, or in keeping secrets or rationalizing resentments or taking other people's inventories. So, just drop any subtlety, and do the next right simple action. God will take care of everything else.

These are, of course, my own opinions based on my own experiences, and the beauty of the program is that all opinions and experiences, whether similar or different, are all equally valid and important. The contrast allows us to reach out to anyone, and the similarities ensure that we never feel alone, no matter what our situation is.



tP

Sponsorship Keeps Me Sober

by Jill M.

Several years ago, I sought the advice and sympathy of a trusted long-term ally in the program. I had 20 years of sobriety and my sponsor had recently died. I was afraid I wouldn't be able to find another sponsor with more sobriety than I had—someone I could love and respect as much as my former sponsor and who was still active in the program.

My friend said, “You don't need to find another sponsor, you need to find sponsees.”

He went on to say, “You know how to do this thing, and you need to help others learn how to do this thing.”

After the initial shock of not getting enough sympathy, I realized he was right. And over the next year, I made myself available to new sponsees.

What keeps me sober today? Many, many things, but my sponsees are at the top of the list.

I want to thank John C. for telling me what I needed to hear, along with Olive and Maureen for reminding me how we get to do this wonderful

sober “thing” together. My sponsees have gotten me through all kinds of rough patches over the last several years. As I tell them to do it “a day at a time,” go to meetings, do service, work the steps, sponsor others and pray, I am reminded to do these things myself.

Oh, and yes, I did find a sponsor whom I have come to love and respect... funny how that works. What keeps me sober today? Many, many things, but my sponsees are at the top of the list.



Step Ten and the Great Reality

by Bob S.

After six months of tenuous sobriety I began living the essentials of Step Ten as described on page 84 of the Big Book. That same page stated: “We have entered the world of the Spirit.” I immediately associated this phrase with “the Great Reality deep within,” as mentioned on page 55. I had asked God to relieve me of the bondage of self while praying the Third Step Prayer, but I had no idea of what I had meant by *self*. However, my Fourth Step inventory revealed that this *self* was far from being a *Great Reality*; it was actually only an imaginary falsity that I *just-*

made-up-my-own-self! It wasn't real! Yet, it had the power to convince me to drink against my will for well over twenty-five years.

Happily, I have come to believe that A.A. has given me a brand new *self* which I now consider my God-Given Identity. Amazingly, all desire to drink has been removed from my emotional vocabulary. But yet, from time to time, I still hear that false self (some call it “The Committee”) chattering its nonsense, but it has lost its power! I now realize that *that* drunken-monkey *self* has no more substance than a shadow or a reflection.



The mental obsession is a big fat lie and really nonexistent in the real world. God has mercifully provided a protective shield of truth through which no lie can penetrate. A lie can no more penetrate the truth than darkness can penetrate light. But thankfully, God's light—truth—*can* penetrate the darkness of my drunken lying false *self*, denying it the power to lead me back to the bar room. Living in the spirit of Step Ten has allowed me to remain safe and protected in that joyous *Great Reality* deep within.



My Part in It

by Hollis K.

One of the most amazing transformations in A.A. for me has been to learn to look at a situation or a person that I'm unhappy with and, by using the four column format for the 4th (also 10th) Step, find where my thinking was awry and change it.

Always in the past I was resistant to looking at my part in things because I was so full of judgement both of the other person and myself. I just couldn't get past making them the bad guy, and I thought if I was able to see my part in it then I would be the bad guy.

I was so over-sensitive to criticism and being labeled as a bad person, either by others or myself, that it was impossible for me to clearly assess situations and make positive changes going forward.

I think working for myself was a key factor in getting past this and I remember my first thought in being self employed which was "What if I fail? Who will I blame?" It was always about having someone to blame so I didn't have to look at myself and/or make positive changes going forward.

After a few years of sobriety and following suggestions like get a commitment and be of service, show up and go to meetings, get a sponsor and do the steps, I was able to start to see that my part in things was really my thinking. Instead of being hammered with judgement of what a horrid person I was, I started to see that it was really my thinking that was at fault. It's just a thought. And I can change my thoughts, in fact, often I see my higher power as a

source of wonderful new thoughts and ideas on how to live.

Suddenly doing a daily 10th Step became a source of wonder, self awareness and opportunity. When I can easily be neutral and ferret out the thought that's causing my misery and replace it with something far better and more fun, it's such an exercise in being happy, joyous and free. It's all the promises coming true, especially the one that says, "and we quit fighting everyone and everything."

*...the only thing I need,
to qualify for all the
wonderful things
life has to offer,
is to be born.*

Calling my sponsor and running through the resentment to the final column of my part (thinking) in it opens up the thought (character defect, maybe) to the open air. It dissipates and I'm free to now create and use a better thought than the one before. So sharing it is the first step then the second part is a new and better thought to operate from.

Example: I have a fear of going to the doctor and the two days before my appointments I get crabby and out of sorts until I stop and take a breath and see that I need to do a little mini 10th Step like this. I don't like going to doctors (resentment). It affects my serenity and my part in it is that I

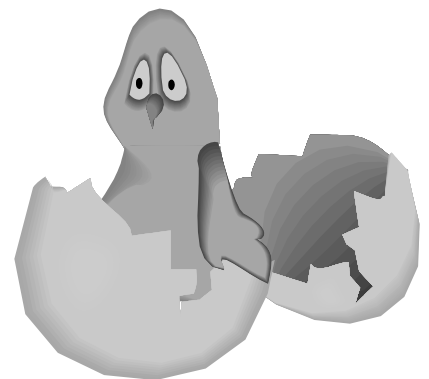
have a fear thought (it's going to hurt or be bad news) that I'm operating from. After running this by my sponsor I now replace that thought with a new one (an affirmation) which is, "I easily and confidently handle my doctor appointments."

Here's a few of my favorite affirmations:

- I easily and confidently handle life.
- Money loves to fill my pockets.
- I have wonderful friends who care for me.
- I am able to share my experience and be useful to others.
- I deserve and appreciate prosperity and success in life.

I also found that in getting all the way down to the very basics, that the only thing I need, to qualify for all the wonderful things life has to offer, is to be born. Then I just need to affirm them. And finally my higher power is overly generous, and the more I am grateful, the more I have to be grateful for.

TP



Having Fun in Sobriety

One of the many gifts of A.A. is to have fun by being my true sober self

by Carrie S.

Before I got sober, I never imagined that anything without alcohol in my system could be remotely fun. I spent my weekdays counting down the seconds until the weekend so that I could drink the way I wanted and have my version of a good time. I relied on alcohol to take away my social anxiety and change my behavior so that I was more comfortable to be myself and hang out with other drinkers like me. This is all I knew at the time and I was trapped in my alcoholism.

When I got to A.A. I was only 20 years old. One of my biggest fears was becoming boring and living a very dull life. In the first few months of my sobriety, I had no idea how to be social. So what I did was go to meetings, talk to my sponsor and watch TV. I isolated myself because I didn't think it would be possible to live a full life without alcohol.

Then when I was about two months sober a woman from my home group asked me if I wanted to go to a Saturday night meeting with her. I never did anything on weekends anymore so I thought, "Sure, why not?" By the time Saturday came around I had no desire to go to the meeting. But one thing that my sponsor had taught me is that it is very important to stick to our commitments. By the grace of God I was willing to take her advice and decided to go to the meeting regardless of how I felt and keep my commitment to a fellow A.A.

When the woman picked me up, I could tell something was off with her and asked her if she was okay. She

was honest with me and told me she really wanted to cancel on me because she didn't feel like going to the meeting. I admitted to her that I felt the same way.

By the time we got out of the meeting we both felt completely different. We were both so happy that we had stuck to our commitment and got to be a part of a very inspiring meeting of Alcoholics Anonymous. She then

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told me a group of people from the meeting were going to hang out afterwards and get some dinner and asked me if I wanted to come. I was hesitant because as I mentioned, I had a lot of fear around being social while sober. But something told me that I should at least give it a try.

It ended up being the most fun I've ever had. It was so powerful yet relaxing and reassuring to be able to socialize and talk to people just like me, recovering alcoholics. What I found at that dinner table is that the phrase "one alcoholic relating to another alcoholic" not only applied in the rooms of A.A. but in social settings as well. That night brought me hope. The hope that everything was okay and that living a sober life did not doom me to a boring existence.



The ride home with my fellow home group friend was filled with laughter, jokes, and meaningful conversations about our lives as recovering alcoholics. It was one of the best nights of my life thus far and the best part was is that I was sober for all of it!

Being sober, my life is filled with fun! Not only in the rooms of A.A. but outside of Alcoholics Anonymous as well. Applying the 12 Steps into my daily life, working with a sponsor, going to meetings, going to A.A. fellowship events, and having a conscious contact with my higher power allows me to live my life to the absolute fullest. My alcoholism tricked me into believing drinking was the only way I was going to have fun, but the truth is that living the principles of A.A. has given me the gift of an amazing life which brings me so much. And one of those many gifts is the ability to have fun while being my true sober self.

Today, I am able to step into any social situation without any fear. I am grateful to be able to experience every moment completely authentically because I am living a sober life. I get to attend A.A. game nights monthly, go to movies and dinners with friends, and commit to events knowing that I will be able to have a good time as long as I am spiritually fit. It is truly a miracle and I can't wait to see what's next.



Daily Reflection

A book on a shelf



by John W.

Naivety had obscured the significance
Of what was in truth, to all appearances
Simply A Book On A Shelf, seemingly
Nothing more or less, when there I had placed it.

Things may have been very different indeed
If upon acquisition I had read it.
Arrogance and pride had that endeavor trumped.
The heritage which was mine therein, remained hidden

Like its neighbors on that shelf,
Every Tuesday afternoon it was dusted
First by wife, then by girlfriend
In the end by maid, until the money was gone.

The blackness had become almost too dark
The bottom, mine, almost too deep
For any rescue attempt to succeed
Where the others had failed so miserably.

I had been so Sick and Tired of being
Sick and tired, I had reached for it.
The Solution it foretold came at a price,
A pittance to pay should it really work.

As I devoured those pages the hope had begun
To burn in me. The fellowship I now knew
A product of the action prescribed.
The admission had just been the next step.

Yet in that moment I was tasked anew
Unlike no other time before, was it this time

When I sought A Book On A Shelf.
This time my action affirmed my willingness.

Of those things I was the least proud
It was easy to be ready to relinquish.
Of those I relished, the good which defined me
That was another matter entirely.

The book was off the shelf,
The decision to become entirely ready
Lay with it, spread across my lap
Bookended by Past Horrors and A Life.

He had known me Oh So Very Well.
He had known I would need to think about
The life or death choice only a spirit as sick
As mine would even a second thought ponder.

His foresight had been the suggestion
To retrieve that now dustless book,
To, with gratitude, take that next step.
Walking in the solution, becoming entirely willing.

With complete abandon to honor the decision
Made, the admissions given, the change embraced,
The words across my lap, now like whole
Blood began to surge within my veins.

With each new beat of my heart
The willingness infused from extremity to core
Making me the actor on Another's stage
At last in full character, awaiting Life's cue.



A.A. Pre-History: #16

The writing of the Big Book

by Bob S., edited by Gilbert G.

In this installment, we'll learn about the development of the Twelve Steps and other issues that arose during the writing of the Big Book.

The 6 Steps – Prior to December 1938

Prior to the writing of the Big Book, the recovery program consisted of 6 Steps (sometimes erroneously attributed to the Oxford Group). The early 6 Steps were passed on to new members by word of mouth.

Bill W. increased these to 12 Steps with the intention of adding clarity and closing loopholes that the alcoholics were wiggling through.

There are three differing versions of the early 6 Steps recorded in A.A. Literature. They can be found in the books "The Language of the Heart," "A.A. Comes of Age," "Pass It On" and the Big Book Pioneer story "He Sold Himself Short." There is yet another variation described in a talk that Bill gave to a medical society.

These variations in wording help illustrate some of the difficulties and issues that can occur when something is passed on solely by word-of-mouth.

In a July, 1953 *Grapevine* article titled "A Fragment of History: Origin of the Twelve Steps," Bill described the 12 Steps in the following quote:

"Though these principles were advocated according to the whim or liking of each of us, and though in Akron and Cleveland they still stuck by the Oxford Group absolutes of honesty, purity, unselfishness and

love, this was the gist of our message to incoming alcoholics up to 1939, when our present Twelve Steps were put to paper."

Bill's 1953 *Grapevine* article is preserved in the book, "The Language of the Heart."

12 Steps in 30 Minutes—December, 1938

In December 1938, the first version of the 12 Steps was written at 182 Clinton St. It took Bill about 30 minutes. The draft of the 12 Steps, as Bill wrote them that night, has been lost. An approximate reconstruction is recorded in the book "Pass It On" on pages 198 and 199.

One camp in N.Y. (led by Hank P. and Jim B.) wanted less emphasis on God. Akron members liked the emphasis on God. Some members did not want to get on their knees in the proposed 7th Step. Others wanted to stay with six word-of-mouth Steps instead of increasing them to 12.

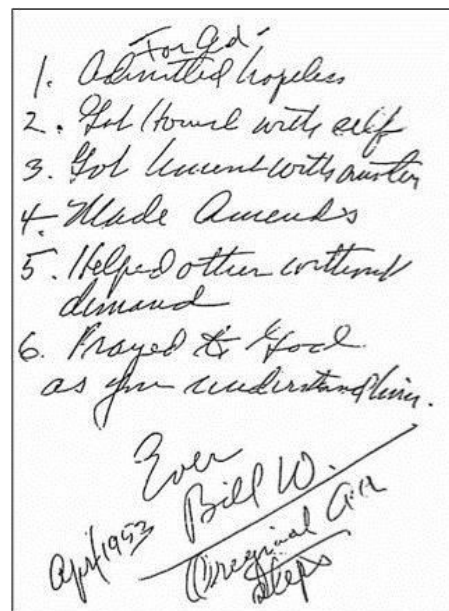
It should be noted, however, that as the Big Book progressively developed chapter by chapter, the Akron and NY groups came closer and closer into harmony. As a result of the process of informed group conscience and member participation in the editing, Bill's role evolved from one of "author" to one of "umpire."

Four-hundred copies were sent out for review. N.Y. member Jim B. suggested the phrases "God as we understood Him" and "Power greater than ourselves" be added to the Steps and basic text. Bill W. later wrote "Those expressions, as we so well know today, proved lifesavers for

many an alcoholic." Jim B.'s Big Book story is "A Vicious Cycle." He went on to start A.A. in Philadelphia and helped start A.A. in Baltimore.

Board Increased to 7 Trustees—January, 1939

In January 1939, the size of the Alcoholic Foundation Board increased from five to seven Trustees. Non-alcoholics still held the majority on the board. The 2 new members were alcoholic Harry B. as the newly appointed Second Board Chairman and Dr. Leonard V. Strong (Bill W.'s brother-in-law). Harry B. (whose Big Book story is "A Different Slant") also returned to drinking and was replaced in December, 1939. From that point till the present, the Board Chair has been a non-alcoholic.



Early Six Steps

Cooperation with the Professional Community

Helping non-Alcoholics understand the A.A. message

by Andy Anonymous

From the beginnings of Alcoholics Anonymous, our fellowship has had a long history of cooperating with non-alcoholic professionals who have provided support and guidance as A.A. has developed. Dr. Silkworth, who contributed the Doctor's opinion to the Big Book, and Sister Ignatia, who assisted Dr. Bob in Akron with the treatment of many of A.A.'s early members, were key non-alcoholic professionals in the very early history of our fellowship. Today, many times, doctors, clergy, police officers, judges, lawyers, and social workers are still the first ones to meet alcoholics before they learn about recovery and Alcoholics Anonymous.

The important point here is that Central Office and Alcoholics Anonymous are being drawn into a life-and-death dilemma by doctors and hospital staff who misunderstand how Alcoholics Anonymous works and the kind of services A.A. provides.

There is a tendency, perhaps an assumption, these days to believe that Alcoholics Anonymous is well-

known and understood among the professional community. There is very strong local evidence that this is not true. Our Central Office regularly receives calls from patients at local hospitals who are awaiting liver transplants. These patients call Central Office at the urging of their transplant doctors and hospital social workers to demonstrate their intention to stay sober and that they are good candidates to receive a new liver. There are a variety of reasons to need a liver transplant and some of these patients may not have any problem with alcohol, but are still asked to establish a relationship with A.A. Liver transplant patients have been told they need to have daily meetings brought to them and have slips signed indicating these meetings have taken place.

Usually by the time Central Office has been contacted, the patients are far too ill to attend an outside meeting, but the important point here is that Central Office and Alcoholics Anonymous are being drawn into a life-and-death dilemma by doctors and hospital staff who misunderstand how Alcoholics Anonymous works and the kind of services A.A. provides. Some of these patients and their families believe that getting a new liver hinges on completing a certain number of A.A. meetings and visits from A.A. members. Alcoholics Anonymous inadvertently becomes implicated in this equation of who qualifies for a liver transplant.

Where a need exists, Alcoholics Anonymous works to respond. Central

Office staff and volunteers from the Cooperation with the Professional Community (CPC) committee have met with hospital staff to discuss what Alcoholics Anonymous is able to do and what it does not do. This will be an ongoing discussion, but steps are being made to communicate with the hospital professionals (doctors, social workers, support staff) responsible for the liver transplant patients. Sometimes these patients travel long distances for the services provided at our local hospitals and may already be A.A. members, in which case our Sunshine Club is able to respond and provide meetings. Other patients may request A.A.'s help and a visit from our 12th Step volunteers is organized for them. Central Office volunteers gladly respond to these requests. Making visits to patients who have been coerced or forced into requesting our help is more difficult—both for the patients and the A.A. members responding. Informing medical professionals about how A.A. works is our responsibility—otherwise, misinformation and misunderstanding will prevail, and that benefits no one.

tP



My Gratitude for Alcohol

by Walt M.

I would like to thank you for my finances. I had large bank accounts with many zeroes behind them, but today I have only a few zeroes which makes it much easier to balance a checkbook.

I would like to thank you for my relationships. I had three children in my life, but today there is only one—which makes discipline easier.

I would like to thank you for my transportation. I had three vehicles in my name, but today I take the bus

and have no maintenance needs.

I would like to thank you for my employment. I had multiple good-paying jobs, but today I am unemployed and have no nagging bosses.

I would like to thank you for my health. I was fit and exercised rigorously, but today I take medication for high blood pressure and diabetes, which is an easier, softer, way.

I would like to thank you for my friends. You knew I had too many which caused conflict with social

invitations, but today there is just you and I which alleviates scheduling problems.

I would like to thank you for adventures. I didn't know where you would take me, but you always *maintained control*.

I would like to thank you for your clever acronym (see page 19).

In all seriousness, the two mistakes you did teach me were defeat and surrender; today, as I lie on my back and gaze upward, I discovered God. For this I am grateful.



Central Office, 1821 Sacramento St., San Francisco, CA 94109

Write to THE POINT! — The Point Committee values your input

or email us at: thepoint@aasf.org



Join the Sunshine Club!

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

The next Sunshine Club orientation will be at 12:30 pm on Saturday, October 18, 2014 at St Cyprian's Church, 2097 Turk / Lyon

Please call 415-674-1821 for more information

or e-mail sunshine@aasf.org

(One year sobriety requirement.)

(Continued from page 5)

Book. Bob S. continues to contribute to the A.A. Pre-History series. In this issue, he documents the development of the Twelve Steps. Andy Anonymous educates us on the role of the CPC committee in educating the professional community. Walt M. writes about his gratitude for the gifts alcohol had bestowed upon him. In addition, he has some interesting definitions for each letter of the acronym, ALCOHOL. Last, but not least, Judy G. talks about how A.A. works because we get rid of our old ideas that kept us unbalanced. As a result, we begin to obtain emotional sobriety.



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



Intergroup Meeting Summary—Sept 2014

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

Marin Groups	Tuesday Beginners	Embarcadero Group	Pax West	Tuesday Big Book Study
Attitude Adjustment Hour	San Francisco Groups	Extreme Makeover: Women's SS	Rise N Shine	Waterfront
Blackie's Pasture	A is for Alcohol	Friday Morning 12 Steppers	Saturday Beginners	Weekend Update
Glum Not!	Any Lengths	Haight Street Blues	Sesame Step	Women's 10 Years Plus
Happy, Joyous and Free	Artists & Writers	High Noon F	Shamrocks & Serenity	Women's Mtg: There is a Solution
Mill Valley	Beginners Warmup	Home Group	Sunday Night Castro SD	Women's Promises
Monday Night Stag Tiburon	Came to Park	In The Solution	Sunday Rap	
Saturday Weekend Warrior	Come 'n Get It!	Living Sober with HIV	Sunset 9ers Tu	
Sunday Night Corte Madera	Cow Hollow Young People	Miracles (Way) Off 24th St.	Too Early	

This is an unofficial summary of the September 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., Sept 3, 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 August 2014 minutes and the Sept. 2014 agenda were approved.

Officer Reports

Board Chair Report, Becca The Board met for our annual retreat. Next month we will have the presentation of notes. The next committee chair meeting will be on Oct 11th at 9am.

Treasurer's report, Michelle C. The good news is that we have a surplus. The bad news is that we are negative in August by \$9,000, due to a drop in Group and Faithful Fiver contributions. Our budget for expenses is accurate. Maury mentioned the presentation of revenue versus book costs on the financial report.

Central Office Manager, Maury P.

AAWS announced a book price increase effective Oct 1. New prices are on www.aasf.org. Registration for the 2015 International Convention of A.A. opened today. It will be held July 2-5, 2015 in Atlanta, GA. More details are on www.aa.org. Two phone shifts are open requiring 1 year sobriety, and we welcome substitute volunteers. There is a flyer for the first workshop – "Alcoholic and a ... Is Addiction an Outside Issue?" October 15th, 7-8pm with fellowship afterward. Panelists are Karen C. & Ted R. Goals are to Communicate awareness of the issue, encourage participation of the fellowship, foster unity between service entities, nurture thoughtful discussion and interpretation of the Traditions, have fun, but the two IGRs who volunteered had to give up the commitment. In order for Intergroup to be a viable participant we need representatives. Chip and Becca volunteered. If others are interested, the next planning meeting will be Nov. 19th. October 18th is SF Unity Day. Planning has commenced.

Intergroup Committee Reports

Access Committee, Steve F. Our Committee meeting was last night. We talked about the Marin Sunshine Club. We attended this month's SOS meeting. We will host an orientation at SF Unity Day and hosted a table at Marin Unity Day this weekend. We had several ASL requests. A sobriety requirement has not been determined yet.

Archives Committee, Michael P. Remember, we deal with alcohol, cunning, baffling, and powerful! We don't get enough information about our meetings. We want to meet the meetings! Keep it simple about Who, What, When, Where,

How, and Why! Maury recommended adding a request for Meet the Meeting summaries in The Buzz.

Fellowship Committee, Michael P. SF Unity Day is October 18th. We'll bring in a sign-up sheet for helping out. Committee chairs, remember there are tables for you to present.

Literature Committee, Bailey We developed a mission statement in today's meeting. We currently meet at 6:15pm before the Intergroup meeting.

Outreach Committee, Robert We plan to ask people if they can go to one meeting to see if the group wants an IGR. We will have a prepared pitch.

Separately, we need a female outreach person in Marin, many women's groups need assistance.

Orientation Committee, Blu We meet the 1st Wed of the month at 6pm for orientation before the Intergroup meeting at 7pm.

SF PI/CPC Committee, Peter B. We meet the 2nd Monday of month, 7pm at Central Office. We saw an increase in activity of existing speaker and planning events for speakers. We're looking at having a more diverse list of language speakers and expanding the list of foreign speaking venues, as well as bringing in new schools. We are looking for new committee members.

SF Teleservice Committee, Carolyn R. Teleservice answers the phones when Central Office is closed. We are always looking for volunteers. We meet on the 3rd Monday at 6:30pm, this month it will be October 15th.

Individual Contributions

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

IN MEMORIAM

Stu S., Monika H., Chris W.

ANNIVERSARIES

Martha S. - 33 Years

Michele F. - 29 Years

The Point Committee, Paul K. We thank Charley for his service as Point committee chair; he will now be on the Board. We are looking for committee members, primarily people to help edit articles. The boring part is correcting font and grammar. The fun part is reading the article, checking facts in A.A. literature and being reminded of where you're at with your program!

We do still want more people to contribute articles. You can send an email to thepoint@aasf.org to ask to be on the contributor email list. There is a monthly request for article submissions with suggested topics via email on the 20th. Articles should be about 600 words and are due the following 15th. It's your choice whether or not to contribute each month.

12th Step Committee, Virginia Kim is our newest committee member, presenting tonight. We organize quarterly workshops. The business meeting is the 2nd Thursday of each month, (Sept. 11th) at 6:00 pm.

Website Committee, Becca M. We have a lead on a skilled coder to help us code the new site, but will know more next month. If that doesn't pan out, we will place request in the Buzz and The Point. If none of those options pan out, we will look at hiring a consultant to complete the project. But we'll come to Intergroup to should we need budget for such a thing.

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 Jeff O from General Service (CNCA) gave us a presentation on his experience, compiling ideas around General Service committee procedures that we can review for Intergroup.

Liaison Reports

Marin General Service, Summer Marin Unity Day is this Saturday!

Marin Teleservice, Summer We just switched over the phones, transferring lines to ourselves, saving \$200 a month.

GGYPAA, Wanda We are planning fun activities and having committee meetings.

SF H&I, Robert B. We elected new liaison, Mark will be here next month. We are having special edition workshop, flyer on page 4, Sunday night at 6pm, before the Friendly Circle meeting. The regular workshop is the 3rd Saturday, 11am, at 24th street Mission Fellowship.

Intergroup focused message of the month

This month's focus topic is to remind groups about the Faithful Fiver program. People are not limited to a five dollar monthly contribution!

Next Intergroup Meeting: Wed. Oct. 1, 2014, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 7pm.



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

Carolyn R. 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	Aug '14	YTD
Contribution Box	\$ 30	\$ 386
GGYPAA	\$ 9	\$ 35
Intergroup	\$ 82	\$ 809
Oyster Point Group		\$ 90
Unidentified Group	\$ 120	\$ 120
Western Roundup (Living Sober)	\$ 539	\$ 539
Fellowship Total	\$ 780	\$ 1,978

Marin Contributions	Aug. 14	YTD
11th Step Meeting M 8pm	\$ 60	
12 & 12 Study Sa 815am	\$ 66	
Attitude Adjustment 7D 7am	\$ 4,526	
Awakenings	\$ 60	
Awareness/Acceptance M 1030am	\$ 223	\$ 223
Back to Basics Su 930am	\$ 28	\$ 234
Beginner's Help Th 8pm	\$ 41	
Blackie's Pasture Sa 830pm	\$ 150	
Bounce Back M 6pm	\$ 600	
Closed Women's SS Tu 330pm	\$ 251	
Conscious Contact Sa 6pm	\$ 80	
Crossroads Sun 12pm	\$ 1,300	
Day At A Time 7D 630am	\$ 240	
Downtown Mill Valley F 830pm	\$ 228	\$ 1,153
Friday Night Book F 830pm	\$ 97	\$ 275
Girls Night Out W 815pm	\$ 155	
Glum Not! Su 9am	\$ 300	
Gratitude Tu 8pm	\$ 283	
Greenfield Newcomers Sun 7pm	\$ 295	
Happy Destiny F 7pm	\$ 200	
Happy, Joyous & Free 5D 12pm	\$ 750	
High & Dry W 12pm	\$ 115	\$ 401
Intimate Feelings Sa 10am	\$ 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	\$ 346	
Mill Valley 7D 7am	\$ 750	\$ 1,750
Mill Valley Discussion W 830pm	\$ 152	\$ 402
Monday Blues M 630pm	\$ 335	
Monday Night Stag Tiburon	\$ 1,000	
Monday Night Women's Group	\$ 165	
Monday Night Women's M 8pm	\$ 196	
Monday Nooners M 12pm	\$ 433	
Morning After Sa 10am	\$ 200	\$ 200
Nativity Monday Night BB M 8pm	\$ 100	
Noon Tu 12pm	\$ 194	\$ 194
North Marin Speaker Sun 12pm	\$ 200	

Marin Contributions	Aug '14	YTD
Novato Fellowship Group	\$ 717	
On Awakening 7D 530am	\$ 350	\$ 350
Passages W 1030pm	\$ 49	
Primary Purpose W 830pm	\$ 153	
Quitting Time M-F 530pm	\$ 1,384	
Redwoods	\$ 20	\$ 63
Refugee Th 12pm	\$ 186	
Rise N Shine Sun 10am	\$ 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 Sun 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	\$ 101	\$ 317
Three Step Group Sa 530pm	\$ 705	
Thursday Night Book Club Th 7pm	\$ 39	
Thursday Night Speaker 830pm	\$ 1,940	
Tiburon Beginners & Closed Tu 7/830pm	\$ 468	
Tiburon Women's Candlelight W 8pm	\$ 320	
Tuesday Beginners' Meeting	\$ 352	
Tuesday Chip Meeting Tu 830pm	\$ 100	\$ 1,150
We, Us and Ours M 650pm	\$ 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	
Marin Total	\$ 2,558	\$ 33,711

SF Contributions	Aug. 14	YTD
11th Step Power Power Power	\$ 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	
7am Living Sober W 7am	\$ 39	

SF Contributions	Aug '14	YTD
7am Speaker Discussion Th 7am	\$ 45	
7am Step Discussion Tu 7am	\$ 156	
A is for Alcohol Tu 6pm	\$ 60	
A New Start F 830pm	\$ 405	
A Word From Our Sponsors Wed 12p	\$ 42	
AA As You Like It Tu 530pm	\$ 40	
AA Unity Big Book Study Tu 130pm	\$ 13	
Afro American Beginners Sat 8pm	\$ 21	\$ 198
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	\$ 1,936	
As Bill Sees It Sat 8pm	\$ 70	
As Bill Sees It Th 6pm	\$ 428	
As Bill Sees It Th 830pm	\$ 103	\$ 299
As Bill Sees It Tu 1210pm	\$ 570	
Ass in a Bag Th 830pm	\$ 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	\$ 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	\$ 144	
Came To Believe Su 830am	\$ 82	
Came to Park Sat 7pm	\$ 538	
Castro Discussion Th 8pm	\$ 933	
Castro Monday Big Book M 830pm	\$ 135	
Castro Nooners F 12pm	\$ 169	
Chips & Salsa Tu 12pm	\$ 176	
Cocoanuts Su 9am	\$ 452	
Coit's Quitters	\$ 144	
Come 'n Get It! F 630pm	\$ 66	
Cow Hollow Men's Group W 8pm	\$ 1,164	
Cow Hollow Young People's Tu 730pm	\$ 127	
Design for Living Sat 8am	\$ 518	
Dignitaries Sympathy W 815pm	\$ 153	
Each Day a New Beginning F 7am	\$ 1,993	
Each Day a New Beginning M 7am	\$ 1,215	
Each Day A New Beginning Su 8am	\$ 288	
Each Day a New Beginning Th 7am	\$ 1,169	

SF Contributions	Aug '14	YTD	SF Contributions	Aug '14	YTD	SF Contributions	Aug '14	YTD
Each Day a New Beginning Tu 7am	\$	981	Mid-Morning Support Su 1030am	\$	1,076	Sunset Speaker Step Sun 730pm	\$	370
Each Day a New Beginning W 7am	\$	683	Midnight Meditation Sat 12am	\$	100	Tea with Bill	\$	25
Early Start F 6pm	\$	1,218	Mission Fellowship	\$	215	Ten Years After Su 6pm	\$ 150	\$ 1,686
Easy Does It Tu 6pm	\$ 18	\$ 708	Monday Beginners M 8pm	\$	241	The Lads Fr 730pm	\$	150
Embarcadero Group 5D 1210pm	\$	736	Monday Men's Stag 8pm	\$	157	The Leaky Cauldron Su 930am	\$	175
Epiphany Group Th 7pm	\$	200	Monday Monday M 1215pm	\$ 115	\$ 811	The Parent Trap 2 Wed 4pm	\$	60
Eureka Step Tu 6pm	\$	110	Monday Nooners M 12pm	\$	219	The Parent Trap M 1pm	\$	249
Eureka Valley Topic M 6pm	\$	180	Morning After Sa 10am	\$	200	The Pepper Group F 12pm	\$	173
Extreme Makeover M 730pm	\$	63	Moving Toward Serenity W 830pm	\$	72	They Don't Know Who We Are Sat 7pm	\$ 155	\$ 155
Federal Speaker Su 12pm	\$	201	No Gurus Meditation Su 7pm	\$	145	They Stopped In Time M 8pm	\$	205
Fell Street F 830pm	\$	663	No Reservations M 12pm	\$ 487	\$ 942	Thursday Night Women's Th 630pm	\$	406
Firefighters & Friends Tu 10am	\$	182	Noon Smokeless Th 12pm	\$	75	Thursday Thumpers Th 7pm	\$	28
Franciscan Noon Disc M 12pm	\$	205	Noon Smokeless W 12pm	\$	50	Too Early Sat 8am	\$	906
Freethinkers Step Study Su 11am	\$	60	O.A.D.W. Mon 7pm	\$	276	Trudgers Discussion Su 7pm	\$ 180	\$ 360
Friday All Groups F 830pm	\$	565	Park Presidio M 830pm	\$	25	Tuesday Big Book Study Tu 6pm	\$	170
Friday at Five F 5pm	\$	260	Parkside Th 8pm	\$	346	Tuesday Downtown Tu 8pm	\$	28
Friendly Circle Beginners Su 715pm	\$	192	Pax West Daily Reflections W 7am	\$	116	Tuesday Night Lasses Step Study	\$	104
Friendly Circle Su 830pm	\$	270	Pax West Discussion Th 12pm	\$	1,349	Twelve Steps to Happiness F 730pm	\$	88
Getting Fit at One O'Clock Tu 1pm	\$	8	Pax West Literature Disc T 12pm	\$	1,407	Unidentified Group	\$	812
Giddy Up Th 7pm	\$	89	Progress Not Perfection Tu 830pm	\$	29	Valencia Smokefree F 6pm	\$ 206	\$ 437
Gold Mine Group M 8pm	\$	586	Queers, Crackpots, Fallen Women	\$	90	Wake Up On 3rd St Group	\$	343
Gratitude Center	\$	300	Raising the Bottom W 9pm	\$	300	Walk of Shame W 830pm	\$	431
Haight Street Blues Tu 615pm	\$	111	Reality Farm Th 830pm	\$	724	Waterfront Sun 8pm	\$	244
Haight Street Explorers Th 630pm	\$	105	Rebound W 830pm	\$ 31	\$ 91	We Care Tu 12pm	\$	180
Happy Destiny Sa 630pm	\$	133	Rigorous Honesty Th 1205pm	\$	240	Weekend Update Su 6pm	\$	320
Happy Hour Ladies Night F 530pm	\$	130	Saturday Afternoon Meditation 5pm	\$	154	West Portal W 8pm	\$	326
High Noon Friday 1215pm	\$ 85	\$ 85	Saturday Beginners Sat 6pm	\$	1,046	Wharfrats Th 815pm	\$	272
High Noon Monday 1215pm	\$	82	Saturday Easy Does It Sa 12pm	\$	312	What It's Like Now M 6pm	\$	291
High Noon Saturday 1215pm	\$	535	Saturday Night Live Sa 9pm	\$	55	Wits End Step Study Tu 8pm	\$	35
High Noon Sunday 1215p	\$ 235	\$ 1,113	Saturday Night Regroup 730pm	\$ 110	\$ 349	Women's 10 Years Plus Th 615pm	\$	1,545
High Noon Thursday 1215pm	\$	189	Serenity House	\$	1,050	Women's Came to Believe Sa 10am	\$	163
High Steppers W 7pm	\$	128	Serenity Seekers M 730pm	\$	325	Women's Kitchen Table Tu 630pm	\$	793
Hilldwellers M 8pm	\$	476	Shamrocks & Serenity M 730pm	\$	426	Women's Mtg There is a Solution W 6pm	\$	497
Huntington Square W 630pm	\$	268	Sober at State MW 1210pm	\$	124	Women's Promises F 7pm	\$	475
Into The Sun Meditation Th 12pm	\$	56	Sober Saturday Sa 830am	\$	239	Work In Progress Sat 7pm	\$ 217	\$ 217
Join the Tribe Tu 7pm	\$	1,002	Sobriety & Beyond W 7pm	\$	210	Y.A.H.O.O. Step Sat 1130pm	\$ 177	\$ 177
Joys of Recovery Tu 8pm	\$	249	Sometimes Slowly Sa 11am	\$	150	YAHOO Step Sa 1130am	\$	300
K.I.S.S. M 6pm	\$	185	Sought to Improve Th 715pm	\$	141	San Francisco Total	\$ 2,908	\$ 69,361
Keep Coming Back Sa 10am	\$	758	Steppin' Up Tu 630pm	\$ 273	\$ 273	YTD	\$ 6,246	\$ 105,050
Ladies Who Lunch Thu 1210pm	\$	176	Stepping Stone SS M 730pm	\$	174	<p>Information about Group Contribution disbursements can be found under "AA Resources" on aasf.org.</p>		
Let It Be Now F 6pm	\$	60	Sunday Morning Gay Stag 930am	\$	552			
Like A Prayer Su 4pm	\$	250	Sunday Night 3rd Step Group 5pm	\$	593			
Living Sober with HIV W 6pm	\$	195	Sunday Night Castro SD 730pm	\$	569			
Looney Toons Tu 10pm	\$	58	Sunday Rap Sun 8pm	\$ 240	\$ 240			
Lunch with Bill Fri 12pm	\$	12	Sunday Silence Su 730pm	\$	200			
Lush Lounge Sa 2pm	\$ 72	\$ 72	Sundown W 7pm	\$	628			
Meeting Place Noon F 12pm	\$	217	Sunset 11'ers Tu	\$ 32	\$ 112			
Meeting Place Noon W 12pm	\$	368	Sunset 9'ers F	\$	77			
Men's Gentle Touch M 7pm	\$	23	Sunset 9'ers Th	\$	200			

Profit and Loss Statement: July 2014

	<u>Jul 2014</u>	<u>Budget</u>	<u>Jan - Jul</u>	<u>YTD Budget</u>		<u>Jul 2014</u>	<u>Budget</u>	<u>Jan - Jul</u>	<u>YTD Budget</u>
Ordinary Income/Expense					Phone Book Listings	\$93	\$93	\$651	\$651
Income					Postage	\$0	\$246	\$724	\$958
Gratitude Month	\$2	\$0	\$5,466	\$4,100	Printing	\$0	\$0	\$695	\$0
Group Contributions	\$22,738	\$24,500	\$98,804	\$99,033	Professional Fees	\$0	\$0	\$0	\$1,200
Individual Contributions	\$1,429	\$2,975	\$16,541	\$21,576	Reconciliation Discrepancies	\$0		-\$1	
Newsletter Subscript.	\$11	\$22	\$121	\$154	Rent - Office	\$4,122	\$4,122	\$28,853	\$28,854
Sales - Bookstore	\$8,812	\$10,000	\$74,619	\$69,099	Rent - Other	\$0	\$90	\$535	\$650
Intergroup Event Income	\$0	\$0	\$1,721	\$365	Repair & Maintenance	\$348	\$325	\$2,205	\$2,255
Total Income	<u>\$32,992</u>	<u>\$37,497</u>	<u>\$197,272</u>	<u>\$194,327</u>					
Cost of Goods Sold					Security System	\$0	\$0	\$243	\$237
Cost of Books Sold	\$6,263	\$7,029	\$54,631	\$48,953	Shipping	\$259	\$323	\$2,815	\$2,264
COGS - Shipping	\$39	\$26	\$134	\$170	Software Purchased	\$0	\$0	\$0	\$0
Credit Card Processing	\$432	\$400	\$3,262	\$2,837	Sunshine Club	\$0	\$0	\$25	\$0
Inventory Adjustments	\$16	\$0	-\$292	\$0	Telephone	\$239	\$246	\$1,610	\$1,721
Total COGS	<u>\$6,751</u>	<u>\$7,455</u>	<u>\$57,735</u>	<u>\$51,960</u>	Training	\$0	\$0	\$39	\$0
Gross Profit	<u>\$26,241</u>	<u>\$30,042</u>	<u>\$139,537</u>	<u>\$142,367</u>	Travel	\$0	\$0	\$0	\$600
Expense					Total Expense	<u>\$19,286</u>	<u>\$18,759</u>	<u>\$144,433</u>	<u>\$142,429</u>
Teleservice Committee	\$0	\$75	\$0	\$375	Net Ordinary Income	\$6,955	\$11,283	-\$4,895	-\$62
Access Expenses	\$300	\$425	\$545	\$2,115	Other Income/Expense				
Archives Committee	\$0	\$0	\$51	\$0	Other Income				
Employee Expenses	\$12,093	\$12,347	\$92,358	\$91,108	Bag Fees	\$2	\$5	\$19	\$32
Equipment Lease	\$652	\$0	\$3,722	\$2,893	Customer Shipping	\$267	\$320	\$2,529	\$2,275
Filing/Fees	\$359	\$0	\$870	\$60	Interest Income	\$0	\$100	\$379	\$695
Insurance	\$0	\$0	\$2,398	\$2,400	Miscellaneous Income	\$90	\$30	\$489	\$210
Intergroup Events	\$200	\$0	\$3,239	\$850	Total Other Income	<u>\$359</u>	<u>\$455</u>	<u>\$3,416</u>	<u>\$3,212</u>
Intergroup Literature	\$75	\$0	\$135	\$0	Other Expense				
Internet Expense	\$133	\$129	\$926	\$903	Depreciation Expense	\$299	\$279	\$2,093	\$1,953
Office Supplies	\$404	\$211	\$1,327	\$1,393	Total Other Expense	<u>\$299</u>	<u>\$279</u>	<u>\$2,093</u>	<u>\$1,953</u>
Paper Purchased	\$0	\$116	\$403	\$872	Net Other Income	\$60	\$176	\$1,323	\$1,259
Payroll Fees	\$9	\$10	\$64	\$70	Net Income	<u>\$7,015</u>	<u>\$11,459</u>	<u>-\$3,572</u>	<u>\$1,197</u>

Treasurer's Report

For the month of July, total income was under budget by \$4,506 due to less than anticipated individual and group contributions. However, year-to-date total income is by over by \$2,945 due to bookstore sales.

Total expenses for the month of July were over budget by \$527 and year-to-date over budget by \$2,004.

July had a positive variance of \$7,015.

Year-to-date there is a negative variance of \$3,572 compared to a budgeted year-to-date positive variance of \$1,197.

Unrestricted cash balance increased from \$23,551 to \$32,631 which represents a little less than expenses.

November is Gratitude Month

Please write "Gratitude Month"
(and the Group Name, if applicable)
on gratitude month contributions!

Thank you!

July 2014 Balance Sheet

(Continued from page 13)

	<u>Jul 31, 14</u>	<u>Jun 30, 14</u>	<u>\$ Change</u>	<u>Jul 31, 13</u>	<u>\$ Change</u>
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$193,044	\$192,978	\$65	\$186,149	\$6,894
Unrestricted Cash	<u>\$32,631</u>	<u>\$23,551</u>	<u>\$9,080</u>	<u>\$37,776</u>	<u>-\$5,145</u>
Total Checking/Savings	\$225,674	\$216,529	\$9,145	\$223,925	\$1,749
Accounts Receivable					
Accounts Receivable	<u>\$38</u>	<u>\$27</u>	<u>\$11</u>	<u>\$187</u>	<u>-\$149</u>
Total Accounts Receivable	\$38	\$27	\$11	\$187	-\$149
Other Current Assets					
Inventory - Bookstore	\$22,977	\$23,759	-\$782	\$18,014	\$4,963
Prepaid Literature Orders	\$4,893	\$1,033	\$3,860	\$770	\$4,123
Undeposited Funds	<u>\$386</u>	<u>\$635</u>	<u>-\$249</u>	<u>\$659</u>	<u>-\$273</u>
Total Other Current Assets	<u>\$28,256</u>	<u>\$25,427</u>	<u>\$2,829</u>	<u>\$19,443</u>	<u>\$8,813</u>
Total Current Assets	\$253,968	\$241,983	\$11,986	\$243,555	\$10,413
Fixed Assets					
Comp. and Off. Equipment	\$2,499	\$2,633	-\$134	\$3,440	-\$942
Furniture & Equipment	\$0	\$0	\$0	\$37	-\$37
Leasehold Improvements	<u>\$18,703</u>	<u>\$18,868</u>	<u>-\$165</u>	<u>\$20,683</u>	<u>-\$1,980</u>
Total Fixed Assets	\$21,201	\$21,500	-\$299	\$24,160	-\$2,959
Other Assets					
Deposits	<u>\$6,698</u>	<u>\$6,698</u>	<u>\$0</u>	<u>\$6,698</u>	<u>\$0</u>
Total Other Assets	<u>\$6,698</u>	<u>\$6,698</u>	<u>\$0</u>	<u>\$6,698</u>	<u>\$0</u>
TOTAL ASSETS	<u>\$281,867</u>	<u>\$270,180</u>	<u>\$11,687</u>	<u>\$274,413</u>	<u>\$7,454</u>
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	<u>\$4,700</u>	<u>\$0</u>	<u>\$4,700</u>	<u>\$0</u>	<u>\$4,700</u>
Total Accounts Payable	\$4,700	\$0	\$4,700	\$0	\$4,700
Other Current Liabilities					
Payroll Liabilities	\$3,449	\$3,482	-\$33	\$3,330	\$119
Sales Tax Payable	<u>\$701</u>	<u>\$762</u>	<u>-\$61</u>	<u>\$816</u>	<u>-\$115</u>
Total Other Current Liabilities	<u>\$4,150</u>	<u>\$4,244</u>	<u>-\$94</u>	<u>\$4,146</u>	<u>\$4</u>
Total Current Liabilities	\$8,850	\$4,244	\$4,606	\$4,146	\$4,704
Long Term Liabilities					
Deferred Compensation	<u>\$60,167</u>	<u>\$60,167</u>	<u>\$0</u>	<u>\$54,193</u>	<u>\$5,974</u>
Total Long Term Liabilities	<u>\$60,167</u>	<u>\$60,167</u>	<u>\$0</u>	<u>\$54,193</u>	<u>\$5,974</u>
Total Liabilities	\$69,017	\$64,411	\$4,606	\$58,339	\$10,678
Equity					
Net Assets	-\$201,915	-\$201,915	\$0	-\$197,712	-\$4,203
Opening Balances	\$418,272	\$418,272	\$0	\$418,272	\$0
Unrestricted Funds	\$0	\$0	\$0	\$0	\$0
Net Income	<u>-\$3,507</u>	<u>-\$10,588</u>	<u>\$7,081</u>	<u>-\$4,486</u>	<u>\$979</u>
Total Equity	<u>\$212,850</u>	<u>\$205,769</u>	<u>\$7,081</u>	<u>\$216,074</u>	<u>-\$3,224</u>
TOTAL LIABILITIES & EQUITY	<u>\$281,867</u>	<u>\$270,180</u>	<u>\$11,687</u>	<u>\$274,413</u>	<u>\$7,454</u>

A

How to be
Argumentative

L

How to
Lust

C

How to
Cheat

O

Offenses, as in
the criminal kind

H

The feeling of
Helplessness

O

The feeling of
Obsession

L

Loneliness, which
only an alcoholic knows

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October 2014

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