

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014 11  
November

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the  
Intercounty Fellowship

of Alcoholics Anonymous

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## THANKSGIVING Celebration of Gratitude







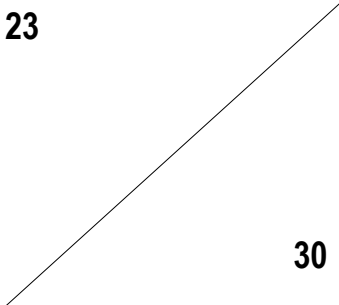
7 Step 11

10 An A.A. Thanksgiving Message

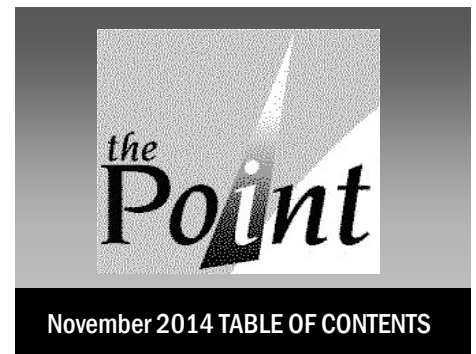
11 Tradition 11: Public Relations &  
Anonymity in 2014

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.

# November 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> <div>     </div> |   |   |  |
| <b>2</b>  | <b>3</b>  | <b>4</b><br><u>FIRST TUE</u><br><b>Access Committee</b><br>Central Office 6pm   | <b>5</b><br><u>FIRST WED</u><br><b>Intergroup Meeting</b><br>101 Donahue St, Marin City<br><b>Orientation</b> 6:15pm<br><b>Meeting</b> 7pm |
| <b>9</b><br><u>SECOND SUN</u><br><b>Golden Gate Young People in AA</b><br>1360 Lincoln Ave, San Rafael 12pm   | <b>10</b><br><u>SECOND MON</u><br><b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b><br>Central Office<br><b>Speaker Workshop</b> 6pm<br><b>Business Meeting</b> 7pm   | <b>11</b><br><b>VETERANS' DAY</b><br><b>CENTRAL OFFICE CLOSED</b><br><u>SECOND TUE</u><br><b>The Point Committee</b><br>Central Office 5:30pm<br><b>Marin H&amp;I</b><br>1360 Lincoln Ave, San Rafael 6:15pm<br><b>SF General Service</b><br>1111 O'Farrell St<br><b>Orientation / Concept Study / BTG</b> 7pm<br><b>Business Meeting</b> 8pm | <b>12</b><br><u>SECOND WED</u><br><b>Marin Bridging the Gap</b><br>1360 Lincoln Ave, San Rafael 6pm  |
| <b>16</b><br><u>THIRD SUN</u><br><b>Archives Committee</b><br>Central Office 2pm<br>Business Meeting followed by Work Day   | <b>17</b><br><u>THIRD MON</u><br><b>SF Teleservice</b><br>Central Office<br><b>Business Meeting</b> 6pm<br><b>Orientation</b> 6:30pm<br><b>Marin General Service</b><br>9 Ross Valley Rd, San Rafael<br><b>Orientation / Concept Study</b> 6:45pm<br><b>Business Meeting</b> 7:30pm | <b>18</b>   | <b>19</b>  |
| <b>23</b><br><div>  </div>  | <b>24</b>   | <b>25</b><br><u>FOURTH TUE</u><br><b>Marin Teleservice</b><br>1360 Lincoln Ave, San Rafael<br><b>Orientation</b> 7pm<br><b>Business Meeting</b> 7:30pm  | <b>26</b><br><u>FOURTH WED</u><br><b>Sober Outside Services (SOS)</b><br><b>NO MEETING IN NOVEMBER</b>                                     |
| <b>30</b>   |   |   |  |

| THURSDAY  | FRIDAY   | SATURDAY   |
|---|--|--|
|    |  | 1  |
| 6   | 7  | 8  |
| <b>13</b><br><u>SECOND THU</u><br>12th Step Committee<br>Central Office 6pm   | 14   | <b>15</b><br><u>THIRD SAT</u><br>SF H&I<br>2900 24th St, SF<br><b>Orientation</b> 11am<br><b>Business Meeting</b> 12pm |
| 20  | 21   | <b>22</b><br><u>FOURTH SAT</u><br><b>CNCA Meeting</b><br>320 N McDowell Blvd,<br>Petaluma, 10am                        |
| <b>27</b><br><b>THANKSGIVING</b><br><b>CENTRAL OFFICE CLOSED</b><br><u>FOURTH THU</u><br>Marin Public Information /<br>Cooperation with the Professional<br>Community (PI/CPC)<br>1360 Lincoln Ave, San Rafael<br><b>NO MEETING IN NOVEMBER</b> | <b>28</b><br><b>THANKSGIVING</b><br><b>CENTRAL OFFICE CLOSED</b> | 29   |



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*A.A. led me gently from . . . fantasizing  
to embrace reality with open arms.*

*Alcoholics Anonymous, p. 559*

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## Meeting Changes

### New Meetings:

|     |         |              |   |
|-----|---------|--------------|---|
| Mon | 11:59pm | Inner Sunset | ANY AA, ME, YOU, US, ALL, GOD X 12 STEPS, Gratitude Ctr: 1320 7th Ave / Irving (Discussion) |
| Thu | 12:00pm | Inner Sunset | CANLELIGHT NOON, Gratitude Ctr: 1320 7th Ave / Irving (Speaker/Discussion, Women)           |
| Thu | 11:59pm | Inner Sunset | ONE IS EQUAL TO WHAT YOU DO OVER TIME, Gratitude Ctr: 1320 7th Ave / Irving (Big Book)      |

### Meeting Changes:

|     |        |                 |  |
|-----|--------|-----------------|--|
| Mon | 8:00pm | Parkmerced      | STONESTOWN, 777 Brotherhood Way / Junipero Serra Blvd (was at 1011 Garfield Street)    |
| Fri | 8:00pm | Pacific Heights | FRIDAY NIGHT LIVE, Nu Outlook: 2203 Sutter St / Pierce (was called Unlovely Creatures) |

### No Longer Meeting:

|     |        |            |  |
|-----|--------|------------|--|
| Sun | 8:30am | Tenderloin | SUNDAY BREAKFAST WITH BILL, Let's Jam Café: 842 Geary St / Hyde        |
| Mon | 7:30am | Castro     | CASTRO CONSCIOUS CONTACT, Castro Country Club: 4058 18th St / Hartford |

**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!***

## Gratitude Month – It's here! How will your group celebrate?

Gratitude Month is a time set aside for us to express thanks to the fellowship. In the Bay Area, Gratitude Month is traditionally practiced by passing the Seventh Tradition basket a second time, with the entirety of the collection from the second basket being contributed to Central Office. However, groups around the country and around the world each have their own customs for celebrating Gratitude Month, including holding Tradition discussion meetings in place of the regular format, or by making "gratitude" the discussion topic during the month.

The History of Gratitude month dates back to the 1940s when the

General Service Board hosted small "Gratitude Dinners." By the 1960s they had become larger, more elaborate "Gratitude Luncheons." The motivation behind these gatherings was to express personal gratitude for sobriety and appreciation to our professional friends for their articles, books, radio and T.V. interviews relating to A.A. over the past year.

There is no proscribed manner for celebrating Gratitude Month. Groups are encouraged to come up with their own imaginative ways to foster an attitude of gratitude among the fellowship. Box 459, the GSO's newsletter, once put it: "How

about trying something new, something your group has never done before, which will make the members' gratitude more tangible and real?" Here in the Bay Area we've always been good about finding new and inventive ways to do things, so let's be creative!

### ***grat-i-tude***

'gradə,t(y)ood/

*noun*

the quality of being thankful; readiness to show appreciation for and to return kindness.

From the Editor

# Joyous and Free – or Just Real

by Charley D.

Two things struck me powerfully at my first A.A. meeting. First, everyone seemed so much like me. I felt I'd really found my people. Second, they all were so much happier than I was. I wanted that very much. In the thirteen years since, I've found great happiness at times. I've also endured divorce, deaths of loved ones, and disappointments large and small. By facing reality without alcoholic anesthesia, I've found my way through troubled times and, I think, lived the good times better. That's really all I can ask. I'm grateful for it every day.

In this issue, we offer the words of recovering alcoholics, facing and overcoming the hurdles real life puts in their way. In "Humility is Our Acceptance of Ourselves," Anonymous explains the difference between humility in sobriety and the humiliation of active alcoholism. Marlan H. confronts his reality by reminding himself, "It's Not the Load We Carry, It's the Way We Carry It." In his piece on Step 11, Paul K. tells us meditation enables him to loosen his grip on his story of his own life and receive peace from his Higher Power. Anonymous explains in a "Peek at Possibility" how trying to pray brings her contentment in

silence and resulting emotional strength. Andy Anonymous writes on Tradition 11, which requires A.A.s to maintain anonymity at the public level and ponders how it applies in today's era of the internet and social media. Annia R. tries to practice "Honesty and Authenticity" in her daily affairs, even avoiding "white" lies. In his poem, John W. likens humility to "A Pebble in One's Shoe" that reminds us of the desperate state we've escaped.

Gratitude, which we celebrate this month, enables us to focus on what's right with our lives and avoid that perilous descent into resentment. Bob S.'s "A.A. Thanksgiving Message" asks that we remember with thanks a famous tycoon who helped A.A. in its infancy. That tycoon's generosity was partially responsible for the Big Book's initial publication, which our regular "A.A. Pre-History" feature describes.

Whether at the moment your reality is heavenly or hellish, we hope this issue gives you something that makes it easier, happier or at least more bearable. Winston Churchill said, "If you're going through hell, keep going." Sticking to the A.A. way can make that "going" possible. We know that because we've lived it. Happy Gratitude Month to all.



## EDITORIAL POLICY

*The Point* is published monthly to inform A.A. members about business and meeting affairs of the Inter-county 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](http://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.     | Jeffery K.       | Paget V.     |
| Alejandro D. | Jim C.           | Pam K.       |
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| Don N.       | Marit L.         | Name         |
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| Gregory G.   | Mary D.          | Here!        |
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| Hilary M.    | Maryellen O.     | Or           |
| James H.     | Michael P.       | Here!        |
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| Janet B.     | Michael Z.       |              |
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| Jeanne C.    | Mike M.          |              |
| Jeff B.      | Niels R.         |              |

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to *The Point*. And remember, individual contributions are 100% tax deductible!



# A.A. Aphorisms

## ***Humility is Our Acceptance of Ourselves***

*by Anonymous*

When I first got sober, I didn't understand the difference between humility and humiliation. I knew humiliation very well from my drinking days. I managed to humiliate myself far more than anyone else humiliated me—I woke up in strange places with strangers, was rude or mean to people, embarrassed myself by being loud and acting entitled—did things that make me cringe now. When I heard that a goal of this program for me was humility, I was confused and unsure whether I really agreed humility should be a goal. I felt beaten enough already.

Slowly, though, I learn that humility is about getting in touch with reality. It's about understanding and accepting that I am not more than or less than, better than or worse than. I am simply one more human being, doing her best to live and let live. It's also about not putting others on pedestals, or treating them as less equal.

*I am simply  
one more human being*

Humility is a tough goal for me. My mind runs easily to extremes, and tends to distort reality. Either I'm the worst person because I forgot something (someone's birthday, my child's field trip form, or the soccer snack) or I'm super-special because I accomplish something (got an oil change, did all the laundry, wrote an article) and I can't understand why others don't applaud. I also try to compare myself to others, which is never, ever useful.

One trouble with all this is simply that I look for approval. If I can focus on my own sense of satisfaction, I am much happier. Unfortunately, that's not what I always do. In fact, about that oil change: I was actually really satisfied that I had done that. Since I got married, my husband has become the default person to deal with the car, and I haven't been happy about that situation for a number of reasons. So I was feeling pretty proud of myself for stepping up and taking care of the car. And then I looked for approval. I told my husband. And he looked at me, understandably, like "What's the big deal? It's just an oil change." And I felt my balloon of satisfaction deflate instantly. Having the humility to do a good deed and not crow about it is really important for me!

Just as important to humility is acceptance, of others, of myself, of reality as it is. I have to have faith that I am how I am supposed to be, defects, feelings, and all. Not accepting reality leads me to misery. Lately, I have been feeling really fearful about the future. This is really strange to me, because I'm planning a big trip to Europe, and I'm really excited about it, about the opportunity for my children, about eating good food, experiencing A.A. in other countries, riding on trains, and so many other things. My mind tends to focus on the negative, though: my

fear of flying, my worries about finding a place to live, filling out visa applications, finding schools for the girls. The wonderful, really miraculous thing, I think, is that when I accept the fact that I am afraid, by talking about it at meetings, discussing it with my sponsor and friends in the program, it goes away. I am afraid. There! I said it. The power goes out of it. My higher power helps me to cope with today, which is all I actually have to deal with. (My sponsor would say that today is what I \*get\* to deal with.)

Paradoxically, there is a real power to humility - looking at the world as it is, accepting reality, helps me to get on with my life, and lets me experience serenity every day. All I have to do to get there is to accept myself.





# It's Not the Load We Carry, It's the Way We Carry It

by Marlan H.

The weight of the world can be overwhelming. Am I going to have enough money to pay bills? Will I drink today? What overwhelming sin will I give in to today? Does God really understand? If so, will He truly forgive me? Will I even be part of a meaningful romantic relationship? Will I ever forgive my lost loved ones? Will I ever fully comprehend the benefits of living in recovery? When is a good time to become a Sponsor? Is there a right time to find a new Sponsor? Am I moving too slowly? How fast is too fast? Am I praying enough? Am I writing enough? Am I sharing enough in the rooms? Am I sharing too much in the rooms? What am I truly grateful for? Is it ever ok to be selfish? Is the world as bad as the news portrays it to be? Do I even care? If so, what am I doing to impact change for better or worse? What do people really see when they look at me? Is there a Heaven? Is there a Hell? Why am I living on this place we call Earth? Will I ever be a good parent? Do dogs think people are idiots? Why am I writing this article? Will it help anyone?

*I don't have  
to make sense  
of all the thoughts and  
questions that swirl  
around in my mind*

I don't know if any of this makes sense. One thing is certain; it doesn't have to. From time to time I realize



that I don't have to make sense of all the thoughts and questions that swirl around in my mind and I recognize, physically, the only weight I carry consistently from day to day is the matter and mass that make up who I am as a human being and, depending on the time of day, the clothes on my back. With this knowledge, my load becomes easy and my burdens appear light. Nevertheless, my mind will occasionally put up a fight!

I continually flip the script and place matter over my mind. Reaching outside of my mind with physical acts of kindness reverses the immaterial fact: at this stage in the game my mind continues to play tricks on me. The reality is I have ever-present opportunities to surround myself with like-minded individuals who may have experienced, on some level, the same type of stinking thinking.

I get into action. I help myself by listening to others. I help others by sharing my story. This exercise, similar to carrying on the head, a

common practice in many parts of the world, lessens my load until a more suitable means of transportation is made available to me. I also minimize the load of others in turn alleviating the strain from my back and shoulders and neck.

Meditation is an excellent vehicle too. When I am silent in the mind (complete with still lips) I'm able to truly tap into a power stronger than I. If I remain quiet long enough, this Power soothes my mind. If I sit still and dwell in His presence just a little while, this Power addresses all questions that continue to swirl around in my head long after I cease the act of service. I give this Power all of my loads: spiritual, mental, and emotional. Only then am I able to prepare for a new opportunity to practice turning my cares, my weight of this world, over to a Power greater than myself. This Power gives me peace...

...and when I awake in the morning He is still with Me.

**tP**

# A Peek at Possibility

by Anonymous

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."*

--Rumi

Over half of Americans pray on a daily basis. I find that to be an astounding statistic. I am not sure how many people pray worldwide, but no doubt it is a staggering number. Either people are sure a big payoff is ultimately coming, or they derive something useful from the act of prayer itself.

Like many in A.A., I have experienced a built-in resistance to prayer. Anything that feels like superstition is inherently suspect to me. But in my desperation to get and stay sober, I have "tried to pray" and I have gained a lot of benefit from it. "Trying to pray" has taken many forms: (a) awkward throat clearing in a darkened room where I kneel and try to be authentic, (b) meditating and repeating phrases, (c) sitting in empty churches feeling like an imposter, and (d) mumbling prayers in an A.A. meeting because I don't know if I really believe them.

I have come to realize that resistance is okay. It is a way I swim against the tide in my spiritual life. Doubt will not keep me from reaping the rewards of prayer. Only closed-mindedness can do that. Trying to pray is looking down a dark hallway, not knowing if anyone is there. But the mere act of looking tells me that I believe in the possibility of a presence. By trying to pray, I no longer claim to know for a fact that nothing is there, that nobody is listening.


I still don't know if there is a "somebody." But I know that some enormous, mysterious, powerful energy or entity is present in the world, all around me at all times. I know that it is available for me, to calm me, nurture me, guide me, heal me, if I can remove certain obstacles within myself. These are mostly the fixations of my worldly concerns. And, of course, my fears. Trying to pray is opening my tightly closed fists

## *Trying to pray works*

and giving up the struggle for what I desire and the fight against what I loathe. If I can lay it all aside for a few moments at least, I can reach that infinite source and let it fill me with peace and personal power. This is a power that has nothing to do with wealth, status and control. It is the power that comes from being in the world in a state of contentment, even for a few precious moments.

If I can try to pray, I right myself and halt my drifting. I can make it through the rest of the day with a clear sense of

direction. I can choose peace in each encounter. I have nothing to prove and nothing to cling to. I am content in my silence and my emotional strength. I can be in the world and watch it without judgment and a need to control and dominate. I glide easily down the flowing river. I am largely fearless. I am open, curious, and calm.

Trying to pray works, because in trying, I remove the principle barrier to success: the conviction that this is a futile, solitary act of desperation, that nothing lies on the other side of my effort. Whether on my knees or my seat or my feet – as I take that first deep breath, I am saying, "here goes." And when I do, I deny the certainty of an infinite darkness. 





# A.A. PreHistory: #17

## ***Publishing the First Edition of the Big Book***

*This series of installments contains information from the presentation, "A Timeline History of Alcoholics Anonymous," written by Bill S. and edited by Gilbert G.*

In this installment, we'll learn about events that led up to the printing of the 4,730 copies of the first edition of Alcoholics Anonymous.

### **Cornwall Press and Galley Proofs - March 1939**

By March 1939, the multilith copies that were distributed in January were returned. Readers' comments produced few alterations in the final text. However, a major change did occur based on the suggestion of a Montclair, NJ psychiatrist, Dr. Howard, who recommended toning down the use of "you musts" and changing the tone to "we ought" or "we should." Dr. Silkworth and Dr. Harry Tiebout offered similar advice.

Later in March 1939, the much changed book manuscript was turned over to Tom Uzzell. He was a friend of Hank P., an editor at Collier's and a member of the faculty at NYU. The manuscript was variously estimated as 600-800 pages (including personal stories). Uzzell reduced it to approximately 400 pages. Most cuts came from the personal stories. The Akron, OH stories were edited by Jim S., a journalist from Akron. Jim's Big Book story was originally titled "Traveler, Editor, Scholar" and later changed to "The News Hawk."

Following Uzzell's editing, Bill W., Hank P., Ruth Hock and Dorothy S. (wife of Cleveland pioneer Clarence S.) drove to Cornwall, NY and gave a much-altered manuscript to the printing plant of Cornwall Press. When the plant manager saw the condition of the manuscript, he almost sent them back to type a

clean copy.

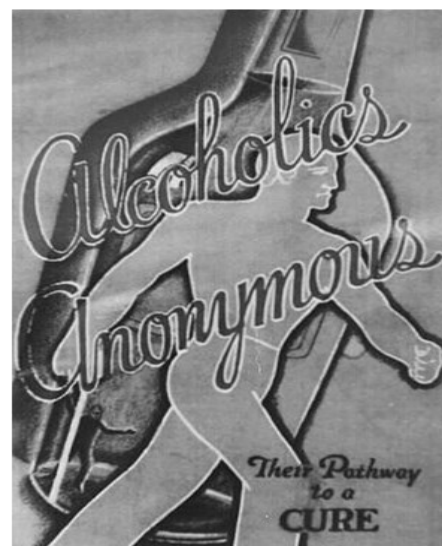
Hank P. persuaded the manager to accept the manuscript on condition that the group would examine and correct galley proofs as they came off the press. The group checked in to a local hotel and spent the next several days proofreading galleys.

By the way, that particular manuscript copy sold at Sotheby's Auction in June 2004 for 1.57 million dollars. It was resold at a June 21, 2007 auction for \$992,000 to another private collector.

### **First Edition Big Book - April 4, 1939**

On April 4, 1939, 4,730 copies of the first edition of "Alcoholics Anonymous" were published at \$3.50 a copy (\$46 today). The printer, Edward Blackwell of Cornwall Press, was told to use the thickest paper in his shop. The large, bulky volume became known as the Big Book and the name has stuck ever since. The idea behind the thick and large paper was to convince the alcoholic he was getting his money's worth.

Ray C. (whose Big Book story is "An Artist's Concept") designed the "circus color" dust jacket (and alternate dust jacket). The book had 8 Roman and 400 Arabic numbered pages. "The Doctor's Opinion" started as page 1 and the basic text ended at page 174. 29 stories were included: 10 from the east coast, 18 from the mid-west and 1 from the west coast (which was ghost written by Ruth Hock and removed from the book in the second printing). One of the stories, "An Alcoholic's Wife", was written by non-alcoholic Marie B. from Akron, OH. Dr. Bob's story was originally titled "The Doctor's Nightmare" and later changed to "Dr. Bob's Nightmare."



**Alternate Proposed Jacket**



**"Circus Color" Dust Jacket**

This book may be ordered from the publisher upon a free examination basis. Send \$3.50 or instruct to send C.O.D. and pay the few extra cents money return cost. Examine for seven days and if not satisfied that the book will be helpful return and money (including postage) will be refunded.

This picture of the inside dust-jacket flap touts a 7 day money-back examination period. No record of any refunds being given exists.



# An A.A. Thanksgiving Message

by Bob S.

Those of us who love the Big Book could well direct our thanks this holiday to John D. Rockefeller Jr., and his friends, without whom our basic text might never have been written.

In the fall of 1937, it was realized that forty drunks had sobered up during the last two years; and half of them were sober more than one year! The 'drunk squad' of the Akron Oxford Group voted for Bill Wilson to go back to New York and have his rich friends finance the writing of a book describing how they were staying sober. Bill presented several of their drunk-saving ideas to his wealthy New York friends, as well, but alas, almost unanimously, it was no soap! The millionaires thought the Red Cross and other such charities would be wiser investments. Depressed, Bill shared his dilemma with his brother-in-law, Dr. Leonard Strong. The Doctor barely remembered an old

friend, Willard Richardson, who supposedly had to do with the Rockefeller charities.

A letter of introduction was written and Bill soon thereafter met with Richardson on the 56th floor of the RCA Building where Rockefeller had his offices. This meeting prompted a luncheon meeting with several A.A.s and wealthy friends of Rockefeller. Several of the longer-sober alcoholics told their stories and all were impressed, even Dr. Silkworth was present. Bill could imagine the impending money in millions.

However, Albert Scott, Chairman of the Trustees for the Riverside Church, posed the question: "Won't money ruin this thing?" Uh Oh! But finally it was decided that some money was needed. So, advertising man, Frank Amos was sent to Akron to check out this interesting group of alcoholics. He returned in February 1938, with a glowing report and suggested that they be given \$50,000 (About 3/4 of a million dollars,

today!). However, Rockefeller decided that Albert Scott's idea was basically right, but gave Bill and Dr. Bob \$5,000 (\$71,000 today) a year for two consecutive years. Bill and Dr. Bob each received \$30 a week, plus Dr. Bob's mortgage was paid off. Bill later stated the Mr. Rockefeller's decision to donate only limited funds actually saved A.A. By early Spring Bill began writing the manuscript, which became our Big Book about one year later. Thank you Mr. Rockefeller!!

But that's not all folks. There is more to tell about a second February 8, 1940 financial boost from the Rockefeller charities, which is too much to include in this message; but read pages 232-235 from Pass It On, or pages 182-187 from Alcoholics Anonymous Comes of Age. Again, Thank you Mr. Rockefeller, and all your generous friends, for having faith in our fledgling drunk squad resulting in the spawning our Big Book.



## Honesty & Authenticity

by Annia R.

Recently, I signed up for a class at a local Buddhist meditation center. I had been studying and practicing mindfulness meditation this past year and looking for ways to maintain my practice. This particular class seemed interesting and it offered continuing education units for therapists, so I thought it would make sense for me to take it.

During my first class I started to realize that it was similar to a very intense Mindfulness Based Stress Reduction class that I took earlier in the year. I didn't have the energy or

desire to meditate daily for 45 minutes again. I stayed till the end of class and participated fully but decided not to continue. I started thinking of excuses that I could tell the instructor to explain why I didn't want to take the class – an employment opportunity or a family commitment.

But then, I stopped myself. There is no reason to be dishonest as long as I am kind and authentic. There is nothing wrong with telling the instructor that the class is not a good fit for me at this time. I can still compliment him on the materials and the instruction without

compromising my integrity.

Sometimes our first thought is to tell someone a white lie because we want to be nice. However, we can observe the first thought, notice its content, and then consciously choose our second thought. In most situations, as long as we are honest and kind, there is nothing wrong with the truth.

Thought for the day: Today I will observe my thoughts and notice if I am tempted to tell a white lie. I will ask myself whether I can find a way to tell the truth in a given situation. I can't control my first thought, but I can choose my second thought and act accordingly.



# Tradition Eleven: Public Relations & Anonymity in 2014

by Andy Anonymous

Balance and moderation are not my strengths. When I was very new to A.A., I wanted to tell everyone that I was a “new member of Alcoholics Anonymous!” Luckily, I didn’t because I did not achieve any kind of sobriety until two years later. Boasting of my new A.A. membership would have only tarnished A.A.’s reputation by linking A.A. to me and my continued drunkenness. The conclusion would have to be that A.A. doesn’t work.

*“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”*

While I still don’t take out newspaper ads proclaiming my sobriety and A.A. membership, I share that information when it seems it could be helpful - with my doctors, co-workers, and family members. This is an area where my intuition has improved with practice and working the A.A. steps to decide where I can be of maximum help to those around me.

At the same time, now in 2014, with new avenues of communication through the Internet and social media, members of Alcoholics Anonymous are presented with new challenges regarding how and what is appropriate to share at the public level. I know members who do not

care whether their A.A. membership and anonymity are broken at any level. It’s OK for anyone to have this information believing that any public stigma associated with alcoholism is gone. One question I ask myself is not whether my anonymity matters to me so much, but what about potential new members of Alcoholics Anonymous? If they see A.A. members proclaiming their membership on T.V., the Internet and in the news - what will they believe? If I join A.A., will I need to be making these public displays of my membership? Of course, the answer is ‘no,’ but new members and outsiders to A.A. do not know this.

At the other extreme, we are not a secret society. Some members are reluctant to share any information with others in the fellowship, either though a strong lack of trust or a misunderstanding of this tradition which suggests ‘personal anonymity at the level of press, radio and film,’ and not at the fellowship and meeting level. I have had the experience of looking for my friend, let’s say, Bob S., in the hospital and having no way to find him. I try to be sure others in the program have my contact info for my benefit and for theirs.

There has been discussion of altering our Tradition Eleven - by changing “at the level of press, radio and films,” to include television and the Internet. I would say we do not need to do this and I am skeptical of whether this would make any difference in our practice of the tradition. I am someone who has learned the spirit of the steps and the traditions through discussion and practice with other members, and in



my life, not through trying to follow ‘the letter of the law’ in the wording. Tradition Eleven is just fine the way it is - we just need to take the time to communicate with each other the continued importance of anonymity at the public level, and also the importance of sharing who we are with each other.

I conclude with a quote from Bill W. in The A.A. Grapevine of October 1948:

*To the million alcoholics who have not yet heard our A.A. story we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith."*



# The 11th Step

## Prayer and Meditation



by Paul K.

I started learning meditation a year into my sobriety and now attend regular classes to practice in a group format and learn different techniques. This experience in a meditation school has spurred me on to find A.A. meditation/11th Step meetings. To sit for 20 minutes with my fellow A.A.'s with a simple aspiration for conscious contact with God is very nurturing and full of sanity. I now crave the sense of well-being that can occur during and after a good meditation. There are, of course, the stirred up thoughts and emotions that surface during meditation. But that is part of the process. I am more practiced with meditation than prayer at the moment. In general I use the 3rd, 7th and 11th Step prayers as part of my morning ritual, but haven't yet memorized the Prayer of St. Francis.

I recently started reading Wally P.'s book "How to Listen to God," in which he outlines the method used by the Oxford Group to ask for God's "Guidance" using the concept of a "Two Way Prayer." The idea is to sit, be quiet and ask for guidance. Then write down what you hear, call a fellow who is also doing two way prayer, and check the guidance against four principles of honesty, purity, unselfishness, and love. The key was to check this guidance with another person.

On page 103 in "Twelve Steps and

Twelve Traditions', Bill Wilson warns about taking "a specific and troubling dilemma straight to God, and in prayer secure from Him sure and definite answers to our requests." He warns that although it can be done, often, "the thoughts that seem to come from God are not answers at all. They prove to be well-intentioned unconscious rationalizations." On page 104, he continues, that the individual "may have forgotten the possibility that his own wishful thinking and the human tendency to

*"I may get to see  
the more that will be  
revealed."*

rationalize have distorted this so-called guidance." I don't know if Bill had issues with the Oxford Group method, but it seems he wants us to keep it simple in the 11th Step summary on page 59 of the Big Book, to pray "only for knowledge of His will for us and the power to carry that out." The Big Book doesn't advise checking guidance with another person; instead on pages 86-87, it suggests that we "ask God for inspiration, an intuitive thought or a decision." And it acknowledges that "being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all

sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely on it."

Many like to say that prayer is asking for God's guidance and meditation is listening for God's answers. When we join A.A., we are encouraged to be open to the possibility of a God of our understanding. Some like to say that you don't need to understand or know God; you just need to know that you're not it! However, as we grow in understanding and conscious contact, we may be later encouraged to stop looking for the God out there; and instead, listen to the Voice of God inside. This is a paradox for sure and better left to each member's own experience.

We know that we have to be wary of operating solely on self-will. The goal is to align our will with God's will to the best of our ability and understanding. I've heard it said on a speaker tape, God's will? It's a better deal. And I try to remember that my wildest dreams may be petty to what God has in store for me. So, if I can loosen my grip on the story of my life, I may get to see that more will be revealed.

AP



# A Pebble In One's Shoe

by John W.

It is so hard to understand  
Why some things so good today  
Can be so bad tomorrow  
How feast becomes famine as an eye blinks

To such peril, relationships have no immunity  
In truth, they are the ultimate human roller coaster  
Even those which Life whispers must be exempt: Parent or Child,  
Brother or Sister, Husband or Wife can suffer the most.

The brutalities of life, matched only by its vagaries  
For we can so hurt those we love  
Returning unbounded trust with betrayal  
Inflicting pain in response to care and compassion

The mind screams for relief from these shortcomings  
Rather than seek their succor as the ego cajoles.  
Their nature has been made exact  
The willingness to let go achieved

But how to say "Farewell" to such old, good "friends"?  
Going to any lengths had been long promised  
Thus the logic to ask some Power greater than I,  
To entreat this High Power for relief, became compelling

If willingness was the key to open the door  
To the Road of Happy Destiny the fortunate would trudge  
Then Humility was the hand to turn the key and with key in hand,  
The door would always open, to even the slightest touch.

Only with humility could the strength be summoned  
To bid adieu to the fear that dogged every step  
To wave goodbye to a character whose time had passed  
To overcome adversities that trouble in life all humans

Of this precious commodity there could never be too much  
For a shortcoming of character cannot be forever removed  
Instead, like A Pebble In One's Shoe, it is a companion  
In life's steps, a gnawing reminder of a not too distant past

A daily reprieve the pay back for a proper communion  
This reward, fit for a king and given freely,  
The demand in return, a mere suggestion:  
Humbly ask for help, be willing to accept it when given.

No sane person would call this price too high, tag it an exorbitant fee  
For sanity had by now returned, had allowed the Decision to be made  
This humble step, one more on the path to a useful, not useless, life  
This humble step, the next on the journey to change and Awakening.





# Intergroup Meeting Summary—October 2014

The following groups 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 represented .

|                           |                           |                                      |                             |                                      |
|---------------------------|---------------------------|--------------------------------------|-----------------------------|--------------------------------------|
| <b>Marin</b>              | Saturday Weekend Warrior  | Big Book Boot Camp                   | Haight Street Blues         | Saturday Beginners                   |
| Attitude Adjustment Hour  | Sunday Night Corte Madera | Came to Park                         | High Noon F                 | Sunday Rap                           |
| Cover to Cover            | Tuesday Beginners         | Cow Hollow Men's Group               | Home Group                  | Sunset 9ers Tu                       |
| Day At A Time             | <b>SF</b>                 | Cow Hollow Young People              | Marina Discussion           | Sunset Speaker Step                  |
| Girls Night Out           | A is for Alcohol          | Design for Living                    | Miracles (Way) Off 24th St. | Waterfront                           |
| Glum Not!                 | A Place Called Home       | Embarcadero Group                    | Pax West                    | Weekend Update                       |
| Mill Valley               | Artists & Writers         | Extreme Makeover: Women's Step Study | Reality Farm                | Women's 10 Years Plus                |
| Monday Night Stag Tiburon | Beginners Warmup          | Friday Morning 12 Steppers           | Rise N Shine                | Women's Meeting: There is a Solution |

This is an unofficial summary of the October 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](http://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., Oct. 1st, 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 September 2014 minutes and the October 2014 agenda were approved.

## Officer Reports

**Board Chair, Carolyn R.** SF Unity Day is Oct 18th from 10-4pm. There will be a panel for committee chairs in addition to workshops. The Committee Chair meeting is Oct 11th.

**Treasurer, Michelle C.** The overall financial rating is poor. The year to date deficit is \$9,280. We are reviewing differences in cost of goods sold for books, etc. Please take a group conscience about participating in Gratitude Month in November. The targeted message month will be Gratitude Month participation.

**Central Office Manager, Maury P.** We have two open phone shifts at Central Office, with 1 year sobriety requirement. The A.A. World Services book price increases went into effect on October 1<sup>st</sup>. We want to remind everyone that we have an online store. You can order books and materials and we will ship them to you or you can pick them up at Central Office. We are open Mon – Fri from 10am to 6pm and Sat from 10am to 2pm. The price of a Big Book on Amazon is \$17.95; ours is \$9.50. Registration for the 2015 International Convention of A.A. is underway. It will be held July 2-5, 2015 in Atlanta, GA. There is plenty of hotel space. Our Volunteer Appreciation Dinner is Saturday, November 8<sup>th</sup>. I encourage you to use the Committee and Service Opportunity handout included in your packet when making your reports. It is also included in the Intergroup Information link on the [www.aasf.org](http://www.aasf.org) with other meeting material. I also want to encourage the Committee Chairs to make use of the link we send out to enter the information that populates this handout. We have two new books from the AA Grapevine, *The Daily Quote Book* and *Sober and Out* as well as the new large print, abridged version of the Big Book, just the first 164 pages (no stories). Thank you to the two IGRs who signed up as Faithful Fiver's during last month's meeting!

## Intergroup Committee Reports

**Outreach, Robert S.** We have a list of large groups with significant Central Office contributions without an IGR. We took volunteers at this meeting to do outreach, represent Intergroup and give a pitch.

**Access Committee, Dorothy S.O.S** has received great feedback on recent meet-

ings delivered. It's a very fulfilling service. We don't have good means for recipients to connect with us yet.

**Archives, Michael P.** We preserve the legacy of A.A. That means you! We are now begging that all of you send in a write-up of your meeting in a Meet the Meeting letter and sent to [archives@aasf.org](mailto:archives@aasf.org).

**Orientation, Blu** We meet the 1<sup>st</sup> Wed of the month at 6:15pm before the Intergroup meeting at 7pm.

**SF PI/CPC, Erin S.** We meet the 2<sup>nd</sup> Monday of month, 7pm at Central Office. Erin reminded that she is a trusted servant, reporting to Intergroup and wants feedback. We used to struggle with getting people converted into actual speakers speaking at events. We've had a lot of success improving this; we have regulars and continue to get new people. We are switching focus to additional DUI class providers. DUIs are very costly. We went to senior care facility. Thanks to Greg for helping make that happen. NCA requested a shorter talk, 30 min instead of 60 min. We have a speaker appreciation event scheduled for early January. We held a speaker training at Reality Farm and will have one at SF Unity Day. A local news channels is checking with us about a recent mishap in reporting about A.A.

**SF Teleservice, Carolyn R.** SF Teleservice answers the phones when Central Office is closed. We are seeking a new committee chair and are always looking for volunteers. We meet on the 3<sup>rd</sup> Monday at 6pm at Central Office; orientation for new volunteers follows the business meeting at 6:30pm.

**12<sup>th</sup> Step, Virginia** Our business meeting

# Individual Contributions

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

## IN MEMORIAM

**Chris W.**

**Monika H.**

**Stu S.**

is the 2<sup>nd</sup> Thursday of each month, at 6:00pm at Central Office. We did nine 12 step calls in the last two months and some were deaf which is great! Volunteering for 12 step work doesn't have a sobriety requirement.

**The Point, Paul K.** The Point committee is on target with the November issue. We are still looking for qualified associate editors who have experience with editing and can attend our monthly committee meeting on the second Tuesday of the month at 5:30pm at Central Office. If you are interested in contributing an article, email us at [thepoint@aasf.org](mailto:thepoint@aasf.org).

**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**

**Literature Committee, Bridget** The proposed Mission Statement was presented: "The Literature Committee serves as a resource to the Intergroup for the production of all locally generated literature whether electronic or printed. The committee can aid in copywriting, editing and graphic design to provide consistency and clarity of message originating from the Intergroup and its committees excepting The Point. Ultimately, approval of locally produced literature is a function of the Intergroup." There was a short discussion on new literature committee's goal to keep all Intergroup related A.A. language consistent and updated. There was review and discussion of the wording of the Mission Statement. Kurt made a motion to approve the mission statement;

Chip seconded, and all approved.

**Homebound Marin, Frank T.** Frank asked us to imagine ourselves wanting this homebound service. What kind of concerns or questions or needs would we have?

### **Liaison Reports**

**Marin Teleservice, Alex** Marin Teleservice no longer uses an answering service to transfers calls. We manually transfer them ourselves which cut costs and is a bit more labor intensive. Alex reiterated opportunities to receive calls in Marin and sign up at [www.marintelesevice.org](http://www.marintelesevice.org).

**SF H&I, Mark** This month the 3<sup>rd</sup> Saturday falls on SF Unity Day so we will host our workshop at Unity Day at 10am. An IGR volunteered to notify people who show up at the Mission Fellowship at 11am.

**Marin General Service, Chris H.** Trusted Servants from different organizations in Marin are creating an Ad Hoc Marin Intergroup Committee. The recent meeting had 14 people present. Current Marin Intergroup reps are welcome to come to our next meeting on October 15<sup>th</sup>, 5:30-6:30pm at the Marin Alano Club.

**Next Intergroup Meeting:** Wed. Nov. 5th, 2014, 7pm, 101 Donohue St. Marin City, 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](mailto:chair@aasf.org)

#### **VICE CHAIR**

Carolyn R. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### **TREASURER**

Michelle C. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### **RECORDING SECRETARY**

Chris H. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### **12th STEP COMMITTEE**

Virginia M. [12thstep@aasf.org](mailto:12thstep@aasf.org)

#### **ACCESS COMMITTEE**

Steve F. [access@aasf.org](mailto:access@aasf.org)

#### **ARCHIVES COMMITTEE**

Michael P. [archives@aasf.org](mailto:archives@aasf.org)

#### **FELLOWSHIP COMMITTEE**

Michael P. [fellowship@aasf.org](mailto:fellowship@aasf.org)

#### **ORIENTATION COMMITTEE**

Blu F. [orientation@aasf.org](mailto:orientation@aasf.org)

#### **OUTREACH COMMITTEE**

Robert S. [picpc@aasf.org](mailto:picpc@aasf.org)

#### **PI/CPC COMMITTEE**

Erin S. [picpc@aasf.org](mailto:picpc@aasf.org)

#### **SF TELESERVICE COMMITTEE**

Carolyn R. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

#### **SOS COMMITTEE**

Dorothy V [sos@aasf.org](mailto:sos@aasf.org)

#### **SUNSHINE CLUB**

David C & Carole P. [sunshine@aasf.org](mailto:sunshine@aasf.org)

#### **THE POINT**

Paul K. [thepoint@aasf.org](mailto:thepoint@aasf.org)

#### **WEBSITE COMMITTEE**

[website@aasf.org](mailto:website@aasf.org)



# aa group contributions

| Fellowship Contributions       |           |            | Sep. 14   | YTD          | Marin Contributions                   |           |              | Sep. 14   | YTD           | SF Contributions                  |    |     | Sep. 14 | YTD   |
|--------------------------------|-----------|------------|-----------|--------------|---------------------------------------|-----------|--------------|-----------|---------------|-----------------------------------|----|-----|---------|-------|
| Contribution Box               | \$        | 31         | \$        | 417          | Morning After Sa 10am                 |           | \$           | 200       |               | 11th Step Power Power Power       |    | \$  | 198     |       |
| GGYPAA                         |           |            | \$        | 35           | Morning Attitude Adjustment           | \$        | 545          | \$        | 545           | 6am Dry Dock Fri                  |    | \$  | 84      |       |
| Intergroup                     | \$        | 82         | \$        | 891          | Nativity Monday Night Big Book M 8pm  |           | \$           | 100       |               | 6am Dry Dock Mon                  |    | \$  | 54      |       |
| Oyster Point Group             |           |            | \$        | 90           | Noon Tu 12pm                          | \$        | 71           | \$        | 265           | 6am Dry Dock Tu                   |    | \$  | 100     |       |
| Unidentified Group             |           |            | \$        | 120          | North Marin Speaker Sun 12pm          |           | \$           | 200       |               | 6am Men's Literature Meeting M    |    | \$  | 346     |       |
| Western Roundup (Living Sober) |           |            | \$        | 539          | Novato Fellowship Group               | \$        | 133          | \$        | 850           | 7am As Bill Sees It Fri           |    | \$  | 11      |       |
| <b>Fellowship Total</b>        | <b>\$</b> | <b>113</b> | <b>\$</b> | <b>2,091</b> | On Awakening 7D 530am                 |           | \$           | 350       |               | 7am Living Sober W 7am            |    | \$  | 39      |       |
|                                |           |            |           |              | Passages W 1030pm                     |           | \$           | 49        |               | 7am Speaker Discussion Th 7am     |    | \$  | 45      |       |
|                                |           |            |           |              | Primary Purpose W 830pm               |           | \$           | 153       |               | 7am Step Discussion Tu 7am        |    | \$  | 156     |       |
|                                |           |            |           |              | Quitting Time M-F 530pm               |           | \$           | 1,384     |               | A is for Alcohol Tu 6pm           |    | \$  | 60      |       |
|                                |           |            |           |              | Redwoods                              | \$        | 19           | \$        | 82            | A New Start F 830pm               |    | \$  | 405     |       |
|                                |           |            |           |              | Refugee Th 12pm                       |           | \$           | 186       |               | A Word From Our Sponsors Wed 12p  |    | \$  | 42      |       |
|                                |           |            |           |              | Reveille 7D 7am                       | \$        | 60           | \$        | 60            | AA As You Like It Tu 530pm        |    | \$  | 40      |       |
|                                |           |            |           |              | Rise N Shine Sun 10am                 |           | \$           | 779       |               | AA Unity Big Book Study Tu 130pm  |    | \$  | 13      |       |
|                                |           |            |           |              | San Geronimo Valley Book Study F 8pm  | \$        | 135          |           |               | Afro American Beginners Sat 8pm   | \$ | 20  | \$      | 218   |
|                                |           |            |           |              | San Geronimo Valley M 8pm             |           | \$           | 185       |               | After Work Big Book Study         |    | \$  | 48      |       |
|                                |           |            |           |              | San Marin Step Study Sa 830pm         |           | \$           | 75        |               | Agnostics & Freethinkers Su 630pm |    | \$  | 120     |       |
|                                |           |            |           |              | Saturday Night Sa 8pm                 |           | \$           | 240       |               | Alamo Square Su 7pm               |    | \$  | 60      |       |
|                                |           |            |           |              | Sausalito 12 Step Study Group         |           | \$           | 111       |               | All Together Now Th 8pm           |    | \$  | 874     |       |
|                                |           |            |           |              | Serendipity Sa 11am                   |           | \$           | 169       |               | Amazing Grace M 7pm               | \$ | 60  | \$      | 120   |
|                                |           |            |           |              | Six O'Clock Sunset Th 6pm             |           | \$           | 600       |               | Any Lengths Sat 930am             |    | \$  | 1,124   |       |
|                                |           |            |           |              | Sober & Serene F 7pm                  |           | \$           | 487       |               | Artists & Writers F 630pm         |    | \$  | 1,936   |       |
|                                |           |            |           |              | Sober Sisters Wed 12pm                |           | \$           | 184       |               | As Bill Sees It Sat 8pm           |    | \$  | 70      |       |
|                                |           |            |           |              | Sunday Express Sun 6pm                |           | \$           | 423       |               | As Bill Sees It Th 6pm            | \$ | 24  | \$      | 452   |
|                                |           |            |           |              | Sunday Friendship Sun 6pm             |           | \$           | 134       |               | As Bill Sees It Th 830pm          |    | \$  | 299     |       |
|                                |           |            |           |              | Sunday Night Corte Madera Sun 8pm     |           | \$           | 208       |               | As Bill Sees It Tu 1210pm         |    | \$  | 570     |       |
|                                |           |            |           |              | Sunlight of the Spirit Th 7pm         |           | \$           | 300       |               | Ass in a Bag Th 830pm             |    | \$  | 1,180   |       |
|                                |           |            |           |              | T. G. I'm Sober                       |           | \$           | 55        |               | Back to Basics Th 730pm           |    | \$  | 61      |       |
|                                |           |            |           |              | T.G.I. Tuesday 6pm                    | \$        | 60           | \$        | 60            | Beginners 12 x 12 F 7pm           |    | \$  | 519     |       |
|                                |           |            |           |              | Terra Linda Group Th 830pm            |           | \$           | 588       |               | Beginners' Step Study Sat 7pm     |    | \$  | 189     |       |
|                                |           |            |           |              | Terra Linda Thursday Stag 8pm         | \$        | 250          | \$        | 500           | Bernal Big Book Sat 5pm           | \$ | 503 | \$      | 1,773 |
|                                |           |            |           |              | The Fearless Searchers F 8pm          |           | \$           | 16        |               | Bernal New Day 7D                 | \$ | 176 | \$      | 2,010 |
|                                |           |            |           |              | There is a Solution Tu 6pm            |           | \$           | 317       |               | Big Book Basics F 8pm             | \$ | 150 | \$      | 414   |
|                                |           |            |           |              | Three Step Group Sa 530pm             |           | \$           | 705       |               | Big Book Boot Camp 5D             | \$ | 50  | \$      | 88    |
|                                |           |            |           |              | Thursday Night Book Club Th 7pm       | \$        | 51           | \$        | 90            | Big Book Study Su 1130am          |    | \$  | 341     |       |
|                                |           |            |           |              | Thursday Night Speaker 830pm          |           | \$           | 1,940     |               | Blue Book Special Su 11am         | \$ | 99  | \$      | 331   |
|                                |           |            |           |              | Tiburon Beginners & Closed Tu 7/830pm |           | \$           | 468       |               | Brothers in Arms M 8pm            |    | \$  | 138     |       |
|                                |           |            |           |              | Tiburon Women's Candlelight W 8pm     |           | \$           | 320       |               | Buena Vista Breakfast Su 12pm     |    | \$  | 313     |       |
|                                |           |            |           |              | Tuesday Beginners' Meeting            | \$        | 20           | \$        | 372           | By the Book Sa 10am               |    | \$  | 144     |       |
|                                |           |            |           |              | Tuesday Chip Meeting Tu 830pm         | \$        | 150          | \$        | 1,300         | Came To Believe Su 830am          |    | \$  | 82      |       |
|                                |           |            |           |              | We, Us and Ours M 650pm               |           | \$           | 325       |               | Came to Park Sat 7pm              |    | \$  | 782     |       |
|                                |           |            |           |              | Wednesday Mid-Week W 6pm              | \$        | 60           | \$        | 60            | Castro Discussion Th 8pm          |    | \$  | 933     |       |
|                                |           |            |           |              | Wednesday Night SD 7pm                | \$        | 243          | \$        | 243           | Castro Monday Big Book M 830pm    |    | \$  | 135     |       |
|                                |           |            |           |              | Wednesday Sundowners W 6pm            | \$        | 170          | \$        | 823           | Castro Nooners F 12pm             |    | \$  | 235     |       |
|                                |           |            |           |              | Women's Big Book Tu 1030am            |           | \$           | 641       |               | Chips & Salsa Tu 12pm             |    | \$  | 176     |       |
|                                |           |            |           |              | Women's Lunch Bunch F 12pm            |           | \$           | 408       |               | Cocoanuts Su 9am                  |    | \$  | 452     |       |
|                                |           |            |           |              | Women's Meeting Su 430pm              |           | \$           | 71        |               | Coit's Quitters                   |    | \$  | 204     |       |
|                                |           |            |           |              | Working Dogs W 12pm                   |           | \$           | 198       |               | Come 'n Get It! F 630pm           |    | \$  | 66      |       |
|                                |           |            |           |              | <b>Marin Total</b>                    | <b>\$</b> | <b>4,320</b> | <b>\$</b> | <b>38,032</b> | Cow Hollow Men's Group W 8pm      | \$ | 324 | \$      | 1,488 |

| SF Contributions                      | Sep. 14  | YTD      | SF Contributions                  | Sep. 14 | YTD      | SF Contributions                    | Sep. 14          | YTD               |
|---------------------------------------|----------|----------|-----------------------------------|---------|----------|-------------------------------------|------------------|-------------------|
| Cow Hollow Young People's Tu 730pm    |          | \$ 322   | Living Sober with HIV W 6pm       |         | \$ 803   | Sunday Morning Gay Stag 930am       |                  | \$ 589            |
| Design for Living Sat 8am             |          | \$ 518   | Looney Toons Tu 10pm              |         | \$ 58    | Sunday Night 3rd Step Group 5pm     | \$ 175           | \$ 768            |
| Dignitaries Sympathy W 815pm          | \$ 160   | \$ 313   | Lunch with Bill Fri 12pm          |         | \$ 12    | Sunday Night Castro SD 730pm        |                  | \$ 569            |
| Each Day a New Beginning F 7am        |          | \$ 1,993 | Lush Lounge Sa 2pm                |         | \$ 72    | Sunday Rap Sun 8pm                  |                  | \$ 240            |
| Each Day a New Beginning M 7am        |          | \$ 1,215 | Meeting Place Noon F 12pm         |         | \$ 217   | Sunday Silence Su 730pm             |                  | \$ 200            |
| Each Day A New Beginning Su 8am       |          | \$ 288   | Meeting Place Noon W 12pm         |         | \$ 368   | Sundown W 7pm                       | \$ 399           | \$ 1,027          |
| Each Day a New Beginning Th 7am       |          | \$ 1,169 | Men's Gentle Touch M 7pm          |         | \$ 23    | Sunset 11'ers Th                    | \$ 50            | \$ 50             |
| Each Day a New Beginning Tu 7am       |          | \$ 981   | Mid-Morning Support Su 1030am     | \$ 212  | \$ 1,288 | Sunset 11'ers Tu                    |                  | \$ 142            |
| Each Day a New Beginning W 7am        |          | \$ 683   | Midnight Meditation Sat 12am      |         | \$ 100   | Sunset 9'ers F                      |                  | \$ 77             |
| Early Start F 6pm                     | \$ 1,140 | \$ 2,358 | Mission Fellowship                |         | \$ 215   | Sunset 9'ers Th                     |                  | \$ 275            |
| Easy Does It Tu 6pm                   |          | \$ 708   | Monday Beginners M 8pm            |         | \$ 241   | Sunset Speaker Step Sun 730pm       |                  | \$ 370            |
| Embarcadero Group 5D 1210pm           |          | \$ 736   | Monday Men's Stag 8pm             |         | \$ 157   | Tea with Bill                       |                  | \$ 25             |
| Epiphany Group Th 7pm                 |          | \$ 200   | Monday Monday M 1215pm            |         | \$ 811   | Ten Years After Su 6pm              | \$ 221           | \$ 1,907          |
| Eureka Step Tu 6pm                    |          | \$ 110   | Monday Nooners M 12pm             |         | \$ 219   | The Lads Fr 730pm                   |                  | \$ 150            |
| Eureka Valley Topic M 6pm             | \$ 472   | \$ 651   | Morning After Sa 10am             |         | \$ 200   | The Leaky Cauldron Su 930am         | \$ 289           | \$ 463            |
| Excelsior "Scent" Free for All Sa 7pm |          | \$ 120   | Moving Toward Serenity W 830pm    |         | \$ 72    | The Parent Trap 2 Wed 4pm           |                  | \$ 60             |
| Extreme Makeover M 730pm              |          | \$ 63    | No Gurus Meditation Su 7pm        |         | \$ 145   | The Parent Trap M 1pm               |                  | \$ 249            |
| Federal Speaker Su 12pm               |          | \$ 369   | No Reservations M 12pm            |         | \$ 942   | The Pepper Group F 12pm             |                  | \$ 173            |
| Fell Street F 830pm                   |          | \$ 663   | Noon Smokeless Th 12pm            |         | \$ 75    | They Don't Know Who We Are Sat 7pm  |                  | \$ 155            |
| Firefighters & Friends Tu 10am        |          | \$ 182   | Noon Smokeless W 12pm             |         | \$ 50    | They Stopped In Time M 8pm          |                  | \$ 205            |
| Franciscan Noon Discussion M 12pm     |          | \$ 205   | O.A.D.W. Mon 7pm                  |         | \$ 276   | Thursday Night Women's Th 630pm     | \$ 182           | \$ 588            |
| Freethinkers Step Study Su 11am       |          | \$ 60    | Park Presidio M 830pm             |         | \$ 25    | Thursday Thumpers Th 7pm            |                  | \$ 28             |
| Friday All Groups F 830pm             | \$ 168   | \$ 733   | Parkside Th 8pm                   | \$ 332  | \$ 678   | Too Early Sat 8am                   | \$ 978           | \$ 1,885          |
| Friday at Five F 5pm                  | \$ 71    | \$ 331   | Pax West Daily Reflections W 7am  |         | \$ 116   | Trudgers Discussion Su 7pm          |                  | \$ 360            |
| Friendly Circle Beginners Su 715pm    |          | \$ 192   | Pax West Discussion Th 12pm       |         | \$ 1,349 | Tuesday Big Book Study Tu 6pm       |                  | \$ 170            |
| Friendly Circle Su 830pm              | \$ 192   | \$ 462   | Pax West Literature Disc T 12pm   |         | \$ 1,407 | Tuesday Downtown Tu 8pm             |                  | \$ 28             |
| Getting Fit at One O'Clock Tu 1pm     |          | \$ 8     | Progress Not Perfection Tu 830pm  |         | \$ 29    | Tuesday Night Lasses Step Study     |                  | \$ 104            |
| Giddy Up Th 7pm                       |          | \$ 89    | Queers, Crackpots, Fallen Women   |         | \$ 90    | Twelve Steps to Happiness F 730pm   |                  | \$ 88             |
| Gold Mine Group M 8pm                 |          | \$ 586   | Raising the Bottom W 9pm          |         | \$ 300   | Unidentified Group                  |                  | \$ 812            |
| Gratitude Center                      |          | \$ 300   | Reality Farm Th 830pm             |         | \$ 724   | Valencia Smokefree F 6pm            | \$ 134           | \$ 571            |
| Haight Street Blues Tu 615pm          |          | \$ 404   | Rebound W 830pm                   |         | \$ 91    | Wake Up On 3rd St Group             |                  | \$ 343            |
| Haight Street Explorers Th 630pm      |          | \$ 105   | Rigorous Honesty Th 1205pm        | \$ 90   | \$ 330   | Walk of Shame W 830pm               |                  | \$ 431            |
| Happy Destiny Sa 630pm                |          | \$ 133   | Saturday Afternoon Meditation 5pm |         | \$ 154   | Waterfront Sun 8pm                  |                  | \$ 244            |
| Happy Hour Ladies Night F 530pm       |          | \$ 130   | Saturday Beginners Sat 6pm        |         | \$ 1,046 | We Care Tu 12pm                     |                  | \$ 180            |
| High Noon Friday 1215pm               | \$ 50    | \$ 135   | Saturday Easy Does It Sa 12pm     |         | \$ 312   | Weekend Update Su 6pm               |                  | \$ 320            |
| High Noon Monday 1215pm               |          | \$ 82    | Saturday Night Live Sa 9pm        |         | \$ 55    | West Portal W 8pm                   |                  | \$ 326            |
| High Noon Saturday 1215pm             |          | \$ 535   | Saturday Night Regroup 730pm      | \$ 94   | \$ 443   | Wharfrats Th 815pm                  |                  | \$ 272            |
| High Noon Sunday 1215p                |          | \$ 1,113 | Serenity House                    | \$ 150  | \$ 1,350 | What It's Like Now M 6pm            |                  | \$ 291            |
| High Noon Thursday 1215pm             | \$ 156   | \$ 346   | Serenity Seekers M 730pm          |         | \$ 325   | Why Not Laugh Sat 6p                |                  | \$ 16             |
| High Steppers W 7pm                   |          | \$ 128   | Shamrocks & Serenity M 730pm      |         | \$ 426   | Wits End Step Study Tu 8pm          |                  | \$ 35             |
| Hilldwellers M 8pm                    |          | \$ 476   | Sisters Circle Su 6pm             | \$ 33   | \$ 33    | Women's 10 Years Plus Th 615pm      |                  | \$ 1,800          |
| Huntington Square W 630pm             | \$ 225   | \$ 493   | Sober at State MW 1210pm          | \$ 158  | \$ 282   | Women's Came to Believe Sa 10am     |                  | \$ 163            |
| Into The Sun Meditation Group Th 12pm |          | \$ 56    | Sober Saturday Sa 830am           |         | \$ 239   | Women's Kitchen Table Tu 630pm      |                  | \$ 793            |
| Join the Tribe Tu 7pm                 |          | \$ 1,002 | Sobriety & Beyond W 7pm           |         | \$ 210   | Women's Mtg There is a Solution 6pm |                  | \$ 497            |
| Joys of Recovery Tu 8pm               |          | \$ 249   | Sometimes Slowly Sa 11am          |         | \$ 150   | Women's Promises F 7pm              |                  | \$ 475            |
| K.I.S.S. M 6pm                        |          | \$ 185   | Sought to Improve Th 715pm        |         | \$ 141   | Work In Progress Sat 7pm            |                  | \$ 217            |
| Keep Coming Back Sa 10am              |          | \$ 758   | Steppin' Up Tu 630pm              |         | \$ 273   | Y.A.H.O.O. Step Sat 1130pm          |                  | \$ 477            |
| Ladies Who Lunch Thu 1210pm           |          | \$ 176   | Stepping Stone SS M 730pm         |         | \$ 174   | <b>San Francisco Total</b>          | <b>\$ 7,562</b>  | <b>\$ 79,344</b>  |
| Let It Be Now F 6pm                   |          | \$ 60    | Sunday Bookworms Sun 730pm        | \$ 27   | \$ 27    | <b>YTD</b>                          | <b>\$ 11,995</b> | <b>\$ 119,466</b> |
| Like A Prayer Su 4pm                  |          | \$ 250   | Sunday Express Sun 6pm            |         | \$ 53    |                                     |                  |                   |

# Profit and Loss Statement: August 2014

|                                | Aug 2014        | Budget          | Jan - Aug 14     | YTD Budget       |                              | Aug 2014        | Budget          | Jan - Aug 14     | YTD Budget       |
|--------------------------------|-----------------|-----------------|------------------|------------------|------------------------------|-----------------|-----------------|------------------|------------------|
| <b>Ordinary Income/Expense</b> |                 |                 |                  |                  | <b>Phone Book Listings</b>   | \$93            | \$93            | \$744            | \$744            |
| Income                         |                 |                 |                  |                  | Postage                      | \$256           | \$0             | \$980            | \$958            |
| Gratitude Month                | \$44            | \$0             | \$5,510          | \$4,100          | Printing                     | \$0             | \$0             | \$695            | \$0              |
| Group Contributions            | <b>\$8,681</b>  | <b>\$11,000</b> | <b>\$107,485</b> | <b>\$110,033</b> | Professional Fees            | \$0             | \$0             | \$0              | \$1,200          |
| Individual Contributions       | <b>\$1,569</b>  | <b>\$2,175</b>  | <b>\$18,110</b>  | <b>\$23,751</b>  | Reconciliation Discrepancies | \$0             |                 | -\$1             |                  |
| Newsletter Subscript.          | \$22            | \$22            | \$143            | \$176            | Rent - Office                | \$4,122         | \$4,122         | \$32,975         | \$32,976         |
| Sales - Bookstore              | \$10,210        | \$10,000        | <b>\$84,829</b>  | <b>\$79,099</b>  | Rent - Other                 | \$75            | \$90            | \$610            | \$740            |
| Intergroup Event Income        | \$0             | \$0             | \$1,721          | \$365            | Repair & Maintenance         | \$240           | \$325           | \$2,445          | \$2,580          |
| <b>Total Income</b>            | <b>\$20,525</b> | <b>\$23,197</b> | <b>\$217,798</b> | <b>\$217,524</b> | Security System              | \$0             | \$0             | \$243            | \$237            |
| <b>Cost of Goods Sold</b>      |                 |                 |                  |                  | Shipping                     | \$307           | \$323           | \$3,122          | \$2,587          |
| Cost of Books Sold             | \$7,286         | \$9,029         | \$61,917         | \$57,982         | Software Purchased           | \$521           | \$470           | \$521            | \$470            |
| COGS - Shipping                | \$58            | \$26            | \$192            | \$196            | Sunshine Club                | \$0             | \$0             | \$25             | \$0              |
| Credit Card Processing         | \$29            | \$450           | \$3,291          | \$3,287          | Telephone                    | \$230           | \$246           | \$1,840          | \$1,967          |
| Inventory Adjustments          | -\$84           | \$0             | -\$376           | \$0              | Training                     | \$30            | \$0             | \$69             | \$0              |
| <b>Total COGS</b>              | <b>\$7,289</b>  | <b>\$9,505</b>  | <b>\$65,024</b>  | <b>\$61,465</b>  | Travel                       | \$0             | \$0             | \$0              | \$600            |
| <b>Gross Profit</b>            | <b>\$13,237</b> | <b>\$13,692</b> | <b>\$152,774</b> | <b>\$156,059</b> | <b>Total Expense</b>         | <b>\$19,190</b> | <b>\$20,464</b> | <b>\$163,622</b> | <b>\$162,892</b> |
| <b>Expense</b>                 |                 |                 |                  |                  | <b>Net Ordinary Income</b>   | <b>-\$5,953</b> | <b>-\$6,772</b> | <b>-\$10,848</b> | <b>-\$6,833</b>  |
| Teleservice Committee          | \$0             | \$75            | \$0              | \$450            | <b>Other Income/Expense</b>  |                 |                 |                  |                  |
| Access Expenses                | \$60            | \$425           | \$605            | \$2,540          | <b>Other Income</b>          |                 |                 |                  |                  |
| Archives Committee             | \$0             | \$0             | \$51             | \$0              | Bag Fees                     | \$3             | \$5             | \$21             | \$37             |
| Employee Expenses              | \$12,536        | \$11,897        | \$104,894        | \$103,006        | Customer Shipping            | \$393           | \$322           | \$2,922          | \$2,597          |
| Equipment Lease                | \$326           | \$1,446         | \$4,048          | \$4,339          | Interest Income              | \$66            | \$100           | \$510            | \$795            |
| Filing/Fees                    | \$60            | \$485           | \$930            | \$545            | Miscellaneous Income         | \$0             | \$30            | \$489            | \$240            |
| Insurance                      | \$0             | \$0             | \$2,398          | \$2,400          | <b>Total Other Income</b>    | <b>\$461</b>    | <b>\$457</b>    | <b>\$3,942</b>   | <b>\$3,669</b>   |
| Intergroup Events              | \$0             | \$0             | \$3,239          | \$850            | <b>Other Expense</b>         |                 |                 |                  |                  |
| Intergroup Literature          | \$10            | \$0             | \$145            | \$0              | Depreciation Expense         | \$299           | \$279           | \$2,392          | \$2,232          |
| Internet Expense               | \$133           | \$129           | \$1,060          | \$1,032          | <b>Total Other Expense</b>   | <b>\$299</b>    | <b>\$279</b>    | <b>\$2,392</b>   | <b>\$2,232</b>   |
| Office Supplies                | \$181           | \$211           | \$1,508          | \$1,605          | <b>Net Other Income</b>      | <b>\$162</b>    | <b>\$178</b>    | <b>\$1,550</b>   | <b>\$1,437</b>   |
| Paper Purchased                | \$0             | \$116           | \$403            | \$987            | <b>Net Income</b>            | <b>-\$5,791</b> | <b>-\$6,594</b> | <b>-\$9,298</b>  | <b>-\$5,396</b>  |
| Payroll Fees                   | \$11            | \$10            | \$74             | \$80             |                              |                 |                 |                  |                  |

## Treasurer's Report

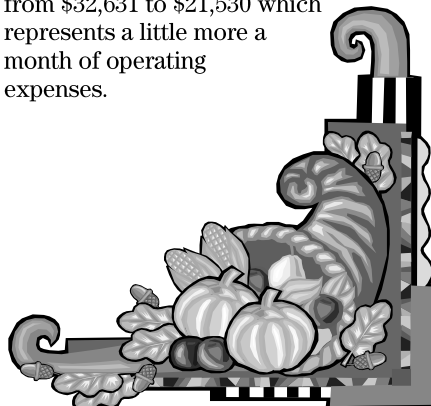
In August, total income was under budget by \$2,672 due to less than anticipated individual and group contributions. However, year-to-date total income is by over by \$274 due to bookstore sales.

Total expenses for the month of August were under budget by \$1,274 and year-to-date over budget by \$730.

August had a negative variance of \$5,791. Year-to-date there is a negative variance of \$9,298 compared to a budgeted year-to-date negative variance of \$5,396.

Unrestricted cash balance decreased

from \$32,631 to \$21,530 which represents a little more a month of operating expenses.



**November is**

**Gratitude Month**

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

**Thank you!**

# August 2014 Balance Sheet

|                                       | <u>Aug 31, 2014</u>      | <u>Jul 31, 2014</u>      | <u>\$ Change</u>          | <u>Aug 31, 2013</u>      | <u>\$ Change</u>         |
|---------------------------------------|--------------------------|--------------------------|---------------------------|--------------------------|--------------------------|
| <b>ASSETS</b>                         |                          |                          |                           |                          |                          |
| Current Assets                        |                          |                          |                           |                          |                          |
| Checking/Savings                      |                          |                          |                           |                          |                          |
| Restricted Cash                       | \$ 193,109               | \$ 193,044               | \$ 65                     | \$ 186,250               | \$ 6,859                 |
| Unrestricted Cash                     | <u>\$ 21,530</u>         | <u>\$ 32,631</u>         | <u>\$ (11,101)</u>        | <u>\$ 41,018</u>         | <u>\$ (19,489)</u>       |
| Total Checking/Savings                | \$ 214,639               | \$ 225,674               | \$ (11,036)               | \$ 227,268               | \$ (12,630)              |
| Accounts Receivable                   |                          |                          |                           |                          |                          |
| Accounts Receivable                   | <u>\$ 195</u>            | <u>\$ 38</u>             | <u>\$ 157</u>             | <u>\$ 76</u>             | <u>\$ 120</u>            |
| Total Accounts Receivable             | \$ 195                   | \$ 38                    | \$ 157                    | \$ 76                    | \$ 120                   |
| Other Current Assets                  |                          |                          |                           |                          |                          |
| Inventory - Bookstore                 | \$ 28,178                | \$ 22,977                | \$ 5,201                  | \$ 19,484                | \$ 8,694                 |
| Prepaid Literature Orders             | \$ 897                   | \$ 4,893                 | \$ (3,996)                | \$ 533                   | \$ 364                   |
| Undeposited Funds                     | <u>\$ 24</u>             | <u>\$ 386</u>            | <u>\$ (362)</u>           | <u>\$ 20</u>             | <u>\$ 4</u>              |
| Total Other Current Assets            | <u>\$ 29,098</u>         | <u>\$ 28,256</u>         | <u>\$ 843</u>             | <u>\$ 20,036</u>         | <u>\$ 9,062</u>          |
| Total Current Assets                  | \$ 243,932               | \$ 253,968               | \$ (10,036)               | \$ 247,380               | \$ (3,448)               |
| Fixed Assets                          |                          |                          |                           |                          |                          |
| Comp. and Off. Equipment              | \$ 2,365                 | \$ 2,499                 | \$ (134)                  | \$ 3,316                 | \$ (952)                 |
| Furniture & Equipment                 | \$ -                     | \$ -                     | \$ -                      | \$ 31                    | \$ (31)                  |
| Leasehold Improvements                | <u>\$ 18,538</u>         | <u>\$ 18,703</u>         | <u>\$ (165)</u>           | <u>\$ 20,518</u>         | <u>\$ (1,980)</u>        |
| Total Fixed Assets                    | \$ 20,902                | \$ 21,201                | \$ (299)                  | \$ 23,865                | \$ (2,963)               |
| Deposits                              | <u>\$ 6,698</u>          | <u>\$ 6,698</u>          | <u>\$ -</u>               | <u>\$ 6,698</u>          | <u>\$ -</u>              |
| Total Other Assets                    | <u>\$ 6,698</u>          | <u>\$ 6,698</u>          | <u>\$ -</u>               | <u>\$ 6,698</u>          | <u>\$ -</u>              |
| <b>TOTAL ASSETS</b>                   | <u><b>\$ 271,532</b></u> | <u><b>\$ 281,867</b></u> | <u><b>\$ (10,335)</b></u> | <u><b>\$ 277,943</b></u> | <u><b>\$ (6,411)</b></u> |
| <b>LIABILITIES &amp; EQUITY</b>       |                          |                          |                           |                          |                          |
| Liabilities                           |                          |                          |                           |                          |                          |
| Current Liabilities                   |                          |                          |                           |                          |                          |
| Accounts Payable                      |                          |                          |                           |                          |                          |
| Accounts Payable                      | <u>\$ -</u>              | <u>\$ 4,700</u>          | <u>\$ (4,700)</u>         | <u>\$ -</u>              | <u>\$ -</u>              |
| Total Accounts Payable                | \$ -                     | \$ 4,700                 | \$ (4,700)                | \$ -                     | \$ -                     |
| Other Current Liabilities             |                          |                          |                           |                          |                          |
| Payroll Liabilities                   | \$ 3,442                 | \$ 3,449                 | \$ (7)                    | \$ 3,260                 | \$ 182                   |
| Sales Tax Payable                     | <u>\$ 864</u>            | <u>\$ 701</u>            | <u>\$ 163</u>             | <u>\$ 946</u>            | <u>\$ (82)</u>           |
| Total Other Current Liabilities       | <u>\$ 4,306</u>          | <u>\$ 4,150</u>          | <u>\$ 156</u>             | <u>\$ 4,206</u>          | <u>\$ 100</u>            |
| Total Current Liabilities             | \$ 4,306                 | \$ 8,850                 | \$ (4,544)                | \$ 4,206                 | \$ 100                   |
| Long Term Liabilities                 |                          |                          |                           |                          |                          |
| Deferred Compensation                 | <u>\$ 60,167</u>         | <u>\$ 60,167</u>         | <u>\$ -</u>               | <u>\$ 54,193</u>         | <u>\$ 5,974</u>          |
| Total Long Term Liabilities           | <u>\$ 60,167</u>         | <u>\$ 60,167</u>         | <u>\$ -</u>               | <u>\$ 54,193</u>         | <u>\$ 5,974</u>          |
| Total Liabilities                     | \$ 64,473                | \$ 69,017                | \$ (4,544)                | \$ 58,399                | \$ 6,074                 |
| Equity                                |                          |                          |                           |                          |                          |
| Net Assets                            | \$ 216,357               | \$ 216,357               | \$ -                      | \$ 220,560               | \$ (4,203)               |
| Net Income                            | <u>\$ (9,298)</u>        | <u>\$ (3,507)</u>        | <u>\$ (5,791)</u>         | <u>\$ (1,016)</u>        | <u>\$ (8,281)</u>        |
| Total Equity                          | <u>\$ 207,059</u>        | <u>\$ 212,850</u>        | <u>\$ (5,791)</u>         | <u>\$ 219,544</u>        | <u>\$ (12,485)</u>       |
| <b>TOTAL LIABILITIES &amp; EQUITY</b> | <u><b>\$ 271,532</b></u> | <u><b>\$ 281,867</b></u> | <u><b>\$ (10,335)</b></u> | <u><b>\$ 277,943</b></u> | <u><b>\$ (6,411)</b></u> |

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# November 2014

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