

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2014 12  
December

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the  
Intercounty Fellowship  
of Alcoholics Anonymous  
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## Holidays, A.A. Style

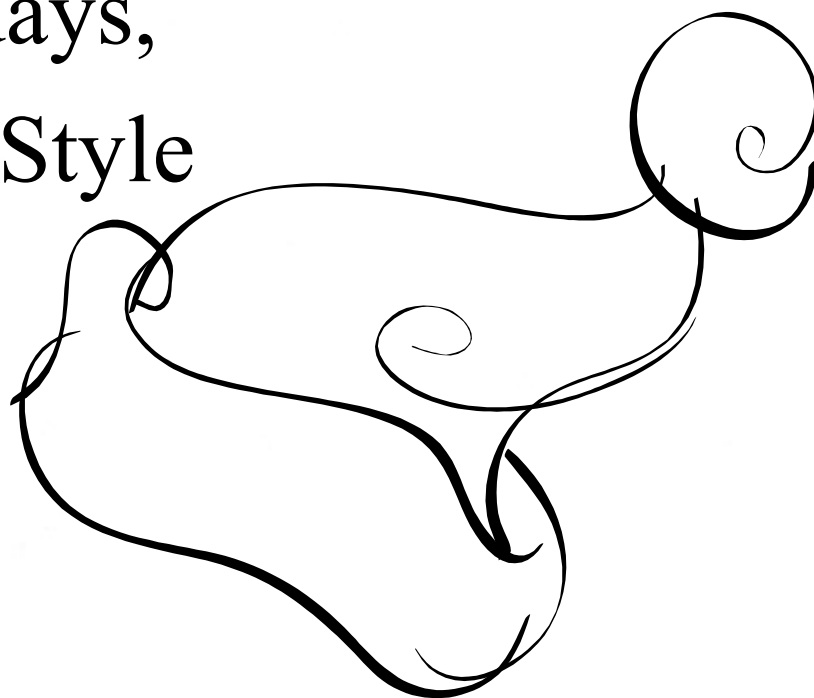
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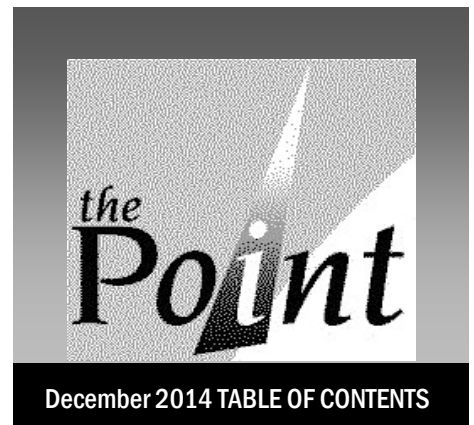
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing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

# December 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>1</b>	<b>2</b> <b>FIRST TUE</b> <b>Access Committee</b> Central Office 6pm	<b>3</b> <b>FIRST WED</b> <b>Intergroup Meeting</b> 1187 Franklin St, SF <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
<b>7</b>	<b>8</b> <b>SECOND MON</b> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b> Central Office <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm	<b>9</b> <b>SECOND TUE</b> <b>The Point Committee</b> Central Office 5:30pm <b>Marin H&amp;I</b> 1360 Lincoln Ave, San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St <b>Orientation / Concept Study / BTG</b> 7pm <b>Business Meeting</b> 8pm	<b>10</b> <b>SECOND WED</b> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm
<b>14</b> <b>Golden Gate Young People in AA</b> Central Office 12pm	<b>15</b> <b>THIRD MON</b> <b>SF Teleservice</b> Central Office <b>Business Meeting</b> 6pm <b>Orientation</b> 6:30pm <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation / Concept Study</b> 6:45pm <b>Business Meeting</b> 7:30pm	<b>16</b>	<b>17</b>
<b>21</b> <b>THIRD SUN</b> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day	<b>22</b>	<b>23</b> <b>FOURTH TUE</b> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation</b> 7pm <b>Business Meeting</b> 7:30pm	<b>24</b> <b>FOURTH WED</b> <b>Sober Outside Services (SOS)</b> Central Office 6pm <b>Meeting canceled; will resume in January</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

THURSDAY	FRIDAY	SATURDAY
<b>4</b> <b>FIRST THU</b> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Young People's Workshop 7pm Business Meeting 7:30pm	<b>5</b>	<b>6</b>
<b>11</b> <b>SECOND THU</b> 12th Step Committee Central Office 6pm	<b>12</b>	<b>13</b>
<b>18</b>	<b>19</b>	<b>10</b> <b>THIRD SAT</b> SF H&I 2900 24th St, SF Orientation & Business Meeting <b>CANCELED</b> this month; both will resume in January
<b>25</b> <b>HOLIDAY</b> <b>CENTRAL OFFICE CLOSED</b> <b>FOURTH THU</b> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Rescheduled to December 4th	<b>26</b>	<b>27</b> <b>FOURTH SAT</b> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am



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"Each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted."

*Bill W., 1944 A.A. Holiday Message"*

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.





## Meeting Changes

### New Meetings:

Mon	1:00pm	Inner Sunset	BILL SEES IT AT GRATITUDE, Gratitude Center: 1320 7th Ave / Irving (Book Study)
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### Meeting Changes:

Sun	3:30pm	Inner Sunset	SUNDAY IN THE PARK WITH BILL, Botanical Gardens: 9th Ave / Lincoln (was at 4pm)
Wed	7:00pm	Inner Sunset	AGNOSTICS, ATHEISTS, FREETHINKERS, SCEPTICS & OTHERS, Gratitude Center: 1320 7th Ave / Irving (was called Freethinkers Discussion)
Wed	9:30pm	Sausalito	PASSAGES, Battery Wallace #1, Conzelman Rd. (was at 10:30pm)

### No Longer Meeting:

Mon - Fri	12:00pm	San Rafael	NOON SMALL ROOM, Marin Alano Club: 1360 Lincoln Ave / Maple St
Mon	1:00pm	Cathedral Hill	THE DAILY REPRIEVE, Urban Life Center: 1101 O'Farrell / Franklin
Tue	7:00pm	Treasure Island	FOGWATCH, Ship Shape Building: 850 I St / 11th St
Wed	7:00am	Outer Sunset	ALCOHOLICS UNANIMOUS, Unity Christ Church: 2690 Ocean Ave / 19th Ave
Wed & Fri	2:00pm	Cathedral Hill	THE DAILY REPRIEVE, Urban Life Center: 1101 O'Farrell / Franklin

**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!***

## Will your meeting be canceled for a holiday?

Please let us know if your group will not meet as usual during any of the upcoming holidays. Email [aa@aasf.org](mailto:aa@aasf.org).

Some facilities are not open or need the space for other purposes and we don't want members and out-of-town visitors looking for a meeting to find an empty room or locked door.

Our online schedule can be adjusted to show a meeting is canceled and **we currently have a schedule posted of all known meeting closures on our homepage: [aasf.org](http://aasf.org).**

***Thanks for your help!***



From the Editor

## Going It Alone

by Charley D.

Is there an alcoholic who hasn't, at one point, tried to recover all on her own? Even after we've found strength and hope in the shared experience of our fellowship, we still find ourselves flying solo, trying to handle everything life sends us by ourselves. After all, what's wrong with self-reliance? Who wants to be needy? We all aspire to attain the ability to rely on ourselves, to trust our own judgment, and to make our way in the world. We've found, however, that by drawing strength from our fellows and our Higher Power, we end up better able to deal with our own lives. It is just another of A.A.'s many paradoxes: getting help in A.A. fosters independence.

Claire A., in "I Can't Handle It, God - You Take Over," tells of overcoming reluctance to seek assistance and shares how she now asks for help from her Higher Power and her A.A. fellows. In a "Decision of the Heart," Bob S. says that coming to terms with the "Great Reality" – his term for his Higher Power – rid him of the obsession to drink. Anonymous explains in "The Higher Road and the Bigger Picture" that living a spiritual life means seeing the world

through the "extraordinary glasses" of love. In "Step Twelve," Kathleen C. shows how her sponsor's caring ways enabled her to get the message of our program. In John D.J.'s take on the A.A. aphorism "Don't Quit Until the Miracle Happens," he tells of coming to A.A. reluctantly and temporarily but then staying because of the miracles that arrive for him every day. MEM's piece on Step Twelve focuses on his ability to practice A.A. principles in the mundanities of everyday life, which keeps him both sober and happier. The Daily Reflections for December 2 and December 7 encapsulate for Judy G. both the usefulness of meditation and the ability to transcend what other people think of her. Marlan H.'s "Sin of the Month" is being judgmental. He tells how avoided it in one harrowing encounter.

There's never a good time of year to go it alone. The holidays, that time of good cheer and companionship, can prove especially trying for the go-it-alone alcoholic. We recommend you call your sponsor, go to a meeting, or at least read the articles in this issue. Getting help from other drunks can, we're sure, lead to a wonderful holiday season.

### EDITORIAL POLICY

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

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

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Gregory G.	Mary C.	
Herman B.	Mary D.	Or
Hilary M.	Mary L.	Here!
James H.	Maryellen O.	
Jane K.	Michael P.	Or
Janet B.	Michael W.	Here!
Janet M.	Michael Z.	
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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

## ***"I can't handle it, God—you take over"***

by Claire A.

I like this saying, and I wish I actually said it more often. In my drinking days, I thought I had to control everything. Self-reliance was a virtue. I also thought that if I failed at handling everything, it was all my fault. I should be able to handle anything, I thought. When I started working after college, I was given an assignment with very little explanation. I had no idea how to complete the assignment, and yet, I didn't ask anyone for help or guidance. Instead, I spent months moaning about how there wasn't any training in my group, about how awful my boss was, and how behind I was at work.

This is a pattern that has pervaded my life. Even now, I tend to fret and frown over problems I can't solve rather than reaching out for help. I just don't think of asking for help first. Maybe someday I will. When I do ask for help, it helps!

Asking God to take over runs along the same lines. When I first came to A.A., I thought that asking God to handle things was lame, to put it bluntly. I didn't understand why people in meetings didn't pull themselves up by their own bootstraps. I prayed, but it was mechanical: my sponsor told me to do it, and gave me some prayers to say, and I did say them, but it was reading them aloud by my bedside and rolling my eyes inwardly. I remember being embarrassed to contemplate that anyone might find me there, praying.

Another practice my sponsor recommended was the use of a God Box. "Write down whatever is bothering you. Write a little note to God, and put it in the box." Again, I was pretty sure she was slightly crazy, but she seemed nice, and

I was very unhappy and didn't want to drink, so I did these things.

As I continued this practice, things started to change for me. I noticed it at first mostly in handling e-mail. I get quite a lot of e-mail from one particular person, and her manner of communicating can make me very unhappy. I started praying about this, during my prayers, and by using the God Box. I started asking for God to manage this situation for me, because I couldn't handle it anymore. And what I noticed was that I started to change. I no longer felt I had to teach this person how to write e-mail the "right" way. I was able to look at this person and really notice where she was coming from, how unhappy and chaotic she was in her own life, and how she wasn't trying to make me angry. I could feel compassion instead of anger.

*When I do ask for help,  
it helps!*

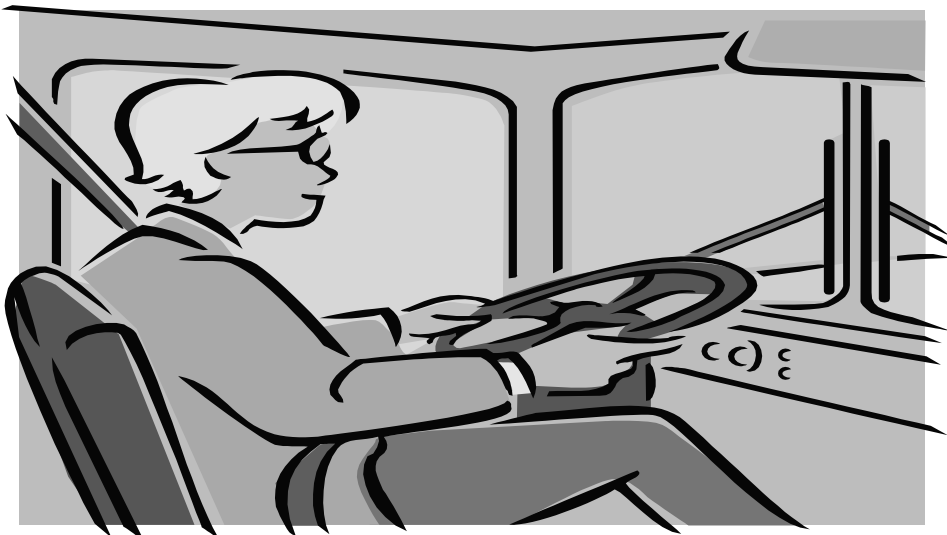
This change wasn't something I came up with. My best solutions to this e-mail

problem weren't solutions at all. I had no idea how to fix this situation without either blaming her, blaming myself, or yelling or, finally, getting drunk. When I asked God for help, I changed in a way I would never, ever have expected.

I'm now starting to let go of other things. I try to make a practice of handing over the flying of airplanes to the pilot and my HP. I try to let go of the outcome and enjoy the ride. This is a huge step for me: my instinct is to want to control everything, even though I know that's not going to turn out well. Even when I start out a flight letting go of control, I have to keep letting go over and over. Every time there is turbulence, I have to have a little talk with myself about giving my fear to God.

This works, too, when I think of God as "Group of Drunks." I can't count the times I have turned over a troubling topic to the group by sharing about it, and people have come up to me after the meeting to share their experience, or simply give me a hug. G.O.D. seems to be an endless resource for help!

**TP**





# A Decision of the Heart

## *“We found the Great Reality”*

by Bob S., Richmond, Indiana

The Big Book tells me that if I was even willing to believe, I would commence to get results (p. 46). But then, believing was no problem for a person such as I, who was absolutely terrified of taking that next drink—when I read Step Two, I exclaimed: I believe! I believe! I considered my simple choice:

- Believe and get sober
- Don't believe and get drunk

Someone asked: “How does an alcoholic become willing to believe?” Answer: “Just drink enough hooch, and you'll get willing!” I certainly batted one hundred on that score! So, Step Two was no great shakes for yours truly—but was believing enough? The Devil believed in God, and look where he ended up!

My sponsor, Carl, pointed out that the

ABCs on page 60, amount to: I can't, but God can! The next paragraph says: “Being convinced, we are now at step Three.” . . . and that the operative word was NOW! Immediate action was necessary—after all, if faith without works is dead, then willingness without action is fantasy! I had lived in alcoholic fantasy long enough, thank you.

But to whom should I pray for help? My concepts of God changed day by day; each conclusion would seem more logical than the previous one. However, it was explained that this life-saving power was not to be found by a conclusion of the mind, but by making a decision of the heart . . . and also, that this power was not far away. The Big Book tells us: “We found the Great Reality deep down within us. In the last analysis it is only there it can be found” (p. 55). It was further explained that the capitalized ‘Great Reality’ was that power to whom I should pray for help,

and no further ‘conclusions of the mind’ would be necessary.

I was told that if I continued with the Twelve Steps I would most likely develop a conscious contact with said Great Reality deep within (God), resulting in a real possibility for a release from that terrifying mental obsession. This was an offer I couldn't refuse, so I humored my sponsor and tried it—guess what? Some months later, a blessed release did come over me which has been continuous for many years. I have not had to drink since my first A.A. meeting.

It works—it really does.

IP



# What a Christmas Present

## *“Bill W.'s Spiritual Revelation”*

by Bob S.

It was just a week before Christmas day (1934) when Bill W., once a big man on Wall Street, was discharged from the alcoholic ward of Town's Hospital as a dramatically changed alcoholic. Bill was broke, but now, seven days sober, thought perhaps his once friendly stock market acquaintances would accept him back. Since his alcoholic malady had been alleviated, he might regain the prestige and wealth he once enjoyed before his drinking had brought him to financial ruin.

Yet, ongoing reflections from his recent remarkable spiritual revelation at the

hospital (he later jokingly called it a hot flash) loomed persistently through his mind, along with this permanently engraved afterthought, “...*there were thousands of hopeless alcoholics who might be glad to have what had been so freely given to me. Perhaps I could help some of them. They in turn might work with others.*”<sup>\*</sup> Thusly, thoughts of high finance were surmounted by a decision to carry his spiritual message to the alcoholic sots at the Calvary Mission in lower Manhattan. By Christmas Day, Bill, now fully two weeks sober, began an avalanche of what we now know as Twelve-Step work which cascaded into the launching of our A.A. program the

*following summer. Bill never drank again! What a wonderful Christmas gift!*

But, what about us? Did we not just as well receive that very same gift? Say “yes”! Let us be forever thankful for the Christmas season of 1934.

IP



# The Higher Road and the Bigger Picture

***“A spiritual life ...is an attitude”***

by Anonymous

When I first learned that A.A.'s Principles included growth along spiritual lines, I had the sense that incorporating some spiritual practices into my life would be sufficient. Over time, I have come to realize that a spiritual life is more than doing spiritual things. It is an attitude, a way of seeing the world.

I often hear of materiality placed in juxtaposition to spirituality, as its opposite. I have not found this to be entirely true. Living a spiritual life does not mean eschewing wealth or even status. I believe we can pursue our worldly dreams in a very spiritually sound way. This is where A.A. teaches with deep wisdom.

A.A. asks me to continually look at my motives. Am I acting out of selfishness, self-seeking or fear? Or am I in a spirit of giving, generosity, openness, honesty and caring for others? For me, spiritual living is very much about letting love be the driver of my actions in the world. If I seek material wealth and financial security so

that I may take care of my family, or build a company where many people can be employed, or fund charitable causes that can make society stronger, there is nothing nefarious about my quest. Even the love of art, beauty or luxury are not inherently unspiritual. If love, and not conquest, is the fuel for my passion, then my desires are not at odds with spiritual practice.

*Again I must return  
to love.*

At the same time, I have learned that getting all the things I want has very little to do with my happiness. A feast for my eyes, no matter how magnificent, may leave my spirit famished and parched. I must also ask myself how my aspirations affect my relationship with others. If I pursue my objectives against the wishes of my loved ones, the end result may not reflect the joy I am hoping to achieve. And certainly if I race toward worldly success

with an eye trained on my peers, hoping they falter, rehearsing the glory of my moment of victory over them, I have drifted far from the spiritual line.

It is not only material gain that poses pitfalls to the spiritual seeker. There are other motivations that must be examined and ferreted out. I am never on the spiritual plane when I am plotting retribution, nursing a grudge or harboring jealousy. I am in that very human trap of reflexive response to complex human interaction. My inability to see the suffering behind another person's offensive actions leads to my own compounded suffering and enslavement. Reactionary emotions borne of a bruised ego make me tumble headlong off the spiritual highway, crashing and scraping my way down the long embankment.

Again I must return to love. More than a sentiment toward another person, it is a world view, a pair of extraordinary glasses. To live the spiritual life is to approach all connections with the earth and its inhabitants with a motivation toward deep care and understanding, the essence of love. It is only with this framework that I can respond kindly to a hostile coworker, or to a catty remark from a friend or relative. In the spirit of love, I can set aside my bristling immediate reactions. I can observe without a rush to condemnation. I can separate external phenomenon from my internal self-worth or importance. Living along spiritual lines is the continual embodiment of A.A.'s message that we have ceased fighting anything or anyone. In the spiritual life, compassion and understanding extinguish the rapacious rage of instinct. Love emerges triumphant.





# Step Twelve

*"It takes a village"*



by Kathleen C.

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

*Alcoholics Anonymous, page 60*

No wonder the next line in How It Works is: "Many of us exclaimed, 'What an order! I can't go through with it.'"

I mean really? Are you kidding me? Carry the message? Practice these principles?

When I first got sober, my idea of Step Twelve was that once I stopped drinking I would carry the message to everybody I knew who ever drank a drop of alcohol that they were probably alcoholics. I mean, if I was, they were too, right?

I was dancing the alcoholic two-step – Step One and Step Twelve – "I'm an alcoholic and so are you." Not surprisingly, nobody agreed with me that they were alcoholic.

But I kept going to my one grudging meeting a week – as close as I was willing to get to Step Twelve. I finally asked Bonnie to sponsor me, after almost two years of being dry. I had worked the steps in another program, but it was time for A.A.

Bonnie is a Stealth Sponsor. Not bossy, not super-directive. Just There. She was at our

*Today my sponsees keep me sober.*

home group meeting, Hilldwellers Monday Night Big Book, every Monday. She always returned my phone calls. She always arranged to meet with me, even though she was commuting to work in San Francisco while taking care of her very ill mother in San Jose.

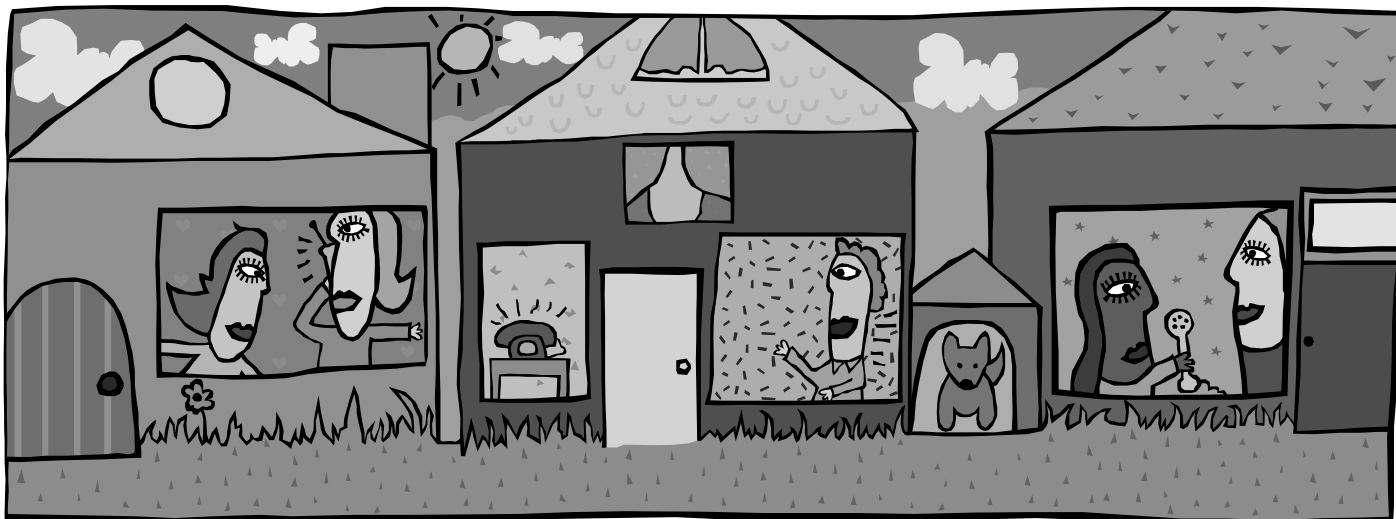
Bonnie is my sponsor today. We are both retired and have a lot of fun, in the midst

of the stuff that happens in sobriety. She has twenty-nine years sober and I have twenty-eight, and she is probably my best friend. She is blazing the trail of life ahead of me, calling back over her shoulder, "Watch out! There is a big resentment over here!" She doesn't TELL me how to be a good A.A., how to practice these principles in all our affairs. She SHOWS me. I try to do the same for the women I sponsor, not perfectly, oh hell no, but doing the best I can.

Today my sponsees keep me sober. I give them advice and then realize I need to walk my talk. One night I was on the phone with one of the women I work with. As I hung up, I heard my husband's voice, "How many people do you sponsor? Isn't that a burden?"

My reply was quick: "Honey, you just don't understand. It takes a village. It takes a lot of sober women to keep me sober."

**TP**



# Don't Quit Until the Miracle Happens

*"If you quit, you are giving up on life. So don't quit."*

by John D. J.

Just don't. Seriously. Let the miracle happen! 'Cause it will.

I'm a serial quitter. It's what I do. Life throws me a problem, and I crumble. My only strategy before A. A. was to seek out some catch-all cure that would provide a step-by-step guide that would carve out a shortcut to victory, thus bypassing the pain of enduring emotional growth.

Luckily, there's no end to self-help programs, so the influx of even better, faster, easier, less-step programs could keep up with my rapid rate of quitting. No matter what the problem was or what the program was, all I ever wanted was the outcome. I wanted to change, to escape pain and the uncomfortable feeling of forging coping tools out of the heat and pressure of life's challenges.

## *AA came to me.*

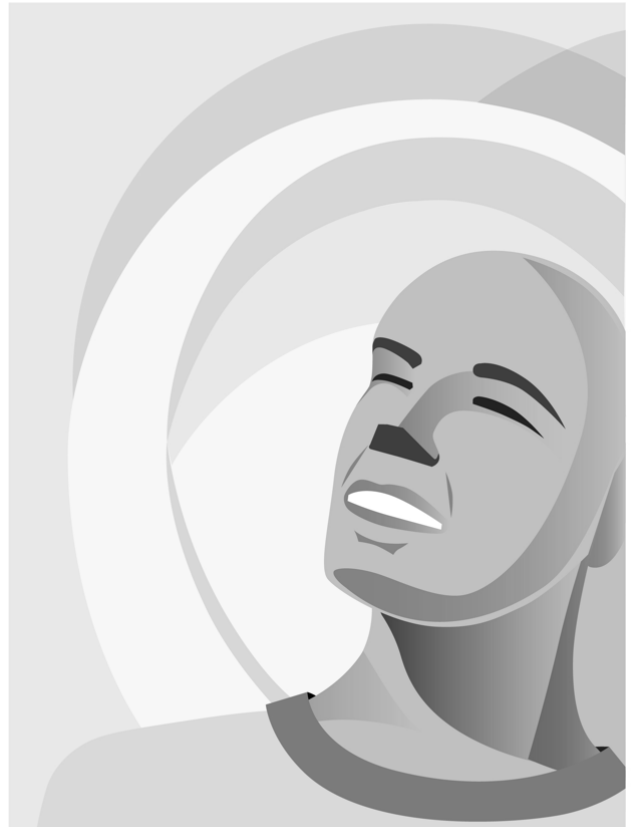
I did not seek out A.A. like I did other self-help programs. It wasn't premeditated, and it wasn't framed as a scheme to fast-track a desirable outcome. A.A. came to me. I was beaten down and broken. I didn't know what to do, but I was oddly willing to remain open to suggestion. Luckily, A.A. was quickly suggested to me. For me, A.A. was not about reaching a specific outcome, it was about staying one step ahead of my demons. Honestly, for the first few months, I was in such a fog, that

I don't think I knew what I was either not-quitting or signing up for. I just knew it was safe. People shared the scary things that I thought only lived in my head and in my most shameful experiences. All I knew was that I should probably come back again, meeting after meeting.

During my first year, I actually made a pact that I could choose to quit after I completed all 12 steps. My faulty reasoning went something like this: I wouldn't know enough about A.A. or feel the full strength of the solution unless I made it to Step 12. I certainly didn't want to quit until

I had a full understanding of what the program had to offer. And that's it - things keep getting better and better. I didn't want to quit at Step 12, because I felt like I experienced a miracle, because life was so good. But then, as I kept working my program, life got even better, so it felt like more miracles were happening.

And I think that's it: the miracle happens. It's in the present tense. All of my good or great moments when drinking were finite, and in the past tense. All of my good moments in A.A. are in the present tense. As long



I work the program fully and do not quit, my life is a miracle: every second of it, for as long as I stay a grateful and sober alcoholic. Life is a miracle, and it cannot be experienced while intoxicated or living with a head full of selfishness and dishonesty. If you quit, you are giving up on life. So, don't quit.

Work the program. And accept the miracle of life - it's really the best gift around.

**tP**

# Into Daily Life

## Step Twelve



by MEM

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” Step Twelve.

After 7.5 years of sobriety in this current incarnation, I contemplate the meaning and effects of practicing “these principles in all our affairs.” The memory of a newcomer’s wet-brained obsession to fix past, present and future in one stroke of a wand is still disconcertingly fresh. (BTW, I just searched “wet brain” to make sure I wasn’t being too flippant with the term and believe I qualify as having the traits of “mental disturbance” and “confusion,” if perhaps not the full package of irreversible effects of that condition.)

Indeed, for many years of early sobriety, I began to fear that I had a serious case of OCD because I just could not let go of so many things. As my sponsor had predicted, in preparing a Tenth Step inventory of my errors or shortcomings of the day, many

character defects resisted my attempts at eradication and kept popping up. He told me that I would learn there were some characteristics I was not ready to abandon and others that perhaps I should not abandon, but to wait and see how the landscape changed for me as my sober time accumulated.

At the time, I thought he was being too easy on me, but he taught me an invaluable lesson about learning to go easier on myself. It turned out there were things about myself I could not change overnight, or even after several years’ work. But the most valuable lesson I learned from working and reworking the 12 Steps was to cut myself the slack I could always much more easily allow to others. I learned how to be more automatic and dispassionate about hitting the “off” switch to cancel a recurring, nagging self-criticism or doubt, and just move on with my day.

### *My fear of the unknown has diminished.*

Just as I binged on alcohol, so have I been a binger with many things in my life. I procrastinate on work I know I have to do, let it pile up to the last minute, and then attack it with a crazed zealotry. The result of this approach left me increasingly exhausted and dissatisfied. What I have learned is to do something – anything – right now, instead of adding it to a to-do list for the future. A huge example of this (for me) is housecleaning, since I am the designated person in my household to handle that. When I’m finally ready to

tackle furniture moving, vacuuming and floor mopping, if I’ve already taken care of cleaning the dirtiest cabinet or washed the wall next to the compost or half a dozen other smaller tasks, then the big job is finished in half the time and twice the satisfaction of knowing I had done it in stages.

That’s very mundane, yes, but it’s the stuff of which my mind churns over, processing and reprocessing, creating layers of dissatisfaction with self and guilt over not being someone else or acting some other day. Rebuilding on a new foundation always sounded pie in the sky. A foundation is not a glamorous nor highly visible place in any structure, but it’s perhaps nevertheless the number one necessity for existence.

Learning to not delay and do something about it today has made my social life, my work life and my spiritual life all better. I more often do the right thing, rather than waiting and debating. I more quickly say, “Hey, I’m sorry I said that. I haven’t slept well this week and I’m a wreck.” I cut away at a huge task by quickly performing the parts of it I’m not comfortable with, which usually leaves a much more comprehensible and doable project. I stop to admire clouds in the sky or flowers in a garden and say a prayer of thanks.

My fear of the unknown has diminished. My instinctive knowledge that my anger is tied to my fear has taken root, grown and liberated me. Being present and sober has allowed me to walk with grace through the recent death of my father and to be mentally and spiritually present to receive all the warm wishes and expressions of love which were showered upon me and my family. Thank you, all Twelve Steps.



# Daily Reflections

***We will comprehend the word serenity and we will know peace***



by Judy G.

The daily reflection for December 2nd talks about serenity, and that of December 7th talks about acceptance: two of the most important concepts in 12th-step recovery. Our basic prayer is the serenity prayer, in which we pray for both serenity and acceptance.

I came into the program believing that the promises of the program were for everyone else but me. I had such low self-esteem that I didn't think I was worthy of the gifts of recovery. I was so sick-physically, spiritually, and emotionally - that I could not imagine, in my wildest dreams, that I could achieve the level of serenity and acceptance that I feel today.

This program works. Hearing other fellows' stories of experience, strength, and hope allow us to believe that healing is possible. Repeating the prayers and slogans over and over actually creates new neuro-pathways in our brains.

A.A. is a program of spiritual recovery, of which prayer and meditation is a huge part. The Dalai Lama has been working with neuroscientists for decades to prove that meditation actually generates new brain cells. All of that meditation that step 12 talks about actually reprograms our brains.

The big book says that when we stop drinking, that is just the beginning. That is the physical recovery. Then we start working on spiritual and emotional

recovery. In order to have true spiritual and emotional recovery, we must have serenity. When I meditate, I actually feel the stress level in my body decrease. My motor runs at a lower RPM. I feel serene. And when I feel serene, I am at much less risk for taking the drink, for relinquishing my physical recovery.

The reading from December 7th talks about what other people think about us, and how much personal power we have. A.A. is not only based on 12 Steps, but also 12 Traditions that have guided this divinely inspired program's survival for almost 80 years.

## *This program works.*

Tradition Six talks about not letting problems of money, property, and prestige




divert us from our primary purpose: our own sobriety, and carrying the message of sobriety to others who are still suffering.

As we learn in program, what other people think about us is none of our business. Many of us, when we were still active in our disease, wreaked a long trail of havoc, both emotionally and financially, behind us. We learn in A.A. to clear away the wreckage of our past, while at the same time, the promises also tell us that we shall not regret the past nor wish to shut the door on it. That sounds a bit contradictory.

Let's face it. We were drunks. We were active in our disease. We were not living in emotional sobriety, and we made fools of ourselves. This is where the acceptance comes in.

In Step Four we take a moral inventory of ourselves, and admit our character defects to God and another person. In Steps Eight and Nine, we make amends to those we have harmed. We clear away the wreckage of our past. Then we let it go. We accept that we acted in ways that we are not proud of, we live in the only day that we have today, and we do not let the past deter us from continuing on our path of physical and emotional sobriety.

On December 7th, we read, "I learned how to change resentments into acceptance, fear into hope, and anger into love." This is not just the writer's experience. We hear this over and over again in A.A., and I am here to tell you, I have achieved a level of serenity and acceptance "beyond my wildest dreams." As the slogans say, "Keep coming back, 

# Sin of the Month: ...

## *Judgment*

by Marlan H.

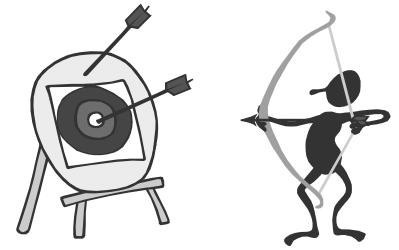
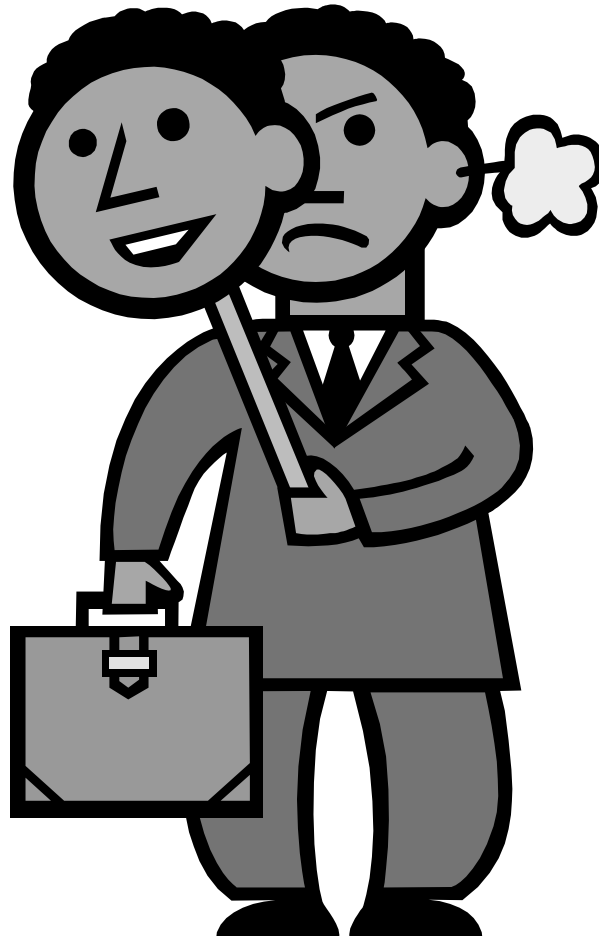
As I entered the space it was clear to see décor laced with traces of nonchalant shabby chic femininity. He did mention it was a sub-lease. We converse briefly; mostly about me. I felt as if I were attending a one sided interview. Nevertheless, he put my mind at ease. Seemingly very friendly; he must be. Who would open their home to a complete stranger? I bare my soul or at least as much as I could bear. "I need a safe place to sleep." Recovery is my love affair. His eyes fixed on my being. My mind roamed the possibilities... I pause and breathe.

Settling into the makeshift room, desperation and gloom are replaced with complete silence and a breathtaking view! I sit alone in a daze - amazed. I began to praise my God for hearing and answering my cry and blessing me with a place of refuge...

Day 2 - Was last night a lie? Peeking around corners! Constantly checking in on me! Could this be??? Naaaaw. "Let he who is without sin cast the first stone". I'll keep busy and only come home to sleep.

Day 3 through the next few weeks. There's a tightening in my chest. Against every welcoming fiber of my being I won't allow him to get close. The atmosphere seems uneasy; in a contagious state of unrest? Still, he seems so terribly sweet, and on the flip side, incredibly lost. I fight to maintain a bit of serenity, grappling to make some sense

of the situation, weighing every cost. Is this dude attracted to me? No. There is no sexual tension, nothing of the sort. Still, even with divider and curtains up I can't seem to maintain any level of privacy; he won't respect my fort! A need for connection and conversation is apparent but not on my end. Why can't I talk to him? Why won't my spirit let me be his friend? There's something in the air. But I can't worry. There's work to be done. (Is this what it means to be entangled in spiritual warfare?) Live the steps, fulfill my commitments, be of service, create a solid healthy and whole lifestyle; my time is consumed.



Expectations low, boundaries high, and heart open. I don't say a word - careful not to step beyond this invisible wall. It's as if God's saving me from a fall and wanting me to learn a lesson. Why am I stressing? Ways of escape fill my mind. I find myself falling into old behavior connected to using; fantasizing, visualizing line after white line. I can't shake the feeling; slipping, losing a grip on my New Reality! Spiraling down! Falling behind! I can't get back to that safe place, at least not while I'm in this state of mind.

*I realized I was  
fighting against one of  
my terrible character  
defects*

Suddenly it clicks. He halfway admits. I press the issue and pose the million dollar question. Are you high? He replies. "As much as I want to lie, I can't. Yes." The Heavens split within my consciousness. Everything fell into its right place. Every awkward moment made sense. No more annoying thoughts fill the space between my ears. I brimmed with empathy and listened with patience. Only then was I able to sit still and exhale. And I found peace – not in his falter, but in my God, at my conscience, and with my spirit; they were what guided me away from him towards the altar of meditation (which I ignored); they were protecting me.

I realized I was fighting against one of my terrible character defects; a flaw longing to be in front. I crushed it by keeping my mouth shut! I'm learning to trust myself and not fall into the Sin of the Month.

Judgment

**tP**

# Intergroup Meeting Summary—Nov 2014

The following groups had a registered Intergroup Representative (or Alternate) at the last Intergroup meeting. If your meeting was not represented, consider electing an Intergroup Representative (IGR) and an Alternate so your meeting is represented.

<b>Marin</b>	Mill Valley	Come 'n Get It!	Men's Two Plus	Sunset 9ers Tu
Attitude Adjustment Hour	Mon Night Stag Tiburon	Cow Hollow Men's Group	Miracles (Way) Off 24th St.	Sunset Speaker Step
Blackie's Pasture	Rise N Shine	Embarcadero Group	Pax West	They Stopped in Time
Cover to Cover	Sat Weekend Warrior	Extreme Makeover: Women's SS	Reality Farm	Too Early
Gay Men & Women/All Welcome	Sun Night Corte Madera	Friday Morning 12 Steppers	Rebounds, Retreads and Winners	Tuesday Big Book Study
Girls Night Out	Tuesday Beginners	Friendly Circle	Saturday Night Regroup	Weekend Update
Glum Not!	<b>SF</b>	Haight Street Blues	Shamrocks & Serenity	Women's 10 Years Plus
Happy, Joyous and Free	A is for Alcohol	Living Sober with HIV	Sober Saturday	Women's Mtg: There is a Solution
Marin Young People	Artists & Writers	Marina Discussion	Sunday Rap	

This is an unofficial summary of the November 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., Nov 5th, 2014 at 101 Donohue St, Marin City, CA and was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The October 2014 minutes and the November 2014 agenda were approved.

## Officer Reports

**Board Chair, Becca** There is a discussion about Board transparency. The Board is primarily responsible for administration and finances of Central Office. Secondly it's in support of Intergroup. We will start posting minutes online at [www.aasf.org](http://www.aasf.org) in the Intergroup section. Reminder that November is Gratitude Month. Carolyn has been Teleservice chair for 2 ½ years and we need to find a new chairperson. Jane K needs to step down from leading The Buzz. This position requires attention to detail and timeliness, because it goes out two times a month.

**Treasurer, Michelle C.** Overall rating = POOR. The September negative variance is \$2,293. The year to date negative variance is \$12,315. Rolling year to date we're down about \$15,000 (since October 2013). Gratitude month is important! It helps Central Office! Last year we received roughly \$16,000 and last year the deficit was roughly \$14,000, so we do count on gratitude month contributions to offset the deficit we accrue throughout the year.

**Central Office Manager, Maury P.** Sent an email regarding a Marin Alcathon to the 93 trusted servants with email addresses and got over 50% response. It was great to see that kind of response and feel that connected. We need some help with members reporting meeting closures over the holidays. We can make a note on the website and we can post a PDF on the home page. It is very important to not have people show up to a locked door during the holidays. If you know of special events, please let us know and we'll post it to the website calendar. Volunteer shifts are available at Central Office, there is a one-year sobriety requirement.

## Intergroup Committee Reports

**Outreach Committee, Frank** We went to 15 meetings and still have a list of 30-35. There are 3 pitches: short, medium, and long. Justin mentioned it would be helpful to attend the steering committee meeting instead of just the meeting.

**Access Committee, Steve** Steve will be rotating off as committee chair at the end of the year. We are asking for committee chairs to be allowed to observe the Board meeting. Dorothy leads the SOS committee and Frank leads Homebound Marin.

**Archives Committee, Michael P.** We remind you to send in a write-up of your meeting in a Meet the Meeting letter to [archives@aasf.org](mailto:archives@aasf.org). (Who, What, When, Where, Why) We received a treasure box filled with San Quentin meeting pictures and other documents.

**Fellowship Committee, Michael P.** Thanks to everyone who helped with SF Unity Day. Our next event will be Founders' Day.

**Orientation Committee** 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.** Speaker Workshop on the 2<sup>nd</sup> Monday of month at 6pm at Central Office, regular meeting following at 7pm. We do need help on the committee and speakers. We had fewer engagements and are seeing consolidation in DUI classes and will increase outreach to schools. We are in communication with the media, a local news channel, and are speaking to editors. We're reaching out to those who publish articles on A.A. events. Someone who attended a DUI class identified as an alcoholic, decided to go to an A.A. meeting and let us know.

**12<sup>th</sup> Step Committee, Virginia** Our business meeting is the 2<sup>nd</sup> Thursday of each month, at 6pm at Central Office. Volunteering for 12 step work doesn't have a sobriety requirement. Need help with next orientation in Feb, need presenters.

**The Point Committee, Paul K.** We meet on the 2nd Tuesday of the month at 5:30pm at Central Office. We are on target with the December issue of The Point. If you are interested in contributing an article, email us at [thepoint@aasf.org](mailto:thepoint@aasf.org).



# Individual Contributions

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

## IN MEMORIAM

**Chris W.  
Monika H.  
Stu S.**

## ANNIVERSARIES

**Shirley K - 46 years  
Sheila H. - 33 years**

### **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** The first Quarterly Hot Topic discussion event was held last month. The topic was Alcoholic and A, Is Addiction an Outside Issue? Paul K gave a review of the meeting, which was well done, included two speakers and discussion, allowing people to share their experience and opinions. Young people expressed more leniency in that most young people have addiction issues so identifying as both an addict and alcoholic is no big deal. Laura B. and Erin volunteered to represent Intergroup on this committee which is a joint effort with SFGS, SF H&I and GGYPA.

### **Liaison Reports**

**Marin Teleservice, Alex** Sign up for phone shifts at [www.marintelesevice.org](http://www.marintelesevice.org). We meet the 4<sup>th</sup> Tuesday of every month and are now manually transferring our own phone lines. There is a new special events coordinator who is proactive, getting ready for a spaghetti feed and a San Francisco / Marin ice cream social.

**Marin PI/CPC, John R.** We held many speaker workshops for high school talks. We have a weekly meeting at Tam High and monthly meetings at other high schools. The next meeting is Dec 4th at the Marin Alano Club.

**GGYPAA, Neil** Our steering committee meets on the 2<sup>nd</sup> Sunday of the month and we alternate between SF Central Office and the Marin Alano Club. We had a Halloween event co-hosted with many of the

other young people groups in the Bay Area. The 18th Annual Western Area Conference of Young People (WACYPA) in Alcoholics Anonymous will be held at the Hapuna Prince Hotel, December 18-21, 2014 in Kona, Hawaii.

**SF H&I, Mark F.** We have orientation at the Mission Fellowship on 24th street, on the 3<sup>rd</sup> Saturday of the month at 11am.

**H&I, Marin, Karen G** We meet on the 2nd Tuesday of the month. Orientation is at 6:15pm and the business meeting is at 7:15pm. There is a backlog in getting members cleared for work in prisons and corrections.

**Targeted message** This is the time of year we ask meetings to pass the basket twice to support Central Office Because our finances weather a certain amount of budgetary instability over the course of a given year. Gratitude month is where those uncertainties are shored up by the fellowship's generosity. Contributions for Gratitude Month can be made by meetings and groups, but also by individual members, who can donate online at aasf.org.

**Sample IGR report,** Jonathan gave a sample presentation for gratitude month contributions.

**Next Intergroup Meeting:** Wed. Dec. 3, 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](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**

NONE [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**

Jennifer D. [fellowship@aasf.org](mailto:fellowship@aasf.org)

#### **ORIENTATION COMMITTEE**

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

#### **OUTREACH COMMITTEE**

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

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

Rich G. [picpc@aasf.org](mailto:picpc@aasf.org)

#### **SF TELESERVICE COMMITTEE**

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

#### **THE POINT**

Charley D. [thepoint@aasf.org](mailto:thepoint@aasf.org)

#### **TRUSTED SERVANTS WORKSHOP COMMITTEE**

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

#### **WEBSITE COMMITTEE**

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

# aa group contributions

Fellowship	Oct. 14	YTD	Marin	Oct. 14	YTD	San Francisco	Oct. 14	YTD
Contribution Box		\$ 418	Morning Attitude Adjustment		\$ 545	11th Step Power Power Power		\$ 198
GGYPAA		\$ 35	Nativity Monday Night Big Book 8pm		\$ 100	6am Dry Dock Fri		\$ 84
Intergroup	\$ 103	\$ 994	Noon Tu 12pm		\$ 265	6am Dry Dock Mon		\$ 54
Novato Fellowship Group		\$ 133	North Marin Speaker Sun 12pm		\$ 200	6am Dry Dock Tu		\$ 100
Oyster Point Group		\$ 90	Novato Fellowship Group		\$ 717	6am Men's Literature Meeting M		\$ 346
Unidentified Group		\$ 120	Novato Spirit Discussion F 2pm	\$ 90	\$ 90	7am As Bill Sees It Fri		\$ 11
Western Roundup (Living Sober)		\$ 539	On Awakening 7D 530am	\$ 350	\$ 700	7am Living Sober W 7am		\$ 39
<b>Fellowship Total</b>	<b>\$ 103</b>	<b>\$ 2,328</b>	Passages W 1030pm		\$ 49	7am Speaker Discussion Th 7am		\$ 45
			Primary Purpose W 830pm		\$ 153	7am Step Discussion Tu 7am		\$ 156
<b>Marin</b>	<b>Oct. 14</b>	<b>YTD</b>	Quitting Time M-F 530pm	\$ 484	\$ 1,868	A is for Alcohol Tu 6pm		\$ 60
11th Step Meeting M 8pm		\$ 60	Redwoods	\$ 44	\$ 126	A New Start F 830pm		\$ 405
12 & 12 Study Sa 815am		\$ 66	Refugee Th 12pm		\$ 186	A Word From Our Sponsors We 12p		\$ 42
Attitude Adjustment 7D 7am		\$ 4,526	Reveille 7D 7am		\$ 60	AA As You Like It Tu 530pm		\$ 40
Awakenings		\$ 60	Rise N Shine Sun 10am		\$ 779	AA Unity Big Book Study Tu 130pm		\$ 13
Awareness/Acceptance M 1030am		\$ 223	San Geronimo Valley BS F 8pm		\$ 135	Afro American Beginners Sat 8pm	\$ 53	\$ 271
Back to Basics Su 930am	\$ 51	\$ 313	San Geronimo Valley M 8pm		\$ 185	After Work Big Book Study		\$ 48
Beginner's Help Th 8pm		\$ 41	San Marin Step Study Sa 830pm		\$ 75	Agnostics & Freethinkers Su 630pm		\$ 120
Blackie's Pasture Sa 830pm		\$ 150	Saturday Night Sa 8pm	\$ 195	\$ 435	Alamo Square Su 7pm		\$ 60
Bounce Back M 6pm		\$ 600	Sausalito 12 Step Study Group		\$ 111	All Together Now Th 8pm		\$ 874
Candlelight Sun 830pm		\$ 203	Serendipity Sa 11am		\$ 169	Amazing Grace M 7pm		\$ 120
Closed Women's SSTu 330pm		\$ 251	Six O'Clock Sunset Th 6pm		\$ 600	Any Lengths Sat 930am		\$ 1,124
Conscious Contact Sa 6pm		\$ 80	Sober & Serene F 7pm	\$ 303	\$ 789	Artists & Writers F 630pm		\$ 1,936
Crossroads Sun 12pm		\$ 1,300	Sober Sisters Wed 12pm		\$ 184	As Bill Sees It Sat 8pm		\$ 70
Day At A Time 7D 630am		\$ 360	Sunday Express Sun 6pm		\$ 423	As Bill Sees It Th 6pm	\$ 29	\$ 480
Downtown Mill Valley F 830pm		\$ 1,153	Sunday Friendship Sun 6pm		\$ 134	As Bill Sees It Th 830pm		\$ 299
Experience, Strength & Hope Sa 6pm		\$ 60	Sunday Night Corte Madera 8pm		\$ 208	As Bill Sees It Tu 1210pm		\$ 570
Friday Night Book F 830pm		\$ 386	Sunlight of the Spirit Th 7pm		\$ 300	Ass in a Bag Th 830pm		\$ 1,180
Girls Night Out W 815pm		\$ 155	T. G. I'm Sober		\$ 55	Back to Basics Th 730pm		\$ 61
Glum Not! Su 9am		\$ 300	T.G.I. Tuesday 6pm		\$ 60	Beginners 12 x 12 F 7pm		\$ 519
Gratitude Tu 8pm		\$ 283	Terra Linda Group Th 830pm		\$ 588	Beginners' Step Study Sat 7pm	\$ 112	\$ 301
Greenfield Newcomers Sun 7pm		\$ 295	Terra Linda Thursday Men's Stag 8pm		\$ 500	Bernal Big Book Sat 5pm	\$ 55	\$ 1,828
Happy Destiny F 7pm		\$ 200	The Fearless Searchers F 8pm	\$ 31	\$ 47	Bernal New Day 7D		\$ 361 \$ 2,371
Happy Hour Th 6pm		\$ 60	There is a Solution Tu 6pm		\$ 317	Big Book Basics F 8pm		\$ 414
Happy, Joyous & Free 5D 12pm		\$ 1,500	Three Step Group Sa 530pm		\$ 705	Big Book Boot Camp 5D	\$ 50	\$ 138
High & Dry W 12pm		\$ 401	Thursday Night Book Club Th 7pm		\$ 90	Big Book Study Su 1130am		\$ 341
Intimate Feelings Sa 10am		\$ 212	Thursday Night Speaker 830pm	\$ 766	\$ 2,706	Blue Book Special Su 11am	\$ 43	\$ 375
Inverness Sunday Serenity Su 10am		\$ 153	Tiburon Beginners & Closed Tu 7/830pm		\$ 468	Brothers in Arms M 8pm		\$ 138
Just Can't Wait 'til 8 M 630pm		\$ 386	Tiburon Women's Candlelight W 8pm		\$ 320	Buena Vista Breakfast Su 12pm		\$ 313
Larkspur Beginners W 7pm		\$ 150	Tuesday Beginners' Meeting		\$ 372	By the Book Sa 10am		\$ 144
Last Stop Men's Step Study W 6pm		\$ 250	Tuesday Chip Meeting Tu 830pm	\$ 300	\$ 1,600	Came To Believe Su 830am		\$ 82
Living in the Solution F 6pm		\$ 100	We, Us and Ours M 650pm		\$ 325	Came to Park Sat 7pm		\$ 782
Marin City Groups 6D 630pm	\$ 250	\$ 750	Wednesday Mid-Week W 6pm		\$ 60	Castro Discussion Th 8pm		\$ 933
Meditation Weds 7pm	\$ 72	\$ 418	Wednesday Night SD W 7pm		\$ 243	Castro Monday Big Book 830pm		\$ 135
Mill Valley 7D 7am		\$ 1,750	Wednesday Sundowners W 6pm		\$ 823	Castro Nooners F 12pm		\$ 235
Mill Valley Discussion W 830pm		\$ 402	Women's Big Book Tu 1030am	\$ 504	\$ 1,144	Chips & Salsa Tu 12pm		\$ 176
Monday Blues M 630pm		\$ 335	Women's Lunch Bunch F 12pm	\$ 510	\$ 918	Cocktail Hour Thu 10pm	\$ 25	\$ 25
Monday Night Stag Tiburon		\$ 1,500	Women's Meeting Su 430pm		\$ 71	Cocoanuts Su 9am		\$ 452
Monday Night Women's M 8pm		\$ 361	Working Dogs W 12pm		\$ 198	Coit's Quitters		\$ 204
Monday Nooners M 12pm		\$ 661				Come 'n Get It! F 630pm	\$ 64	\$ 130
Morning After Sa 10am		\$ 200	<b>Marin Total</b>	<b>\$ 3,948</b>	<b>\$ 41,847</b>	Conscious Contact Sa 6pm	\$ 120	\$ 120

San Francisco	Oct. 14	YTD	San Francisco	Oct. 14	YTD	San Francisco	Oct. 14	YTD
Cow Hollow Men's Group W 8pm	\$ 270	\$ 1,758	Living Sober with HIV W 6pm	\$ 803		Sunday Bookworms Sun 730pm	\$ 27	
Cow Hollow Young Ppl Tu 730pm	\$ 322		Looney Toons Tu 10pm	\$ 23	\$ 81	Sunday Express Sun 6pm	\$ 53	
Design for Living Sat 8am	\$ 288	\$ 806	Lunch with Bill Fri 12pm	\$ 12		Sunday Morning Gay Men's Stag 930am	\$ 589	
Dignitaries Sympathy W 815pm	\$ 313		Lush Lounge Sa 2pm	\$ 72		Sunday Night 3rd Step Group 5pm	\$ 768	
Each Day a New Beginning F 7am	\$ 799	\$ 2,791	Meeting of the Moms	\$ 112	\$ 112	Sunday Night Castro Speaker Disc 730pm	\$ 569	
Each Day a New Beginning M 7am	\$ 1,215		Meeting Place Noon F 12pm	\$ 217		Sunday Rap Sun 8pm	\$ 240	
Each Day A New Beginning Su 8am	\$ 288		Meeting Place Noon W 12pm	\$ 368		Sunday Silence Su 730pm	\$ 200	
Each Day a New Beginning Th 7am	\$ 1,169		Men's Gentle Touch M 7pm	\$ 23		Sundown W 7pm	\$ 1,027	
Each Day a New Beginning Tu 7am	\$ 702	\$ 1,683	Mid-Morning Support Su 1030am	\$ 1,288		Sunset 11'ers F	\$ 60	\$ 60
Each Day a New Beginning W 7am	\$ 364	\$ 1,046	Midnight Meditation Sat 12am	\$ 100		Sunset 11'ers Th	\$ 50	
Early Start F 6pm	\$ 2,358		Mission Fellowship	\$ 215		Sunset 11'ers Tu	\$ 142	
Easy Does It Tu 6pm	\$ 708		Monday Beginners M 8pm	\$ 241		Sunset 9'ers F	\$ 77	
Embarcadero Group 5D 1210pm	\$ 736		Monday Men's Stag (SF M 8pm)	\$ 157		Sunset 9'ers Th	\$ 275	
Epiphany Group Th 7pm	\$ 200		Monday Monday M 1215pm	\$ 811		Sunset Speaker Step Sun 730pm	\$ 370	
Eureka Step Tu 6pm	\$ 110		Monday Night BB Study M 8pm	\$ 60	\$ 60	Tea with Bill	\$ 25	
Eureka Valley Topic M 6pm	\$ 651		Monday Nooners M 12pm	\$ 219		Ten Years After Su 6pm	\$ 133	\$ 2,041
Excelsior "Scent" Free for All Sa 7pm	\$ 120		Morning After Sa 10am	\$ 200		The Lads Fr 730pm	\$ 150	
Extreme Makeover M 730pm	\$ 63		Moving Toward Serenity W 830pm	\$ 72		The Leaky Cauldron Su 930am	\$ 463	
Federal Speaker Su 12pm	\$ 369		No Gurus Meditation Su 7pm	\$ 145		The Parent Trap 2 Wed 4pm	\$ 115	\$ 175
Fell Street F 830pm	\$ 663		No Reservations M 12pm	\$ 942		The Parent Trap M 1pm	\$ 249	
Firefighters & Friends Tu 10am	\$ 182		Noon Smokeless Th 12pm	\$ 7	\$ 82	The Pepper Group F 12pm	\$ 77	\$ 250
Franciscan Noon Discussion M 12pm	\$ 205		Noon Smokeless W 12pm	\$ 50		They Don't Know Who We Are Sat 7pm	\$ 155	
Freethinkers Step Study Su 11am	\$ 60		O.A.D.W. Mon 7pm	\$ 94	\$ 370	They Stopped In Time M 8pm	\$ 205	
Friday All Groups F 830pm	\$ 733		Park Presidio M 830pm	\$ 25		Thursday Night Women's Th 630pm	\$ 588	
Friday at Five F 5pm	\$ 331		Parkside Th 8pm	\$ 678		Thursday Thumpers Th 7pm	\$ 28	
Friendly Circle Beginners Su 715pm	\$ 192		Pax West Daily Reflections W 7am	\$ 116		Too Early Sat 8am	\$ 1,885	
Friendly Circle Su 830pm	\$ 462		Pax West Discussion Th 12pm	\$ 1,349		Trudgers Discussion Su 7pm	\$ 240	\$ 600
Getting Fit at One O'Clock Tu 1pm	\$ 8		Pax West Literature Disc T 12pm	\$ 1,407		Tuesday Big Book Study Tu 6pm	\$ 170	
Giddy Up Th 7pm	\$ 89		Pax West Speaker Disc M 12pm	\$ 800	\$ 800	Tuesday Downtown Tu 8pm	\$ 28	
Gold Mine Group M 8pm	\$ 586		Potrero Hill 12 x 12 M 630pm	\$ 60	\$ 60	Tuesday Night Lasses Step Study	\$ 129	\$ 233
Gratitude Center	\$ 300		Progress Not Perfection Tu 830pm	\$ 29		Twelve Steps to Happiness F 730pm	\$ 88	
Haight Street Blues Tu 615pm	\$ 404		Queers, Crackpots, Fallen Women	\$ 90		Unidentified Group	\$ 812	
Haight Street Explorers Th 630pm	\$ 105		Raising the Bottom W 9pm	\$ 300		Valencia Smokefree F 6pm	\$ 26	\$ 597
Happy Destiny Sa 630pm	\$ 133		Reality Farm Th 830pm	\$ 724		Wake Up On 3rd St Group	\$ 343	
Happy Hour Ladies Night F 530pm	\$ 130		Rebound W 830pm	\$ 91		Walk of Shame W 830pm	\$ 431	
High Noon Friday 1215pm	\$ 135		Rigorous Honesty Th 1205pm	\$ 330		Waterfront Sun 8pm	\$ 244	
High Noon Monday 1215pm	\$ 82		Saturday Afternoon Meditation 5pm	\$ 154		We Care Tu 12pm	\$ 48	\$ 228
High Noon Saturday 1215pm	\$ 535		Saturday Beginners Sat 6pm	\$ 1,080	\$ 2,126	Weekend Update Su 6pm	\$ 320	
High Noon Sunday 1215p	\$ 1,113		Saturday Easy Does It Sa 12pm	\$ 312		West Portal W 8pm	\$ 326	
High Noon Thursday 1215pm	\$ 346		Saturday Night Live Sa 9pm	\$ 55		Wharfrats Th 815pm	\$ 272	
High Sobriety M 8pm	\$ 71	\$ 71	Saturday Night Regroup 730pm	\$ 443		What It's Like Now M 6pm	\$ 239	\$ 529
High Steppers W 7pm	\$ 128		Serenity House	\$ 150	\$ 1,500	Why Not Laugh Sat 6p	\$ 16	
Hilldwellers M 8pm	\$ 476		Serenity Seekers M 730pm	\$ 325		Wits End Step Study Tu 8pm	\$ 35	
Huntington Square W 630pm	\$ 493		Shamrocks & Serenity M 730pm	\$ 426		Women's 10 Years Plus Th 615pm	\$ 270	\$ 2,070
Into The Sun Meditation Th 12pm	\$ 56		Sisters Circle Su 6pm	\$ 33		Women's Came to Believe Sa 10am	\$ 67	\$ 230
Join the Tribe Tu 7pm	\$ 1,002		Sober at State MW 1210pm	\$ 282		Women's Kitchen Table Tu 630pm	\$ 793	
Joys of Recovery Tu 8pm	\$ 249		Sober Saturday Sa 830am	\$ 239		Women's Mtg There is a Solution	\$ 134	\$ 631
K.I.S.S. M 6pm	\$ 185		Sobriety & Beyond W 7pm	\$ 210		Women's Promises F 7pm	\$ 475	
Keep Coming Back Sa 10am	\$ 508	\$ 1,265	Sometimes Slowly Sa 11am	\$ 150		Work In Progress Sat 7pm	\$ 217	
Ladies Who Lunch Thu 1210pm	\$ 56	\$ 232	Sought to Improve Th 715pm	\$ 141		YAHOO Step Sa 1130am	\$ 477	
Let It Be Now F 6pm	\$ 60		Steppin' Up Tu 630pm	\$ 140	\$ 413	<b>San Francisco Total</b>	<b>\$ 8,033</b>	<b>\$ 87,376</b>
Like A Prayer Su 4pm	\$ 250		Stepping Stone SS M 730pm	\$ 174		<b>YTD</b>	<b>\$ 12,084</b>	<b>\$ 131,550</b>

# Profit and Loss Statement: September 2014

	Sep 2014	Budget	Jan - Sep 14	YTD Budget		Sep 2014	Budget	Jan - Sep 14	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Phone Book Listings</b>	\$93	\$93	\$837	\$837
<b>Income</b>					<b>Postage</b>	\$0	\$200	\$980	\$1,158
Gratitude Month	\$0	\$0	\$5,510	\$4,100	<b>Printing</b>	\$0	\$0	\$695	\$0
Group Contributions	\$11,995	\$10,000	\$119,480	\$120,033	<b>Professional Fees</b>	\$1,440	\$0	\$1,440	\$1,200
Individual Contributions	\$4,801	\$2,850	\$22,910	\$26,601	<b>Reconciliation Discrepancies</b>	\$0		-\$1	
Newsletter Subscript.	\$0	\$11	\$143	\$187	<b>Rent - Office</b>	\$4,122	\$4,122	\$37,097	\$37,098
Sales - Bookstore	\$11,647	\$8,000	\$96,476	\$87,099	<b>Rent - Other</b>	\$180	\$90	\$790	\$830
Intergroup Event Income	\$0	\$0	\$1,721	\$365	<b>Repair &amp; Maintenance</b>	\$240	\$325	\$2,685	\$2,905
<b>Total Income</b>	<b>\$28,443</b>	<b>\$20,861</b>	<b>\$246,240</b>	<b>\$238,385</b>	<b>Security System</b>	\$125	\$120	\$367	\$357
<b>Cost of Goods Sold</b>					<b>Shipping</b>	\$456	\$323	\$3,579	\$2,911
Cost of Books Sold	\$8,703	\$7,029	\$70,649	\$65,011	<b>Software Purchased</b>	\$0	\$0	\$521	\$470
COGS - Shipping	\$15	\$26	\$207	\$222	<b>Sunshine Club</b>	\$0	\$0	\$25	\$0
Credit Card Processing	\$404	\$500	\$4,001	\$3,787	<b>Telephone</b>	\$234	\$246	\$2,073	\$2,213
Inventory Adjustments	\$87	\$0	-\$289	\$0	<b>Training</b>	\$0	\$0	\$69	\$0
<b>Total COGS</b>	<b>\$9,208</b>	<b>\$7,555</b>	<b>\$74,567</b>	<b>\$69,020</b>	<b>Travel</b>	\$610	\$600	\$990	\$1,200
<b>Gross Profit</b>	<b>\$19,234</b>	<b>\$13,306</b>	<b>\$171,673</b>	<b>\$169,365</b>	<b>Total Expense</b>	<b>\$21,585</b>	<b>\$19,910</b>	<b>\$185,597</b>	<b>\$182,802</b>
<b>Expense</b>					<b>Net Ordinary Income</b>	<b>-\$2,351</b>	<b>-\$6,604</b>	<b>-\$13,924</b>	<b>-\$13,437</b>
Teleservice Committee	\$0	\$75	\$0	\$525	<b>Other Income/Expense</b>				
Access Expenses	\$60	\$425	\$665	\$2,965	<b>Other Income</b>				
Archives Committee	\$0	\$0	\$51	\$0	Bag Fees	\$4	\$4	\$25	\$41
Employee Expenses	\$12,771	\$12,824	\$117,665	\$115,830	Customer Shipping	\$290	\$320	\$3,212	\$2,917
Equipment Lease	\$652	\$0	\$4,700	\$4,339	Interest Income	\$64	\$100	\$574	\$895
Filing/Fees	\$0	\$0	\$930	\$545	Miscellaneous Income	\$0	\$30	\$489	\$270
Insurance	\$0	\$0	\$2,398	\$2,400	<b>Total Other Income</b>	<b>\$357</b>	<b>\$454</b>	<b>\$4,300</b>	<b>\$4,123</b>
Intergroup Events	\$0	\$0	\$3,239	\$850	<b>Other Expense</b>				
Intergroup Literature	\$109	\$0	\$254	\$0	Depreciation Expense	\$299	\$279	\$2,691	\$2,511
Internet Expense	\$133	\$129	\$1,193	\$1,161	<b>Total Other Expense</b>	<b>\$299</b>	<b>\$279</b>	<b>\$2,691</b>	<b>\$2,511</b>
Office Supplies	\$146	\$211	\$1,664	\$1,816	<b>Net Other Income</b>	<b>\$58</b>	<b>\$175</b>	<b>\$1,609</b>	<b>\$1,612</b>
Paper Purchased	\$204	\$116	\$607	\$1,103	<b>Net Income</b>	<b>-\$2,293</b>	<b>-\$6,429</b>	<b>-\$12,315</b>	<b>-\$11,825</b>
Payroll Fees	\$10	\$10	\$84	\$90					

## Treasurer's Report

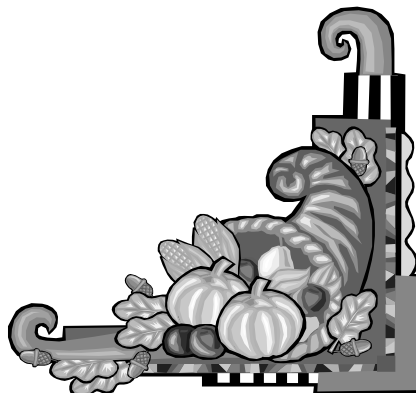
For the month of September, total income was over budget by \$7,582. This was due to more than anticipated group and individual contributions, as well as bookstore sales.

Total expenses for the month of September were over budget by \$1,676 and year-to-date over budget by \$2,795.

September had a negative variance of \$2,293. Year-to-date there is a negative variance of \$12,315 compared to a budgeted year-to-date negative variance of \$11,825.

Unrestricted cash balance decreased from \$20,829 to \$17,617 which represents a little less than one month of operating expenses.

## November was Gratitude Month



Please write "Gratitude Month"  
(and the Group Name, if applicable)  
on your Gratitude Month  
contributions and send them in!  
Contributions can also be  
made online at [aasf.org](http://aasf.org).  
Many thanks to all who participated!

# September 2014 Balance Sheet

	Sep 30, 2014	Aug 31, 2014	\$ Change	Sep 30, 2013	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Restricted Cash	\$193,173	\$193,109	\$63	\$186,322	\$6,850
Unrestricted Cash	\$17,617	\$20,829	-\$3,211	\$37,002	-\$19,385
Total Checking/Savings	\$210,790	\$213,938	-\$3,148	\$223,324	-\$12,534
Accounts Receivable					
Accounts Receivable	\$199	\$195	\$4	-\$192	\$391
Total Accounts Receivable	\$199	\$195	\$4	-\$192	\$391
Other Current Assets					
Inventory - Bookstore	\$21,006	\$28,178	-\$7,172	\$17,890	\$3,116
Prepaid Literature Orders	\$8,862	\$897	\$7,965	\$525	\$8,337
Undeposited Funds	\$300	\$0	\$300	\$20	\$280
Total Other Current Assets	\$30,168	\$29,074	\$1,094	\$18,435	\$11,733
Total Current Assets	\$241,158	\$243,208	-\$2,050	\$241,568	-\$410
Fixed Assets					
Comp. and Off. Equipment (Net)	\$2,231	\$2,365	-\$134	\$3,192	-\$962
Furniture & Equipment (Net)	\$0	\$0	\$0	\$25	-\$25
Leasehold Improvements (Net)	\$18,373	\$18,538	-\$165	\$20,353	-\$1,980
Total Fixed Assets	\$20,603	\$20,902	-\$299	\$23,570	-\$2,967
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
<b>TOTAL ASSETS</b>	<b>\$268,459</b>	<b>\$270,807</b>	<b>-\$2,349</b>	<b>\$271,835</b>	<b>-\$3,377</b>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$3,380	\$3,442	-\$62	\$3,271	\$109
Sales Tax Payable	\$870	\$864	\$6	\$682	\$188
Total Other Current Liabilities	\$4,250	\$4,306	-\$56	\$3,953	\$297
Total Current Liabilities	\$4,250	\$4,306	-\$56	\$3,953	\$297
Long Term Liabilities					
Deferred Compensation	\$60,167	\$60,167	\$0	\$54,193	\$5,974
Total Long Term Liabilities	\$60,167	\$60,167	\$0	\$54,193	\$5,974
Total Liabilities	\$64,417	\$64,473	-\$56	\$58,146	\$6,271
Equity					
Net Assets	\$216,357	\$216,357	\$0	\$220,560	-\$4,203
Net Income	-\$12,315	-\$10,023	-\$2,293	-\$6,871	-\$5,444
Total Equity	\$328,626	\$330,974	-\$2,349	\$326,028	\$2,597
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$395,490</b>	<b>\$397,839</b>	<b>-\$2,349</b>	<b>\$386,919</b>	<b>\$8,571</b>

**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](mailto:thepoint@aasf.org)

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# December 2014

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