

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015
1
January

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous

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New Beginnings



-
- 6 Step One
 - 7 Service: Inside-Out and Outside-In
 - 8 Came To Believe:
The Other Side of the Program?
 - 10 First Step Experience

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.

January 2015

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>			
4	5	6 <u>FIRST TUE</u> Access Committee Central Office 6pm	7 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm
11 Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm	12	13 <u>SECOND TUE</u> The Point Committee Central Office 5:30pm Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm	14 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael Orientation 6pm Quarterly Business Meeting 6:30pm
18 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	19 CENTRAL OFFICE CLOSED FOR MARTIN LUTHER KING, JR DAY <u>THIRD MON</u> SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	20	21
25	26	27 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	28 <u>FOURTH WED</u> Sober Outside Services (SOS) Central Office 6pm

THURSDAY	FRIDAY	SATURDAY
1 CENTRAL OFFICE CLOSED HAPPY NEW YEAR!	2	3
8 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	9	10 SF Public Information / Cooperation with the Professional Community (PI/CPC) 1320 7th Ave, SF Annual Meeting 2:00-5:30pm
15	16	17 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
22 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	23	24 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
29	30	31 



January 2015 TABLE OF CONTENTS

Calendar	2
Meeting Changes	4
From the Editor	5
Faithful Fivers.....	5
Step One	6
Service:	
Inside-Out and Outside-In	7
Came To Believe.....	8
Aphorism:	
Stay sober for yourself.....	9
First Step Experience	10
A.A. Pre-history #18.....	11
Doing the Next Right Thing	12
If You Are.....	12
A Lever with	
No Place to Stand	13
My Protective Ego	13
IFB Meeting Summary	14
Group Contributions	16
P&L/Treasurer's Report	18

Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.
12 Steps and 12 Traditions, "Step One," p. 21.



Meeting Changes

Meeting Changes:

Mon 6:45pm San Rafael MONDAY BLUES, First United Methodist Church: 199 Greenfield Ave / Ross Valley Dr
(New time effective in January, Was at 6:30pm)

No Longer Meeting:

Sun	8:00pm	Pacific Heights	12 STEPPIN' THROUGH THE ARCH OF FREEDOM, Nu Outlook: 2203 Sutter / Pierce
Thu	6:30pm	South Beach	SOUTH BEACH MEDITATION, 66 Townsend St / Colin P Kelly Jr St
Fri	8:00pm	Pacific Heights	FRIDAY NIGHT LIVE, Nu Outlook: 2203 Sutter / Pierce
Sat	8:00pm	Pacific Heights	FEVER DREAMS, Nu Outlook: 2203 Sutter / Pierce

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!***

AASF Public Speaking: Our Community Impact & Planning Our Future

hosted by the SF PI/CPC*

Join us for a forum and workshop addressing the way San Francisco AA works with professionals and speaks to organizations, groups and the general public about AA. Come hear the impact of our work in the SF community and help us plan our future.

January 10, 2015: 2:00 to 5:30 pm

The Gratitude Center, 1320 7th Ave at Irving, SF

Food and refreshments will be served!

**Public Information and Cooperation with the Professional Community*

Join Us!

- Attend a workshop
- Hear from our partner agencies on the importance of our work
- Meet and share ideas with other members of our community
- Participate in a conversation about where we should focus efforts in the coming year

Persons requiring reasonable accommodations, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no later than Jan. 2, 2015.



From the Editor

Step One

by Charley D.

Occasionally, we encounter an alcoholic whose sobriety dates from January 1. The story almost always includes a monstrous post-New Year's Eve hangover. Most, like your editor, hit bottom on some less definitive date. Still, the start of another year gives everyone a chance to begin again, to focus on what's really important in our lives, to see our world anew.

John D.J. starts us off on the right foot with a penetrating commentary on Step One's thirteen words. Need a New Year's resolution? Anonymous reminds us that service works "outside in" making us more connected and better off, even as we help others. Alice Anonymous starts our new series of articles focused on Came to Believe with a discussion of how the "other" "spiritual" side of A.A. changed from something mysterious and a little distasteful to a key part of her everyday life. In "Stay Sober for Yourself," Anonymous continues our series on A.A. slogans and explains how emphasis on keeping herself sober enables her to contribute to her family, to A.A., and to the lives of others generally.

"First Step Experience" by Jamie M. paraphrases Step One as "I can't stop drinking, my life's a wreck." That beginning blossomed into many years of sobriety. Our regular A.A. Pre-History column shines a light on the first years after the Big Book's publication. "Doing the Next Right Thing" by Annie R. examines a single instance in which she took offense at a relative's message and, instead of responding in immediate anger, paused, considered and responded honestly and calmly. In "If You Are" John W. tells in blank verse of the value of being "painstaking" in doing the Steps. Archimedes said, "Give me a lever and a place to stand and I will move the earth." Bob S. found himself with no place to stand until he went to his first A.A. meeting. Ever since, with A.A.'s leverage, his life has moved in the right direction.

As you start this first of the next twelve months, we hope you find something in this issue to make the year's early steps easier, happier and more manageable. Whether you find yourself on Step One for the first time or reaching out to another suffering alcoholic yet again as Step Twelve suggests, may the New Year bring you a step closer to true peace with yourself.

EDITORIAL POLICY

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

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



Faithful FIVERS!

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

Aaron H.	John G.	Pamela D.
Alejandro D.	John M.	Peg L.
Amelia E.	John V.	Peggy H.
Ami H.	Karen C.	Pene P.
Barbara L.	Karen K.	Penelope C.
Barbara M.	Kate R.	Pete F.
Ben W.	Kathleen C.	Phyllis S-S.
Blu F.	Kim D.	Rachel G.
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David S.	Lynne L.	Tom S.
Dianne E.	Mabel T.	Tony R.
Don L.	Marit L.	
Don N.	Mark O.	Your
Emily C.	Martha S.	Name
Erin S.	Mary C.	Here!
Frederick D.	Mary D.	
Gregory G.	Mary L.	Or
Herman B.	Maryellen O.	Here!
Hilary M.	Miandy	
Jane K.	Michael P.	Or
Janet B.	Michael W.	Here!
Janet M.	Michael Z.	
Jeanne C.	Michelle C.	
Jeff B.	Mike M.	
Jeffery K.	Niels R.	
Jim C.	Paget V.	
John C.	Pam K.	

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!

Step One

Setting the Tone

by John D. J.

Step One, *“We admitted we were powerless over alcohol—that our lives had become unmanageable.”*

Step One really sets the tone for all of A.A., and contains a lot of deep truths about the nature of the disease and our chance at success, in only 13 words. First off, it does not mention that “I” have to admit anything or that “my” life is unmanageable. It begins with “We”. The second you begin to take the first step and say its first word, you are no longer alone. You are now part of a group of men and women who are all doing their best to stay sober under the care of their loving gods. This is no easy step, and the second word proves this fact: we do not “declare” or “say” that we are powerless over alcohol, we admit it, which means we “confess to be true or to be the case, typically with reluctance.” Of course we are reluctant, we are accepting absolute defeat against alcohol, the only friend and foe that had been a constant in our lives up to this point. A cursory look at our drinking history is more than enough to prove

We “were” powerless

our powerlessness, and since we are commencing a life of sobriety, we get to enjoy the past tense: we “were” powerless. Not, we “are” powerless. This simple admission will unlock a far greater power than the feeble control we tried to exert over our drinking.

And so we see that not even the first step, but just the first half of it, comes loaded with a lot of truth about this program and our admission and participation. This continues to be the truth for so much of the program, from the other steps, to the big book itself. It seems that no word is arbitrary or included by accident, and no sentence can escape a critical eye. The literature is jam-packed with guidance and meaning so that we have the best chance of success against such a formidable foe. Without this absolute clarity, alcohol would find the chinks in our armor and wear down any part of the program that was indecisive, vague, or wishy-washy.

The last part of the first step is a blunt truth: our lives had indeed become unmanageable. If you peel away the lies and the rationalizations, and take a stark look at the final drinking days of a true alcoholic, you are left with the obvious fact that our lives had become difficult or impossible to manage, manipulate, or control. And really, what quality of life can you expect from one that has to be frantically managed, manipulated, and controlled? What good can come of a life usurped by alcohol? The truth of Step One may be a hard pill to swallow, but a life lived under the brutal rule of alcohol is far more difficult to endure than the admission of defeat.

This step is one of my go-to steps to recite during

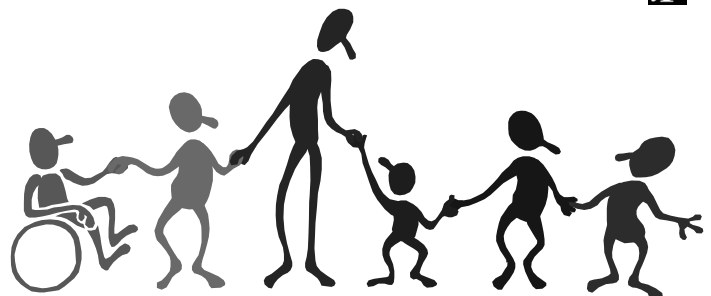


prayer and meditation, or during moments of alcoholic duress. For me, there is a profound comfort and feeling of calm that comes over me when I re-admit my powerless, and come to terms with the fact that yes, in fact, even in sobriety, there are times when my life is hard to control or manage for myself. And that’s just it: I am often powerless, and my ability to control a situation is often quite unnecessary or even counterproductive. A higher power has stepped into the managerial role of my life, and things run far more smoothly under his or her control and leadership. This step becomes an oath, a vow - that I can give up control, and admit defeat - and life will be way better than it ever could have been otherwise.

Give it a shot: surrender. Relinquish control.

A nation embroiled in war cannot begin to heal until one side surrenders, and the same is true for us alcoholics. Let alcohol win the battle, and let God begin the process of healing your life.

JP



Service: Inside Out and Outside In

Recovery is an Inside Job

by Anonymous

When I came in to program, I was told service would keep me sober. “Doing service,” sounded like just one more thing I had to do, one more discipline to learn, in order to live as a new person.

I was told to do whatever I could to help out: take on service commitments at meetings, set up and/or clean up, answer the phone when it rang, speak at meetings when asked, and be available to sponsor when the time came. (For me, that came early on – I was asked to sponsor by someone I considered a peer, when I had less than 6 months recovery. When I voiced my uncertainty, she reminded me that I had more time than she did. So, I sponsored her.)

We say recovery is an “inside job,” but after accepting the practice of service I started to find that service was actually working me outside-in. By doing the outward activity of serving other alcoholics in recovery,

*“Service was
actually working me
outside-in”*

whether one-to-one or on a group level, I found myself starting to feel more whole and more connected to the human race. As I worked through the Steps, I also began to understand the connection between all those simple service actions, like folding chairs and washing ashtrays after meetings (back in the day when we

smoked at meetings...), and the Twelfth Step, which tells us to practice these principles in all our affairs. Practicing service was contributing to healing me and to making my life whole. It was also starting to affect my life outside of A.A., as well as within the program.

As I have continued in recovery, I have continued to do the service work we typically acknowledge: the meeting commitments, sponsoring, driving members to and from meetings, etc. But sometimes, even in the framework of the program, things don’t work out the way I assume they are supposed to. In the last 18 months, I have found myself lacking sponsees and finding gaps between service commitments. Sponsorship has always been a core part of my service work, and when I started to see months going by without finding new sponsees, I started to get down on myself.

At that point, I realized I had a choice. I could either take this situation and use it as an opportunity to indulge in frustration and self-centeredness, or I could open up my mind and get more imaginative about finding service opportunities. I had to be willing to see service opportunities as they appeared – rather than as I expected them to appear.

Since then, I have found many different ways of being of service.

- I have spent many hours visiting sick and aging A.A. elders both through the Sunshine Club, and simply by visiting my own friends and mentors when they were in need of company, or a meeting.

- I have supported a sober friend through cancer treatment, as part of a posse of sober women who offered help cleaning, cooking, driving and staying over at her home as she recovered from surgery.
- I am writing this article, because a speaker at my home group mentioned that The Point needed writers, and she described writing as a type of service (which I hope this is . . .).
- Soon, I will travel back to the city where I spent my early sobriety, and help coordinate a memorial service for one of my sobriety sisters. She died last month, after a battle with cancer, and I am going to support both her family and another of our close friends.

None of these more personal experiences are listed in the A.A. literature, or show up in any pamphlet on a literature rack, but they are ways I have found to do service in my own way.



In my experience, service is an active practice of the principles of humility and (in the best of circumstances) compassion. It all comes down to the main point, which is to support the recovery – and well-being – of fellow alcoholics, and in return, my own recovery is supported.



Came to Believe: The Other Side of the Program?

The journey of continued sobriety is a spiritual journey

by Alice Anonymous

During a meeting one day, I remarked that I was just tickled to death with this A.A. program – all but the spiritual side of it.

After the meeting, another member came up to me and said, “I liked that remark you made – about how you like the program – all but the spiritual part of it. We’ve got a little time. Why don’t we talk about the other side of it?”

That ended the conversation.

Modesto, California (page 6)

The short selection quoted above from *Came to Believe* reminds me of one day in my own sobriety. I was changing sponsors, speaking with an A.A. friend and mentioned who my new sponsor was. She said, “Oh, that’s great, she’s very focused on the spiritual side of the program. But, you know, the spiritual side, that’s like saying the wet side of the ocean!”


When I first got sober, I was concerned mainly with what seemed to be very practical aspects of my new way of life - how would I live sober one day at a time after many years of alcoholism. The A.A. booklet, *Living Sober*, offered great suggestions of how to do this - avoiding drinking situations, using the telephone to stay sober, getting a sponsor, etc. Early sobriety seemed like a battle between the old and the new ways. After a while in my new sobriety, I realized that the new way

of life represented following a spiritual path - a path where I learned to trust others and a higher power to help me make better choices in my life.

*“Early sobriety
seemed like a battle
between the old and
the new ways”*

The first chapter of the A.A. booklet, *Came to Believe*, published in 1973, is titled “Spiritual?” Of particular note to me is the question mark included at the end. Our A.A. program asks us to find a higher power of my understanding and to be comfortable with the search and the questioning. My higher power is defined by the spiritual experience I gain through practicing A.A.’s Twelve Steps. An important quote from the A.A. Big Book reminds me that I need to continue to enlarge my spiritual life in

order to stay sober and be a useful member of Alcoholics Anonymous.

Perhaps *Came to Believe* should be retitled *Living Spiritually* as it provides wonderful examples of the personal experience of A.A. members and their spiritual growth. As I have continued in my sobriety, I have found that there are fewer divisions, and practicing A.A. principles in all my affairs means that the “spiritual side” of my program is a key part of my everyday life. This short selection from *Came to Believe* reminds me that the journey of continued sobriety is a spiritual journey. 





Stay sober for yourself

I realized I had to focus on myself

by Anonymous

This aphorism, “Stay Sober for Yourself,” touches many nerves for me. Early in sobriety, I think was staying sober for myself by default. Since I was completely self-centered, there wasn’t really anyone else I was thinking about. I was pretty desperate, unkind to myself, and not really functioning on an emotional level. What love I had, I showered on my daughters, and then my husband. I was suspicious of other people, grouchy, judgmental and small-minded (and I still am, often). By the time I reached A.A., I was pretty empty. What drove me there was fear that I would just disappear: that I would kill myself. That and my therapist told me I was an alcoholic and she wouldn’t be able to work with me if I didn’t go to A.A. I couldn’t cope. Some part of me knew I wouldn’t survive if I didn’t stop drinking. So I stayed sober for my own good.

One of the first times I really worried about having a problem with alcohol was with my family in Florida. We were on a family vacation at a resort, and one night I made a complete fool of myself in front of the family. The next day, I could hardly get out of bed. I felt sick - my digestive system was a mess - but more intense was the shame. I didn’t want to open my door and face my family. I was afraid they would ridicule me, that they wouldn’t accept me. That was one time when I promised myself I wouldn’t drink again. It didn’t work. The pain and shame were real, but they weren’t enough to sober me up.

I had to get to the point where I wanted to obliterate myself before I could abandon myself to God and to the program. I had to spend night after night drinking alone and contemplating suicide before the pain got to be too much and I reached out for help.

Once I did reach out to A.A., and began to work with a sponsor and do the steps, I realized I had to focus on myself. Writing a Fourth Step inventory required looking at the past and what I had done. It felt like a lot of soul-searching, much of which I had done, many times before. But this time, I had to figure out what my part was - what a difference that made! Suddenly I could see my own

***“Suddenly I could see
my own power”***

power. I could see that I had and have choices every day and that I could choose to be miserable, or I could try to be happy. (I’m not saying my depression wasn’t real: depression and alcoholism so often go together, and depression needs to be dealt with separately. But the thing is, I wasn’t dealing with the depression. Sure, I was taking Zoloft, but I was also choosing to drink, so the Zoloft wasn’t doing any good!)

Doing the work of A.A. required that I commit to myself, something that felt pretty selfish. I found it really difficult to leave my husband with the kids for an hour and a half so I could meet my sponsor, or go to a meeting. I kept waiting for my

husband to tell me he thought this was too much – that it wasn’t a good idea. (He didn’t, and still hasn’t.) I felt sure that this A.A. thing was taking too much time. I find it ironic that I had so much difficulty with this, when I had no problem whatsoever being selfish when I drank.

It’s important for me to continue to stay sober for myself, now that the obsession to drink has been lifted for me. The fact is that I am not really much good to anyone unless I stay sober for myself. If I’m an emotional wreck, I have nothing to give my family. If I’m not practicing the program, how can I suggest that a sponsee do so? On the flip side, when I’m sober, I can contribute positively not only to A.A., but to other people, projects, and events in my life and in others’ lives.

TP



First Step Experience

I've always been sure that I'm powerless over alcohol



by Jamie M.

I remember somewhere back in the very beginning of my involvement with A.A., I had what I would call a "First Step experience." I say "involvement" because, at the time, I wouldn't have qualified as a member considering that the membership requirement – the only one, but an important one – is a desire to stop drinking. At the time my health was pretty poor. That's not unusual for someone first approaching the rooms of A.A. I decided to walk the eight or ten blocks from my place in the lower Haight to a meeting further up in the traditional Haight Ashbury neighborhood. I had been to perhaps one meeting, perhaps a second, but certainly not a bunch of them. And like many an alcoholic, the brain wasn't exactly too clear at the first couple of meetings. On the way there, trudging up the sidewalk with

attention to the rest of the meeting. I found the people and the principles to be very helpful in my quest to do something about my problem.

That was back in May of 1986. Since then, my problems have changed in nature, and I have had many bouts of thinking I could (and worse yet, should) manage my own life. It has always been an on and off battle. What can I say? If you're all better after a few months, God bless you; you may not have to do the A.A. thing any more. Be sure to let us know how it works out. My experience is that I've always been sure that I'm

powerless over alcohol – whether I drink it or someone else drinks it. And I shudder to think how wacky and nasty my life would be if I went back to consuming the stuff. As far as the thing about powerlessness, it's my experience that the other eleven steps are pretty helpful in dealing with it, one way or another.

TP

***"I can't stop drinking;
my life's a wreck"***

a sore and limping gait (I now consider a half hour walk as a light warm-up), I found myself saying to myself, "I can't stop drinking; my life's a wreck." I repeated that a few times as I walked there. And when I got to the meeting, someone read the Twelve Steps, and the first one was "I can't stop drinking, my life's a wreck." If you're reading this, you know the actual wording of the step, but I didn't have it down pat at the time, so it was a striking similarity to me. It made me pay closer



A.A. Pre-History: # 18

The Writing of the Big Book (continued)

by Bob S., edited by Gilbert G.

In this installment, we'll learn more about the publication of the Big Book and the formation of the first group to call itself "Alcoholics Anonymous." An article published by the *Liberty* magazine helped to grow the fellowship in Cleveland.

"We The People" - April 29, 1939

On April 29, 1939, Morgan R. (a former advertising man, asylum patient and friend of Gabriel Heatter) appeared on Heatter's 9PM radio program "We the People." He told his story and made a pitch for the Big Book.

Prior to the broadcast, Bill W. and others raised \$500 (\$6,500 today) to mail out 20,000 post cards to physicians about the broadcast. There were only 12 replies.

In April 1939, Bill W. and Lois had to vacate their home at 182 Clinton St. It began an almost 2-year period of moving from house to house and staying with friends. Later, by Lois' count, it amounted to 54 moves.

First Group To Call Itself "Alcoholics Anonymous" - May 1939

In May 1939, led by pioneer member Clarence S. (whose Big Book story is "Home Brewmeister") the Cleveland, OH group met separately from the Akron group and the Oxford Group at the home of Abby G. (whose Big Book story is "He Thought He Could Drink Like a Gentleman").

This was the first group to call itself "Alcoholics Anonymous." Based on

this narrow thread, Clarence S. began to call himself the "founder of Alcoholics Anonymous." The Clevelanders still sent their most difficult cases to Dr. Bob in Akron for treatment.

Cleveland Membership Surges - Fall 1939

In September 1939, *Liberty* magazine, headed by Fulton Oursler, carried a piece titled "Alcoholics and God" by Morris Markey (who was influenced to write the article by Charles Towns). Oursler (author of "The Greatest Story Ever Told") became good friends with Bill W. He later served as a Trustee and also served on the Grapevine editorial board.

The magazine article generated about 800 inquiries from around the nation. Shortly after, the *Cleveland Plain Dealer* carried a series of very favorable editorials by Elrick B. Davis. The newspaper provided its readers with a phone number to call for referral. The Cleveland group was soon provided with referrals at a rate that took everything they had, and then some, to keep up with. New members with 1 or 2 days sobriety were assigned to make 12th Step calls.

In October 1939, a disappointing review of the Big Book in the *Journal of the American Medical Association* was quite unfavorable and dismissive of the Big Book. Nevertheless, membership grew suddenly in Cleveland, to over 100 hundred members, due to the *Liberty* article and editorials in the *Cleveland Plain Dealer*.

Akron Separates From the Oxford Group - October 1939

In late October, Akron, OH alcoholic members withdrew from the Oxford Group and held meetings at Dr. Bob's house. It was a very painful separation due to the great affection the members had toward T. Henry and Clarace Williams. In January 1940, meetings moved from Dr. Bob's house to the King School on Wednesday night.

The Rockefeller Dinner - February 8, 1940

On February 8, 1940, John D. Rockefeller Jr. held a dinner for A.A. at the Union League Club in NYC. Nelson Rockefeller hosted in the absence of his ill father. The dinner led to favorable publicity for A.A. and raised \$2,200 (\$29,000 today) from attendees (\$1,000 from Rockefeller).

Rockefeller and the dinner guests continued to donate about \$3,000 a year (equivalent to \$34,000 today) up to 1945 when they were asked to stop donating and were repaid out of Big Book income.

TP



Doing the Next Right Thing

by Annia R.

A while back I got a really hurtful message from my stepmother. I helped take care of my half brother, her son, all year, but when I didn't do something that she apparently expected me to do, she wrote a very passive-aggressive message, which included a threat. I was very upset about the message and I felt that it was mean and unfair.

In the past, I would have probably reacted to something like this by responding in a similar way, or engaging in some type of a negative behavior. This time, I thought, "what's the next right thing?" I did not respond to her message right

away because I've learned to pause when agitated. I ate a healthy meal, called my sponsor, went to a meeting, and shared about it. Then, I responded in an honest and calm way. I felt good about the way I handled the situation, and that my side of the street was clean.

Sometimes, it's hard to do the next right thing when we are angry, upset, or hurt. We may want to react in the same fashion to the offender, or "reward" ourselves with a substance, food, or behavior that is ultimately self-destructive. A bottle of wine or a slice of cake won't make the situation better. We can respond to life by doing the next right thing and keep our side of the street clean.



Thought for the day: If something upsets me today, I will pause and ask myself what the next right thing is. I will pause if I need to, and take my time to respond to the situation at hand.



If You Are

by John W.

Painstaking
As in doing it thoroughly
With great attention to detail,
Taking great pains in the process

It had seemed the triviality of the returns
Did not merit the obvious effort needed.
How had it once been so eloquently put?
"The juice ain't worth the squeeze."

If You ArePainstaking

Contempt prior to investigation long abandoned
Hope reigned supreme
Defects removed in humility,
Allowed The List to be made

Then came the clearing away
As with a leaf blower in autumn
Only these leaves, once amended, came not back
They were gone, not to return.

No bad penny these, a clean slate
Hope in this newfound freedom
Had blown away discouragement
Slowly, new behavior had replaced old habits.

A new outlook swept away despair
At least for this day, this one day, Today.
Tomorrow's challenges would wait, yesterday's were gone
I needed only to trudge today, that I could now do.



A LEVER WITH NO PLACE TO STAND

by Bob S., Richmond, IN

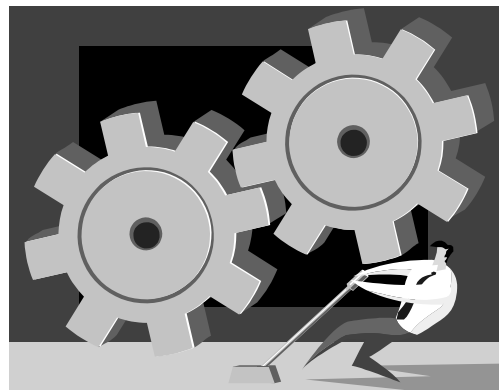
I spent fifteen years drunkenly floating around Los Angeles, San Francisco, New Orleans, Florida beach resorts, and back to my home town in Indiana (especially when I was broke) hoping to discover the bliss I needed to change myself into a productive human being. If only I could find the right location, the right people, that perfect girl, everything would change — I would finally be happy — and then, of course, my boozing life would come to an abrupt end.

There was never a year but what I had *quit drinking forever*, however, *quitting forever* just got me drunk again. But if only I could find the right place to be, the right place to stand, I could control — yea, stop — those uncontrollable drunken sprees. I had read somewhere that some guy

from years ago named Archimedes said: “Give me a lever and a place to stand and I will move the earth.”

Well, I assumed that I already had a *lever* made of willpower and self-knowledge gained from many drunk tank visits . . . but alas, there seemed no place to stand. I was 43 years old, broke, hallucinating (the refrigerator was singing to me) and still drunk when a friend, Dennis, escorted me to my first A.A. meeting at 4th and Wilshire in Santa Monica, California. Of course, I had no way of realizing it at the time, but the moment after they prayed the Lord’s Prayer, something wonderfully mysterious erupted within my deep inner self and I had found a place to stand. I have not had a drink since.

The Big Book tells us: “We found the Great Reality deep down within us.



In the last analysis it was only there He could be found.” (p. 55) So, my place to stand had been with me all along, I just needed A.A. to help me find it. Someone said that an alcoholic cannot drink on the truth, only on a lie. I believe so long as I remain in contact with that Great Reality (truth) deep within, God will never allow me to take another drink.



My Protective Ego

by Bob S.

There exists, in my good-keen-alcoholic-mind, a protective element which influences me to avoid all things not to my liking. When I find myself trapped in a disagreeable situation, it provides a practical pathway into the tempting world of unreality. This often includes daydreaming, A.A. gossip, TV obsession, winning arguments, allowing fear and anger to shut out whatever is really bothering me, and last, but certainly not least, the notion that the relief provided by just one drink will make everything better.

But this ‘protective false self’ is only

one part of my total makeup; I have come to understand that my mind — as important as it is — constitutes only part of my true self: it is **not** who I am! A distinguished philosopher, Rene Descartes, once stated famously: “I think, therefore I am.” WRONG! When I am deep into meditation, listening for God’s will, I am quite conscious, but I am **not** thinking. The Big Book speaks of “the Great Reality deep within.” (p. 55). I notice **Great Reality** is capitalized, meaning God. In other words, I believe that this God-Self is my True Self, and not my mind. My Real Self actually envelops my protective egocentric mind which falsely portends it is in charge of my

actions . . . and indeed it was just that, until I found the A.A. program of action. When I am actually living in the Spirit of Steps Ten, Eleven and Twelve I remain free from the prison of selfishness, dishonesty, resentment and fear mentioned on page 84. When I am not — which is often — I am not!

The cliché goes: “Self cannot rid self of self with self” (or perhaps more to the point: Ego cannot rid ego of ego with ego), so, obviously, I need a power greater-than-self to take charge of my ego-oriented thinking process—and this is, of course, my God Given Identity: The **Great Reality** deep within.



Intergroup Meeting Summary—December 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.

Marin Groups	Saturday Weekend Warrior	Design for Living	Marina Discussion	Sunday Rap
Blackie's Pasture	Sunday Night Corte Madera	Each Day a New Beginning	Men's Two Plus	Tuesday Big Book Study
Cover to Cover	Tuesday Beginners Meeting	Embarcadero Group	Miracles (Way) Off 24th St.	Waterfront
Day At A Time	San Francisco Groups	Extreme Makeover: Women's Step Study	Pax West	Weekend Update
Gay Men & Women-All Are Welcome	Any Lengths	Friday Morning 12 Steppers	Reality Farm	Women's Mtg: There is a Solution
Glum Not!	Artists & Writers	Haight Street Blues	Rebounds, Retreads and Winners	Women's Promises
Marin Young People	Beginners Warmup	High Noon F	Saturday Beginners	
Mill Valley	Cow Hollow Men's Group	Intergroup	Shamrocks & Serenity	
Monday Night Stag Tiburon 8pm	Cow Hollow Young People	Living Sober with HIV	Sober Saturday	

This is an unofficial summary of the December 2014 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website www.aasf.org.

Our intergroup exists to support the groups in their common purpose of carrying the A.A. message to the still suffering alcoholic by providing and coordinating services that are difficult for the individual groups to execute.

The Intercounty Fellowship has been organized by, and is responsible to, the member groups in San Francisco and Marin for the purpose of coordinating the services that individual groups cannot provide.

The meeting was held on Wed., Dec 3rd, 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 November 2014 minutes and the Dec. 2014 agenda were approved.

Officer Reports

Board Chair Report, Becca The Board minutes will be posted to the Intergroup section of the AASF website. The question of how to get people engaged is a recurring goal. We also want to acknowledge where people have really stepped up and addressed the needs of the fellowship.

Treasurer's report, Michelle C. Unrestricted cash is low. We want to encourage group contributions. We have a similar percentage of group contributions in Marin at 37.5% and SF at 38%. UPS shipping rates are going 4.9% up at the end of

the year so our rates will be adjusted accordingly. The Board met on Monday but didn't review the budget as Michelle couldn't attend.

Central Office Manager, Maury P. In past years, we've seen more like 45% of groups contributing. The Volunteer Appreciation dinner was wonderful, all agree. Next year we may try to do more fun activities as well. We have open phone shifts for those with flexible schedules with a one year sobriety requirement.

Intergroup Committee Reports

Access Committee, Steve Service opportunities are on the Committees and Service Opportunities handout. Steve will be rotating out of service as Chair. Virginia made herself available to take his place.

Archives Committee, Michael P. We preserve the legacy of A.A! We found old photographs of San Quentin. We are identifying folks and creating a display with the idea of doing a display monthly to keep it alive. Please submit your meeting history to archives@aasf.org. There will be a new form online.

Literature Committee, Phil We are looking at the website for typos, searching for last traces of IFB. We are putting together a graphics package to provide to groups for templates for flyers, etc. We meet here before the Intergroup meeting each month at 6pm.

IGR Orientation, Greg We are creating a new service position to be a new IGR greeter / buddy / sponsor, to help get new IGRs acquainted with Intergroup. We meet the 1st Wed of the month at 6:15pm before the Intergroup meeting at 7pm.

Outreach Committee, Robert We are looking for help with outreach as some members of the committee have moved on.

SF PI/CPC, Erin S. We meet the 2nd Monday of month, 7pm at Central Office. We've been tracking conversions of people who attend workshops and then observe a DUI class and become active speakers. There's not as much activity at the moment. January 10th, we're having a revised annual meeting to help plan for next year. We'll have food and drinks, 2pm at the Gratitude Center!

SF Teleservice Committee, Carolyn R. SF Teleservice answers the phones when Central Office is closed. We are always looking for volunteers, especially during the holidays! We meet on the 3rd Monday at 6pm at Central Office. Orientation for new volunteers follows the business meeting at 6:30pm. We are still looking for a new chair!

12th Step Committee, Virginia We meet on the 2nd Thursday of each month, at 6pm at Central Office. The next orientation is on February 21st. Volunteering for 12th Step work doesn't have a sobriety requirement. We are looking for volunteers, more on the yellow insert for Committees and Service Opportunities. Virginia will be stepping down as chair to take on the Access committee chair position.

The Point Committee, Paul K. We meet 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. We have two new associate editors, Michelle and Jane. We are not actively seeking committee members

Individual Contributions

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

IN MEMORIAM

Chris W., Stu S.

ANNIVERSARIES

Barbara M.—57 years, Lauren B.—29 years

Phil L.—20 years, Fay K.—15 years

HONORARY

Martha S.

but if you have a passion for writing and editing, please contact us.

Website Committee, Becca M. We have another lead on someone to do the coding for our new design.

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

What is a healthy % representation of groups participating in Intergroup?

Chris H. – What would happen if all of sudden we had \$50,000 surplus or deficit? How would we spend the money or cut services? Is Intergroup a healthy place to be? Is it a burden or benefit? Do IGRs know what's going on? Is the Board functioning well and serving our needs? Are we asking more penetrating questions such as how is money being spent? Are committee chairs being explicit with exactly how many service commitments they need? Can we ask tougher questions about what's working and what's not working so well?

Laura B. – With low participation, let's focus on Outreach to stimulate contributions and recruiting new IGRs. There are redundancies in the groups, Access, Sunshine, SOS. Five people on committees are a good number.

Virginia clarified that the Sunshine and SOS are groups under the umbrella of the Access committee. The low participation isn't good in that we need a quorum to spend members' money. Less than 10% of the groups are represented when we

make decisions for A.A. at large. We are turning over responsibility to the committee as trusted servants. Let's remind folks that committees are healthy and intensive ways to work with other alcoholics.

Richard – The committees are confusing to me. I think of the primary purpose of helping alcoholics get sober. There is a history to this movement. Being behind in membership and money is part of the history of A.A. And it's nice to have a smaller group that can actually make a decision. I would like to see more young people. Keep sharing the message that all A.A. members can join committees without being an IGR.

Diane – As a new IGR feels representative, many of us don't know much about Intergroup. Engagement is what we're looking for. What's in it for me? Diane likes dealing with information.

Frank – has felt the confusion regarding so much SF focus versus Marin. Frank is questioning this in-person intergroup meeting when there is so much opportunity to do more online, especially for those in Marin. Marin will work more on the newsletter and see what more can be done.

Rich – In 1993, he had a sponsor involved in General Service. Bruce K. was Central Office manager. Intergroup only had 12 members so compared to then, we are a great success. Service is in people's blood (or not). Driving it may not be the solution; attraction not promotion. Make it attractive and draw people in that way.

Meg – My friends say, "What's the point of

(Continued on page 18)

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Becca M. chair@aasf.org

VICE CHAIR

Carolyn R. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Chris H. secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Virginia M. 12thstep@aasf.org

ACCESS COMMITTEE

Virginia M. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

HOMEBOUND MARIN

homeboundmarin@aasf.org

ORIENTATION COMMITTEE

Greg M. orientation@aasf.org

OUTREACH COMMITTEE

Robert S. picpc@aasf.org

PI/CPC COMMITTEE

Erin S. picpc@aasf.org

SF TELESERVICE COMMITTEE

Carolyn R. sfteleservice@aasf.org

SOS COMMITTEE

Dorothy V. sos@aasf.org

SUNSHINE CLUB

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

THE POINT

Paul K. thepoint@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa group contributions

Fellowship	Nov. 14	YTD	Marin	Nov. 14	YTD	San Francisco	Nov. 14	YTD
Contribution Box	\$ 39	\$ 470	Morning Attitude Adjustment	\$ 545		11th Step Power Power Power	\$ 61	\$ 260
GGYPAA	\$ 35		Nativity Monday Night BB 8pm	\$ 100		20+ Sun 445pm	\$ 223	\$ 223
Intergroup	\$ 88	\$ 1,082	Noon Tu 12pm	\$ 265		6am Dry Dock F	\$ 84	
Oyster Point Group	\$ 90		North Marin Speaker Sun 12pm	\$ 200		6am Dry Dock M	\$ 54	
Unidentified Group	\$ 120		Novato Fellowship Group	\$ 850		6am Dry Dock Sa	\$ 101	\$ 101
Western Roundup (Living Sober)	\$ 539		Novato Spirit Discussion F 2pm	\$ 90		6am Dry Dock Tu	\$ 100	
Fellowship Total	\$ 127	\$ 2,335	On Awakening 7D 530am	\$ 700		6am Men's Literature Meeting M	\$ 346	
			Passages W 1030pm	\$ 49		7am As Bill Sees It F	\$ 11	
Marin	Nov. 14	YTD	Primary Purpose W 830pm	\$ 153		7am Living Sober W 7am	\$ 39	
11th Step Meeting M 8pm	\$ 60		Quitting Time M-F 530pm	\$ 1,868		7am Speaker Discussion Th 7am	\$ 45	
12 & 12 Study Sa 815am	\$ 66		Redwoods	\$ 32	\$ 157	7am Step Discussion Tu 7am	\$ 156	
Attitude Adjustment 7D 7am	\$ 4,526		Refugee Th 12pm	\$ 100	\$ 286	A is for Alcohol Tu 6pm	\$ 60	
Awakenings	\$ 60		Reveille 7D 7am	\$ 60		A New Start F 830pm	\$ 405	
Awareness/Acceptance M 1030am	\$ 223		Rise N Shine Sun 10am	\$ 180	\$ 959	A Word From Our Sponsors W 12p	\$ 42	
Back to Basics Su 930am	\$ 313		San Geronimo Valley BS F 8pm	\$ 135		AA As You Like It Tu 530pm	\$ 40	
Beginner's Help Th 8pm	\$ 140	\$ 181	San Geronimo Valley M 8pm	\$ 185		AA Unity Big Book Study Tu 130pm	\$ 13	
Blackie's Pasture Sa 830pm	\$ 150		San Marin Step Study Sa 830pm	\$ 75		Afro American Beginners Sa 8pm	\$ 271	
Bounce Back M 6pm	\$ 300	\$ 900	Saturday Night Sa 8pm	\$ 435		Agnostics & Freethinkers Su 630pm	\$ 120	
Candlelight Sun 830pm	\$ 203		Sausalito 12 Step Study Group	\$ 111		Alamo Square Su 7pm	\$ 60	
Closed Women's SS Tu 330pm	\$ 251		Serendipity Sa 11am	\$ 169		All Together Now Th 8pm	\$ 874	
Conscious Contact Sa 6pm	\$ 80		Six O'Clock Sunset Th 6pm	\$ 600		Amazing Grace M 7pm	\$ 120	
Crossroads Sun 12pm	\$ 1,300		Sober & Serene F 7pm	\$ 789		Any Lengths Sat 930am	\$ 1,124	
Day At A Time 7D 630am	\$ 360		Sober Sisters Wed 12pm	\$ 184		Artists & Writers F 630pm	\$ 1,936	
Downtown Mill Valley F 830pm	\$ 1,153		Sunday Express Sun 6pm	\$ 423		As Bill Sees It Sat 8pm	\$ 70	
Experience, Strength & Hope Sa 6pm	\$ 60		Sunday Friendship Sun 6pm	\$ 134		As Bill Sees It Th 6pm	\$ 480	
Friday Night Book F 830pm	\$ 386		Sunday Night Corte Madera 8pm	\$ 208		As Bill Sees It Th 830pm	\$ 299	
Girls Night Out W 815pm	\$ 155		Sunlight of the Spirit Th 7pm	\$ 300		As Bill Sees It Tu 1210pm	\$ 570	
Glum Not! Su 9am	\$ 300		T. G. I'm Sober	\$ 55		Ass in a Bag Th 830pm	\$ 1,180	
Gratitude Tu 8pm	\$ 283		T.G.I. Tuesday 6pm	\$ 60		Back to Basics Th 730pm	\$ 61	
Greenfield Newcomers Sun 7pm	\$ 79	\$ 374	Terra Linda Group Th 830pm	\$ 588		Beginners 12 x 12 F 7pm	\$ 319	\$ 838
Happy Destiny F 7pm	\$ 200		Terra Linda Thu Men's Stag 8pm	\$ 500		Beginners' SS Sa 7pm	\$ 301	
Happy Hour (Marin) Th 6pm	\$ 60		The Fearless Searchers F 8pm	\$ 47		Bernal Big Book Sa 5pm	\$ 146	\$ 1,975
Happy, Joyous & Free 5D 12pm	\$ 1,500		There is a Solution Tu 6pm	\$ 78	\$ 395	Bernal New Day 7D	\$ 268	\$ 2,638
High & Dry W 12pm	\$ 401		Three Step Group Sa 530pm	\$ 705		Big Book Basics F 8pm	\$ 414	
Intimate Feelings Sa 10am	\$ 212		Thursday Night Book Club Th 7pm	\$ 90		Big Book Boot Camp 5D	\$ 138	
Inverness Sunday Serenity Su 10am	\$ 153		Thursday Night Speaker 830pm	\$ 2,706		Big Book Study Su 1130am	\$ 341	
Just Can't Wait 'til 8 M 630pm	\$ 386		Tiburon Beg & Closed Tu 7/830pm	\$ 468		Blue Book Special Su 11am	\$ 375	
Larkspur Beginners F 7pm	\$ 74	\$ 74	Tiburon Wmn's Candlelight W 8pm	\$ 320		Brothers in Arms M 8pm	\$ 94	\$ 232
Larkspur Beginners W 7pm	\$ 150		Tuesday Beginners' Meeting	\$ 372		Buena Vista Breakfast Su 12pm	\$ 252	\$ 565
Last Stop Men's Step Study W 6pm	\$ 250		Tuesday Chip Meeting Tu 830pm	\$ 300	\$ 1,900	By the Book Sa 10am	\$ 144	
Living in the Solution F 6pm	\$ 100		We, Us and Ours M 650pm	\$ 100	\$ 425	Came To Believe Su 830am	\$ 82	
Marin City Groups 6D 630pm	\$ 750		Wednesday Mid-Week W 6pm	\$ 60		Came to Park Sa 7pm	\$ 782	
Meditation Weds 7pm	\$ 418		Wednesday Night Speaker Disc 7pm	\$ 243		Castro Discussion Th 8pm	\$ 933	
Mill Valley 7D 7am	\$ 1,500	\$ 3,250	Wednesday Sundowners W 6pm	\$ 823		Castro Monday BB 30pm	\$ 135	
Mill Valley Discussion W 830pm	\$ 402		Women's Big Book Tu 1030am	\$ 1,144		Castro Nooners F 12pm	\$ 235	
Monday Blues M 630pm	\$ 198	\$ 533	Women's Lunch Bunch F 12pm	\$ 918		Chips & Salsa Tu 12pm	\$ 176	
Monday Night Stag Tiburon	\$ 500	\$ 2,000	Women's Meeting Su 430pm	\$ 71		Cocktail Hour Th 10pm	\$ 25	\$ 50
Monday Night Women's M 8pm	\$ 361		Working Dogs W 12pm	\$ 198		Cocoanuts Su 9am	\$ 452	
Monday Nooners M 12pm	\$ 661		Young People's BYOB Sat 7pm	\$ 139	\$ 139	Coit's Quitters Tu 6pm	\$ 60	\$ 264
Morning After Sa 10am	\$ 200		Marin Total	\$ 3,719	\$ 45,699	Come 'n Get It! F 630pm	\$ 130	

San Francisco	Nov. 14	YTD	San Francisco	Nov. 14	YTD	San Francisco	Nov. 14	YTD
Conscious Contact Sa 6pm	\$	120	Like A Prayer Su 4pm	\$	250	Stepping Stone SS M 730pm	\$	174
Cow Hollow Men's Group W 8pm	\$	1,758	Living Sober with HIV W 6pm	\$	803	Sunday Bookworms Sun 730pm	\$	27
Cow Hollow Young People Tu 730pm	\$	322	Looney Toons Tu 10pm	\$	81	Sunday Express Sun 6pm	\$	53
Design for Living Sat 8am	\$	806	Lunch with Bill Fri 12pm	\$	12	Sun 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	\$	2,791	Meeting of the Moms	\$	112	Sunday Night Castro SD 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	\$	1,683	Mid-Morning Support Su 1030am	\$	1,288	Sunset 11'ers F	\$	60
Each Day a New Beginning W 7am	\$	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 M 8pm	\$	157	Sunset 9'ers Th	\$	275
Epiphany Group Th 7pm	\$	200	Monday Monday M 1215pm	\$	811	Sunset Speaker Step Sun 730pm	\$ 280	\$ 651
Eureka Step Tu 6pm	\$	110	Monday Night BB Study M 8pm	\$	60	Tea with Bill	\$	25
Eureka Valley Topic M 6pm	\$	651	Monday Nooners M 12pm	\$	219	Ten Years After Su 6pm	\$ 145	\$ 2,186
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	Newcomers Tu 8pm	\$ 99	\$ 99	The Parent Trap 2 Wed 4pm	\$	175
Fell Street F 830pm	\$	663	No Gurus Meditation Su 7pm	\$	145	The Parent Trap M 1pm	\$ 55	\$ 304
Firefighters & Friends Tu 10am	\$	182	No Reservations M 12pm	\$	942	The Pepper Group F 12pm	\$	250
Franciscan Noon Disc M 12pm	\$	205	Noon Smokeless Th 12pm	\$	82	They Don't Know Who We Are Sa 7pm	\$	155
Freethinkers Step Study Su 11am	\$	60	Noon Smokeless W 12pm	\$	50	They Stopped In Time M 8pm	\$ 145	\$ 350
Friday All Groups F 830pm	\$	733	O.A.D.W. Mon 7pm	\$	370	Thursday Night Women's Th 630pm	\$	588
Friday at Five F 5pm	\$	331	Park Presidio M 830pm	\$	25	Thursday Thumpers Th 7pm	\$	28
Friendly Circle Beginners Su 715pm	\$	192	Parkside Th 8pm	\$	678	Too Early Sat 8am	\$	1,885
Friendly Circle Su 830pm	\$	462	Pax West Daily Reflections W 7am	\$	116	Trudgers Discussion Su 7pm	\$	600
Getting Fit at One O'Clock Tu 1pm	\$	8	Pax West Discussion Th 12pm	\$	1,349	Tuesday Big Book Study Tu 6pm	\$	170
Giddy Up Th 7pm	\$	89	Pax West Literature Disc T 12pm	\$	1,407	Tuesday Downtown Tu 8pm	\$	28
Gold Mine Group M 8pm	\$	586	Pax West Speaker Disc M 12pm	\$	800	Tuesday Night Lasses Step Study	\$	233
Gratitude Center	\$	300	Potrero Hill 12 x 12 M 630pm	\$	60	Twelve Steps to Happiness F 730pm	\$	88
Haight Street Blues Tu 615pm	\$	404	Progress Not Perfection Tu 830pm	\$	29	Unidentified Group	\$	812
Haight Street Explorers Th 630pm	\$	105	Queers, Crackpots, Fallen Women	\$	90	Valencia Smokefree F 6pm	\$	597
Happy Destiny Sa 630pm	\$	133	Raising the Bottom W 8pm	\$	300	Wake Up On 3rd St Group	\$	343
Happy Hour Ladies Night F 530pm	\$	130	Reality Farm Th 830pm	\$	724	Walk of Shame W 830pm	\$	431
High Noon Friday 1215pm	\$ 25	\$ 160	Rebound W 830pm	\$	91	Waterfront Sun 8pm	\$	244
High Noon Monday 1215pm	\$ 97	\$ 179	Rigorous Honesty Th 1205pm	\$	330	We Care Tu 12pm	\$	228
High Noon Saturday 1215pm	\$	535	Sat Afternoon Meditation 5pm	\$ 172	\$ 325	Weekend Update Su 6pm	\$	320
High Noon Sunday 1215p	\$ 254	\$ 1,367	Saturday Beginners Sat 6pm	\$	2,126	West Portal W 8pm	\$	326
High Noon Thursday 1215pm	\$	346	Saturday Easy Does It Sa 12pm	\$	312	Wharfrats Th 815pm	\$	272
High Sobriety M 8pm	\$	71	Saturday Night Live Sa 9pm	\$	55	What It's Like Now M 6pm	\$	529
High Steppers W 7pm	\$	128	Saturday Night Regroup 730pm	\$	443	Why Not Laugh Sat 6p	\$	16
Hilldwellers M 8pm	\$	476	Serenity House	\$ 150	\$ 1,650	Wits End Step Study Tu 8pm	\$	35
Huntington Square W 630pm	\$	493	Serenity Seekers M 730pm	\$	325	Women's 10 Years Plus Th 615pm	\$	2,070
Into The Sun Meditation Th 12pm	\$	56	Shamrocks & Serenity M 730pm	\$ 746	\$ 1,172	Women's Came to Believe Sa 10am	\$	230
Join the Tribe Tu 7pm	\$	1,002	Sisters Circle Su 6pm	\$	33	Women's Kitchen Table Tu 630pm	\$	793
Joys of Recovery Tu 8pm	\$	249	Sober at State MW 1210pm	\$	282	Women's Mtg There is a Solution W 6pm	\$	631
K.I.S.S. M 6pm	\$	185	Sober Saturday Sa 830am	\$	239	Women's Promises F 7pm	\$	475
Keep Coming Back Sa 10am	\$	1,265	Sobriety & Beyond W 7pm	\$	210	Work In Progress Sat 7pm	\$	217
Koo Koo Big Book Mon 6p	\$	48	Sometimes Slowly Sa 11am	\$	150	YAHOO Step Sa 1130am	\$	477
Ladies Who Lunch Thu 1210pm	\$	232	Sought to Improve Th 715pm	\$	141	San Francisco Total	\$ 3,718	\$ 91,093
Let It Be Now F 6pm	\$	60	Steppin' Up Tu 630pm	\$	413	YTD	\$ 7,563	\$ 139,128

Profit and Loss Statement: October 2014

	Oct 2014	Budget	Jan - Oct 2014	YTD Budget		Oct 2014	Budget	Jan - Oct 2014	YTD Budget
Ordinary Income/Expense					Phone Book Listings	\$93	\$93	\$930	\$930
Income					Postage	\$18	\$46	\$998	\$1,204
Gratitude Month	\$0	\$0	\$5,510	\$4,100	Printing	\$0	\$0	\$695	\$0
Group Contributions	\$12,084	\$11,000	\$131,564	\$131,033	Professional Fees	\$0	\$0	\$1,440	\$1,200
Individual Contributions	\$1,682	\$2,000	\$24,592	\$28,601	Reconciliation Discrepancies	\$0		-\$1	
Newsletter Subscript.	\$22	\$22	\$165	\$209	Rent - Office	\$4,122	\$4,122	\$41,219	\$41,220
Sales - Bookstore	\$8,461	\$10,000	\$104,938	\$97,099	Rent - Other	\$0	\$95	\$790	\$925
Intergroup Event Income	\$0	\$0	\$1,721	\$365	Repair & Maintenance	\$240	\$325	\$2,925	\$3,230
Total Income	\$22,249	\$23,022	\$268,490	\$261,407	Security System	\$0	\$0	\$367	\$357
Cost of Goods Sold					Shipping	\$395	\$323	\$3,974	\$3,234
Cost of Books Sold	\$5,414	\$7,029	\$76,063	\$72,040	Software Purchased	\$0	\$0	\$521	\$470
COGS - Shipping	\$0	\$26	\$207	\$248	Sunshine Club	-\$25	\$0	\$0	\$0
Credit Card Processing	\$413	\$400	\$4,414	\$4,187	Telephone	\$262	\$246	\$2,336	\$2,458
Inventory Adjustments	-\$14	\$0	-\$303	\$0	Training	\$34	\$0	\$103	\$0
Total COGS	\$5,813	\$7,455	\$80,380	\$76,475	Travel	\$0	\$0	\$990	\$1,200
Gross Profit	\$16,436	\$15,567	\$188,109	\$184,932	Total Expense	\$18,471	\$18,564	\$204,069	\$201,366
Expense					Net Ordinary Income	-\$2,035	-\$2,997	-\$15,959	-\$16,434
Teleservice Committee	\$0	\$75	\$0	\$600	Other Income/Expense				
Access Expenses	\$425	\$425	\$1,090	\$3,390	Other Income				
Archives Committee	\$0	\$0	\$51	\$0	Bag Fees	\$2	\$4	\$27	\$45
Employee Expenses	\$12,258	\$12,347	\$129,923	\$128,177	Customer Shipping	\$293	\$322	\$3,505	\$3,239
Equipment Lease	\$328	\$0	\$5,028	\$4,339	Interest Income	\$66	\$100	\$640	\$995
Filing/Fees	\$0	\$0	\$930	\$545	Miscellaneous Income	\$9	\$30	\$499	\$300
Insurance	\$0	\$0	\$2,398	\$2,400	Total Other Income	\$370	\$456	\$4,670	\$4,579
Intergroup Events	\$18	\$0	\$3,257	\$850	Other Expense				
Intergroup Literature	\$0	\$0	\$254	\$0	Depreciation Expense	\$299	\$279	\$2,995	\$2,790
Internet Expense	\$143	\$129	\$1,337	\$1,290	Total Other Expense	\$299	\$279	\$2,995	\$2,790
Office Supplies	\$148	\$211	\$1,811	\$2,027	Net Other Income	\$71	\$177	\$1,675	\$1,789
Paper Purchased	\$0	\$116	\$607	\$1,219	Net Income	-\$1,964	-\$2,820	-\$14,284	-\$14,645
Payroll Fees	\$11	\$10	\$95	\$100					

Treasurer's Report

For the month of October, total income was under budget by \$773. This was due to less individual contributions & bookstore sales.

Total expenses for the month of October were under budget by \$92 and year-to-date over budget by \$2,703.

October had a negative variance of \$1,964. Year-to-date there is a negative variance of \$14,284 compared to a budgeted year-to-date negative variance of \$14,645.

Unrestricted cash balance decreased from \$17,620 to \$10,869 which represents less than a month of operating expenses.

(Continued from page 15)

Intergroup if I can read the Buzz and go to central office?" The question is why would I join? What's the point of actually coming together in person? Let's focus on that because it's not so much about getting the word out any more. Maybe we can shift the meeting to not be so announcement focused now that we have methods for that like The Buzz.

Maury – Some people feel there is plenty of information and others feel we need to provide more. Committee chairs are not fully utilizing the service opportunities and announcements thru the link provided.

We're at about 60+ IGRs and we've seen 80+ in the past.

Liaison Reports

Homebound Marin, Frank T. Our new email address is Homeboundmarinaa@gmail.com

SF H&I, Mark Contributions are up 5.4% year to date. All of Northern California contributions are down a bit. There are no orientations in December; they begin again in January.

Marin Teleservice, Alex We are still manually transferring phone lines and it's still a little rough going. We have a new

(Continued on page 19)

October 2014 Balance Sheet

	Oct 31, 2014	Sep 30, 2014	\$ Change	Oct 31, 2013	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$ 193,238	\$ 193,173	\$ 66	\$ 186,413	\$ 6,825
Unrestricted Cash	\$ 10,869	\$ 17,620	\$ (6,751)	\$ 26,848	\$ (15,979)
Total Checking/Savings	\$ 204,107	\$ 210,792	\$ (6,685)	\$ 213,261	\$ (9,154)
Accounts Receivable					
Accounts Receivable	\$ 3	\$ 199	\$ (197)	\$ (83)	\$ 86
Total Accounts Receivable	\$ 3	\$ 199	\$ (197)	\$ (83)	\$ 86
Other Current Assets					
Inventory - Bookstore	\$ 34,753	\$ 21,036	\$ 13,717	\$ 20,221	\$ 14,532
Prepaid Literature Orders	\$ 11,415	\$ 8,832	\$ 2,583	\$ 495	\$ 10,920
Undeposited Funds	\$ 60	\$ 300	\$ (240)	\$ 157	\$ (97)
Total Other Current Assets	\$ 46,228	\$ 30,168	\$ 16,060	\$ 20,873	\$ 25,355
Total Current Assets	\$ 250,338	\$ 241,160	\$ 9,178	\$ 234,051	\$ 16,287
Fixed Assets					
Comp. and Off. Equipment (Net)	\$ 1,990	\$ 2,124	\$ (134)	\$ 3,068	\$ (1,079)
Furniture & Equipment (Net)	\$ -	\$ -	\$ -	\$ 19	\$ (19)
Leasehold Improvements (Net)	\$ 18,208	\$ 18,373	\$ (165)	\$ 20,188	\$ (1,980)
Total Fixed Assets	\$ 20,197	\$ 20,496	\$ (299)	\$ 23,275	\$ (3,078)
Other Assets					
Deposits	\$ 6,698	\$ 6,698	\$ -	\$ 6,698	\$ -
Total Other Assets	\$ 6,698	\$ 6,698	\$ -	\$ 6,698	\$ -
TOTAL ASSETS	\$ 277,233	\$ 268,354	\$ 8,879	\$ 264,023	\$ 13,209
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	\$ 10,873	\$ -	\$ 10,873	\$ -	\$ 10,873
Total Accounts Payable	\$ 10,873	\$ -	\$ 10,873	\$ -	\$ 10,873
Other Current Liabilities					
Payroll Liabilities	\$ 3,484	\$ 3,382	\$ 101	\$ 3,483	\$ 1
Sales Tax Payable	\$ 738	\$ 870	\$ (131)	\$ 762	\$ (24)
Total Other Current Liabilities	\$ 4,222	\$ 4,252	\$ (30)	\$ 4,245	\$ (23)
Total Current Liabilities	\$ 15,095	\$ 4,252	\$ 10,843	\$ 4,245	\$ 10,850
Long Term Liabilities					
Deferred Compensation	\$ 60,167	\$ 60,167	\$ -	\$ 54,193	\$ 5,974
Total Long Term Liabilities	\$ 60,167	\$ 60,167	\$ -	\$ 54,193	\$ 5,974
Total Liabilities	\$ 75,262	\$ 64,419	\$ 10,843	\$ 58,438	\$ 16,824
Equity					
Net Assets	\$ 216,255	\$ 216,255	\$ -	\$ 220,560	\$ (4,305)
Opening Balances					\$ -
Unrestricted Funds	\$ -	\$ -	\$ -		\$ -
Net Income	\$ (14,284)	\$ (12,320)	\$ (1,964)	\$ (14,975)	\$ 691
Total Equity	\$ 201,971	\$ 203,935	\$ (1,964)	\$ 205,585	\$ (3,615)
TOTAL LIABILITIES & EQUITY	\$ 277,233	\$ 268,354	\$ 8,879	\$ 264,023	\$ 13,209

special events coordinator, putting together a spaghetti feed. In January, all commitment positions will be rotating. Alex reiterated opportunities to receive calls in Marin and sign up at www.marintelesevice.org.

Marin General Service and PI/CPC, John The next speaker workshop will be focusing on younger speakers for high schools. John is rotating out of chair position.

GGYPAA, Wanda No upcoming events. We meet the 2nd Sunday of the month at 12 noon, on even numbered months in SF, and odd numbered months at Marin Alano Club in San Rafael. See <http://ggypaa.com/> for more info.

Love and Service Group, Dan Saturday, January 10th, Documentary of Bill W will be there, Stepping Stones (see flyer).

Meet the Meeting

Alex, Four Horseman meeting, Thursdays at 7pm in Terra Linda – The four horsemen are Terror, Bewilderment, Frustration, Despair. This meeting started in 2004-2005 because of resentment toward the Thursday speaker meeting. It was perceived to be the Chip and Dip meeting because people get a chip and leave instead of stay to hear the speaker. A few people started their own meeting. We have rotating format. The first week is the Big Book; the second week is a Step Study, third week is a Tradition study; and the fourth week, the Secretary picks a speaker and we discuss. It started in a guy's backyard, potluck style. It's a close knit group, grounded in the solution.

Volunteers for next month Deb, High Noon Monday, Monday, 12:15pm, Mission Presbyterian Church; John, Men's 2 Plus, Monday, 7pm, Larkspur; Diane, Blue Book special, Sunday, 11am, Mission Fellowship

Targeted message of the month: Ask your meeting secretaries for any meeting dates and times that will be closed so it can be updated on aasf.org.

Next Intergroup Meeting: Wed. Jan. 7, 2015, 7pm, 1187 Franklin St. SF CA. Orientation at 6:15pm, dinner at 6:30pm.

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January 2015

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