

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015 **2**
February

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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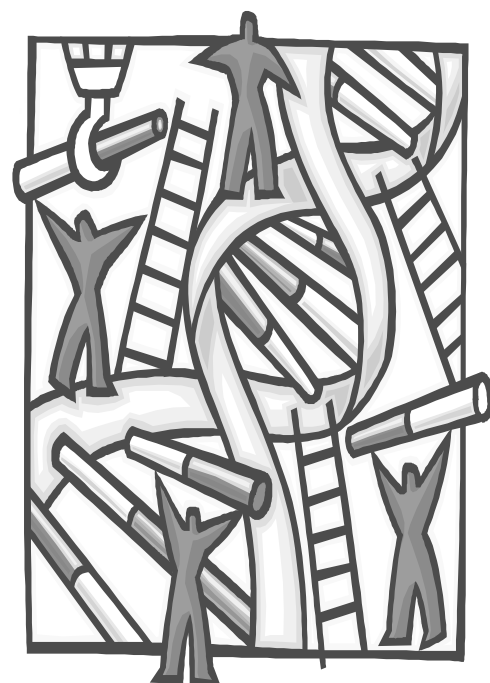
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Our Higher Power at Work



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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.

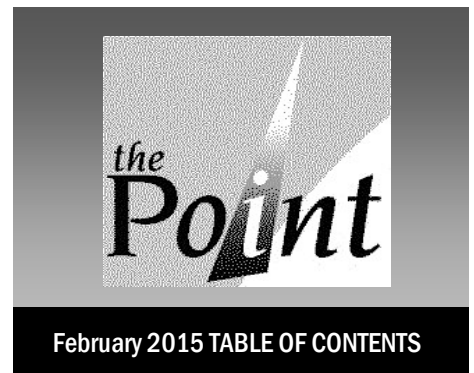
February 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office 6pm	4 <u>FIRST WED</u> Intergroup Meeting 101 Donohue St, Marin City Orientation 6:15pm Meeting 7pm
8 <u>SECOND SUN</u> Golden Gate Young People in AA Central Office 12pm	9 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	10 <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	11 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
15 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	16 <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	17	18
22	23	24 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	25

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.



THURSDAY	FRIDAY	SATURDAY
5	6	7
12 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	13	14
19	20	21 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
26 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	27	28 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am



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*“A.A. is a synthesis of principles
and attitudes . . . from medicine
and from religion.”*

*Alcoholics Anonymous — beginnings and growth,”
By Bill W., Presented to the New York City Medical
Society on Alcoholism, April 28, 1958*



Meeting Changes

New Meetings:

Tue	6:00pm	Inner Sunset	STEP IT UP!, Gratitude Center: 1320 7th Ave / Irving (Big Book Study)
Wed	6:00pm	Inner Sunset	CROSS TALK, Gratitude Center: 1320 7th Ave / Irving (Men's, Discussion)

Meeting Changes:

Sun	6:00pm	Haight Ashbury	4TH STEP WORKSHOP, 1350 Waller St / Masonic (Not a regular meeting, just a workshop)
Mon	6:30pm	SoMa	LIVING SOBER ON SIXTH ST, Bayanihan House: 88 Sixth St / Mission (Now a Speaker/Disc)
Mon	7:30pm	Mission	EXTREME MAKEOVER: WOMEN'S STEP STUDY, 3555 Cesar Chavez St / Valencia (Now has Chips on last Monday, ASL available on request 5 days prior to meeting)
Thu	11:00am	Inner Sunset	SUNSET 11'ERS, 1329 7th Ave / Irving (Now an Open meeting)
Fri	8:30pm	Corte Madera	HILLSIDE CANDLELIGHT, 5461 Paradise Dr / Verona (Discussion, Not Disbanded)
Sat	9:00am	Inner Sunset	SUNSET 9'ERS (MEN'S MEETING), 1329 7th Ave / Irving (Changed to a Men's meeting)

No Longer Meeting:

Mon-Fri	10:30am	Tenderloin	Let's Jam Café: 842 Geary St / Hyde
Mon	8:00pm	SoMa	CERTAIN STEPS, Harbor Light Center: 1275 Harrison St / 9th
Thu	12:05pm	Inner Sunset	LUNCHTIME QUICKIE, Gratitude Center: 1320 7th Ave / Irving
Thu	11:59pm	Inner Sunset	ONE IS EQUAL TO WHAT YOU DO OVER TIME, Gratitude Center: 1320 7th Ave / Irving
Sat	7:30pm	Castro	KEEP IT SIMPLE, Most Holy Redeemer: 100 Diamond St / 18th

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!***

<HTML>

Website Coding and Development Service Position Available

AASF.ORG has a new website design in the works, and we need a front end developer, or HTML coder, to help us make it a reality.

You should know HTML5, CSS3, JavaScript, image production and be able to code or adapt existing templates to be responsive across desktop, tablets and phones.

Please contact website@aasf.org if you've got the skills and want to be of maximum service!



12th Step Orientation

12th Step Work: Your personal emergency relief kit!

Come join the Central Office 12th Step List so you can help respond to the person who has called A.A. for help—day or night.

When: February, 21st at 1pm

Where: Central Office, 1821 Sacramento St.

Persons requiring reasonable accommodations, including assistive listening devices or print materials in alternate format, should contact Central Office at (415) 674-1821 no less than five business days prior to the event, or e-mail 12thstep@aasf.org.

From the Editor

Power

by Charley D.

Humans can be power mad, power hungry, or even on a power trip. In our lives, power, or the lack of it, can manifest itself in many nefarious ways. We'd become powerless over alcohol. We found ourselves overpowered by the desire to drink. Finally, at Step Two, we came to believe a Power greater than ourselves could help us. How did we know? Some of us knew in a dramatic way, like Bill W.'s white-light experience. Some of us wanted not to drink so badly, we pretended to believe only to find, after a while, that we came, half doubting, to believe in some kind of Power that enables us to stay sober. Either way, we came to understand that nurturing a relationship with and listening to that Power would help keep us from drinking. In this issue, we see that Power at work in many different ways.

In Abel's piece on Step Two, he tells of many ways – mostly small – he finds himself empowered in sobriety that, in the end, amount to a much better life. Like many of us, Alice A., author of "Came to Believe: the Power of Prayer," found prayer and meditation counterintuitive but,

through practice, has come to understand and rely on their power. In "Living Along Spiritual Lines," Claire A. describes how staying spiritual helps her stay sober and happy and how, when she strays from that path, her life becomes distressingly un-serene. John D.J. writes on the A.A. slogan, "God will never give you more than you can handle," asserting our Higher Power knows to give us just enough, but not too much, challenge in our sobriety. Our regular A.A. History Pre-History feature tells of A.A.'s expansion to the Lone Star State and of the 1941 *Saturday Evening Post* article that quadrupled A.A.'s size. GFG gives us a look at a Puerto Rican group and one its peripatetic members in "Meeting the Meeting: the Serenity Group." Bob S. found the "Spirit in the Room" at his first A.A. meeting and, decades later, still finds that same life-saving power every time he attends a meeting of our fellowship.

How do we overcome alcohol's power over us? By letting go and asking for help from our Higher Power. It sounds simple. And it is. Once we tap into that source of strength, we will find a new peace and power and a better way to live.

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.	Jim C.	Paget V.
Alejandro D.	John C.	Pam K.
Amelia E.	John G.	Pamela D.
Ami H.	John M.	Peg L.
Barbara L.	John V.	Peggy H.
Barbara M.	Karen C.	Pene P.
Becca M.	Karen K.	Penelope C.
Ben W.	Kate R.	Pete F.
Blu F.	Kathleen C.	Phyllis S-S.
Bette B.	Kim D.	Rachel G.
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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.	

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 Two

***Came to believe that a Power greater
than ourselves could restore us to sanity***



by Abel

In the first few months after I got sober, I noticed that my life was improving in many small ways that, individually, would have been trivial, but taken together were quite considerable indeed. For instance, when I drank, I often had many small injuries that I couldn't necessarily remember getting. Those all went away. Also, when I drank, I would spend twenty to thirty dollars an hour drinking in bars. After I quit drinking, I started to have a little extra pocket money. When I was drinking, I was terrified to go shopping for clothes because I didn't want people judging me for my purchases, so all of my clothes were rags. As a sober person, I was able to screw up my courage to go buy a couple of new pairs of pants. Perhaps most importantly, I bought the first pair of glasses I had owned as an adult. I quite literally once was blind, but now could see. All of these were small tasks that I was completely incapable of performing while drunk. Yet when I stopped drinking, they all just seemed to get done, almost as though an invisible hand guided me. I suddenly realized that God was doing for me what I could not do for myself, and this realization formed the basis of a new hope that provided me with the impetus to go through with the rest of the steps.

Later on in recovery, I had another Step Two-related epiphany. I realized that a lot of the reasons I had been drinking were traceable to a belief

that I had about myself that I had started out normal, but something had gone so horribly wrong in my murky past that I would never be able to catch up with the rest of the world, so even trying was pointless. Even after years of step work and therapy, there is a part of me that is still convinced of this story. And, for me, that is precisely the insanity that the second step refers to this alcoholic being restored from. Because God's world is a world of miracles, where anything and everything can and does happen. So, the second step offers me, in exchange for my insane self-hatred, the tiniest glimmer of hope. And that hope has become a critical element of the foundation of my A.A. program.

*I quite literally once was
blind, but now could see*

Still later in recovery, I had another important revelation about Step Two while watching Dan Carracino and Kevin Hanlon's documentary *Bill W.* From that film, I gained a deeper sense of what the early days of Alcoholics Anonymous must have been like for Bill. All of the sudden, a lot of the material in *Twelve Steps and Twelve Traditions* made more sense to me than it had before. The story of Bill and Lois going broke and losing their house while tirelessly working to help alcoholics get sober and build the fellowship of A.A. from nothing brought into focus the fact

that there were plenty of reasons and opportunities for Bill to walk away, or to sell A.A. off to Towns Hospital or its equivalent, and, yet, he did not. To me, that fact is profound testimony that whatever happened to Bill, the spiritual experience he describes so masterfully in his story in *Alcoholics Anonymous*, was real. This fact provided me with the impetus and courage to take another look at my own experience. I realized that despite being depressed for most of my adult life, I had remained sober. From this I concluded that the spiritual experience I had, the sunlight coming into my living room while I sat there drinking alcohol and smoking meth to notify me once and for all that if I wanted any kind of life it could not include drug or alcohol use, was actually the direct intervention of God into my life. From there, I slowly came to believe that, with God, anything could happen in this life we share, and I became excited and hopeful to see what will happen next. And that, to me, is the essence of the Step Two.

P



Drug References in A.A. Literature: A Challenge for Unity

by Bruce D.

Drug references are made in our earliest literature, the Big Book. In “The Doctor’s Opinion”, Dr. Silkworth is referred to as “A well-known doctor...specializing in alcoholic and drug addiction....” “Bill’s Story” reports that “A doctor came with a heavy sedative”, followed by a day of gin and sedative cocktails. Bill was treated under “...the belladonna treatment....” In the Personal Stories section we read that Dr. Bob “... did not take the morning drink...but instead would fill up on large doses of sedatives....” And in the 3rd edition story “Doctor, Alcoholic, Addict”, the physician-author noted he “...started taking... pep pills.”, and references his use of Benzedrine, Demerol, codeine, Percodan, tranquilizers, and Pentothal. Oh my!

Thus reference to use of drugs by A.A. members has been with us from the very start. Two of our pamphlets address this topic. The first, “Problems Other Than Alcohol”, poses the question “What can we do about drugs—within our fellowship, and without?” Questions are posed about drugs and addicts, which Bill felt resolvable by applying the applicable A.A. traditions. The other pamphlet, “The A.A. Member—Medications and Other Drugs”, last revised in 2011, points out that some alcoholics need prescribed medicines. Misguided advice by A.A. members against the use of prescribed drugs is reported. Most stories are about those receiving

medical help with chemical imbalances and the authors’ guilt about not feeling truly sober. The pamphlet notes “Alcoholics Anonymous...is not a program aimed at drug addiction.” However, in the introductory paragraph these interesting statements are found; “...many alcoholics ...become dependent on drugs other than alcohol.”, and “...incidents of alcoholics who...develop a serious problem with a different drug.”, and again “A.A.s who have used street drugs...have discovered the...tendency to become dependent on other drugs.” (Emphasis mine)

The General Service Conference and the General Service Office has addressed the matter of drugs in the past. The very first conference-established literature committee (1952) recommended the pamphlet “Sedatives, Stimulants and the Alcoholic” be given first priority. Other conferences continued to address the issue. Issues of Box 459 (in 1983 and 2002, for two) have reported conference concern about increased attendance of nonalcoholic drug addicts at A.A. meetings, as well as A.A.’s cooperation with drug courts. And a 2012 Western Canada Regional Forum report includes an article by a Panel 61 Delegate, Bob O., on the topic of dual addiction. He noted the trend of people in meetings using the “and a” identifier and suggested this is an ego feeder setting the person apart from others. Bob closed with the statement, “We are at a meeting of A.A.—our discussion should be confined to

alcoholism. No need for further identification.” In the summer 2001 issue of “About A.A., A Newsletter for Professionals”, Elaine McDowell, the General Service Board Chair noted, “...to waver from its primary purpose would compromise A.A.’s principles and diminish its effectiveness in attracting and retaining alcoholics.”

Text in the booklet “Living Sober” refers to “...addiction to the drug alcohol...” and “...the drug we have become addicted to.” Published in 1975, the conference literature committee has reviewed this volume perhaps more than any other conference-approved literature. Other similar references are found in “Living Sober”, including the following:

- stay away from other mind changing drugs.” (pg 4);
- “Ethyl alcohol may have always been the most...popular drug for this use.” (pg 52);
- “...drugs other than alcohol.” (pg 53);
- Through Alcoholics Anonymous we have found a drug-free way of life” (pg 54); and
- “...the absence of mood-changing drugs, such as firewater.” (pg 55). (emphasis mine)

Do such references, especially in conference-approved literature, challenge our unity? Unity, as expressed in Traditions 1 (our common welfare), 2 (include all who suffer from alcoholism), and 5 (the single purpose of carrying its

(Continued on page 9)

Came to Believe: The Power of Prayer

They do work

by Alice A.

Next to actually getting sober, praying and meditating are the most counter-intuitive parts of my A.A. program. This is most likely because of the preconceptions I had about both of them. Long periods of trial and error have shown me that they do work, and I have redefined what "prayer" and "meditation" are for me—to the point where I don't make a big distinction between the two. Of course, I have heard that "prayer" is my speaking with my Higher Power and "meditation" is my Higher Power speaking to me. Whatever gets you through the night! The curious need to understand my Higher Power forces me to simplify, and put my Higher Power in a box of my creation. I need a Higher Power bigger and stronger than that!

I came to A.A. and recovery with some rote prayers I had learned as a child, and my idea of meditation was something about having a mantra,

*I have redefined
what "prayer" and
"meditation" are for me*

and looking at a candle—I dunno. Almost all of that has been undone by my experience in recovery. I have been on overnight, extended Buddhist and Roman Catholic retreats, practiced Native American prayer and healing rituals, and participated again in the Catholic Church that I was raised in. My spiritual journey needs to leave no

stones unturned, no paths unexplored. I like to sample much of what's available at the spiritual banquet table - this is one buffet where "all you can eat" is just what I need.

Practicing these principles in all my affairs means having a prayerful and meditative attitude throughout the day. This means being in dialogue with my Higher Power as much as possible—as much as I can tolerate—how much truth can I handle at one time? Being mindful is

*My spiritual journey
needs to leave no stones
untuned, no paths
unexplored*

what they like to say these days, "aware". As an active alcoholic, I wasn't aware of anything but the pursuit of annihilation through drinking.

We are not a religious program, but a spiritual one. Some religions believe it is arrogant to define

their god, higher power, creator, or whatever it's called. These days, I am inclined to think that way. Enjoy the mystery—revel in the unexplainable world around us. Scientists have made great strides, but many scientists ultimately are left dumbfounded and in awe, just like the rest of us!

This brings me to page 14 of our booklet, *Came to Believe*, and the selection, "A New Man." Essentially, this describes a man who is prayed for, and then undergoes, an amazing transformation. Before the prayers, he is at death's door, but after he is restored to health, and sobriety. He goes on to help others through practicing A.A.'s 12th Step. My own recovery was not quite so dramatic, but I know I was the object of prayer from family and friends. Who knows maybe some of those end of meeting prayers for the "alcoholic who is still suffering" reached me too? From my experience with my Higher Power,



Living Along Spiritual Lines

It Means Praying and Meditating

by Claire A.

From *How It Works*, p. 60 in the Big Book: "We are not saints. The point is, that we are willing to grow along spiritual lines... We claim spiritual progress rather than spiritual perfection." To me, staying sober is living along spiritual lines. The only way I can hope to have a spiritual life is to be sober to experience it. To drink is to abandon God. It's that simple. I just had that thought last night as I was sitting at dinner at a lovely restaurant with my family. My husband, a normal drinker, was having a glass of wine. The thought passed through my mind that I could just pour myself a glass and drink right along with him. But then I quickly thought of how much I have gained in sobriety, how resentful I felt in the moment, and how a glass of wine wasn't going to improve that situation any, and how sobriety has given me the very ability to pause when agitated and not act rashly. I was not cheerful about it, but I didn't drink. I thank God for that.

Living along spiritual lines means trying to turn over my will and life to God. It means praying and meditating in an effort to do that. It means remembering that the world doesn't revolve around me—that I'm just one more organism on the surface of the

planet. (Speaking of planets, spending even a short amount of time contemplating the vastness of space is a great way for me to have a spiritual experience.) I had a rough day yesterday. I spent the day following my husband around with the kids while he did errands. The



day started off cheerily enough, but I soon grew bored, the kids grew bored, I became resentful and started thinking of all the ways I could be doing what he was doing at least 10 times as fast, and why did I always get stuck with the kids, anyway? I thought of a lot of other ways I was being "mistreated," too. It took me a long time to figure out that I was simply stuck in self-will. I wanted to be doing what I wanted to do, and supporting my husband and entertaining the kids was not on that list. When we got home, I got lucky:

something (HP?) told me not to discuss the situation just then, but to get some sleep and talk in the morning. Good thing, because all I could think of to say were things that were exaggerations of the situation, useless, half-true observations and generally whininess about how crappy my day was.

Now that I look back on that day, I can see that I didn't say much of the Serenity Prayer. Acceptance was far from my thoughts. I didn't think about HALT. And I certainly wasn't turning my life over to God. I was too busy acting as if I were God. When I am in self-will, I can't even see that what I think I want isn't actually what will really make me happy!

I feel lucky to have this insight, and I certainly wouldn't have it without A.A. With this knowledge, I can turn back to the tools of the program that I know, and start living along spiritual lines again. That is certainly the way to peace for me: whether during periods of stress or excitement. Starting right now, I can say the Serenity Prayer, call people in the program, find a new meeting, help a newcomer, or just help someone other than myself! And I can find peace in these activities, that's what still astounds me. I think I'll go make those phone calls now.



(Continued from page 7)

message) is focused on our continued existence as a society of ex-drunks who cannot, as a group, solve other problems. Many of the early A.A.

realities have changed, with increased understanding of alcoholism, the proliferation of treatment centers, and more intolerance on the part of legal systems. But the view of welcoming

those interested in looking at their drinking has remained constant, as has the firm knowledge that we cannot offer a cure for all conditions.



God will never give you more than you can handle

God knows what's good for us

by John D. J.

God wants us to be happy, joyous, and free; therefore, he will never give us more than we can handle. It's the ego that overloads us, because the ego cannot be satiated. This isn't to say that you won't come up against extremely difficult and challenging situations while in the program, it will just happen to be the right amount of difficult and challenging that pushes you as a person, but doesn't break you. The first case in point is when we first enter A.A.—our main priority is to not drink. That's it. This is usually all the newcomer can accomplish in the first 30 days, and that's more than enough in God's eyes. As we grow accustomed to not drinking, new responsibilities are queued up: like getting a sponsor. God knows what's good for us, so there is no reason to pile on the responsibilities all at once—we have a greater chance of success in A.A. if we tackle one thing at a time in the beginning.

The Twelve Steps are linear, to be done one at a time, in a particular



order, so as to create the strongest foundation and, again, the best chance at sustained sobriety. As you finish the steps, things get tricky: your life gets good. And full. Suddenly, you are not just following God's direction, but a whole host of influences begin to push and pull you and fill up your life. This is when this aphorism becomes most useful: if we ever find ourselves juggling too much, missing meetings, or getting burnt out, we are no longer aligned with God's plan for us. During these hectic times, it is key to pause, and ask God for the next right thought or action. There may be some pain as you shed the ego-centric tasks that feel so necessary, but you must get right-sized, and quickly.

What we cannot handle is drinking

None of us entered A.A. on a winning streak, so our past is an important indicator of our own breaking point in terms of what we think we can handle. Before coming into A.A., many of us had crazy drinking schemes and rules to try and limit our drinking or prevent further catastrophes from occurring—it took a great deal of effort to keep drinking as we tried to figure out what complicated set of rules would finally allow us to drink like a normal person. Then we were introduced to A.A., and the solution put in front of our faces was so simple and clear:

“Don't drink”. In an instant, God took away such a crushing burden with an elegant suggestion. And so our first taste of freedom and victory in A.A. comes so soon and proves that this aphorism is true. We can handle not drinking, no matter how hard it is at times. What we cannot handle is drinking, in any shape or form: the ego will distort our thinking until we drink everything away, including our lives.

We can face a lot of hard things in sobriety: loss of a loved one, divorce, losing a job, financial issues, disease, etc. Even as we are going through a tough time, we can find solace knowing that God would not put this challenge in our lives if we could not persevere and make it through. God wants us to stay sober and be able to help the next alcoholic, so he will not allow anything to get in the way of carrying the message to the newcomer, as long as our own house is in order and we are following his will. If you happen to be going through an incredibly tough time, you can pause and thank God, for this means that He thinks your sobriety is strong enough to handle such a huge challenge. Facing greater challenges means that you are working a strong program, and truly tapped into God's will. Be grateful, for God believes that you are capable and able to handle whatever he puts in front of you.

JP

A.A. Pre-History, # 19

The Writing of the Big Book (continued)

by Bob S., edited by Gilbert G.

In this installment, we'll learn about the beginning of A.A. in Texas, information about Works Publishing Co., and the Saturday Evening Post article written by Jack Alexander, which helped the membership to increase fourfold.

A.A. Starts in Texas - February 1940

In February 1940, the Houston Press ran a series of six articles about A.A. They were written anonymously by Larry J. Larry was a newspaperman and Cleveland, OH member, who nearly died from the DT's and had a lung ailment which required him to spend much time in an oxygen tent. Larry set out from Cleveland by train to live and work in Houston. While on the train he experienced a spiritual awakening. He wrote the series of articles after arriving in Houston. The articles became an early A.A. pamphlet.

Larry J., who was sponsored by Clarence S., had never previously attended an A.A. meeting. But he went on to start A.A. in Texas. Early members of the Houston group went on to carry the A.A. message to other cities in the United States.

The GSO Archives' scrapbooks of newspaper clippings show that A.A. in the Fort Worth and Dallas area started in 1941. Our records record the first meeting in El Paso on September 11, 1945. The Top of Texas Group in Amarillo has continuously met since February 1946. The Perryton Group traces its history of continuous meeting to 1947.

Works Publishing Inc - May 1940

In March 1940, the Alcoholic Foundation office moved from 17 William St. Newark, NJ to 30 Vesey St. in NYC. Its mailing address was Box 658 Church St Annex Post Office. Ruth Hock became A.A.'s first national Secretary.

In April 1940, Hank P. got drunk after 4 years sobriety. He had objected violently to the office move from New Jersey to New York City. He was fighting with his wife and wanted to divorce her. He also wanted to marry Ruth Hock who refused him.

In May 1940, Works Publishing Co. was incorporated. Bill W. gave up his stock with a stipulation that Dr. Bob and Anne would receive 10% royalties on the Big Book for life. Hank P. was persuaded to relinquish his shares for a \$200 payment (\$2,600 today) for office furniture he claimed belonged to him.

Hank, harboring much resentment against Bill, went to Cleveland in June and claimed that Bill was getting rich from the Rockefellers and taking Big Book profits for himself. Clarence S. (founder of Cleveland A.A. and Hank's brother-in-law for a number of years in the 1940's) spent many years accusing Bill of financial irregularities and claiming himself as the true founder of A.A.

In October 1940, Bill W. went to Philadelphia to speak to Curtis Bok, one of the owners of the Saturday Evening Post (the largest general circulation magazine in the US with a readership of 3,000,000). Later, in December, Jack Alexander was

assigned by the Post to do a story on A.A.

Saturday Evening Post - March 1, 1941

Jack Alexander's Saturday Evening Post article was published March 1, 1941. With a circulation of over 3 million, it helped A.A. membership jump from 2,000 to 8,000 in 1941. Thousands of appeals for help were mailed to the N.Y. office. The office asked groups to donate \$1 (\$12 today) per member for support. This began the practice of financing the GSO from group and member donations. Bill's and others' pictures appeared full-face in the Saturday Evening Post article. The photo caption read, "A typical clubhouse discussion group."



Jack Alexander's Saturday
Evening Post Article,
March 1, 1941

Meet the Meeting: Serenity Group

by GFG

I had the pleasure of meeting Millie at “Caribbean 12-Step,” a sober clubhouse in Santurce, Puerto Rico, in which 12-step meetings are held. She and I had a few conversations about her group, the Serenity Group, which used to meet at another location. While trying to find out more about her group, I learned about the history of that group and the beginnings of their clubhouse.

The clubhouse in question is called the Serenity Club, located in San Juan, Puerto Rico. According to Millie, the Serenity Club was there when she went to attend her first A.A. meeting in 1989. Millie said that it was a fun place. She immediately signed up to do volunteer work cleaning the clubhouse. That gave her the opportunity to talk to people.

At that time, there was one A.A. group, the Serenity Group, which met at the clubhouse at 5:30 PM and at 8:30 PM daily. A noon meeting was added around 1992. The noon meeting was a better choice for Millie, so she was then able to get home before dark. Also, the noon meeting was the most popular. Millie said, “It was a good group.” Members paid a voluntary \$30/month fee to join the club.

The group had a committee consisting of six or seven members. The committee met monthly and discussed issues such as boundaries between the group and the club, how much money to spend on coffee, sugar, cleaning supplies, count money on expenses, and how much money was collected from the 7th Tradition and the H&I can.

Group members voted to select the members who would go on the committee. The committee terms varied. The treasurer term was three or six months, and the secretary term was six months. The club steward was part of committee. The club steward cooked lunch, cleaned the clubhouse, made coffee, bought groceries, and saved receipts for reimbursement.

*They were the best
years I had
in sobriety.*

At a committee business meeting they chose volunteers to be chairpersons at the noon, afternoon, and night meetings. Each meeting has its own chairperson for three months. The chairperson is elected or can volunteer, if asked. The Chairperson collects the 7th Tradition and forwards it the Treasurer.

Historical Note

According to one man I interviewed, Ed, in the late 1950's, many American managers were relocated to Puerto Rico to start up and manage departments in the booming pharmaceutical industry. An American couple rented the apartment at the Carmen Apartment house and invited people to come over for meetings. That was the start of the Serenity Group and clubhouse.

The group had many visitors in the winter months due to all of the tourists visiting at the height of the

season. Eventually, the group took over the rental of the apartment on the second floor of a small building. The group had two meeting rooms in the two-bedroom apartment. They also had a kitchen, living room, and bathroom.

The space offered A.A., Al-Anon, women's meetings, open meetings, closed meetings, and beginner's meetings. The group started growing as they added more meetings throughout the day. The meetings averaged about 17 people per meeting. Around 1989, there were about 80-90 members of the group, plus tourists.

The group organized activities such as beach outings, picnics, and beach volleyball every weekend. Millie said, “It was everything. That group helped me so much. I needed the fellowship they gave me. I was practically living in there at the time. That's when they gave me the job in the kitchen”.

Millie grabbed onto the group and did not want to let go. She started her kitchen job with between \$40 and \$50 to start buying food supplies. She sold food to anyone who wanted to eat: hamburgers, hot dogs, brownies, and sandwiches. It was a two-year commitment, and “I had a lot of fun...They were the best years I had in sobriety. I got to meet so many people and visitors.”

However, Millie came to a realization. “I told myself, ‘this is not going to last’.” The landlord wanted to renovate the apartment and rent it for more money to regular tenants. They gave the group the downstairs apartment. There was no kitchen, so Millie's commitment ended. In effect

(Continued on page 13)

The Spirit in the Room

by Bob S.

At a most opportune time, while suffering from a terrible hangover, hearing ‘voices,’ and mumbling to myself, a sober A.A. member, Dennis T., just ‘*happened*’ by to invite me to a nearby A.A. meeting in Santa Monica, CA. I accepted, thank God, although my brain was pretty well fried and I was barely aware of what was going on around me. I later learned that a famous movie star was in the room that night, but whatever the setting, I can still vividly recall my sincerely honest surrender that evening when we closed with the Lord’s Prayer. I somehow ‘knew’ – at that moment – that the A.A. program was going to work for me, although twenty years of “quitting forever” often landed me in my usual treatment center: a drunk tank. That same mysterious Spirit has prevented me from ever returning to drink. Indeed, a year later, in 1976, I experienced what I like to call a ‘release’ from all serious thoughts of drinking and that deadly obsession to drink has never returned.

I believe it was that same A.A. Spirit that prompted Dennis to drive me to my second meeting in a borrowed

Rolls Royce, just to make a splash (Dennis was a shoe salesman). At six months sobriety and still an emotional wreck, I took a job at an antique store nearby a recovery club at 26th and Broadway. Some days I found relief from my rollercoaster emotions by visiting this club during lunch hour (forget eating!). That same healing Spirit never failed to calm me down so as I could return to

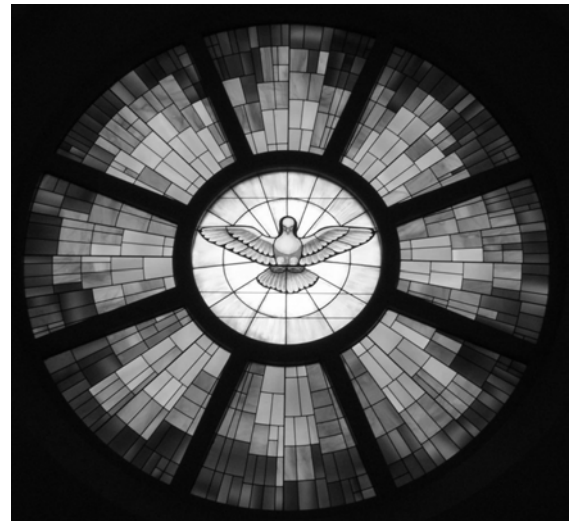
*... just look around
the tables...*

work refreshed and
seemingly normal.

Since then, I have lived in several places and been to many A.A. meetings, and I am here to report that that same Spirit has been present in every A.A. room I have visited. But I believe in order for me to be aware of it, I must remain in some sort of fit spiritual condition (Alcoholics Anonymous, p. 85).

If you are new and have difficulty believing that a power greater than yourself can solve your drinking problem (Step 2), just look around the tables and note how many members have found this mysterious life-saving power (Spirit) through living the A.A. way of life. The conclusion is evidential, not theoretical. The evidence is before you. Dive right in! This amazing Spirit will appear if you sincerely search for it. Dr. Bob stated: “Your Heavenly Father will never let you down!” (*Alcoholics Anonymous*, p. 181).

tP



(Continued from page 12)

the club had ended: there was only the group. The result was that the group got smaller and smaller.

In 1996 Millie moved to Las Vegas, at about 15 years sober. It was a good move for her: she stayed for 9-10 months. After that, Millie moved to San Francisco. She loved it there and stayed for 8-9 months.

Millie returned to Puerto Rico for her mom's funeral. Then she moved to Seattle. It was a mistake: too cold. She stayed there 15 years. Finally, Millie moved back to San Juan in September 2014. She has not returned to the Serenity Club. “It is not what she remembers.” Some people from the Serenity Group come to Caribbean 12-Step for

meetings, so there is some connection/fellowship. The Serenity Group has one noontime meeting per day. Millie has both good and sad memories from that original group. Many of the people have died or moved away. But she still keeps coming back.

tP

Intergroup Meeting Summary—January 2015

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

Marin Groups	Sunday Night Corte Madera	Design for Living	Marina Discussion	Sunset 9ers Tu
Blackie's Pasture	Tuesday Beginners Meeting	Each Day a New Beginning	Men's Two Plus	Too Early
Cover to Cover	SF Groups	Embarcadero Group	Miracles (Way) Off 24th St.	Waterfront
Day At A Time	A is for Alcohol	Extreme Makeover: Women's SS	Pax West	Women's Meeting: There is a Solution
Glum Not!	A Place to Call Home	Friday Morning 12 Steppers	Queers, Crackpots and Fallen Women	Women's Promises
Marin Young People	Any Lengths	Friendly Circle	Rebounds, Retreads and Winners	
Monday Night Stag Tiburon 8pm	Came to Park	Haight Street Blues	Saturday Beginners	
Rise N Shine	Cow Hollow Men's Group	High Noon	Shamrocks & Serenity	
Saturday Weekend Warrior	Cow Hollow Young People	Living Sober with HIV	Sunday Rap	

This is an unofficial summary of the January 2015 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., Jan 7th, 2015 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 December 2014 minutes and the Jan 2015 agenda were approved.

Officer Reports

The Quarterly Intergroup Committee Chair meeting is Jan 17th at 9am. Approved Board minutes are posted with all other Intergroup Meeting information under Intergroup Information on aasf.org. We have been focusing on the Budget review. We are in need of an IGR to volunteer to take the minutes for Intergroup. See Paul for more information.

Treasurer's report, Michelle C. Gratitude Month has been very successful! In prepping the budget, we want income to match expenses. We ask for budget re-

quests from committees. We work with Maury on foreseen increases and decreases. We budget based on actual expenditures and have room in the policy for necessary spending. For example, we do not intend to decline ASL interpreter requests.

Central Office Manager, Maury P.

Open phone shifts are available, with a 1 year sobriety requirement. Call M-F, 10am -6pm to schedule a training shift. Central Office is closed January 19th for Martin Luther King Holiday. The Buzz, it works! We have 3 new central office phone volunteers who all read about our needs in The Buzz.

Intergroup Committee Reports

Access Committee, Virginia We have handouts regarding service dogs. We addressed an issue in Marin recently. Members who have service animals are allowed to attend meetings. San Francisco is more liberal. We are budgeting for one ASL interpreter meeting a week in each county but allocated two times that to allow room to go. The current budget cap is set to 15% of the 2014 costs. We are hosting Skype call meetings where the call is initiated by a host, and then left to the participants to self-moderate.

Archives Committee, Michael P. We preserve the legacy of A.A. That means you! We ask all IGRs to send in a write-up of your meeting in a Meet the Meeting letter and sent to archives@aasf.org. We meet the 3rd Sunday of the month from 2-4pm at Central Office. See the yellow insert sheet in The Point to learn more about the Archives committee.

Fellowship Committee, Blu Founder's Day is in June; we will begin planning.

Homebound Marin, Kathy We are bringing meetings to those who would otherwise attend meetings in Marin County but cannot at the moment. Email Homeboundmarin@aasf.org to request service.

Literature Committee, Phil We held a committee meeting and are consolidating the resources we offer. We are currently helping the Access Committee with their handouts and surveys to be more easily readable.

Orientation Committee, Michael and Blu We meet the 1st Wed of the month at 6:15pm before the Intergroup meeting at 7pm.

Outreach Committee, Robert We haven't been very active at the moment. We are looking for volunteers and would like to get going again. Please do sign up.

SF PI/CPC, Erin S. We meet the 2nd Monday of month, 7pm at Central Office. It's always slower this time of year, but we will see a spike in the DUI classes to speak at, 5 per month. So we will be asking our speakers to speak more and get more speakers signed up. We'll also be looking to sign up people on our committee. Right now, we need a secretary and someone to work with media. This Saturday, we have our speaker forum. We've invited area 6 delegates and many other PI/CPC chairs. There will be food, drink and fun and lots of connecting with area representatives.

SF Teleservice Committee, Carolyn R. SF Teleservice answers the phones when Central Office is closed. We meet on the 3rd Monday at 6pm at Central Office; orientation for new volunteers follows the business meeting at 6:30pm. We can use more volunteers and a new chair person. Orien-

Individual Contributions

to Central Office were made through February 15, 2015
honoring the following members:

IN MEMORIAM

Michael B., Chris W., Stu S.

ANNIVERSARIES

**John V.—44 years, David J.—32 years, Lucy O.—31 years,
Dan T.—29 years, C.J. H.—15 years, Nancy W.—9 years**

HONORARY

Jeffrey W.

tation is on Monday, the 19th. To act as the chair, you will meet with coordinators and host monthly orientations.

SOS Committee, Dorothy There is no report this month.

12th Step Committee, Virginia Justin signed up to be new Chair, and create orientations for 12 step workers. The business meeting is the 2nd Thursday of each month, at 6:00pm at Central Office. Volunteering for 12 step work doesn't have a sobriety requirement.

The Point Committee, Paul K. The Point committee meeting is on the second Tuesday of the month at 5:30pm at Central Office. If you are interested in contributing an article, email us at the-point@aasf.org. We are on target for the February and March Issues.

Website Committee, Becca M. There is a new Website Coding and Development service position available for our AASF.ORG website. AASF.ORG has a new website design in the works and needs a front end developer or HTML coder to help us make it a reality. You should know HTML5, CSS3, JavaScript, image production and be able to code or adapt existing templates to be responsive across desktop, tablet and phones. Please contact website@aasf.org if you've got the skills and want to be of maximum service!

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

Budget Review In general, expenses are going up but contributions are going

down. We budgeted a 15% increase over last years actual expenses for our committees. Other expenses are more fixed; we try to keep to actual costs. The budget is a guideline; we are more flexible in approving expenditures, (ex. Policy versus Budget). Virginia made a gesture of appreciation regarding ASL interpretation. Becca made a motion to approve the budget, Mary seconded. Most all voted for approval, 0 votes for disapproval; 1 abstained.

Old Business

Carolyn resumed the discussion about Intergroup representation for and how many people are optimal for each committee. Dorothy expressed an opinion for 5 people minimum for a committee so that different opinions can be expressed with a healthy discussion or debate. When it gets too small, the work gets overwhelming and can lead to resentment and abandonment of the committee/commitment. Jerry asked how we can get more people involved with Intergroup, just as A.A. members, not necessarily IGRs. Let's have a phone list of IGR's and committee chairs. We need to get to know the skill-sets of people. Have a target statement each month, targeting each committee, like Access, etc. Invite visitors to the meeting to have a meal and check it out. Erin said we know that only a small subset of alcoholics get sober (7% get sober or attend meetings). Alcohol use is a disorder. Generally speaking, anything that brings people together rather than apart. Robert mentioned that Outreach is the way to go. More participation is a good thing.

Liaison Reports

SF H&I, Mark Orientation is Saturday,

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 Contributions	Dec. 14	YTD
Contribution Box	\$ 21	\$ 491
GGYPAA	\$ 23	\$ 58
Intergroup	\$ 104	\$ 1,186
Oyster Point Group	\$ 90	
Unidentified Group	\$ 120	
Western Roundup (Living Sober)	\$ 539	
Fellowship Total	\$ 149	\$ 2,483

Marin Contributions	Dec. 14	YTD
11th Step Meeting M 8pm	\$ 60	
12 & 12 Study Sa 815am	\$ 66	
Attitude Adjustment 7D 7am	\$ 4,526	
Awakenings	\$ 60	
Awareness/Acceptance M 1030am	\$ 223	
Back to Basics Su 930am	\$ 77	\$ 390
Beginner's Help Th 8pm	\$ 181	
Blackie's Pasture Sa 830pm	\$ 150	
Bolinas Book Study W 8pm	\$ 152	\$ 152
Bounce Back M 6pm	\$ 900	
Candlelight Sun 830pm	\$ 203	
Closed Women's SS Tu 330pm	\$ 251	
Conscious Contact Sa 6pm	\$ 80	
Crossroads Sun 12pm	\$ 1,300	
Day At A Time 7D 630am	\$ 240	\$ 600
Downtown Mill Valley F 830pm	\$ 1,153	
Experience, Strength & Hope Sa 6pm	\$ 60	
Friday Night Book F 830pm	\$ 299	\$ 685
Friday Night Flip F 1030pm	\$ 66	\$ 66
Girls Night Out W 815pm	\$ 155	
Glum Not! Su 9am	\$ 220	\$ 520
Gratitude Tu 8pm	\$ 283	
Greenfield Newcomers Sun 7pm	\$ 374	
Happy Destiny F 7pm	\$ 200	
Happy Hour (Marin) Th 6pm	\$ 60	
Happy, Joyous & Free 5D 12pm	\$ 1,500	
High & Dry W 12pm	\$ 401	
Intimate Feelings Sa 10am	\$ 212	
Inverness Sunday Serenity Su 10am	\$ 153	
Just Can't Wait 'til 8 M 630pm	\$ 386	
Larkspur Beginners F 7pm	\$ 74	
Larkspur Beginners W 7pm	\$ 100	\$ 250
Last Stop Men's Step Study W 6pm	\$ 250	
Living in the Solution F 6pm	\$ 100	\$ 200
Marin City Groups 6D 630pm	\$ 750	
Marin Young People F 830pm	\$ 122	\$ 122
Meditation Weds 7pm	\$ 418	
Mill Valley 11th Step Mtg Tu 730pm	\$ 325	\$ 325
Mill Valley 7D 7am	\$ 3,250	
Mill Valley Discussion W 830pm	\$ 147	\$ 549
Monday Blues M 630pm	\$ 533	

Marin Contributions	Dec. 14	YTD
Monday Night Stag Tiburon	\$ 2,000	
Monday Night Women's M 8pm	\$ 361	
Monday Nooners M 12pm	\$ 219	\$ 879
Morning After Sa 10am	\$ 300	\$ 500
Morning Attitude Adjustment	\$ 545	
Nativity Monday Night BB 8pm	\$ 100	
Noon Tu 12pm	\$ 265	
North Marin Speaker Sun 12pm	\$ 200	
Novato Fellowship Group	\$ 850	
Novato Spirit Discussion F 2pm	\$ 90	
On Awakening 7D 530am	\$ 700	
Passages W 1030pm	\$ 49	
Primary Purpose W 830pm	\$ 153	
Quitting Time M-F 530pm	\$ 1,868	
Redwoods	\$ 28	\$ 185
Refugee Th 12pm	\$ 286	
Reveille 7D 7am	\$ 60	
Rise N Shine Sun 10am	\$ 959	
San Anselmo Fireside Su 8pm	\$ 140	\$ 140
San Geronimo Valley F 8pm	\$ 179	\$ 314
San Geronimo Valley M 8pm	\$ 185	
San Marin Step Study Sa 830pm	\$ 75	
Saturday Night Sa 8pm	\$ 435	
Sausalito 12 Step Study Group	\$ 111	
Serendipity Sa 11am	\$ 169	
Sisters In Sobriety Th 730pm	\$ 282	\$ 282
Six O'Clock Sunset Th 6pm	\$ 600	
Sober & Serene F 7pm	\$ 789	
Sober Sisters Wed 12pm	\$ 184	
Stinson Beach Fellowship Th 8pm	\$ 850	\$ 850
Sunday Express Sun 6pm	\$ 337	\$ 760
Sunday Friendship Sun 6pm	\$ 134	
Sunday Night Corte Madera 8pm	\$ 208	
Sunlight of the Spirit Th 7pm	\$ 300	
T. G. I'm Sober	\$ 55	
T.G.I. Tuesday 6pm	\$ 60	
Terra Linda Group Th 830pm	\$ 588	
Terra Linda Th Men's Stag 8pm	\$ 500	
The Barnyard Group Sa 4pm	\$ 503	\$ 503
The Fearless Searchers F 8pm	\$ 47	
There is a Solution Tu 6pm	\$ 395	
Three Step Group Sa 530pm	\$ 705	
Thursday Night Book Club 7pm	\$ 90	
Thursday Night Speaker 830pm	\$ 2,706	
Tiburon Beg & Closed Tu 7/830pm	\$ 468	
Tiburon Wmn's Candlelight W 8pm	\$ 320	
Tuesday Beginners' Meeting	\$ 343	\$ 716
Tuesday Chip Meeting Tu 830pm	\$ 200	\$ 2,100
We, Us and Ours M 650pm	\$ 425	
Wednesday Mid-Week W 6pm	\$ 60	

SF Contributions	Dec. 14	YTD
Wednesday Night Speaker Disc 7pm	\$ 243	
Wednesday Sundowners W 6pm	\$ 165	\$ 988
Women's Big Book Tu 1030am	\$ 1,144	
Women's Lunch Bunch F 12pm	\$ 918	
Women's Meeting Su 430pm	\$ 71	
Working Dogs W 12pm	\$ 198	
Young People's BYOB Sat 7pm	\$ 139	
Marin Total	\$ 5,394	\$ 51,093

SF Contributions	Dec. 14	YTD
11th Step Power Power Power	\$ 260	
20+ Sun 445pm	\$ 223	
6am Dry Dock Fri	\$ 84	
6am Dry Dock Mon	\$ 54	
6am Dry Dock Sa	\$ 101	
6am Dry Dock Tu	\$ 80	\$ 180
6am Men's Literature Meeting M	\$ 84	\$ 430
7am As Bill Sees It Fri	\$ 11	
7am Living Sober W 7am	\$ 39	
7am Speaker Discussion Th 7am	\$ 45	
7am Step Discussion Tu 7am	\$ 156	
A is for Alcohol Tu 6pm	\$ 60	
A New Start F 830pm	\$ 405	
A Word From Our Sponsors Wed 12p	\$ 42	
AA As You Like It Tu 530pm	\$ 203	\$ 243
AA Unity Big Book Study Tu 130pm	\$ 13	
Afro American Beginners Sat 8pm	\$ 71	\$ 342
Agnostics & Freethinkers Su 630pm	\$ 120	
Alamo Square Su 7pm	\$ 60	
All Together Now Th 8pm	\$ 164	\$ 1,038
Amazing Grace M 7pm	\$ 120	
Any Lengths Sat 930am	\$ 1,124	
Artists & Writers F 630pm	\$ 1,936	
As Bill Sees It Sat 8pm	\$ 70	
As Bill Sees It Th 6pm	\$ 480	
As Bill Sees It Th 830pm	\$ 299	
As Bill Sees It Tu 1210pm	\$ 570	
Ass in a Bag Th 830pm	\$ 1,180	
Back to Basics Th 730pm	\$ 61	
Be Still AA Su 12pm	\$ 457	\$ 457
Beginners 12 x 12 F 7pm	\$ 22	\$ 861
Beginners' Step Study Sat 7pm	\$ 301	
Beginner's Warmup W 6pm	\$ 164	\$ 164
Bernal Big Book Sat 5pm	\$ 1,975	
Bernal New Day 7D	\$ 118	\$ 2,756
Big Book Basics F 8pm	\$ 414	
Big Book Boot Camp 5D	\$ 138	
Big Book Study Su 1130am	\$ 341	
Blue Book Special Su 11am	\$ 45	\$ 420
Brothers in Arms M 8pm	\$ 232	

SF Contributions	Dec. 14	YTD	SF Contributions	Dec. 14	YTD	SF Contributions	Dec. 14	YTD
Buena Vista Breakfast Su 12pm	\$ 565		High Noon Sunday 1215p	\$ 1,367		Rigorous Honesty Th 1205pm	\$ 60	\$ 390
By the Book Sa 10am	\$ 144		High Noon Thursday 1215pm	\$ 177	\$ 522	Saturday Afternoon Meditation 5pm		\$ 325
Came To Believe Su 830am	\$ 82		High Sobriety M 8pm	\$ 71		Saturday Beginners Sat 6pm	\$ 313	\$ 2,439
Came to Park Sat 7pm	\$ 782		High Steppers W 7pm	\$ 128		Saturday Easy Does It Sa 12pm		\$ 312
Castro Discussion Th 8pm	\$ 933		Hilldwellers M 8pm	\$ 476		Saturday Night Live Sa 9pm		\$ 55
Castro Monday BB 830pm	\$ 135		Huntington Square W 630pm	\$ 128	\$ 621	Saturday Night Regroup Sat 730pm	\$ 296	\$ 739
Castro Nooners F 12pm	\$ 235		Into The Sun Meditation Th 12pm	\$ 56		Serenity House	\$ 150	\$ 1,800
Chips & Salsa Tu 12pm	\$ 176		Join the Tribe Tu 7pm	\$ 1,002		Serenity Seekers M 730pm		\$ 325
Cocktail Hour Thu 10pm	\$ 50		Joys of Recovery Tu 8pm	\$ 249		Shamrocks & Serenity M 730pm		\$ 1,172
Cocoanuts Su 9am	\$ 228	\$ 680	K.I.S.S. M 6pm	\$ 185		Sisters Circle Su 6pm		\$ 33
Coit's Quitters	\$ 264		Keep Coming Back Sa 10am	\$ 1,265		Sober at State MW 1210pm		\$ 282
Come 'n Get It! F 630pm	\$ 130		Koo Koo Big Book Mon 6p	\$ 48		Sober Saturday Sa 830am		\$ 239
Conscious Contact Sa 6pm	\$ 120		Ladies Who Lunch Thu 1210pm	\$ 232		Sobriety & Beyond W 7pm		\$ 210
Contribution Box	\$ 1		Let It Be Now F 6pm	\$ 60		Sometimes Slowly Sa 11am		\$ 150
Cow Hollow Men's Group W 8pm	\$ 138	\$ 1,896	Like A Prayer Su 4pm	\$ 250		Sought to Improve Th 715pm		\$ 141
Cow Hollow Young People Tu 730pm	\$ 322		Living Sober with HIV W 6pm	\$ 803		Steppin' Up Tu 630pm		\$ 413
Design for Living Sat 8am	\$ 806		Looney Toons Tu 10pm	\$ 81		Stepping Stone SS M 730pm		\$ 174
Dignitaries Sympathy W 815pm	\$ 313		Lunch with Bill Fri 12pm	\$ 12		Sunday Bookworms Sun 730pm		\$ 27
Each Day a New Beginning F 7am	\$ 2,791		Lush Lounge Sa 2pm	\$ 72		Sunday Express Sun 6pm		\$ 53
Each Day a New Beginning M 7am	\$ 1,215		Meeting of the Moms	\$ 112		Su Morning Gay Men's Stag 930am		\$ 589
Each Day A New Beginning Su 8am	\$ 288		Meeting Place Noon F 12pm	\$ 81	\$ 298	Sunday Night 3rd Step Group 5pm	\$ 180	\$ 948
Each Day a New Beginning Th 7am	\$ 155	\$ 1,324	Meeting Place Noon W 12pm	\$ 368		Sunday Night Castro SD 730pm		\$ 569
Each Day a New Beginning Tu 7am	\$ 1,683		Men's Gentle Touch M 7pm	\$ 23		Sunday Rap Sun 8pm		\$ 240
Each Day a New Beginning W 7am	\$ 1,046		Mid-Morning Support Su 1030am	\$ 248	\$ 1,536	Sunday Silence Su 730pm		\$ 200
Early Start F 6pm	\$ 2,358		Midnight Meditation Sat 12am	\$ 100		Sundown W 7pm		\$ 1,027
Easy Does It Tu 6pm	\$ 708		Mission Fellowship	\$ 215		Sunset 11'ers F	\$ 40	\$ 100
Embarcadero Group 5D 1210pm	\$ 736		Monday Beginners M 8pm	\$ 241		Sunset 11'ers M	\$ 131	\$ 131
Epiphany Group Th 7pm	\$ 200		Monday Men's Stag M 8pm	\$ 69	\$ 226	Sunset 11'ers Th		\$ 50
Eureka Step Tu 6pm	\$ 110		Monday Monday M 1215pm	\$ 811		Sunset 11'ers Tu		\$ 142
Eureka Valley Topic M 6pm	\$ 651		Monday Night BB Study 8pm	\$ 60		Sunset 9'ers F		\$ 77
Excelsior "Scent" Free for All Sa 7pm	\$ 120		Monday Nooners M 12pm	\$ 219		Sunset 9'ers Th		\$ 275
Extreme Makeover M 730pm	\$ 63		Morning After Sa 10am	\$ 200		Sunset Speaker Step Sun 730pm		\$ 651
Federal Speaker Su 12pm	\$ 369		Moving Toward Serenity W 830pm	\$ 72		Surf Tu 8pm	\$ 383	\$ 383
Fell Street F 830pm	\$ 663		Newcomers Tu 8pm	\$ 99		Tea with Bill		\$ 25
Firefighters & Friends Tu 10am	\$ 182		No Gurus Meditation Su 7pm	\$ 145		Ten Years After Su 6pm		\$ 2,186
Franciscan Noon Discussion M 12pm	\$ 205		No Reservations M 12pm	\$ 942		The Lads Fr 730pm		\$ 150
Freethinkers Step Study Su 11am	\$ 60		Noon Smokeless Th 12pm	\$ 82		The Leaky Cauldron Su 930am		\$ 463
Friday All Groups F 830pm	\$ 733		Noon Smokeless W 12pm	\$ 50		The Parent Trap 2 Wed 4pm		\$ 175
Friday at Five F 5pm	\$ 331		O.A.D.W. Mon 7pm	\$ 370		The Parent Trap M 1pm		\$ 304
Friendly Circle Beginners Su 715pm	\$ 192		Park Presidio M 830pm	\$ 25		The Pepper Group F 12pm		\$ 250
Friendly Circle Su 830pm	\$ 462		Parkside Th 8pm	\$ 678		They Don't Know Who We Are Sat 7pm		\$ 155
Getting Fit at One O'Clock Tu 1pm	\$ 8		Pax West Daily Reflections W 7am	\$ 116		They Stopped In Time M 8pm		\$ 350
Giddy Up Th 7pm	\$ 89		Pax West Discussion Th 12pm	\$ 1,349		Thursday Night Women's Th 630pm	\$ 259	\$ 847
Gold Mine Group M 8pm	\$ 586		Pax West Literature Disc T 12pm	\$ 1,407		Thursday Thumpers Th 7pm		\$ 28
Gratitude Center	\$ 300		Pax West Speaker Disc M 12pm	\$ 2,142	\$ 2,942	Too Early Sat 8am	\$ 316	\$ 2,201
Haight Street Blues Tu 615pm	\$ 404		Pocket Aces Sun 7pm	\$ 36	\$ 36	Trudgers Discussion Su 7pm		\$ 600
Haight Street Explorers Th 630pm	\$ 105		Potrero Hill 12 x 12 M 630pm	\$ 60		Tuesday Big Book Study Tu 6pm		\$ 170
Happy Destiny Sa 630pm	\$ 133		Progress Not Perfection Tu 830pm	\$ 29		Tuesday Downtown Tu 8pm		\$ 28
Happy Hour Ladies Night F 530pm	\$ 130		Queers, Crackpots & Fallen Women	\$ 90		Tuesday Night Lasses Step Study		\$ 233
High Noon Friday 1215pm	\$ 160		Raising the Bottom W 8pm	\$ 300		Twelve Steps to Happiness F 730pm		\$ 88
High Noon Monday 1215pm	\$ 179		Reality Farm Th 830pm	\$ 724		Unidentified Group		\$ 812
High Noon Saturday 1215pm	\$ 535		Rebound W 830pm	\$ 91				

Continued on p. 18

Profit and Loss Statement: November 2014

	Nov 2014	Budget	Jan - Nov 2014	YTD Budget		Nov 2014	Budget	Jan - Nov 2014	YTD Budget
Ordinary Income/Expense					Phone Book Listings	\$93	\$93	\$1,023	\$1,023
Income					Postage	\$249	\$246	\$1,247	\$1,450
Gratitude Month	\$1,050	\$2,550	\$6,560	\$6,650	Printing	\$0	\$0	\$695	\$0
Group Contributions	\$7,563	\$10,300	\$139,128	\$141,333	Professional Fees	\$0	\$0	\$1,440	\$1,200
Individual Contributions	\$2,569	\$2,850	\$27,161	\$31,451	Reconciliation Discrepancies	\$0		-\$1	
Newsletter Subscript.	\$11	\$33	\$176	\$242	Rent - Office	\$4,287	\$4,287	\$45,506	\$45,507
Sales - Bookstore	\$8,104	\$7,500	\$113,041	\$104,599	Rent - Other	\$75	\$90	\$865	\$1,015
Intergroup Event Income	\$0	\$0	\$1,721	\$365	Repair & Maintenance	\$240	\$325	\$3,165	\$3,555
Total Income	\$19,297	\$23,233	\$287,786	\$284,640	Security System	\$0	\$0	\$367	\$357
Cost of Goods Sold					Shipping	\$281	\$323	\$4,255	\$3,558
Cost of Books Sold	\$5,397	\$5,279	\$81,459	\$77,319	Software Purchased	\$0	\$0	\$521	\$470
COGS - Shipping	\$14	\$26	\$221	\$274	Telephone	\$233	\$246	\$2,569	\$2,704
Credit Card Processing	\$391	\$400	\$4,804	\$4,587	Training	\$0	\$0	\$103	\$0
Inventory Adjustments	\$61	\$0	-\$242	\$0	Travel	\$0	\$0	\$990	\$1,200
Total COGS	\$5,862	\$5,705	\$86,242	\$82,180	Total Expense	\$18,390	\$20,820	\$222,459	\$222,185
Gross Profit	\$13,435	\$17,528	\$201,544	\$202,460	Net Ordinary Income	-\$4,955	-\$3,292	-\$20,914	-\$19,725
Expense					Other Income/Expense				
Committees	\$60	\$500	\$1,201	\$4,490	Other Income				
Employee Expenses	\$11,998	\$11,897	\$141,921	\$140,075	Bag Fees	\$1	\$5	\$28	\$50
Equipment Lease	\$408	\$1,446	\$5,436	\$5,785	Customer Shipping	\$395	\$320	\$3,899	\$3,559
Filing/Fees	\$0	\$0	\$930	\$545	Interest Income	\$63	\$100	\$703	\$1,095
Insurance	\$0	\$0	\$2,398	\$2,400	Miscellaneous Income	\$98	\$30	\$597	\$330
Intergroup Events	\$129	\$900	\$3,386	\$1,750	Total Other Income	\$557	\$455	\$5,227	\$5,034
Intergroup Literature	-\$61	\$0	\$193	\$0	Other Expense				
Internet Expense	\$133	\$129	\$1,470	\$1,419	Depreciation Expense	\$299	\$279	\$3,294	\$3,069
Office Supplies	\$49	\$211	\$1,860	\$2,239	Total Other Expense	\$299	\$279	\$3,294	\$3,069
Paper Purchased	\$204	\$116	\$812	\$1,334	Net Other Income	\$258	\$176	\$1,933	\$1,965
Payroll Fees	\$11	\$10	\$106	\$110	Net Income	-\$4,697	-\$3,116	-\$18,981	-\$17,760

Treasurer's Report

For the month of November, total income was under budget by \$3,936. Year-to-date total income was over budget by \$3,146. Total expenses for the month of November were over budget by \$2,430 and year-to-date under budget by \$273.

November had a negative variance of \$4,697 compared to a projected negative variance of \$3,116. Year-to-date there is a negative variance of \$18,981 compared to a budgeted year-to-date negative variance of \$17,760.

Unrestricted cash balance decreased from \$10,869 to \$8,398 which represents less than one month of operating expenses.

aa group contributions, con't.

SF Contributions	Dec. 14	YTD	SF Contributions	Dec. 14	YTD
Valencia Smokefree F 6pm	\$ 225	\$ 822	Wits End Step Study Tu 8pm	\$	35
Wake Up On 3rd St Group	\$ 172	\$ 515	Women's 10 Years Plus Th 615pm	\$ 65	\$ 2,135
Walk of Shame W 830pm		\$ 431	Women's Came to Believe Sa 10am	\$ 35	\$ 266
Waterfront Sun 8pm		\$ 244	Women's Kitchen Table Tu 630pm		\$ 793
We Care Tu 12pm		\$ 228	Women's Mtg. There is a Solution W 6pm		\$ 631
Weekend Update Su 6pm	\$ 204	\$ 524	Women's Promises F 7pm	\$ 129	\$ 604
West Portal W 8pm		\$ 326	Work In Progress Sat 7pm		\$ 217
Wharfrats Th 815pm		\$ 272	YAHOO Step Sa 1130am		\$ 477
What It's Like Now M 6pm	\$ 50	\$ 579	San Francisco Total	\$ 7,817	\$ 98,912
Why Not Laugh Sat 6p		\$ 16	YTD	\$ 13,360	\$ 152,488

November 2014 Balance Sheet

	Nov 30, 14	Oct 31, 14	\$ Change	Nov 30, 13	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$193,302	\$193,238	\$63	\$186,413	\$6,889
Unrestricted Cash	\$8,398	\$10,869	-\$2,471	\$17,655	-\$9,257
Total Checking/Savings	\$201,699	\$204,107	-\$2,408	\$204,067	-\$2,368
Accounts Receivable					
Accounts Receivable	-\$7	\$3	-\$10	-\$289	\$282
Total Accounts Receivable	-\$7	\$3	-\$10	-\$289	\$282
Other Current Assets					
Inventory - Bookstore	\$32,155	\$34,753	-\$2,598	\$23,807	\$8,348
Prepaid Literature Orders	\$836	\$836	\$0	\$373	\$462
Undeposited Funds	\$0	\$60	-\$60	\$211	-\$211
Total Other Current Assets	\$32,991	\$35,649	-\$2,658	\$24,391	\$8,599
Total Current Assets	\$234,682	\$239,759	-\$5,076	\$228,169	\$6,513
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,856	\$1,990	-\$134	\$3,571	-\$1,715
Furniture & Equipment (Net)	\$0	\$0	\$0	\$13	-\$13
Leasehold Improvements (Net)	\$18,043	\$18,208	-\$165	\$20,023	-\$1,980
Total Fixed Assets	\$19,898	\$20,197	-\$299	\$23,606	-\$3,708
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$261,278	\$266,654	-\$5,375	\$258,473	\$2,805
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	\$0	\$294	-\$294	\$0	\$0
Total Accounts Payable	\$0	\$294	-\$294	\$0	\$0
Other Current Liabilities					
Payroll Liabilities	\$3,273	\$3,484	-\$211	\$3,472	-\$199
Sales Tax Payable	\$565	\$738	-\$173	\$597	-\$32
Total Other Current Liabilities	\$3,837	\$4,222	-\$385	\$4,069	-\$231
Total Current Liabilities	\$3,837	\$4,516	-\$679	\$4,069	-\$231
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	\$64,004	\$64,683	-\$679	\$58,262	\$5,743
Equity					
Net Assets	-\$202,017	-\$202,017	\$0	-\$197,712	-\$4,305
Opening Balances	\$418,272	\$418,272	\$0	\$418,272	\$0
Net Income	-\$18,981	-\$14,284	-\$4,697	-\$20,349	\$1,368
Total Equity	\$197,274	\$201,971	-\$4,697	\$200,211	-\$2,938
TOTAL LIABILITIES & EQUITY	\$261,278	\$266,654	-\$5,375	\$258,473	\$2,805

Jan 17th at 11am at Mission Fellowship; the business meeting is at noon. We bring in 42,000 meetings a year. Contributions in SF were \$4,200 and \$52,000 in Northern Cal.

SF General Service, Virginia We are starting a new panel, sign up!

Marin General Service, John In Nov and Dec, we turned over commitments, have a new DCMC, and meet the 3rd Monday at 7pm.

GGYPAA, Wanda On the 2nd Sunday of even months, we meet at Central Office at 12 noon, on odd months we meet at the Marin Alano Club. This month, the meeting will be on Jan 17th because of the bridge closure on Jan. 10th. On Sat, Jan 24th, we will play Charades against Humanity at 9pm after the 7:30pm meeting, at 2325 Union Street, SF

Targeted message of the month: Our targeted message is focused on Service Opportunities, which can be found in the Service Announcements, The Buzz and the calendar found in The Point. As commitments rotate and people resolve to do more service to enrich their program, please direct them to those opportunities outside their meetings. We have committees that could use additional members in a variety of different roles and capacities. Some are one-time commitments; others are a few hours a month on an ongoing basis. In addition, Central Office has shifts available, and is always a good place to start. And although you're already IGRs, just a reminder that you, too, can take on a new service commitment!

The role of Recording Secretary is now open, and we're looking for someone to be of service in this vital role.

One more reminder: Central Office will be closed Monday, January 16, 2015 for MLK, Jr.'s Birthday.

Next Intergroup Meeting: Wed. Feb 4, 2015, 7pm, 101 Donohue St. Marin City, CA. Orientation is at 6:15pm, dinner is served at 7pm.



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