

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015 **3**
March

A publication of the Intercounty Fellowship of Alcoholics Anonymous

A publication of the
Intercounty Fellowship
of Alcoholics Anonymous

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Singleness of Purpose



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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.

March 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3 <u>FIRST TUE</u> Access Committee Central Office 6pm	4 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm
8 Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 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
29	30	31	

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14
19	20	21 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm Sunshine Club and SOS Orientation 2118 Greenwich St, SF 1pm
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

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.



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The subtlety and power of the alcoholic's malady is revealed on every page of mankind's history

Bill W., *Three Talks to the Medical Societies*, p.21



Meeting Changes

New Meetings:

Thu	10:00 am	Corte Madera	LIVING SOBER LADIES, Holy Innocents Church: 2 Tamalpais Dr / Palm Ave (Closed Women's meeting, Book Study, Chips, Wheelchair Access)
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Meeting Changes:

S/M/W/F/S	11:00 am	Inner Sunset	SUNSET I I'ERS, Seventh Ave Presbyterian Church: 1329 7th Ave / Irving (now Open)
Mon	7:00 pm	North Beach	WASHINGTON SQUARES, Sts Peter & Paul Parish Hall: 620 Filbert St / Stockton (was called Washington Square)
Tue	7:30 am	Inner Sunset	DOWN & DIRTY AT SEVEN-THIRTY, Gratitude Center: 1320 7th Ave / Irving (now alternates between Speaker/ Discussion and Book Study)
Tue	7:30 pm	Noe Valley	SEASAME STEP, Noe Valley Ministry: 1021 Sanchez / 23rd St (was at The Women's Building 13543 18th St / Guerrero)
Wed	7:30 am	Inner Sunset	DOWN & DIRTY AT SEVEN-THIRTY, Gratitude Center: 1320 7th Ave / Irving (now reads and discusses from Daily Reflections)
Fri	10:30 pm	San Rafael	FRIDAY NIGHT NEWCOMERS, Marin Alano Club: 1360 Lincoln Ave / Maple (was called Friday Night Flip and is now Big Book Study, Speaker/Discussion)
Fri	11:50pm	Nob Hill	GO FISH, St. Paulus Lutheran Church: 1541 Polk St / Sacramento (moved from The Dry Dock where it was called Brass Midnite)

No Longer Meeting:

Mon	7:00 pm	San Anselmo	WOMEN ON MONDAY, St Nicholas Orthodox Church: 102 Ross Ave / Jones St
Thu	3:30 pm	Sausalito	SAUSALITO SOBER SISTERS, 142 San Carlos Ave / Santa Rosa Ave

PLEASE NOTE: We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. **If you know anything about a meeting that has relocated or disbanded — even if only temporarily — please call Central Office immediately: (415) 674-1821.** This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. *Thank you for contributing to the accuracy of our schedule!*



Join the Sunshine Club and SOS



The **Sunshine Club** takes AA meetings to members who are temporarily hospitalized or homebound due to illness or injury. **SOS** takes AA meetings to members who are permanently unable to attend meetings. Each committee welcomes new volunteers to help provide this service to our fellow AAs!

(One year sobriety requirement; you can volunteer for either or both services.)

Orientation held at 1:00 pm, Saturday, March 21, 2015
The Dry Dock, 2118 Greenwich / Fillmore

Please call 415-674-1821 for more information or e-mail sunshine@aasf.org or sos@aasf.org



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



From the Editor

Letting Go

by Charley D.

Mostly, I didn't spend a lot of time thinking about my drinking. I suppose if you'd forced me to answer the question, "Why do you drink so much?" I'd have said something like, "It's a release. It helps me let go." At least that's how it started. It made me feel alive, unafraid, uninhibited. Or so I thought. And maybe it did. For a while. I ended up drinking because I had to drink. Looking back, I see now that what I termed a release ended up the shackle that tied me to a dismal routine of drinking that finally seemed to have no way out. I ended up in A.A., desperate and out of options. I learned to give up trying, to let my Higher Power relieve the yearning to drink. It has worked so far, one day at a time.

Michelle G. writes about Step Three and how, overcoming her initial distaste for the very idea of it, she developed a new habit of turning her life over to her Higher Power that replaced the bad habit of drinking. In "Panel 6: Communicating our Legacies: Unity," Bruce D. looks at the use of drugs by A.A.'s founders

and early members and asks what, if anything, A.A. should do about dual addiction? Bob S. presents a different take on the issue in his piece on Tradition Three's statement that our only requirement for membership is a desire to stop drinking. In our continuing series on Came to Believe, Claire A. explains how prayer became real for her in "More Than a Symbol." Bree L. tells how she came to prayer reluctantly and with misgivings but now makes it part of her life. Judy G. shows in "Your Big Book Is Your Sponsor Too" how our core text can be a "meeting in your pocket" just when you need it. Speaking of the Big Book, our "Timeline History of A.A." tells how it changed in its final formulation and outlines the process of publication in its early days.

Somehow, springtime and freedom seem to go hand in hand. To our fellows in A.A., we hope our offerings in this season's first month help you on your road to freedom from the cold, gloomy grip of alcohol, granting you, by the grace of your Higher Power, sweet relief from that obsession.



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:

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Erin S.	Mark O.	
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Frederick D.	Mary C.	Name
Gregory G.	Mary D.	Here!
Henry P.	Mary L.	
Herman B.	Maryellen O.	Or
Hilary M.	Miandy	Here!
Jane K.	Michael P.	
Janet B.	Michael W.	Or
Janet M.	Michael Z.	Here!
Jeanne C.	Michelle C.	

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 Three

Turning it Over

by Michelle G.

Step Three: *“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

The paradox of Step Three is that after we deflate our egos with the first two steps, we still need a bit of will to power through the rest of them. My first sponsor, Roberta, asked me to read the Third Step Prayer with her while we knelt side by side on her living room floor. The action seemed foreign to this lapsed Catholic. I made myself do it because I was out of other options. My best thinking had landed me in Palm Avenue Detox and a recovery house, so I'd promised to follow directions. I wanted to finish the steps, stay sober and stay out of jail. Step Three was basically climbing into a rocket ship heading for the 4th dimension (via the 4th Step inventory which followed “at once”).

Third Step “turning it over” can also mean, “Turning a character defect into its opposite.” Character defects become strengths when they're brought into balance. One way to turn my fear of financial insecurity around, for example, is to constantly affirm its opposite. Instead of obsessing on what's not enough, I can switch to saying, “I always have enough to pay my bills.” Re-focusing my mind in the opposite direction from my fear forges a better path. Turning it over this way puts the “road of happy destiny” at the forefront, so I don't succumb to another downhill slide.

One way to simplify Steps One, Two and Three is: “I can't; a higher power can; think I'll let it” (insert pronoun

of your choice). At the end of my recovery house group, I opened a needlepoint gift from the facilitator that read: “Let Go and Let God.” At the time I wished that I could dump the little gold-and-blue stitched rectangle in the trash. I hated that slogan the most. Even worse, when the group leader saw what my plaque said, she remarked, “People always get the slogan that's perfect for them.”

I was highly annoyed to hear that my control issues were so obvious. It took a long time to realize control was an illusion, as surely as Anthony Hopkins reminds Cuba Gooding Jr. in the movie “Instinct,” when the psychiatrist loses his illusions and a little bit of skin to some duct tape.

The Twelve and Twelve details how happy we are to depend on the electricity that makes our lives easier. Releasing the illusion of control really is the easier, softer way. Letting go without claw marks frees up a lot of energy to enjoy life. Even though I didn't completely trust there was a higher power out there, I knew that second-guessing everyone's actions just created more anxiety. People in the rooms called this “self-centered fear.”

I followed Roberta's instructions and memorized the Third Step Prayer, even though I didn't believe in it. At the very least, I liked thinking that a higher power could “take away my difficulties.” Roberta explained the prayer's reference to “bondage of self” meant character defects like fear, or attempting to control people, places, and things. I wanted to be restored to sanity, right?

Working Step Three made it obvious



that I needed to find a higher power. The Big Book says God could relieve my alcoholism if sought (it doesn't say that I have to find anything in particular). I started attending women's circles with a Lakota teacher. After following the Red Road, I found it easier to see similarities to other spiritual paths instead of the differences. Now I have less trouble with Christian imagery. The little blue and gold “Let Go and Let God” plaque hangs over an informal altar next to pictures of Oshun, Our Lady of Guadalupe and other colorful images. It reminds me that not everyone works the program of my understanding. I can allow other people the dignity to experience the consequences of their own actions.

My current sponsor, Kathleen, gave me a checklist for Step Three that includes taking action to honor turning our lives over to the care of a higher power. It's not important whether we kneel and say the Third Step Prayer, meditate, or create a brand-new ritual. What matters is that we replace old habits with new, positive routines.

IP



Panel 6: Communicating our Legacies

References in A.A. Literature to Drugs/Addiction: Challenge for A.A. Unity/Part of A.A.'s History

by Bruce D.

Reference to drugs is noted 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 during a night of hellish torture, "A doctor came with a heavy sedative" followed by a day of gin and sedative cocktails. Later, Bill was treated under "...the so-called belladonna treatment..." In the first of the Personal Stories 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* (interestingly retitled *Acceptance Was the Answer* in the 4th edition), the physician-author notes that instead of becoming a morning drinker he "...started taking...pep pills." He goes on to reference his use of Benzedrine, Demerol, codeine, Percodan, tranquilizers, and Pentothal. Oh my!

Thus, reference to or reported use of drugs by A.A. members or their prescription by the medical profession has been with us from the beginning. And at least two of our pamphlets address this topic. In the first, "Problems Other Than Alcohol", Bill W. asked the question, "What can we do about drugs—within our fellowship, and without?" He wrote, "...there are certain things that A.A. cannot do for anybody, regardless of what our several desires or sympathies may be." Questions are posed about drugs and addicts, which Bill felt resolvable by applying the A.A. traditions. "Our first duty, as a society, is to insure our own

survival." By avoiding distractions and multipurpose activity.

The other pamphlet, "The A.A. Member—Medications and Other Drugs" notes that some alcoholics need prescribed medicines. Issues of misguided advice by other A.A. members against the use of any drugs, prescribed or not, are reported. Most stories in the pamphlet are about those receiving medical help with chemical imbalances and the authors' struggles with guilt about not feeling truly sober. But two stories are included about A.A. members who misused drugs. The pamphlet notes, "Alcoholics Anonymous...is not a program aimed at drug addiction." However, in the introductory paragraph, these 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." To some, this may imply that alcohol is just another drug.

The General Service Conference and GSO have addressed the matter of drugs in the past. The first conference-established literature committee recommended the pamphlet "Sedatives, Stimulants and the Alcoholic" be given first priority. The 1975 conference recommended that the matter of "mood-changing pill" use by A.A. officers not be added to an appropriate pamphlet, as it was felt this was up to local autonomy. Box 459 reported in summer 1983 critical concern on the 33rd

conference floor about increased attendance of nonalcoholic drug addicts at A.A. meetings, and changes were recommended to "The A.A. Member—Medications and Other Drugs." A manuscript submitted for the pamphlet "A.A. in the Armed Services" was returned to the Trustee's Literature committee to consider references to drug addictions. The sentence "Mood-changing medications—including—uppers, sedatives, and antidepressants—are usually a threat to sobriety..." was cut from the pamphlet "Is There an Alcoholic in Your Life?" The summer 2001 issue of "About A.A., A Newsletter for Professionals," quoted Board chair McDowell saying "...to waver from its primary purpose would compromise A.A.'s principles and diminish its effectiveness in attracting and retaining alcoholics." A 2002 Box 459 article spoke to A.A.'s cooperation with drug courts. And a 2012 Western Canada Regional Forum report included an article by 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."

Three Panel 64 literature agenda items touch on this topic. Item H suggests that the phrase "Non-alcoholics are welcome to attend open meetings as observers", found in other conference approved literature, be added to the primary

(Continued on page 8)

Thoughts on Tradition Three

The only requirement for membership is a desire to stop drinking

by Bob S.

On page 261 of the conference-approved A.A. history book, *Dr. Bob and the Good Oldtimers* (circa. 1980), Clarence S., founder of A.A. in Cleveland stated, “That’s the trouble, they take it so casually today. I think a little discipline is necessary. I think A.A. was more effective in those days. Records in Cleveland show that 93 percent of those who came to us never had a drink again... Today, it’s watered down so much. Anyone can wander in now.”

Of course, the Twelve Traditions were yet to be written in those early days; new A.A. members were often screened. In February of 1938, Dr. Bob, who was Clarence’s sponsor, insisted he get out of his hospital bed, get on his knees and pray before being allowed to become part of the Akron fellowship of nameless drunks, as it were. Dr. Bob feared that uncommitted less-than-serious new members would have an adverse effect on those members already sober.

Bill W. wrote the *long* form of the Traditions in 1936; they were ratified—in the *short* form—at the 1950 International Convention in Cleveland. I believe the long form of Tradition Three disclosed a different view than what is generally accepted today. (I notice the long form is no longer included in the fourth edition Big Book.) However, the long form states: “*Our membership ought to include all who suffer from alcoholism.*” Of course, we no longer decide who does, or does not, suffer from alcoholism. Yet, from this wording, we can interpret a certain cautionary spirit ingrained in the long form of Tradition Three.

The next sentence states: “*Hence we can refuse none who wish to recover.*” A lawyer might interpret this as an open door for all members of society who have problems, but in the true spirit of A.A. history, it is obvious this statement is referring to the problem alcoholism—period.

Bill W., doubtless impressed by the openness of the Oxford Group, wrote Step Twelve in the Big Book manuscript as such: “*Having had a*

*spiritual experience as the result of this course of action, we tried to carry this message **to others**, especially alcoholics, and to practice these principles in all our affairs.*” (Bolded text is by yours truly.) Of course, this wording was changed before the Big Book was published.

The consideration of these different components and views leave me with a better sense of understanding and appreciation of Tradition Three: “*The only requirement for membership is a desire to stop drinking.*”

AP



(Continued from page 7)

purpose card. The request seems to be aimed not only at non-alcoholic drug addicts, but also guests, people checking out A.A. unsure if they are alcoholic, and choir members in the wrong room. A brief Area 2 survey found that rarely have we seen a person read the blue card, but the concept is often incorporated into meeting formats.

Topic G is a renewed request for a

pamphlet for alcoholics with mental illness. Background on the proposal notes that some personal stories are included in other A.A. pamphlets regarding mental health, and use of medications is part of those stories.

And topic E suggests removing text in Living Sober that refers to “...addiction to the drug alcohol...” and “...the drug we have become addicted to.” Published in 1975, this booklet has been in front of the literature committee perhaps more than any

other conference-approved piece. Other similar references are found in this volume, including the following:

- “...stay away from other mind-changing drugs.” (pg 4),
- “Ethyl alcohol...may have always been the most widely popular drug for this use.” (pg 52),
- “...drugs other than alcohol” (pg 53),
- “Through Alcoholics

(Continued on page 9)

More Than a Symbol

Came to Believe, p. 21

by Claire A.

Before I came to A.A. I thought religion, prayer, symbols - all these things were hokey. I thought people who believed in God were weak and in need of education. I was horrified, and also fascinated, by religious symbolism. I could see nothing of the power of belief; I simply didn't understand. I scoffed at people who went to church.

I guess I had prayed before, but it was along the lines of "if there's anyone up there, now is the time for a miracle." I felt that if God was "up there," he'd be thinking that I had a lot of nerve coming to him after all the moves I pulled. I was pretty sure I had figured out what God's reaction to me would be. I thought that if there were a God, He would perform miracles like, say, providing a new job instantly.

I was lucky enough as a student to spend time traveling in Europe, and I got to see a lot of cathedrals. I didn't understand them, either. Why would people go to such effort to build these monuments?

When I came to A.A., and my sponsor suggested that I pray, I was unsure

what to do. I knew that I felt pretty weird beginning to pray to God. But my sponsor kept suggesting it. So, tentatively, I did. I felt stupid. I only prayed when no one was in the house. I was afraid someone would walk in and ask me what the heck I was doing. I was sure my husband would think I had lost my mind. I didn't know whether to kneel by my bed, or whether it would be enough to stand still and bow my head. Did I have to put my hands together? I didn't know. My sponsor told me not to worry about those details: just say the prayers.

I started with the Serenity prayer and the Third Step prayer, and I didn't really notice anything at first. (And I did kneel by my bed - that felt right for me, at least.) At the beginning, praying really was a matter of faith in my sponsor's experience. I wanted what she had, and she told me how she got it, so I did what she did. I had no better ideas.

It wasn't until I started reading the prayer of St. Francis that I really felt different. I felt at peace. I started to calm down and take my life one day at a time. I started worrying less, and taking small steps in the right

direction. It wasn't a smooth path by any means. I perpetually tried to do things my way and got annoyed when things didn't go the way I wanted. I tried to stay angry at my husband and change him. Rather than looking at the job market and seeing where I could be of service, I tried to come up with the job title I wanted and then was disappointed when I couldn't find an opening. Rather than listening in meetings, I judged. Still, I noticed that when I prayed, I started to see where I was going wrong. I could see the self-pity, judgement, grudge-holding and so on that I was doing.

I am lucky again to get to spend time in Europe this year, and as I travel around and look at cathedrals, my experience is completely different. Now, I see churches and cathedrals as places for people to gather. Symbols are simply a touchstone for prayer. I feel grateful every time I get to set foot in one of these giant buildings, to have a truly peaceful moment, whatever is going on in my life.

TP

(Continued from page 8)

Anonymous, we have found a drug-free way of life" (pg 55), and

...the absence of mood-changing drugs, such as firewater." (pg 55).

Do such references, especially in conference-approved literature, challenge our unity? Unity, as expressed in Tradition One (our

common welfare), Two (include all who suffer from alcoholism), and Five (one primary purpose, to carry its message to the alcoholic who still suffers), is based on our continued existence of a society of former drunks who cannot solve other problems (Tradition Three, as a group they have no other affiliation). Many of the realities of early A.A. times have changed, with increased

understanding of alcoholism, the proliferation of treatment centers, and more intolerance on the part of legal systems. But our practice of welcoming those looking at their drinking has remained constant, as has the firm knowledge that we cannot offer a cure for all conditions.

TP

Your Big Book is Your Sponsor Too

by Judy G.

When I walked into the rooms of A.A. almost five years ago, I never thought I would become a Big Book thumper. I never liked organized religion or anything that reeked of dogma, and part of me still believed that 12-Step programs were a crutch.

Well, if your leg is broken, you need a crutch. If your life and your spirit and your thinking are broken, you need help. As we say in program, “my best thinking brought me to rock bottom.” None of us can do this alone.

We go to meetings and hear other fellows’ experience, strength, and hope, but the real program is in the literature: the book—the Big Book of Alcoholics Anonymous first published in 1939 that has helped guide the recovery of millions of men and women around the globe. The book that is used in countless other 12-Step programs and has been translated into at least 43 languages.

It starts out with the history of this divinely inspired program. Bill W., our founder, got sober through another alcoholic who had “found religion”. On page 12, we read that Bill W. was resistant to the concept of God, so the concept of “the God of your understanding” was born. This is a crucial concept in A.A., because it allows agnostics and people who don’t believe in the traditional concept of God to define their own Higher Power as any power greater than themselves.

From there, the whole program of A.A. is laid out. We learn that alcoholism is a disease, not a moral weakness. We learn that we can only

keep our own sobriety by giving our program away to other alcoholics who still suffer. We humbly offer ourselves to our Higher Power. We learn to “turn it over” to our Higher Power’s will, not our own self-will run rampant that has destroyed our lives to one degree or another.

There are some passages in the Big Book that, upon reading them, the light bulb of hope and recovery exploded in my head. Here are some of my highlights.

Page 30, “Most of us have been unwilling to admit that we were real alcoholics.” Acceptance—We are not like other people. We cannot drink like other people. How many alcoholics die trying to convince themselves that they can drink like normal people? Unless we take Step One and admit/accept that we are alcoholics—then recovery will most likely elude us.

Page 60, “The first requirement is that we be convinced that any life run on self-will can hardly be a success.” We all came in begging for help, but didn’t want to be told what to do. Self-will run rampant got us into a lot of trouble. So now we surrender our will to our Higher Power and take suggestions from our sponsor. I almost quit the program because my sponsor wanted me to say “thank you God for...” instead of “I am grateful for...” when writing my gratitude list. I thought, “he can’t tell me how to write my gratitude list,” and I literally almost quit. But then I remembered listening to my fellows talk about how they just came in and took suggestions. So I tried it, and it totally expanded my embodiment of gratitude.

Page 63, 2nd paragraph, The Third Step prayer. Say it over and over. It works.



Page 64, “Our liquor was but a symptom.” Wow! We have a disease of the mind, body, and spirit. We stop drinking. That is physical recovery. But in A.A., we also learn how to live in emotional sobriety and spiritual fitness.

Page 67, “We avoid retaliation or argument.” If you fight fire with fire, both people get burned. Or, as Confucius said, “Before you embark on a journey of revenge, dig two graves.” Enough said. I had to learn this one the hard way.

Page 457, “From experience, I’ve realized that I cannot go back and make a brand-new start. But through A.A., I can start from now and make a brand-new end.” This one got me through some very dark days. I have heard countless stories of fellows who had been in jail, fired from countless jobs, separated from loved ones and family members, who have recovered and are living happy, healthy, productive lives. This one kept me going until the Promises of the program (bottom of page 83-84) began to come true for me.

The Big Book is always with us, like a meeting in your pocket. We can turn to it in the late hours for solace and guidance. It is the story of hope and recovery. As I heard in a meeting just tonight, “If you are unclear about your addiction, turn to the Big Book.” It will show you the way.



A Timeline History of A.A.

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.

Step Twelve Wording Change - March 1941

In March 1941, the wording of Step Twelve was changed in the second printing of the first edition Big Book. The term "spiritual experience" was changed to "spiritual awakening" and the term "as the result of these steps" was changed to "as the result of those steps."

Appendix II, "Spiritual Experience" was added to the book. This was done because many members thought they had to have a sudden and spectacular spiritual experience similar to the one Bill had in Towns Hospital. The appendix emphasized that most spiritual experiences were of the type that the psychologist William James called the "educational variety."

The Herbert Spencer quote was not added to Appendix II until the second edition Big Book. It appears in the first edition story "An Artists Concept" by Ray C. (who also designed the Big Book's dust jacket). The Spencer quote is not an accurate attribution. No written work by Spencer can be found containing the quote. It is actually by an author named William Paley almost 100 yrs before Spencer.

The story "Lone Endeavor" (of Pat C. from CA) was removed. It had been

ghost written by Ruth Hock. Pat, who claimed to have sobered up from a manuscript copy of the Big Book, was invited to NY shortly after the book was printed and arrived in NY quite drunk.

Stepping Stones - April 11, 1941

After 23 years of marriage, Bill W. and Lois moved into their own home in Bedford Hills, NY in April 1941. It was first named "Bill-Lo's Break" and later renamed to "Stepping Stones." The 7-room house, on 1.7 acres, was financed at \$6,500 (\$81,000 today). The mortgage was \$40 a month (\$500 today).

Buy Back of Works Publishing Stock - 1942

In 1942, Board Trustee A. LeRoy Chipman asked John D. Rockefeller Jr. and his 1940 dinner guests for a loan of \$8,500 (equivalent to \$95,000 today) to buy back the remaining outstanding shares of Works Publishing stock.

Rockefeller lent \$4,000, his son Nelson \$500 and the other dinner guests \$4,000. Rockefeller's custom was to forgive \$1 of debt for each \$1 repaid. This loan, along with other donations, was repaid to Rockefeller and the dinner guests in 1945 out of Big Book income.

Compensation for Special Services - October 1942

In October 1942, Clarence S. stirred up a controversy in Cleveland after discovering that Dr. Bob and Bill W.



Stepping Stones, Bedford Hills, NY

were receiving royalties from Big Book sales. Bill and Dr. Bob reexamined the problem of their financial status and concluded that royalties seemed the only answer to the problem.

Bill sought counsel from Father Edward Dowling who was Bill's spiritual sponsor. Father Dowling suggested that Bill and Dr. Bob could not accept money for 12th Step work but should accept royalties as compensation for special services. This later formed the basis for Tradition Eight.

Correspondence from groups gave early signs of a need to develop guidelines to help with problems that occurred repeatedly among the groups. Basic ideas for the Twelve Traditions would emerge from this correspondence and the principles that were defined in the Foreword to the first edition Big Book.



On Prayer

by Bree L.

This alcoholic never was much for prayer and meditation. They were for the geriatric set. Meditation was for yogi's, not for me. Life was to be lived and grabbed, (*Carpe Diem*). Besides, I was too busy, too involved. I had to plan, manage, prepare; my life needed a lot of micromanaging.

Prayer was something a person did at church. There was one main prayer (The Our Father) that everyone knew and said. That was the Methodist Our Father, with the add on's, not the shorter Catholic one. Prayer was appropriate only on special occasions: church, funerals, and of course, in times of gigantic stress.

For a while transcendental meditation (TM) was the rage, being a self-willed alcoholic, I skipped the \$75 "mantra" fee and did it myself. My twenty-minute meditations were abbreviated to ten and then five. My foray into TM lasted about a week.

In my late teens, I saw the light and converted to Catholicism. My prayer capacity increased. I learned the correct Our Father along with Holy Mary, both necessary for penance after confession. There was also the closing prayer for a perfect act of contrition. All along there was a truckload of times when I prayed and it was quite explicit but didn't seem to work. This includes early years of praying that my father would stop drinking, and later to find a suitable husband.

Approaching Steps Eleven and Twelve with the guidance of my sponsor, I tiptoed around prayer and meditation. Of course I could rattle off prayers. Hey, I had some down cold, but as with life, I was physically

present, but not spiritually aware. (Although I did look very holy as I lifted my eyes to heaven!)

With these Steps my higher Power came down from the heavens and off the wall into my heart and along with that my prayers also evolved.

Today the Third Step prayer is a mainstay. Father Tom talked of using one breath per word and that slowed the whole process down. I say it slowly, repeat it slowly, savor it slowly and work to digest every word. Many times I have to stop and start over again because I've forgotten where I was. I get hung up on that part about bondage of self. Where does the bondage exist? Thus far I've climbed past my x-husband, my wayward daughter and the guy in the meeting who grandstands. Then I'm back to the beginning knowing that any bondage is of my own making.

Prayer and meditation keep me connected to the wills of my H.P.

The biggest thing I have to remember is that I'm not in charge and saying rote prayers keeps me in my head. It can become so automatic, that I don't even remember what I'm praying for.

Sometimes during a meeting I'll drift off to my own meditation. There are quiet times when nobody is talking and I take the opportunity to close my eyes and slowly begin, "God, grant me the serenity," or "God I offer myself to thee." Another trick is to visualize a best outcome of things that bother me. I've wanted my wayward daughter to come to A.A.

However, she's strong willed and tells me Heineken light will suffice. I visualize her at her own meeting, partaking of what A.A. offers, going to A.A. activities. I end up giving her a mental hug and courage to be the best person she can. This beats agonizing or worrying about her drinking. I also don't manufacture resentments by trying to control her.

Lately, there has been one of those meeting outliers, who has his own agenda and works to change our A.A. meeting from the inside out, starting with my meeting. What I've done is generate love and tolerance toward this person. I can meditate on his well being, praying that he'll see the light in his time (not mine). Prayer and meditation keep me connected to the wills of my H.P.

I asked my sponsor; how does one's H.P. hear a prayer and does it do any good? He tells me the H.P. is beyond us all. The only way we know of its effectiveness is by equating it with sharing. When I share I don't know if it affects others and can't really tell how it might be received. The one thing I do know is how I feel relief and the knowledge, the intuitive thought, that I can now continue with my life. Prayer makes me feel good. I'm going to keep doing it.

TP



Balance Sheet

The First

by John W.

I dreaded nightfall almost as much as awakening
Each passing day, more of my faults revealed
No solace, I could perceive them not in eve's ebony
Crystal clear they were in morn's light
Depression permeated my shortcomings
It seemed to lift with action
Even if only a baby's step, action was a balm
The next right thing would dispense the gloom
I pondered how I could make this my life's work
Too daunting was this prospect, too high this mountain
Yet even this unimaginable, became doable
Once I learned to let time pass, One Day At A Time!
Just For Today, I could handle my faults
Progress not perfection the path
A Balance Sheet I kept; mine, not yours

An honest reflection upon each day's passing
No longer could I just act poorly, Liabilities demanded an asset to offset them
An amend to equalize the wrong
Tallies honestly written upon disciplined review
The returns of this daily audit were soon apparent
Interest began to compound
No longer perpetually overdrawn
My checkbook of life held now a prudent reserve
To be sure, this accounting was no snap
Its program of flesh, blood and emotion too complex for that
But I knew this audit could be done, that it must be done
For my very life, my existence depended upon it!
With each passing day, my principle yielded still greater returns
Beyond prospectus claims or even wildest dreams
Each dividend paid, an unexpected bonus,

Each stock split, a pot of gold at rainbow's end.
The wealth thus amassed was in turn all given away
Only in this paradox could it be truly kept
A paradigm once so foreign had become
As routine as an entry on a Balance Sheet
Who knew the night I had once so dreaded
Would become the coinage to buy a new life;
That the bankruptcy of my addiction
Would be the Mother Lode of my salvation.
No scrivener's nib or green-tinted shade required
Nor miner's pick and shovel issued
This Balance Sheet maintained, this mother lode mined
As simply as One Drunk talking to Another.



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

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

or email us at: thepoint@aasf.org

Intergroup Meeting Summary—Feb 2015

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

Marin	Mill Valley	Any Lengths	Join the Tribe	Shamrocks & Serenity
Attitude Adjustment Hour	Monday Night Stag Tiburon	Came to Park	Marina Discussion	Sunset 9ers Tu
Cover to Cover	Rise N Shine	Cocoanuts	Men's Two Plus	Sunset Speaker Step
Day At A Time	Saturday Weekend Warrior	Come 'n Get It!	Miracles (Way) Off 24th St.	They Stopped in Time
Downtown Mill Valley	Sunday Night Corte Madera	Design for Living	Pax West	Walk of Shame
Friday Night Book	Tuesday Beginners	Extreme Makeover: Women's SS	Queers, Crackpots, Fallen Women	Weekend Update
Girls Night Out	San Francisco	Friday Morning 12 Steppers	Reality Farm	Women's Mtg: There is a Solution
Glum Not!	A is for Alcohol	Friendly Circle	Rebounds, Retreads and Winners	Women's Promises
Marin Young People	A New Start	High Noon M	Saturday Night Regroup	

This is an unofficial summary of the February 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., Feb 4th, 2015 at 101 Donohue St, Marin City, CA.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The January 2015 minutes and the February 2015 agenda were approved.

Officer Reports

Board Chair, Becca The Intergroup Recording Secretary position is open. The Committee Chairs meeting was good and collaborative, working on ideas for improvement.

Treasurer, Michelle C. The overall financial condition is GOOD. We ended 2014 with a \$1,700 deficit. Gratitude month contributions came through and we sold many 75th anniversary big books. Group contributions were down and ex-

penses were higher. We have 2 months of unrestricted cash and a 6 month prudent reserve.

Central Office Manager, Maury P. We will likely print the SF booklet schedule early March. Let us know if meetings are still current and help us with trusted servant registrations. Please keep information coming to Central Office so we can make it available throughout the fellowship.

Intergroup Committee Reports

Access Committee, Virginia We have ASL literature and CDs.

Archives Committee, Michael P. In 1939 Gabriel Heatter provided the forum for the first national exposure received by Alcoholics Anonymous. We want to remind IGRs and A.A. members at large to send in a write-up of your meeting in a Meet the Meeting letter and sent to archives@aasf.org. An online form is coming soon.

Fellowship Committee, Margaret J Save the date Saturday, June 6th for Founders' Day. Wednesday, Feb 18th is the first planning meeting.

Homebound Marin, Kathy We are taking meetings into people's homes, contact homeboundmarin@aasf.org.

Literature Committee, Phil We are making progress with literature reviews.

Orientation Committee, Greg We meet the 1st Wed at 6:15pm before the Intergroup meeting at 7pm. Four newcomers were welcomed this month. We would love available committee chairs to visit from 6:20-6:30pm to introduce yourselves.

SF PI/CPC, Erin S. We meet the 2nd Monday at 7pm at Central Office. We had a forum for the first time in a long while. We are highlighting more new speakers and going in pairs to meetings. Check out the online information.

SF Teleservice Committee, Carolyn R. SF Teleservice answers the phones when Central Office is closed. We are always looking for volunteers. We meet on the 3rd Monday at 6pm at Central Office; orientation for new volunteers follows the business meeting at 6:30pm.

12th Step Committee, The next orientation is on February 21st. The transition of chair from Virginia to Justin is underway.

The Point Committee, Paul K. We meet on the 2nd Tuesday at 5:30pm at Central Office. If you are interested in contributing an article, email us at the-point@aasf.org. March and April issues of the Point are on target. Came to Believe is the 2015 focus.

Website Committee, Becca M. We are interviewing coders to design the new website.

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.

Old Business

Discussion continued on what a healthy percentage of participation in Intergroup is. James – If the goal is to increase the size, we need to plan where we are going to meet. We can know what we want but people also need to want to do it. Virginia

Individual Contributions

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

IN MEMORIAM

Michael B.

Chris W.

ANNIVERSARIES

Maury P.—26 years

Margaret J.—10 years

– wanted to be the IGR and her group didn't even know what it was. She's spreading the word by being an IGR for meetings and getting them familiar with the reports. Bruce – The current representation seems good and more may become unmanageable. Deb – The current percentage seems good and we may not get others interested. Jonathan – can I be IGR for more than one group? Phil answered no; voting rights are limited to one. Gretchen – With about 800 meetings, 50% would be about 400 people. Tim – We should continue to put ourselves out there so that numbers don't go down, but 10% has been the norm over the years. Becca – What isn't happening with less representation? What is the impact we are having? Can we make our services more known? Jerry – Are we talking about representation or participation? Carolyn clarified we want to know both. We want to know what we consider to be full, and we currently have committees that don't have full participation. Should we as IGRs be filling all those committee roles or encouraging other A.A. members to help fill those roles? Laura – sees a need to get more participation. It's an opportunity for service which keeps you sober. Phil – We are rich in meetings, but not necessarily groups with sponsorship and fellowship. Intergroup can help provide more of the heart of A.A. Maury – We have 62 registered IGRs. In the past, we've had 80. We can always find more space if needed.

New Business

Treasurer Vacancy – Michelle finishing her second two year term and the Board needs to interview for the position. We

prefer a C.P.A. or someone with extensive bookkeeping and accounting background. The commitment requires about 10 hours per month, and sometimes more when there are tax or QuickBooks work to do, sometimes less. Please take the green sheet with the treasurer position announcement with you as the targeted message of the month.

Open Board positions – 3 positions are opening up; each has the option to stay. We are seeding interest now so that people can think about it. Email board@aaaf.org for more information.

Matt S. – presented that the lease is up at SF Central Office in 20 months. We want to think about our current space and look at the vision for the future. Do we have what we need or want? The present space is 1500 square feet with equipment. The present rate is \$2.87 per square foot per month which equals \$4300 with an annual escalation of 4%. Current market rates are about \$ 4-6 per square foot. We've been here 13 years so far. We don't know what the landlord will propose yet but it will be time to discuss soon. Think about it! Review the document that describes what Central Offices should have in the AAWS Guidelines which can be found at www.aa.org under "literature".

John – presented SustAAinable, his idea for a campaign to review what it means for A.A. as a whole to be more sustainable. Highlights were Reduce, Reuse, and Recycle. Examples are to cut back on using a whole page of paper for a simple announcement. Use smart phones to

(Continued on page 19)

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@aaaf.org

VICE CHAIR

Carolyn R. vicechair@aaaf.org

TREASURER

Michelle C. treasurer@aaaf.org

RECORDING SECRETARY

Chris H. secretary@aaaf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Justin B. 12thstep@aaaf.org

ACCESS COMMITTEE

Virginia M. access@aaaf.org

ARCHIVES COMMITTEE

Michael P. archives@aaaf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aaaf.org

HOMEBOUND MARIN

homeboundmarin@aaaf.org

ORIENTATION COMMITTEE

Greg M. orientation@aaaf.org

OUTREACH COMMITTEE

Robert S. picpc@aaaf.org

PI/CPC COMMITTEE

Erin S. picpc@aaaf.org

SF TELESERVICE COMMITTEE

Pete F. sfteleservice@aaaf.org

SOS COMMITTEE

Dorothy V. sos@aaaf.org

SUNSHINE CLUB

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

THE POINT

Paul K. thepoint@aaaf.org

WEBSITE COMMITTEE

website@aaaf.org

aa *group contributions*

Fellowship Contributions			Jan. '15	YTD	SF Contributions			Jan. '15	YTD	SF Contributions			Jan. '15	YTD
Biggs AA			\$37	\$37	11th Step Power Power Power			\$90	\$90	Progress Not Perfection Tu 830pm			\$99	\$99
Contribution Box			\$69	\$69	20+ Sun 445pm			\$157	\$157	Queers, Crackpots & Fallen Women			\$60	\$60
Intergroup			\$86	\$86	6am Dry Dock Sa			\$72	\$72	Rebound W 830pm			\$37	\$37
Novato Fellowship Group			\$46	\$46	Afro American Beginners Sat 8pm			\$12	\$12	Saturday Easy Does It Sa 12pm			\$284	\$284
Total Fellowship			\$238	\$238	Afro American Beginners Sat 8pm			\$120	\$120	Serenity House			\$150	\$150
					Any Lengths Sat 930am			\$600	\$600	Sex and Love in Sobriety M 3pm			\$31	\$31
Marin Contributions			Jan. '15	YTD	Artists & Writers F 630pm			\$400	\$400	Sober Saturday Sa 830am			\$132	\$132
Awareness/Acceptance M 1030am			\$120	\$120	Back to Basics Th 730pm			\$10	\$10	Sobriety & Beyond W 7pm			\$150	\$150
Back to Basics Su 930am			\$56	\$56	Big Book Study Su 1130am			\$302	\$302	Steppin' Up Tu 630pm			\$98	\$98
Cover to Cover W 730pm			\$100	\$100	Brothers in Arms M 8pm			\$31	\$31	Sun Morning Gay Men's Stag 930am			\$48	\$48
Girls Night Out W 815pm			\$125	\$125	Castro Nooners F 12pm			\$88	\$88	Sundown W 7pm			\$305	\$305
Happy Destiny F 7pm			\$200	\$200	Design For Living BB Tu/Th 730am			\$43	\$43	Sunrise Sunset Women's Step Th 6pm			\$600	\$600
Happy, Joyous & Free 5D 12pm			\$375	\$375	Design for Living Sat 8am			\$165	\$165	Sunset 11'ers Th			\$79	\$79
High & Dry W 12pm			\$170	\$170	Each Day a New Beginning F 7am			\$834	\$834	Sunset 9'ers F			\$49	\$49
Inverness Sunday Serenity Su 10am			\$135	\$135	Each Day A New Beginning Su 8am			\$500	\$500	Ten Years After Su 6pm			\$139	\$139
Meditation Wednesday 7pm			\$109	\$109	Each Day a New Beginning Th 7am			\$427	\$427	The Parent Trap M 1pm			\$26	\$26
Mill Valley 7D 7am			\$750	\$750	Each Day a New Beginning W 7am			\$494	\$494	The Pepper Group F 12pm			\$18	\$18
Mill Valley Discussion W 830pm			\$105	\$105	Easy Does It Tu 6pm			\$54	\$54	Too Close For Comfort M 6pm			\$110	\$110
Monday Blues M 645pm			\$185	\$185	Eureka Step Tu 6pm			\$89	\$89	Trudgers Discussion Su 7pm			\$180	\$180
Monday Night Madness M 6pm			\$250	\$250	Extreme Makeover M 730pm			\$77	\$77	Tuesday Big Book Study Tu 6pm			\$107	\$107
Morning Attitude Adjustment M-F 7am Sa 8			\$538	\$538	Federal Speaker Su 12pm			\$89	\$89	Walk of Shame W 830pm			\$210	\$210
Nativity Monday Night Big Book M 8pm			\$67	\$67	Firefighters & Friends Tu 10am			\$97	\$97	We Care Tu 12pm			\$72	\$72
Noon Tu 12pm			\$73	\$73	Fireside Chat Group Tu 8pm			\$62	\$62	Wits End Step Study Tu 8pm			\$26	\$26
North Marin Speaker Sun 12pm			\$200	\$200	Friday Lunch With Bill Fri 12pm			\$16	\$16	Women's Kitchen Table Tu 630pm			\$402	\$402
On Awakening 7D 530am			\$350	\$350	Friday Smokeless F 8pm			\$428	\$428	YAHOO Step Sa 1130am			\$112	\$112
Primary Purpose M12pm			\$129	\$129	Fr Women's Round Robin 6am			\$20	\$20	Young at Heart Sa 930am			\$70	\$70
Quitting Time M-F 530pm			\$170	\$170	Gold Mine Group M 8pm			\$426	\$426	Total Group Contribution			\$11,409	\$11,409
Redwoods			\$45	\$45	High Sobriety M 8pm			\$136	\$136					
Rise N Shine Sun 10am			\$240	\$240	Join the Tribe Tu 7pm			\$456	\$456	TOTAL			\$18,679	\$18,679
San Geronimo Valley M 8pm			\$530	\$530	Let It Be Now F 6pm			\$52	\$52					
Sober & Serene F 7pm			\$200	\$200	Like A Prayer Su 4pm			\$50	\$50					
Sober Sisters Wed 12pm			\$152	\$152	Like A Prayer Su 4pm			\$10	\$10					
Steps To The Solution W 715pm			\$209	\$209	Lincoln Park Sat 830pm			\$71	\$71					
Sunday Express Sun 6pm			\$109	\$109	Meeting of the Moms			\$75	\$75					
Thursday Night Book Club Th 7pm			\$48	\$48	Meeting Place Noon W 12pm			\$204	\$204					
Thursday Night Speaker 830pm			\$448	\$448	Men's Gentle Touch M 7pm			\$207	\$207					
Wednesday Night Candlelight W 8pm			\$62	\$62	Monday Monday M 1215pm			\$174	\$174					
Wednesday Night Speaker Discussion W 7pm			\$304	\$304	New Friday Big Book F 12pm			\$111	\$111					
Women's Big Book Tu 1030am			\$279	\$279	O.A.D.W. Mon 7pm			\$164	\$164					
Working Dogs W 12pm			\$200	\$200	Pax West Daily Reflections W 7am			\$172	\$172					
Total Marin			\$7,032	\$7,032	Pax West Prayer and Meditation F 7am			\$233	\$233					

IF YOU AREN'T SURE WHERE
TO SEND SEVENTH TRADITION
CONTRIBUTIONS, CALL CENTRAL
OFFICE DURING OFFICE HOURS
(M—F, 10AM TO 6PM) OR VISIT
GROUP CONTRIBUTIONS UNDER
AA RESOURCES ON AASF.ORG.

From Egotism to Humility

by Bob S.

I was escorted to my first A.A. meeting following a three day non-stop binge. I must have presented a pitiful picture: bloodshot eyes, still mostly drunk and trembling — strange ‘music’ was echoing through my head.

But then, after a few weeks, I felt returned to my proper position as center of the universe. When someone told me I was the most important person in the meeting, I could see they were absolutely right; I would never let on, but I somehow ‘knew’ that it was all about me!

After a few marbles started spinning the same direction, I realized that it was time everyone in the rooms realized just how smart I really was; I began discussing my opinion concerning atoms, molecules, the speed of light and all things

metaphysical (whatever that means). Just imagine my shock when Jack, a person I greatly respected, followed my share by stating: “When I talk, I try to make sense.” That hurt my feelings!

A few weeks thereafter, at a Hollywood meeting, someone shared a physical problem. So, I just popped up and told of a certain drug I had read about that would probably work wonders. I was proud of myself! That is, till the next person shared that he had indeed tried that same drug in San Francisco, then decided to jump off the Golden Gate Bridge. Oops!

Someone wrote that we spend the first half of our lives building up our protective false self (ego) — and the second half getting rid of it. Well, after a few years of living the A.A. program of action (Twelve-Steps) I began to see myself for what I really was — just another drunk, lucky to

be sober by the grace of God! Bill W. wrote: “Humility is the ability to see who and what we really are, coupled by the willingness to become what God will have us be.”

I once wondered how high up I could go in A.A.: A GSR,? — A DCM? — An Area Delegate to NY? — A Trustee? Then came the down-to-earth answer: Sober! Sober is the highest level any of us can obtain in A.A. This realization should infuse continual humility into my deepest self — but it probably won’t.

TP



Positive Thinking Creates Our Destiny

by Annia R.

Our thinking shapes our experiences, our experiences shape our actions, and our actions become our destiny. If we think positive thoughts, we will have positive experiences, we will take positive actions, and our lives will continue to improve. Negative thinking creates negative experiences, we take action out of fear or none at all, and our lives are likely to go downhill.

In 2011, I needed a new car. A friend of mine had a VW Golf which I thought was a great little car for San Francisco. I went to buy a Golf but

the dealership did not have any Golfs in colors that I liked. They had a gray GTI which is similar to Golfs. I got the gray GTI even though I’ve never seen that type of a car before. After getting that car, over the last 3 years, I now notice gray GTI everywhere, at least a few times a week. Because I chose to buy a GTI, my mind automatically notices any similar car

*...our minds will find
evidence in the world
that good things are
happening*

even though I’ve never noticed them before.

Similarly, if we focus on positive thinking, our minds will find evidence in the world that good things are happening. If we think about joy, serenity, success, and happiness, we will see those things all around us. What we see depends on what we look for.

Thought for the day: *Today I will keep my thoughts positive, and focus on good things in my surroundings. I will take positive actions and notice anything that is joyful and beautiful in my daily life.*

TP

Profit and Loss Statement: December 2014

	<u>Dec '14</u>	<u>Budget</u>	<u>Jan-Dec '14</u>	<u>2014 Budget</u>		<u>Dec '14</u>	<u>Budget</u>	<u>Jan-Dec '14</u>	<u>2014 Budget</u>
Ordinary Income/Expense					Phone Book Listings	\$93	\$93	\$1,116	\$1,116
Income					Postage	\$234	\$32	\$1,481	\$1,482
Gratitude Month	\$14,530	\$9,025	\$21,090	\$15,675	Printing	\$0	\$1,000	\$695	\$1,000
Group Contributions	\$13,360	\$16,500	\$152,488	\$157,833	Professional Fees	\$0	\$375	\$1,440	\$1,575
Individual Contributions	\$11,304	\$11,050	\$38,465	\$42,501	Reconciliation Discrepancies	\$0		-\$1	
Newsletter Subscript.	\$11	\$11	\$188	\$253	Rent - Office	\$4,287	\$4,287	\$49,792	\$49,794
Sales - Bookstore	\$8,646	\$7,500	\$121,687	\$112,099	Rent - Other	\$180	\$90	\$1,045	\$1,105
Intergroup Event Income	\$0	\$0	\$1,721	\$365	Repair & Maintenance	\$240	\$325	\$3,405	\$3,880
Total Income	\$47,851	\$44,086	\$335,637	\$328,726	Security System	\$125	\$120	\$492	\$477
Cost of Goods Sold					Shipping	\$424	\$323	\$4,679	\$3,881
Cost of Books Sold	\$5,777	\$5,029	\$87,236	\$82,348	Software Purchased	\$0	\$0	\$521	\$470
COGS - Shipping	\$23	\$26	\$244	\$300	Telephone	\$194	\$246	\$2,763	\$2,950
Credit Card Processing	\$233	\$400	\$5,028	\$4,987	Training	\$0	\$200	\$103	\$200
Inventory Adjustments	\$201	\$0	-\$41	\$0	Travel	\$0	\$0	\$990	\$1,200
Total COGS	\$6,234	\$5,455	\$92,466	\$87,635	Total Expense	\$24,477	\$21,049	\$246,946	\$243,234
Gross Profit	\$41,617	\$38,631	\$243,171	\$241,091	Net Ordinary Income	\$17,139	\$17,582	-\$3,775	-\$2,143
Expense					Other Income/Expense				
Committees	\$120	\$575	\$1,321	\$5,065	Other Income				
Bank Fees	\$10	\$0	\$20	\$0	Bag Fees	\$2	\$5	\$30	\$55
Employee Expenses	\$17,682	\$12,147	\$159,603	\$152,222	Customer Shipping	\$366	\$322	\$4,265	\$3,881
Equipment Lease	\$408	\$0	\$5,844	\$5,785	Interest Income	\$66	\$100	\$769	\$1,195
Filing/Fees	\$0	\$0	\$930	\$545	Miscellaneous Income	\$0	\$30	\$597	\$360
Insurance	\$0	\$0	\$2,398	\$2,400	Total Other Income	\$433	\$457	\$5,660	\$5,491
Intergroup Events	\$0	\$0	\$3,386	\$1,750	Other Expense				
Intergroup Literature	\$258	\$770	\$451	\$770	Depreciation Expense	\$299	\$279	\$3,593	\$3,348
Internet Expense	\$133	\$129	\$1,604	\$1,548	Total Other Expense	\$299	\$279	\$3,593	\$3,348
Office Supplies	\$80	\$211	\$1,940	\$2,450	Net Other Income	\$134	\$178	\$2,067	\$2,143
Paper Purchased	\$0	\$116	\$812	\$1,450	Net Income	\$17,273	\$17,760	-\$1,708	\$0
Payroll Fees	\$10	\$9	\$116	\$119					

Treasurer Report: December 2014

REVENUE

For the month of December, group contributions were \$3,140 under budget. Individual contributions were \$254 over budget. Year-to-date, individual and group contributions were \$9,382 under budget.

Gratitude month contributions were \$5,505 over budget. Year-to-date gratitude month contributions were \$5,415 over budget.

Bookstore sales were \$1,146 over budget in December. Year-to-date bookstore sales were \$9,588 over budget.

EXPENSES

December expenses were mostly under budget with the exception of Employee expenses which was \$5,534 over budget. This overage was primarily due to payment of earned deferred compensation for the Central Office Manager. Year-to-date expenses were mostly under budget with the exception of Employee wages and deferred compensation which total \$7,074.

OVERALL

December had a positive variance of \$17,273. Year-to-date there is a negative variance of \$1,708.

Unrestricted cash balance increased from \$8,398 to \$32,490 which represents a little less than two months of operating expenses.

THANK YOU TO EACH OF THE GROUPS WHO SUPPORTED CENTRAL OFFICE / INTERGROUP THROUGH SEVENTH TRADITION AND GRATITUDE MONTH CONTRIBUTIONS AND TO THOSE WHO MADE INDIVIDUAL CONTRIBUTIONS IN 2014! WE APPRECIATE YOUR SUPPORT!

December 2014 Balance Sheet

	Dec 31, 2014	Nov 30, 2014	\$ Change	Dec 31, 2013	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$192,603	\$193,302	-\$698	\$186,537	\$6,066
Unrestricted Cash	\$32,490	\$8,398	\$24,092	\$32,973	-\$484
Total Checking/Savings	\$225,093	\$201,699	\$23,394	\$219,510	\$5,582
Accounts Receivable					
Accounts Receivable	\$3	-\$7	\$10	\$12	-\$10
Total Accounts Receivable	\$3	-\$7	\$10	\$12	-\$10
Other Current Assets					
Inventory - Bookstore	\$27,210	\$32,155	-\$4,945	\$20,726	\$6,483
Prepaid Literature Orders	\$1,623	\$836	\$787	\$343	\$1,280
Undeposited Funds	\$1,313	\$0	\$1,313	\$3,990	-\$2,677
Total Other Current Assets	\$30,146	\$32,991	-\$2,845	\$25,059	\$5,086
Total Current Assets	\$255,241	\$234,682	\$20,559	\$244,582	\$10,659
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,722	\$1,856	-\$134	\$3,330	-\$1,608
Furniture & Equipment (Net)	\$0	\$0	\$0	\$5	-\$5
Leasehold Improvements (Net)	\$17,878	\$18,043	-\$165	\$19,858	-\$1,980
Total Fixed Assets	\$19,599	\$19,898	-\$299	\$23,192	-\$3,593
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$281,538	\$261,278	\$20,260	\$274,472	\$7,066
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$6,144	\$3,273	\$2,872	\$3,483	\$2,661
Sales Tax Payable	\$674	\$565	\$109	\$541	\$134
Total Other Current Liabilities	\$6,819	\$3,837	\$2,981	\$4,023	\$2,795
Total Current Liabilities	\$6,819	\$3,837	\$2,981	\$4,023	\$2,795
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	\$66,986	\$64,004	\$2,981	\$58,216	\$8,769
Equity					
Net Assets	-\$202,017	-\$202,017	\$0	-\$197,712	-\$4,305
Opening Balances	\$418,272	\$418,272	\$0	\$418,272	\$0
Unrestricted Funds	\$5	\$0	\$5	\$0	\$5
Net Income	-\$1,708	-\$18,981	\$17,273	-\$4,305	\$2,598
Total Equity	\$214,552	\$197,274	\$17,278	\$216,255	-\$1,703
TOTAL LIABILITIES & EQUITY	\$281,538	\$261,278	\$20,260	\$274,472	\$7,066

(Continued from page 15)

store literature. Recycle chips, books and literature. These will be suggestions only, not mandates.

Margaret J – Our annual Founders Day event will be in SF where we hold Inter-group. We also want to host a performance of *Our Experience Has Taught Us*, the Traditions Play by Jackie B., the next day at the San Rafael Community Center. We are asking for approval for a \$500 deposit. We anticipate covering our expenses, budgeted at \$1324, completely and beyond that, any proceeds would be split 50/50 with the play group. Will it conflict with Novato Stafford Lake event? No, that event has historically been held on a Saturday. We confirmed there will be an AA meeting at the event and are asking GGYPA to be involved. Question came up regarding 7th tradition and are we being self-supporting through our own contributions. Central Offices do fund raising events. Virginia made a motion and Gretchen seconded. Most approved, no one voted no or abstained.

Liaison Reports

SF General Service, Virginia Event on calendar.

Marin Teleservice, Kasha We had our monthly meeting. Many showed up and turned over commitments. Feb 8th, 11-4pm at the San Rafael Gun Club, we'll host a spaghetti feed.

Wanda, GGYPA Charades Against Humanity was amazing. Another event is coming Feb 21st We meet the 2nd Sunday, even months in SF, odd months in Marin.

Marin PINCP, Jack We have a new team, excited to have you join us. We've updated some documentation.

Targeted message of the month:

Announce the open Intergroup Treasurer position. Carolyn will craft the full message.

Next Intergroup Meeting: Wed. March 4, 2015, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 7pm.

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March 2015

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