

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015  
4  
April

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Joy of Recovery



6 Tradition Four: Autonomy


7 Step Four: When & Why

10 Resentments, #1 Offender

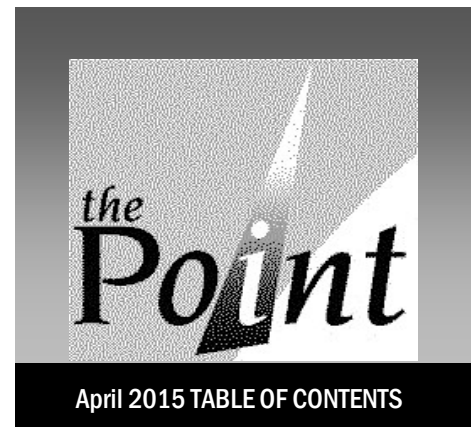
12 A.A. International

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.

# April 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings, Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> 			<p><b>1</b> <u>FIRST WED</u> <b>Intergroup Meeting</b> 1187 Franklin St, SF <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm</p>
<b>5</b>	<b>6</b>	<p><b>7</b> <u>FIRST TUE</u> <b>Access Committee</b> Central Office 6pm</p>	<p><b>8</b> <u>SECOND WED</u> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm</p>
<p><b>12</b> <b>Golden Gate Young People in AA</b> Central Office 12pm</p>	<p><b>13</b> <u>SECOND MON</u> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b> Central Office <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm</p>	<p><b>14</b> <u>SECOND TUE</u> <b>The Point Committee</b> Central Office 5:30pm <b>Marin H&amp;I</b> 1360 Lincoln Ave, San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St <b>Orientation / Concept Study / BTG</b> 7pm <b>Business Meeting</b> 8pm</p>	<b>15</b>
<p><b>19</b> <u>THIRD SUN</u> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day</p>	<p><b>20</b> <u>THIRD MON</u> <b>SF Teleservice</b> Central Office <b>Business Meeting</b> 6pm <b>Orientation</b> 6:30pm <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation / Concept Study</b> 6:45pm <b>Business Meeting</b> 7:30pm</p>	<b>21</b>	<b>22</b>
<b>26</b>	<b>27</b>	<p><b>28</b> <u>FOURTH TUE</u> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation</b> 7pm <b>Business Meeting</b> 7:30pm</p>	<b>29</b>

THURSDAY	FRIDAY	SATURDAY
<b>2</b>	<b>3</b>	<b>4</b>
<b>9</b> <u>SECOND THU</u> 12th Step Committee Central Office 6pm	<b>10</b>	<b>11</b>
<b>16</b>	<b>17</b>	<b>18</b> <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
<b>23</b> <u>FOURTH THU</u> Sober Outside Services (SOS) Central Office 6pm Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	<b>24</b>	<b>25</b> <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
<b>30</b>		



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*"...happiness and peace of mind  
are always there, open and free to  
anyone."*

Dr. Bob and the Good Oldtimers,  
p. 308



## Meeting Changes

### Meeting Changes:

Sun	7:00am	Marina	7 AM SMOKELESS, 2118 Greenwich St / Fillmore (was at 7:05am)
Mon	3:00pm	Mill Valley	REDWOODS, 40 Camino Alto / Miller (was meeting at 3:30pm)
Mon	7:30pm	Mission	EXTREME MAKEOVER WOMEN'S STEP STUDY, 3555 Cesar Chavez / Valencia (added ASL designation)
Tue	12:00pm	Novato	PATHFINDERS, Nazarene Church: 5400 Nave Dr / Bolling Dr (last Tuesday Speaker/Discussion)
Wed	10:00pm	Marin	PASSAGES, Conzelman Rd / Battery Wallace #1 (was meeting at 9:30pm)
Thu	7:00pm	Marina	AA DROP THE ROCK, 2118 Greenwich St / Fillmore (was called Once Happy Hour, was at 6:45pm)
Sat	6:00pm	Mission	IT TAKES A VILLAGE, 2900 24th St / Florida (first Saturday is a Speaker meeting)
Sat	7:00pm	Marina	AA's & RELATIONSHIPS, 2118 Greenwich St / Fillmore (was at 6:45pm)

### No Longer Meeting:

Thu	8:00 pm	Inner Sunset	BIRDS OF A FEATHER, Gratitude Center: 1320 7th Ave / Irving
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**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 MISSION FELLOWSHIP  
IN CELEBRATING

# 2900's 15th Anniversary

2900 24TH STREET  
SUNDAY, APRIL 19, 2015

doors open: 4:30pm

**AA Meeting: 5:00pm - 6:00pm**

(speakers from 1364, 1010, and 2900)

**Fellowship & Sobriety Countdown: 6:00pm**

cake & coffee

## SAVE THE DATE!

## FOUNDERS DAY 2015

Join us at 6pm on **Saturday, June 6th**  
(in SF) for dinner, a never before scene  
from Jackie's Bs play, *Our Experience Has  
Taught Us*, and ab A.A. speaker meeting.

Come back for more on **Sunday, June 7th**  
at 4pm (in San Rafael) an A.A. speaker  
meeting and for a full performance of  
*Our Experience Has Taught Us*.

More details on [aasf.org](http://aasf.org).

Brought to you by Intergroup and GGYPAA



From the Editor

## Joy of Recovery

by Gilbert G.

In our April issue, we continue to celebrate spring: bringing themes of rebirth, and the joy of recovery. The stories in this issue attest to the power of our program and its ability to help us find new and joyous sober lives.

In this issue, Charley D. talks about Tradition Four and how each group has the opportunity to carry the message to the still-suffering alcoholic in its own way. Bob S. talks about the rewards of Step Four and approaching this step with glee rather than fear.

Marko K. went to his first meeting after leaving rehab thinking that his life was over. Now he describes his sober life as an “enchanted garden.” Claire A. describes the strength she obtains from her belief in her higher power (HP). She finds that she is miserable only when she turns away from her HP and that she does not have to do anything alone.

Bree L. talks about how having resentments were her way of life before entering A.A. With her

sponsor, she works the Fourth Step and Tenth Step over issues, and that helps to keep her out of “resentment city.” The Timeline History of A.A. series focuses on the beginning of the *Grapevine*, the development of the Traditions, the start of a conference, and the concept of self-support.

Bette-B B. describes her experiences at A.A. International Conferences and how she sees the power of this widespread way of life. Patty M. writes about first feeling alone in A.A., then doing service and moving closer to “the center of A.A.,” and finally realizing that if she could connect to one person, she could feel part of any group. Finally, Paul K. talks about using Step Four on a daily basis, followed by a Step Five accomplished by sharing at meetings.

May your path in sobriety continue to grow and blossom.



### EDITORIAL POLICY

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

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



## Faithful FIVERS!

Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5 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.	Jeanne C.	Michelle C.
Alejandro D.	Jeff B.	Mike M.
Amelia E.	Jeffery K.	Niels R.
Ami H.	Jim C.	Pam K.
Amy Mc.	John C.	Pamela D.
Barbara L.	John G.	Peg L.
Barbara M.	John M.	Peggy H.
Becca M.	John V.	Pene P.
Ben W.	Karen C.	Penelope C.
Bette B.	Karen K.	Pete F.
Blu F.	Kate R.	Phyllis S-S.
Bruce K.	Kathleen C.	Rachel G.
Bruce S.	Kim D.	Rich G.
Caroline A.	Kris H.	Robert C.
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Cathy P.	Kurt P.	Ron H.
Charley D.	Laura B.	Sara D.
Charlie S.	Lance S.	Scott C.
Chip G.	Layne S.	Sheila H.
Chris L.	Layne Z.	Stephen S.
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Chuck S.	Leo G.	Steve G.
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Don L.	Lynne L.	Tom S.
Don N.	Mabel T.	Tony R.
Emily C.	Marit L.	Your
Erin S.	Mark O.	Name
Fay K.	Martha S.	Here!
Frederick D.	Mary C.	Here!
Gregory G.	Mary D.	Or
Henry P.	Mary L.	Here!
Herman B.	Maryellen O.	Here!
Hilary M.	Miandy	Or
Jane K.	Michael P.	Here!
Janet B.	Michael W.	Here!
Janet M.	Michael Z.	

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!

# Tradition Four: Autonomy

***Each group should be autonomous except  
in matters affecting other groups or A.A. as a whole***



by Charley D.

At every A.A. meeting I've ever attended, members clap to show appreciation or approval for what their fellows have said, done or avoided. Except for one. My home group, the Embarcadero Group, doesn't clap. We use "deaf applause," putting our hands in the air and rotating wrists silently. How did it start? When I first started attending the group's meetings, we met in a small side room off a Starbucks coffee shop in the San Francisco financial district. We couldn't clap. It would have disrupted business. For a time we had meetings outdoors in a small public park beside the Gap headquarters on the Embarcadero, where, because we didn't want to attract attention, we also used the deaf applause. Around 10 years ago, we outgrew the Starbucks space, got tired of meeting some days in the rain (remember when it used to rain in San Francisco?), and found a new place to meet, the Embarcadero YMCA, near our two former homes. There, in much less cramped quarters, we can make as much noise as we like. We still use the deaf applause. Why didn't we change? Ask any regular at our meeting. You'll get a different explanation. One says he likes the quiet approbation and finds other A.A. groups too noisy. Another says it reminds her of our humble beginnings and how far we've come as a group. A third will say she likes it because it's "our" thing. A fourth says he wishes we'd clap but doesn't have time to come to business meetings to raise it. When a first timer at our meeting starts to clap to

applaud a comment or achievement, what do we do? Nothing. We just silently applaud like we always do. S/he realizes s/he's the only one applauding noisily, stops, and usually laughs.

In this minor, even insignificant way, the Embarcadero Group expresses its autonomy. Every group has its

*If a meeting doesn't help  
the suffering alcoholic,  
what good is it?*

quirks. Each can pick its own practices, even establish rules. Tradition Four says that's all right, so long as it doesn't affect another group or A.A. as a whole. I think, though, there's another qualifier. Our mission is to carry the message of A.A. to every suffering alcoholic who needs it. So long as the choice the group makes doesn't get in the way of that or, better yet, enhances it, each group may improvise as it sees fit.

This has led to a proliferation of meeting types. We have them for women, men, and young people. There are gay groups, groups for those living with HIV, and groups for "dual diagnosis" sufferers who have a second mental illness in addition to alcoholism. You can find candlelight meetings, meditation meetings, beginners' meetings. The list goes on and on. Each has decided that its particular focus can carry A.A.'s message to a particular group or to those who have a particular need or

desire. Most, even those that have a target group, will not turn away anyone who has a desire to stop drinking.

Beneath this profusion born of freedom runs a Darwinian undercurrent. If the group chooses wrongly, adopting a practice, a focus or even, perhaps, a rule that doesn't work, alcoholics will "vote with their feet." They'll stop coming. The meeting will dwindle and die, as it should. This may sound harsh. But if a meeting doesn't help the suffering alcoholic, what good is it? An important part of freedom is failure. If newcomers disliked the Embarcadero Group's deaf applause enough, they'd start attending others of the 800 or so meetings available in San Francisco and Marin each week. We'd either drop the practice or face the end of our meeting. So far, newcomers generally seem to adopt the practice cheerfully. Our group thrives. Other groups will, no doubt, develop more significant innovations that help carry the message. This is neither more nor less than the free enterprise system at work in our fellowship. It's wonderfully practical. And it works.



# Step Four

## *When and Why*



by Bob S.

The top paragraph of page 64 in the Big Book tells us, “Though our decision was a vital and crucial step, it could have little permanent effect unless **at once** followed by a strenuous effort to **face**, and to be **rid of**, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.” This important paragraph not only tells **when** to begin Step Four, it also tells **why** we are to do Step Four, and get on with the rest of the program of action!

**When?** I found it vitally important to begin Step Four **at once** per instructions, because if delayed, the immediate enthusiasm may well begin to diminish. For example, depending on the outcome of the Friday night high school football

### *Our liquor was but a symptom*

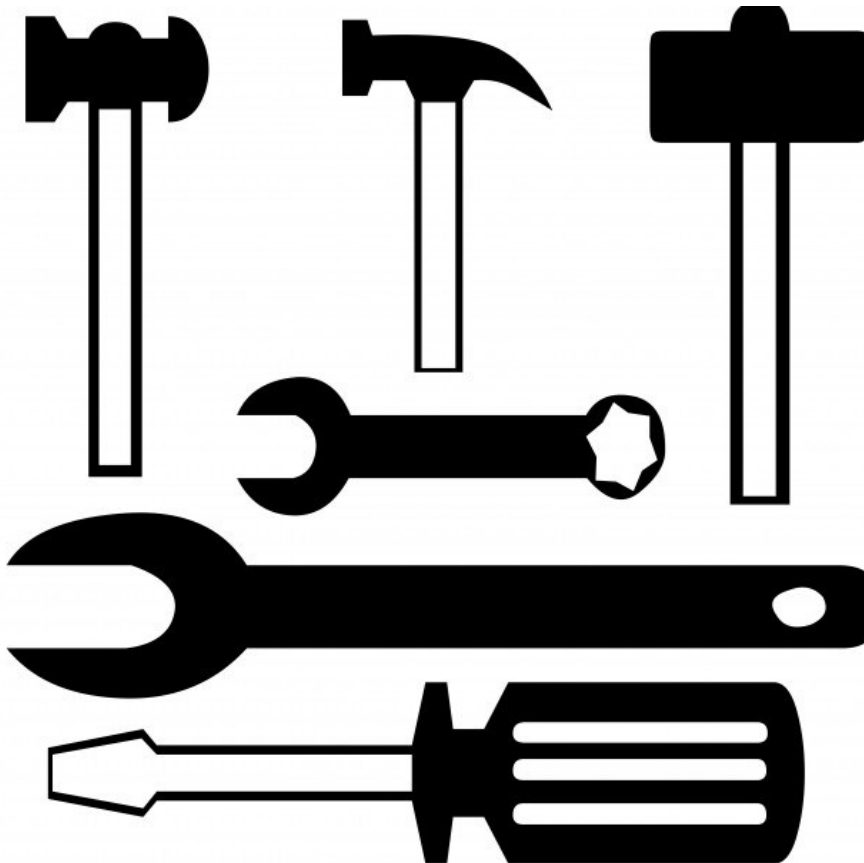
game, I would be either elated, talkative and cheerful—or sad. But a few days later this “great effect” would disappear (see bottom of

page 63). Immediately following the Third Step Prayer, I was willing to be as honest as I could be, but a few days later, well, you know how it is—emotions wax and wane.

**Why?** Perhaps the most important of the wonderful rewards of Step Four is that we learn about tools, explaining how to **face and be rid of the things in ourselves which had been blocking us**. Remember, in the Third Step Prayer, we asked to be relieved of the bondage of self? In the following few pages, we learn about tools that help rid us of **resentment** and needless, illogical **fear**. We also come across tools that teach us to discover when we have been **selfish** and **dishonest**.

This great news should encourage all of us to look forward to this step with glee, rather than the usual fear and dread so often heard around the tables. This is one reason that I never allow sponsees to do Step Four alone—they need sponsor guidance right from the beginning! I have them pray to God, asking for knowledge of their defects and shortcomings, then write them down as they spontaneously come to mind. This may take a few days of prayer and scribing, but it exonerates much of the panic. This is because the writing comes spontaneously without having to think it out—God has provided the information automatically! Of course, later, they may add as they see fit, but never subtract. After this, we go through the Fourth Step process as laid out in the Big Book on pages 64 through 71.

**TP**



# I can't fix this. There's a power that can. I'll let it.

COME TO  
BELIEVE

by Marko K.

The day I came out of rehab and moved into a sober living home in San Rafael, I went to a Wednesday evening meeting in Terra Linda. I thought my life was over.

I had looked around the room and my mind told me I could see only brainwashed, boring people who seemed to speak as members of a religious cult. I felt so sorry for myself. I had ruined my life, and instead of a bright new future in recovery, I saw a grim future either as a relapser imprisoned and unable to succeed at anything, or as a lobotomized little scared person who rarely registers a blip on the richter scale of fun and excitement.

I'm happy to report that I was so completely wrong. I am so grateful that I stayed, that I haven't picked up a drink in 13 years and, most of all, that I've been given a new way to live my life that is immensely fulfilling.

*I should point out that despite coming to believe, I am not religious. I have come to respect religions for the good they do, and to respect others' faith, even though I do not belong to an organized religion.*

The first year was a slow, gradual process. I stayed because the alternative was too ominous. I criticized A.A. every day, but I came back the next day. I rejected the God thing, and the people who sounded too God-ish. But slowly, I found myself accepting that perhaps there's a change that happens when a person is willing to believe in a spiritual

force of some kind—not a religious God. This together with the liberating idea that I don't have to right the wrongs I am seeing. Instead, I can be the change I wish to see, with enough humility to let people be wrong. Let them do what clearly seems to be the wrong thing. Believe that some “force” will take care of all this, and that it's better off without my interference.

## *Despite coming to believe, I am not religious*

Over the first year or so, the changes in my own life were first noticed not by me but by people around me. People complimented me on my calmness, my new cheerfulness and my willingness to help and give back. Me? Wow...

Next, I fell ill. With 10 months of sobriety, I was hospitalized and needed brain surgery. That was scary, and more importantly, it was 100% beyond my control. Surgery went well. I let people help me instead of toughing it out. I became “one of” a community of sober people who care about each other. I slowly got better and was able to work again, to stand up on my own two feet, and eventually to drive a car again. Had I been

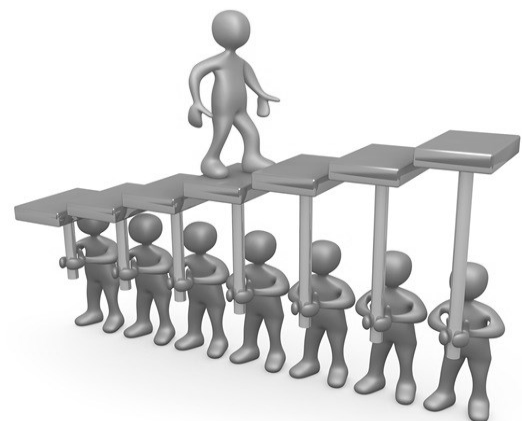
drinking through this period, I would not have been eligible for neurosurgery and would have been on heavy medication and would still be unable to work today. This happened in 2002.

That whole story was what it took for me to abandon my existential and anti-God beliefs, and to come to believe instead that there is a spiritual force in the universe around me, always there, and much more powerful than my own mind and body, for me to tap into.

Today my life is an enchanted garden. I am surrounded by people who love and trust me, and for whom I care deeply. My day has meaning—I work hard, and make practical, businesslike decisions based on “the next right thing.” Yet, I have many opportunities each day to “turn it over” - to leave a decision or an outcome to my Higher Power, because I can't figure it out.

The short story: I can't fix this. There's a power that can. I'll let it. Life is good today.

**AP**





# Ask God for Strength Came to Believe, p.35

COME TO  
BELIEVE

by Claire A.

“As I grow more capable of understanding the things that have happened to me, I don’t think it was on that morning in the hotel that I found God. I think He had been with me at all times, just as He is in all people, and I uncovered Him by clearing away the wreckage of my past...”

This was the section that struck me most in the story. I have this same feeling about my Higher Power, when I look on my past. It’s a miracle to me that I am still alive, relatively unscathed. While drinking, I put myself in harm’s way plenty of times. I did and said stupid things, made bad choices, hurt myself and others. I feel lucky that things weren’t worse. I’ve come through horrible experiences. I do feel that my Higher Power was there looking out for me.

Nowadays, I no longer feel the obsession to drink, but I still make myself miserable, and I think it boils down to turning away from my Higher Power. Chief among my problems at this point in my life is my habit of expecting too much of others and myself. I have taken on some large projects in the last 2 two months, and I catch myself repeatedly getting down on my husband and myself for “things not being better.” I know I’m expecting too much, because when I stop to actually articulate what’s wrong, specifically, there isn’t anything. Oh sure, I can complain! But the reality is that basically everything is OK, things are moving along with various projects. But the Project Manager in

me (i.e., my self-will) is never satisfied with the pace or the quality. As soon as you hand it a project completed, it asks about the


*I no longer feel  
the obsession to drink*

completion of other projects. If I ever had a manager who expected of me what my inner Project Manager expects, I would quit!

My experience shows me that at these times what helps is to turn toward my Higher Power. (Of course, ideally, I would never drift away, but that happens more often than I like to think.) When I pray in the morning to know God’s will for me, it short-circuits this Project Manager problem. When I use that Just for Today card, I find I feel more balanced. Rather than being harried and grouchy and down on myself, I take the day as it comes, I take care of myself, and I look around, appreciate others, appreciate nature and enjoy being alive!

Thanks to the program, I am learning (slowly!) to be grateful for things that go well, for projects finished, for projects started! For progress made. The fastest way for me to get discouraged and depressed

is to try to take on everything at once (learn French! meet new people! write a blog! navigate a new city!). It’s far better for me to focus on the three or two or one things I can do today that will help me make progress. Rather than trying to learn French all in one day, I can make progress by calling around to find a teacher.

I feel grateful for the reminder in this text: Ask God for Strength. I know this works—I have done it before. I have seen how prayer can help me face things gracefully that would normally have me ripping my hair out. Life is simply easier when I rely on my Higher Power. Unfortunately, I have a short memory. Fortunately, I have A.A. to remind me that I don’t have to do anything alone! 



# Daily Reflections, April 14

## *Resentment is the “Number One” Offender*



by Bree L.

The reading from this date says, “Resentment is the ‘number one’ offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.”

When I came into the program, I hadn’t had a drink in a bit. However, my own disease of alcoholism was rampant with a rat’s nest of resentments.

Resentments had been my way of life. I went to individual therapy, confession, and group therapy. There was never a consideration that resentments weren’t the best way to go, even with a lot of discussion around them. What else would I do with resentments? I was good at stewing and mulling over them. It was a challenge to mentally play out the verbal repartees in my mind, rehearse instances and play through scenes of how the umbrage was instigated. I’d tell anyone who would listen my sad tale of woe. Victimization, injustice, and crazy thinking came forth with each retelling. I thought it all would somehow be erased and made better. Resentments were a part of my package, part of my sad, sad story.

One early resentment came with the member who took up a full 35 minutes pontificating about A.A. I was so angry. That’s when a Fourth

Step brought me to the realization that he was a lot like my father, who drank and then lectured me. Bosses and authority figures always seemed to spark my anger.

Before program, I sought others with comparable experiences to cement my bitterness, and even married another adult child. His father was more passive, while mine was abusive. Our similar stories cemented that relationship.

It was a revelation to me that walking around with this bag of resentments on my back might contribute to my disease. My sponsor kindly pointed out page 67 from the Big Book. It says, “God save me from being angry.” There’s not a word about keeping the other person from being angry. Resentment deliverers have their own HP, and I’m not it. When I first heard this new concept, it was a bit like jack hammering a solid concrete block, hard to let go of those beliefs held for so long. I had lost a longtime friend. When I felt depressed, there had always been my bag of resentments to fall back on for comfort. (If you only knew!) I thought such activities would somehow improve my depression.

April 14th is my belly button birthday. The Big Book and I are 76 this year. The fact is that I’ve only lived a third of my

life in A.A. I’d like to say that I don’t collect resentments any more, but that would be a lie. However, I can say that I’m down to a day or so for incidentals and maybe less than a week for major ones. Yes, I still have control issues, but then I’ll call my sponsor and report to her the bloody details. (She’s wonderful, by the way!) Then we decide on a Fourth Step or a Tenth Step. My current resentment falls on a fellow member who went off on me one morning after a meeting. Of course I was blameless. He offered me the opportunity to do another Fourth Step.

One member told me, “As an alcoholic we take the alcohol out and that leaves the ‘ic’,” which can be categorized as those storage units of resentment we carry with us. On April 14th, I don’t want to have a birthday celebration that in any way resembles life prior to A.A., when I was bogged down in Resentment City.

**iP**



# A Timeline History of A.A.

## ***Fully Self-Supporting***

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

In this installment, we'll learn about the beginning of the A.A. *Grapevine*, the development of the Twelve Traditions, the beginning of the principle of being "fully self-supporting," and the formation of the General Service Board of Alcoholics Anonymous.

### **The A.A. Grapevine - June 1944**

In June 1944, 1,200 copies of the first issue of the *Grapevine* were published. A 1-year subscription was \$1.50 (\$15 today). Six volunteers started it as an eight-page newsletter for members in the NYC area and for GIs overseas. The GIs received it free.

### **Earl T. - April 1945**

In April 1945, Earl T., the founder of A.A. in Chicago, suggested that Bill W. codify the Traditions and write essays on them in the *Grapevine*. Earl played a significant role in the development of the Traditions (both the long and short forms).

In August 1945, the *Grapevine* carried Bill W's first article titled "Modesty - One Plank for Good Public Relations." It set the groundwork for Bill's 5-year campaign for the Traditions.

Earl's Big Book story is "He Sold Himself Short." He is also the member described in the Big Book chapter "The Family Afterward" (p. 135) as getting drunk again after his wife nagged him about his smoking and drinking coffee. Earl later served as a Board Trustee from 1950 to 1952 and helped establish the

General Service Conference.

### **Fully Self-Supporting, Declining Outside Contributions - 1945**

In 1945, the Alcoholic Foundation wrote to John D. Rockefeller Jr. and the 1940 dinner guests that A.A. no longer needed their financial help. Big Book royalties could look after Dr. Bob and Bill and group contributions could pay the office expenses.

## ***A.A. no longer needed their financial help***

This ended all outside contributions to A.A. It led to the principle of being fully self-supporting, declining all outside contributions and later formed the basis of Tradition 7. The Rockefeller and dinner guest loans were repaid out of book income.

### **Twelve Suggested Points for A.A. Tradition - April 1946 Grapevine**

The April 1946 *Grapevine* carried Bill's essay "Twelve Suggested Points for A.A. Tradition" (they would later be called the Long Form of the Traditions).

Bill also started to feel out the Board and the Fellowship on the idea of various geographical areas coming together at an elected service conference. The board and Dr. Bob were not very enthusiastic about the idea of a conference.

In April 1946, the *Grapevine* was incorporated as one of the two publishing arms of the Alcoholic Foundation. Bill wrote *Grapevine*

essays on the Traditions up to November 1949 ending with an essay on the Short Form of the Traditions (in preparation for the 1950 International Convention in Cleveland). Bill's *Grapevine* essays are preserved in the book *The Language of the Heart* and were used in writing the books *Twelve Steps and Twelve Traditions* and *A.A. Comes of Age*.

On April 8, 1947, following a year of talks on policy and structure, Bill W. wrote a paper to the Alcoholic Foundation Board titled "Our A.A. General Service Center - The Alcoholic Foundation of Yesterday, Today and Tomorrow." It outlined a history of the Foundation and recommended implementation of a General Service Conference. It also recommended that the Foundation's name be changed to the "General Service Board of Alcoholics Anonymous."



Checks used to repay loans

# Meet

## THE CONFERENCE

# A.A. International

## *Sharing the Irrepressible Joy of Recovery*

by Bette-B B.

When I walked into my first A.A. meeting at “The Divine Dump” in San Francisco in 1984, I was immediately blasted by the irrepressible joy that filled the room. People were hugging each other in welcome, talking with great animation, and laughing. It was exciting to be there. Emerging from the isolation of drinking, I felt curiously at home, just at a different kind of party. The population of The Dump came from “Yale to jail.” This meeting place was where I learned to celebrate the personal and collective triumph of the human spirit over the adversity of alcoholism.

### *From Yale to jail*

I went to two or three meetings a day at The Dump. I struggled with the God language until I heard someone say, “Group of Drunks.” I would enter a meeting feeling isolated and alone, and in the process of the meeting, I would feel more and more connected to others. The collective presence of those at the meeting gave me a strong sense of a power greater than myself, and service helped me feel a part of that group, instead of separate from it.

At my first A.A. International in Seattle, in 1990, I was stunned by the huge crowds of sober drunks. The same joyful spirit that welcomed me into A.A. was magnified a thousandfold. The International is held every five years on the July 4th weekend; the A.A.ers take over the town because the locals are on holiday.

Wherever I went there were sober people; there is an immediate feeling of intimacy on meeting a “stranger” in A.A. These are people who have been where I’ve been, and who are doing their best to walk the Road of Happy Destiny. There were A.A. greeters at the airport to welcome us. Speaker meetings were held in the baseball stadium. When an estimated 50,000 people said the Serenity Prayer to open the meeting, it was intoxicating, and reverberated deeply inside me. It was like being one body, one breath. I decided if one conference was good, more would be better, and so I went to every International afterwards: San Diego, Minneapolis, Toronto, and San Antonio.

In Minneapolis, the stadium was close to the convention center. Every evening there would be a parade of alchies walking from the convention hall to the stadium. Other sober drunks threw Mardi Gras beads to us along the way.

In Toronto, I roomed with four friends, one from each place where I’d lived and been a member of A.A. The hotel designated our room as a “suite,” but it turned out to be one crowded room with two double beds

### *It was intoxicating*

and a couch. We really had to work the principles to maintain group harmony.

At a certain time in my sobriety, I moved a lot, and so I became a member of an online group to

maintain my involvement with A.A. It was an international group, with people from several continents; there were many newcomers who either had no meetings near them, or were afraid to go to a meeting. In this online meeting, I met Nancy, who lived on a farm in what I imagined to be the wilds of Canada, and whom I sponsored online for six years. We finally met face-to-face at the San Antonio International. We sat by the River Walk and talked and talked. We had very different lives, but working the steps and walking the Road of Happy Destiny together, it was as though we had known each other for years.

### *Tremendous power of this way of life*

This month, I attended the A.A. Women’s International in Palm Springs for the first time. There were 2,500 women from all over the U.S. and a few other countries. The energy was exuberant and intense. Nancy now spends winters in Palm Springs, and so we were able to get together again. I also ran into people



*(Continued on page 13)*





# A.A. Aphorisms

***There are no strangers here, only friends you haven't met***

by Patty M.

When I first came into A.A., many of the meetings took coffee breaks. I hated those breaks. In my mind, everyone else was sitting next to his or her best friends and they all had plenty to talk about—making me feel, predictably, invisible and alone. I managed to control when I arrived for meetings (one second before they started) and when I left at the end (so fast!). But those damn breaks.

That was a long time ago. I'm told I would swoop in, take my chair, park my coat on one side, and my purse on the other. I can believe it. My nice little fortress, separate and protected.

Slowly, slowly that feeling faded. I learned, in fact, that I wasn't invisible or alone at all. Unbeknownst to me, my sponsor's pressuring me to be a coffee maker, at three weeks sober, was what started to connect me to

A.A. and its people. Anything that would get me involved, with a job to do and an excuse to talk to people, moved me closer to what felt like the center of A.A.

*I wasn't invisible  
or alone at all*

Today, I can walk into an A.A. meeting on any continent and feel at home. I expect that people will be sitting next to some of their closest friends—those who know their secrets and hopes and heartaches—like the people I sit beside in my regular meetings. But I have yet to say “hi” to someone and be ignored. It could happen, sure, but I have my own place in A.A., just like everyone

else. And, there probably would be someone else within a foot, anyway.

Years ago I took a class on group dynamics. The professor said something I'll never forget—that groups form through small connections. One person talks to someone, and that person talks to two others. Imagine invisible threads, like a web that holds people together. All I have to do is reach out my hand, to anyone in a meeting, and I'm part of the web.

Today I don't care if a meeting has a break or expects me to do the hokey pokey. I can feel a part of the group by connecting with even one person. When it comes to our alcoholism, none of us is cooler or richer or better looking than anyone else. How reassuring.

**tP**

*(Continued from page 12)*

I'd known from throughout my sobriety—it was a feast of friends.

Being at these international conferences has imprinted upon me the tremendous power of this way of life, which has spread all around the world. At these events, we are swimming in a sea of A.A. principles. Through the panels and speakers and personal interactions, we share the irrepressible joy of recovery from a “hopeless condition of mind and body.”

**tP**



# Intergroup Meeting Summary—January 2015

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

<b>Marin</b>	Mill Valley	Came to Park	Haight Street Blues	Serenity Seekers
Blackie's Pasture	On Awakening	Cocoanuts	High Noon M	Shamrocks & Serenity
Cover to Cover	Saturday Weekend Warrior	Cow Hollow Men's Group	Join the Tribe	Sunday Rap
Downtown Mill Valley	Sunday Night Corte Madera	Cow Hollow Young People	Like A Prayer	Sunset 9ers Tu
Friday Night Book	Thursday Night Speaker	Dark Secrets	Living Sober with HIV	Too Early
Gay Men & Women All Are Welcome	<b>San Francisco</b>	Design for Living	Marina Discussion	Unlovely Creatures
Girls Night Out	A New Start	Each Day a New Beginning	Pocket Aces	Waterfront
Glum Not!	A Place to Call Home	Embarcadero Group	Reality Farm	Weekend Update
Happy, Joyous and Free	Any Lengths	Extreme Makeover: Women's SS	Rebounds, Retreads and Winners	Women's 10 Years Plus
Men's Two Plus	Beginners Warmup	Friday Morning 12 Steppers	Saturday Night Regroup	Women's Mtg: There is a Solution

This is an unofficial summary of the March 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](http://www.aasf.org).

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

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

The meeting was held on Wed., March 4th, 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 February 2015 minutes and the March 2015 agenda were approved.

## Officer Reports.

**Treasurer's report, Michelle C.** (See statements on p.18-19) Working on taxes for 2014.

**Central Office Manager', Maury P.** We need bilingual members to help with 12th Step work. The office gets requests for help; get the message out to the groups and members to contact Central Office if interested and available. There are 254 registered Trusted Servants with Central Office. 111 secretaries and 143 treasurers with 800+ meetings in SF and Marin. Please encourage registration. Faithful

Fivers began in 2004, and it has become a consistent, much appreciated, source of income.

## Intergroup Committee Reports

**Access Committee, Virginia** Working on gathering resources for mothers to connect. Service animal information is available following the discussion at January's meeting. Access committee members attended ACYPAA which had an interpreter.

**Archives Committee, Michael P.** Part 2 of the presentation begun last month is an excerpt from We The People broadcast of an interview of Morgan R. by host Gabriel Heatter from April 25, 1939. This broadcast is mentioned in *A.A. Comes of Age* and was influential in spreading the AA message westward. Archives is looking into the first meeting at San Quentin and also adding Meet the Meeting on the web site.

**Fellowship Committee, Michael** Founder's Day will be in SF and Marin on June 6 & 7. Last year, some groups came to help with the meeting; there may be about six opportunities this year for different groups to help with setting up. GGYPA will also be helping with the play which will be in Marin. More information next month.

**Orientation Committee, Greg** Expressed appreciation for the new IGRs in attendance and suggested we make them feel welcomed.

**Outreach Committee, Robert** Justin B. will be taking on the role of Chair. San Francisco needs an outreach coordinator.

**SF PI/CPC, Erin S.** In May there will be a seven day Physician's Assistance conference that PICPC will attend. Need more speakers. Speakers need two years of sobriety.

Journalism conference in August. Registration and literature expenses are paid by GSO. Maury asked if there had been any consideration for inviting PICPC speakers from surrounding districts to participate/help staff the events. Speaker training is at 6pm on the 3rd Monday of the month.

**SF Teleservice Committee, Pete** Pete is the new Chair. Four daily coordinator positions are available. Two-year commitment with one year of sobriety. Pete will be open to doing remote training, if necessary. There have been some technical difficulties with the new area code change. Many thanks to outgoing Chair, Carolyn R.

**12th Step Committee, Justin** Justin recognized Virginia and Maury for the transitional help as he takes on the commitment. 12 people came to the orientation. Want to stay in close touch with Teleservice to make sure the calls received are relayed to 12th Step volunteers.

**The Point Committee, Paul K.** Theme is Came to Believe, and are opening up to accepting poetry. Also opening up to illustrations in *The Point*; if you have feedback, please share with Paul.

## Old Business

**Central Office Lease, Matt S.** Still trying to arrange a meeting with the landlord; hoping to get a volunteer who has commercial real estate experience to help look at comps also.

**SustAinable AA discussion / proposal, John R.** He thought over the idea of whether this is an outside issue and came to the conclusion that the 1st Tradition tells us that our common welfare comes first; he is open to more discussion.

# Individual Contributions

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

## IN MEMORIAM

**Chris W., Lee M., Eddie B.**

## ANNIVERSARIES

**Beverly C.—35 years, Gerri B.—30 years, Ted R.—30 years  
Karen C.—28 years, Yvonne D.—28 years, Sally F.—25 years  
Sue L.—11 years, Beth R.—6 years**

Mike – add a tip in the Buzz. Curtis thinks it is a good message; John mentioned that some meetings have lost their spaces because of the trash they create. Nick likes the energy, also mentioned that this sort of issue came up when smoking was allowed, and that the economic pressure from landlords who have to pay the garbage bills will contribute to groups reducing waste. Virginia suggested that John's group come up with a plan that can be added to the website. Leslie said that the cost of being eco-friendly is prohibitive to some groups.

**Open Board Positions** Terms are three-years; two years of sobriety suggested. Elections are in June, positions go in effect in July. Bylaws state we should try to have twice as many candidates as positions. Candidates need to submit a statement of interest, experience with nonprofits is desirable.

### **New Business**

**Homebound Marin, Carolyn R.** They were not able to make it today, but are active in Marin and would like to be recognized as an Intergroup activity. Motion made by Charlie, seconded and approved as an official Intergroup activity.

**Streamlining committees** New business for next month as a discussion item since it seems like there is lots of overlapping.

**Roles and Responsibilities, Sam W.** To clarify what the Board and Intergroup each do see the information taken from the role of the Central Office Committee. Sam is also charged with presenting procedure for getting things on the agenda. This evening's presentation about Sustainable AA was a good example of this.

He commends and suggests that IGRs keep this yellow page as an instruction sheet for how to do business. We will discuss again next month.

**Meeting Designations** Maury received a request to list a meeting with ASL. Her understanding of the ASL designation is that it means that there will be an interpreter there, but that is not the case with this meeting. What do the meeting designations mean to you? Virginia said that how a group is listed is the group conscience of that group; she is concerned that the listing should have the same listing as other meetings that provide a service. Her group has a group conscience and she wants to have the meeting listed as an ASL meeting. Curtis and Gretchen mentioned that a meeting needs to have an interpreter present at all meetings if it is going to be listed. A discussion followed about how the Let it Be Now group is listed. They are not asking permission, they want the designation back, and open for any group that feels similarly. Carolyn asked for a show of hands for those in favor of keeping the ASL designation. There is a majority in favor of leaving the designation as is.

### **Liaison Reports**

**SF H&I, Mark** Orientation will be next month; reminded of sobriety requirements and coordinator responsibilities.

**SF Bridging the Gap, Jamie** Jamie shared an anecdote about the importance of Bridging the Gap, particularly for those who do the service.

**SF General Service, Virginia** Tell you

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

#### **VICE CHAIR**

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

#### **TREASURER**

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

#### **RECORDING SECRETARY**

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

### COMMITTEE CHAIRS:

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

Justin B. [12thstep@aasf.org](mailto:12thstep@aasf.org)

#### **ACCESS COMMITTEE**

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

#### **ARCHIVES COMMITTEE**

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

#### **FELLOWSHIP COMMITTEE**

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

#### **HOMEBOUND MARIN**

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

#### **ORIENTATION COMMITTEE**

Greg M. [orientation@aasf.org](mailto:orientation@aasf.org)

#### **OUTREACH COMMITTEE**

Justin B. [outreach@aasf.org](mailto:outreach@aasf.org)

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

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

#### **SF TELESERVICE COMMITTEE**

Pete F. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

#### **SOS COMMITTEE**

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

#### **SUNSHINE CLUB**

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

#### **THE POINT**

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

#### **WEBSITE COMMITTEE**

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

# aa group contributions

Fellowship Contributions	Feb. 15	YTD
Biggs AA		\$ 37
Contribution Box	\$ 14	\$ 83
GGYPAA	\$ 23	\$ 23
Intergroup	\$ 111	\$ 197
Novato Fellowship Group		\$ 46
<b>Fellowship Total</b>	<b>\$ 148</b>	<b>\$ 386</b>

Marin Contributions	Feb. 15	YTD
AA By The Bay Tu 730pm	\$ 209	\$ 209
Awareness/Acceptance M 1030am		\$ 120
Back to Basics Su 930am	\$ 60	\$ 116
Closed Women's SS Tu 330pm	\$ 94	\$ 94
Cover to Cover W 730pm		\$ 100
Crossroads Sun 12pm	\$ 500	\$ 500
Downtown Mill Valley F 830pm	\$ 490	\$ 490
Friday Night Book F 830pm	\$ 149	\$ 149
Girls Night Out W 815pm		\$ 125
Happy Destiny F 7pm		\$ 200
Happy, Joyous & Free 5D 12pm		\$ 375
High & Dry W 12pm		\$ 170
Inverness Sunday Serenity Su 10am		\$ 135
Just Can't Wait 'til 8 M 630pm	\$ 147	\$ 147
Last Stop Men's Step Study W 6pm	\$ 250	\$ 250
Meditation Wednesday 7pm		\$ 109
Mill Valley 7D 7am		\$ 750
Mill Valley Discussion W 830pm		\$ 105
Monday Blues M 645pm		\$ 185
Monday Night Madness M 6pm		\$ 250
Monday Night Women's M 8pm	\$ 221	\$ 221
Morning Attitude Adjustment		\$ 538
Nativity Monday Night Big Book M 8pm		\$ 67
Noon Tu 12pm		\$ 73
North Marin Speaker Sun 12pm		\$ 200
On Awakening 7D 530am	\$ 350	\$ 700
Primary Purpose M12pm		\$ 129
Quitting Time M-F 530pm		\$ 170
Redwoods		\$ 45
Rise N Shine Sun 10am		\$ 240
San Geronimo Valley M 8pm		\$ 530
Sausalito Sober Sisters Th 330pm	\$ 82	\$ 82
Sober & Serene F 7pm		\$ 200
Sober Sisters Wed 12pm		\$ 152
Steps To The Solution W 715pm		\$ 209
Sunday Express Sun 6pm		\$ 109
Survivors M 12pm	\$ 95	\$ 95
Thursday Night Book Club Th 7pm		\$ 48
Thursday Night Speaker 830pm		\$ 448
Wednesday Night Candlelight 8pm		\$ 62
Wednesday Night SD 7pm		\$ 304
Women's Big Book Tu 1030am		\$ 279
Women's Meeting Su 430pm	\$ 88	\$ 88
Working Dogs W 12pm		\$ 200
<b>Marin Total</b>	<b>\$ 2,736</b>	<b>\$ 9,768</b>

SF Contributions	Feb. 15	YTD
11th Step Power Power		\$ 90
20+ Sun 445pm (unlisted)		\$ 157
6am Dry Dock Sa		\$ 72
Afro American Beginners Sat 8pm	\$ 29	\$ 161
Any Lengths Sat 930am		\$ 600
Artists & Writers F 630pm		\$ 400
Back to Basics Th 730pm		\$ 10
Beginners 12 x 12 F 7pm	\$ 102	\$ 102
Bernal Big Book Sat 5pm	\$ 121	\$ 121
Bernal New Day 7D	\$ 351	\$ 351
Big Book Study Su 1130am		\$ 302
Blue Book Special Su 11am	\$ 41	\$ 41
Brothers in Arms M 8pm		\$ 31
By the Book Sa 10am	\$ 44	\$ 44
Castro Discussion Th 730p	\$ 192	\$ 192
Castro Nooners F 12pm		\$ 88
Coi'ts Quitters	\$ 60	\$ 60
Cow Hollow Men's Group W 8pm	\$ 300	\$ 300
Design For Living BB Tu/Th 730am		\$ 43
Design for Living Sat 8am	\$ 62	\$ 227
Dignitaries Sympathy W 815pm	\$ 275	\$ 275
Each Day a New Beginning F 7am		\$ 834
Each Day a New Beginning M 7am	\$ 267	\$ 267
Each Day A New Beginning Su 8am		\$ 500
Each Day a New Beginning Th 7am		\$ 427
Each Day a New Beginning W 7am		\$ 494
Easy Does It Tu 6pm		\$ 54
Eureka Step Tu 6pm		\$ 89
Eureka Valley Topic M 6pm	\$ 579	\$ 579
Extreme Makeover M 730pm		\$ 77
Federal Speaker Su 12pm		\$ 89
Firefighters & Friends Tu 10am		\$ 97
Fireside Chat Group Tu 8pm		\$ 62
Friday at Five F 5pm	\$ 70	\$ 70
Friday Lunch With Bill Fri 12pm	\$ 10	\$ 26
Friday Smokeless F 8pm	\$ 113	\$ 541
Friday Women's Round Robin 6am		\$ 20
Gold Mine Group M 8pm		\$ 426
High Sobriety M 8pm		\$ 136
Hillwellers M 8pm	\$ 322	\$ 322
Join the Tribe Tu 7pm		\$ 456
Ladies Who Lunch Thu 1210pm	\$ 55	\$ 55
Let It Be Now F 6pm		\$ 52
Like A Prayer Su 4pm		\$ 60
Lincoln Park Sat 830pm		\$ 71
Looney Toons Tu 10pm	\$ 19	\$ 19
Meeting of the Moms		\$ 75
Meeting Place Noon W 12pm		\$ 204
Men's Gentle Touch M 7pm		\$ 207
Monday Monday M 1215pm		\$ 174
New Friday Big Book F 12pm		\$ 111
O.A.D.W. Mon 7pm		\$ 164
Park Presidio M 830pm	\$ 229	\$ 229

SF Contributions	Feb. 15	YTD
Pax West Daily Reflections W 7am		\$ 172
Pax West Literature Disc Tu 12pm	\$ 1,170	\$ 1,170
Pax West Prayer and Meditation F 7am		\$ 233
Progress Not Perfection Tu 830pm		\$ 99
Queers, Crackpots & Fallen Women		\$ 60
Rebound W 830pm		\$ 37
Saturday Easy Does It Sa 12pm		\$ 284
Serenity House	\$ 150	\$ 300
Sex and Love in Sobriety M 300pm		\$ 31
Sober Saturday Sa 830am		\$ 132
Sobriety & Beyond W 7pm		\$ 150
Some Are Sicker Than Others W 6pm	\$ 179	\$ 179
Steppin' Up Tu 630pm		\$ 98
Sunday Morning Gay Men's Stag 930am		\$ 48
Sunday Night Castro SD 730pm	\$ 453	\$ 453
Sundown W 7pm		\$ 305
Sunrise Sunset Women's Step Th 6pm		\$ 600
Sunset 11'ers Th		\$ 79
Sunset 9'ers F		\$ 49
Sunset Speaker Step Sun 730pm	\$ 179	\$ 179
Ten Years After Su 6pm		\$ 139
The Parent Trap 2 Wed 4pm	\$ 107	\$ 107
The Parent Trap M 1pm		\$ 26
The Pepper Group F 12pm		\$ 18
They Stopped In Time M 8pm	\$ 195	\$ 195
Thursday Thumpers Th 7pm	\$ 20	\$ 20
Too Close For Comfort M 6pm		\$ 110
Trudgers Discussion Su 7pm		\$ 180
Tuesday Big Book Study Tu 6pm		\$ 107
Valencia Smokefree F 6pm	\$ 110	\$ 110
Walk of Shame W 830pm		\$ 210
We Care Tu 12pm		\$ 72
West Portal W 8pm	\$ 275	\$ 275
Wits End Step Study Tu 8pm		\$ 26
Women's 10 Years Plus Th 615pm	\$ 113	\$ 113
Women's Kitchen Table Tu 630pm		\$ 402
Work In Progress Sat 7pm	\$ 326	\$ 326
YAHOO Step Sa 1130am		\$ 112
Young at Heart Sa 930am		\$ 70
<b>San Francisco Total</b>	<b>\$ 6,518</b>	<b>\$ 17,927</b>

YTD	\$ 9,401	\$ 28,081
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**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.**

# Total Surrender

***I am willing to have God remove all of my defects of character***

by Paul K.

When I see the words “total surrender,” I think “What an order! I can’t go through with it.” (Big Book, pg. 60) However, I am willing to surrender to this 12-Step program of Alcoholics Anonymous. When I am facing trouble in my life, I find the words of the Big Book very comforting, because they continue to precisely identify both my problem and its solution.

With 4 ½ years of sobriety, my problems still involve being “driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity,” and making “decisions based on self which later [place me] in a position to be hurt” (Big Book. pg. 62).

Right now, I am facing my overdoing in some areas and underdoing in others. There is a level of chaos and unmanageability in my life that is very uncomfortable and I feel my share of anxiety on a daily basis. I can choose to psychoanalyze my situation or I can attempt to totally surrender to this process of working the Twelve Steps. The act of reading the Big Book and practicing the Twelve Steps brings me back to the slogan, “Keep It Simple,” even when simple does not translate to easy. For example, making my next amend may not be easy, but it does make simple sense.

Today, keeping it simple for me translates to working Step Ten, involving Steps Four through Nine in the process. I need to take daily inventory and admit my faults to God, myself, and to my fellows. Sharing at meetings has become a simple and easy way to experience

Step Five. I have recently learned that being overly honest and sharing secrets in the workplace is not always welcome, but I can continue to practice being rigorously honest in A.A. meetings and especially at my home group where I receive equally honest feedback.

## *I need to take a daily inventory*

I am willing to have God remove all of my defects of character, which today include holding onto old ideas and belief systems, sloth, procrastination, resistance to the next right action, self-pity and fear. I pray that God remove these defects to the level required. I am willing to write a list of the people I’ve harmed and make amends to them all. Today, my amends include honoring my commitments to others in A.A., business, and all my relationships. I will take an inventory on whether I’m doing an honest day’s work. How many minutes do I spend on long walks or taking breaks to get a coffee? I am powerless over some of these resistance mechanisms, but I can account for them in inventory and recommit to the task at hand. I will also take inventory of my strengths to ensure some balance and avoid beating myself up, taking myself too seriously, or slipping into remorse.

Today, on page 55 of Daily Reflections for February 16<sup>th</sup>, the topic is Commitment. It reads, “Understanding is the key to right principles and attitudes, and right action is the key to good living.” The last sentence reads, “...the only course open to me, if I was to attain a joyous life for myself (and subsequently those I love), was one in which I imposed on myself an effort of commitment, discipline, and responsibility.” Sometimes I play first before I do my chores, but other times, I need to do my chores first before I can really experience joy while at play.

Today, I practice total surrender when I am up against myself. Perhaps one day I will become a total volunteer. (Borrowed in part from a speaker tape by Scott L.)

**TP**





# Profit and Loss Statement: January 2015

	Jan 2015	Budget	Annual Budget		Jan 2015	Budget	Annual Budget
Ordinary Income/Expense				Phone Book Listings	\$93	\$95	\$1,140
Income				Postage	\$49	\$49	\$1,425
Gratitude Month	\$2,827	\$2,950	\$15,195	Printing	\$0	\$0	\$950
Group Contributions	\$18,679	\$20,000	\$161,326	Professional Fees	\$0	\$0	\$1,485
Individual Contributions	\$1,514	\$3,875	\$39,747	Rent - Office	\$4,287	\$4,287	\$51,784
Newsletter Subscript.	\$0	\$33	\$198	Rent - Other	\$0	\$0	\$1,020
Sales - Bookstore	\$9,281	\$10,000	\$112,034	Repair & Maintenance	\$240	\$350	\$3,100
Intergroup Event Income	\$0	\$0	\$2,300	Security System	\$0	\$0	\$500
Total Income	\$32,302	\$36,858	\$330,800	Shipping	\$265	\$408	\$4,900
Cost of Goods Sold				Software Purchased	\$0	\$0	\$550
Cost of Books Sold	\$6,048	\$6,529	\$81,285	Telephone	\$230	\$230	\$2,760
COGS - Shipping	\$18	\$14	\$300	Training	\$0	\$0	\$1,100
Credit Card Processing	\$465	\$375	\$5,137	Travel	\$0	\$0	\$1,200
Total COGS	\$6,530	\$6,918	\$86,722	Total Expense	\$20,629	\$21,743	\$247,842
Gross Profit	\$25,772	\$29,940	\$244,078	Net Ordinary Income	\$5,142	\$8,197	-\$3,764
Expense				Other Income/Expense			
Committees	\$148	\$1,351	\$1,382	Other Income			
Employee Expenses	\$12,332	\$12,073	\$156,591	Bag Fees	\$3	\$3	\$30
Equipment Lease	\$816	\$408	\$4,900	Customer Shipping	\$204	\$350	\$4,900
Filing/Fees	\$20	\$0	\$970	Interest Income	\$66	\$78	\$927
Insurance	\$1,626	\$1,925	\$2,760	Miscellaneous Income	\$90	\$30	\$360
Intergroup Events	\$0	\$0	\$3,050	Total Other Income	\$363	\$461	\$6,217
Intergroup Literature	\$115	\$115	\$850	Other Expense			
Internet Expense	\$133	\$133	\$1,600	Depreciation Expense	\$223	\$203	\$2,453
Office Supplies	\$96	\$204	\$2,450	Total Other Expense	\$223	\$203	\$2,453
Paper Purchased	\$169	\$104	\$1,250	Net Other Income	\$140	\$258	\$3,764
Payroll Fees	\$11	\$10	\$125	Net Income	\$5,283	\$8,455	\$0

## Treasurer's Report

For the month of January, total income was under budget by \$4,556 which was primarily due to individual contributions under budget by \$2,361.

Total expenses for the month of January were under budget by \$1,114.

January had a positive variance of \$5,283 compared to a projected positive variance of \$8,455.

Unrestricted cash balance increased from \$32,289 to \$41,054 which represents more than two months of operating expenses.



## Sharing Our Stories

by Annia R.

Nine years ago, when I was in the thick of my addiction, I met a woman named Martha. She told me that she was in recovery and an active member of a 12-step program. A few months later, when I was ready to make a change, she took me to my first meeting. It was January 6, 2006. Because she shared her story with me and introduced me to recovery, I was open to A.A.

She now lives in New York City with her fiancé. We met for dinner tonight, and talked about that time in our lives. I don't know how she feels about me, perhaps just someone she

was friends with for a while. In my life, however, she is a very special person.

Sharing about our experience in recovery, when appropriate, is a special gift. We are uniquely qualified to introduce someone to recovery who has never tried it. No amount of book knowledge can replace the power of one's personal experience with addiction and sobriety.

Thought for the day: I will be open to sharing my experience of addiction and recovery with someone who needs it and wants to hear about it. My story is unique and powerful, and I can help someone stay sober simply by sharing it.



# January 2015 Balance Sheet

	Jan 31, 2015	Dec 31, 2014	\$ Change	Jan 31, 2014	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Restricted Cash	\$192,010	\$192,603	-\$593	\$186,537	\$5,473
Unrestricted Cash	\$41,054	\$32,289	\$8,765	\$46,428	-\$5,374
Total Checking/Savings	\$233,064	\$224,892	\$8,172	\$232,965	\$99
Accounts Receivable					
Accounts Receivable	\$81	\$3	\$78	\$28	\$53
Total Accounts Receivable	\$81	\$3	\$78	\$28	\$53
Other Current Assets					
Inventory - Bookstore	\$24,192	\$27,210	-\$3,017	\$18,667	\$5,526
Prepaid Literature Orders	\$775	\$1,623	-\$848	\$6,321	-\$5,546
Undeposited Funds	\$89	\$1,313	-\$1,224	\$132	-\$43
Total Other Current Assets	\$25,056	\$30,146	-\$5,090	\$25,119	-\$64
Total Current Assets	\$258,201	\$255,040	\$3,160	\$258,113	\$88
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,965	\$1,965	\$0	\$3,216	-\$1,251
Leasehold Improvements (Net)	\$17,719	\$17,884	-\$165	\$19,693	-\$1,974
Office Equipment (Net)	-\$58	\$0	-\$58	\$0	-\$58
Total Fixed Assets	\$19,625	\$19,848	-\$223	\$22,908	-\$3,283
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
<b>TOTAL ASSETS</b>	<b>\$284,524</b>	<b>\$281,586</b>	<b>\$2,937</b>	<b>\$287,718</b>	<b>-\$3,195</b>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$3,751	\$6,144	-\$2,393	\$3,960	-\$209
Sales Tax Payable	\$722	\$674	\$48	\$915	-\$193
Total Other Current Liabilities	\$4,473	\$6,819	-\$2,345	\$4,876	-\$403
Total Current Liabilities	\$4,473	\$6,819	-\$2,345	\$4,876	-\$403
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	\$64,640	\$66,986	-\$2,345	\$59,069	\$5,572
Equity					
Net Assets	\$214,601	\$216,260	-\$1,659	\$216,255	-\$1,654
Opening Balances	\$0	\$0	\$0	\$0	\$0
Unrestricted Funds	\$0	\$0	\$0	\$0	\$0
Net Income	\$5,283	-\$1,659	\$6,942	\$12,395	-\$7,112
Total Equity	\$219,883	\$214,601	\$5,283	\$228,650	-\$8,766
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$284,524</b>	<b>\$281,586</b>	<b>\$2,937</b>	<b>\$287,718</b>	<b>-\$3,195</b>

(Continued from page 15)

groups to elect a GSR!

**Marin General Service, Chris** 35-40 people showed up for the Agenda Topics meeting last month. Also mentioned that the last time Marin hosted the Pre-Conference Assembly it was a great success and drew many participants; hoping for similar turnout in the future.

**Marin H&I, Karen G.** Now going into the women's jail. They have a draft policies and procedures. Comments are appreciated. Looking for better ways to communicate with Marin groups.

**GGYPAA, Wanda** Introduced James, Chair of the GGYPAA bid committee. They are getting ready their bid for ICYPAA, getting the word out that there are service commitments available. Please mention this to groups.

**Targeted message of the month:** Still looking for a Treasurer; it is a volunteer position, but one need not be an alcoholic, though the other qualifications are required. PICPC also needs speakers for the upcoming conferences.

## Meet the Meeting

**Friday Night Book Study, Nick**  
Closed meeting, but none who have shown up have been refused. Started in 1985, they read varying lengths of the book and discuss.

**Downtown Mill Valley, Curtis** Known locally as the "Couch meeting," it's a speaker/discussion group that has from 80-100 people. Meets at Miller Ave.; the meeting has been there since at least 1985.

**On Awakening Group, Harvey**  
5:30am in Corte Madera. Varying meeting formats for each day of the week. Fun group, and despite the early start, it recently had 48 people attend.

Before adjourning at 8:56pm, we acknowledged Paul for his service as Recording Secretary.

**Next Intergroup Meeting:** Wed. April 1, 2015, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 6:30pm.



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**April 2015**

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