

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015
5
May

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

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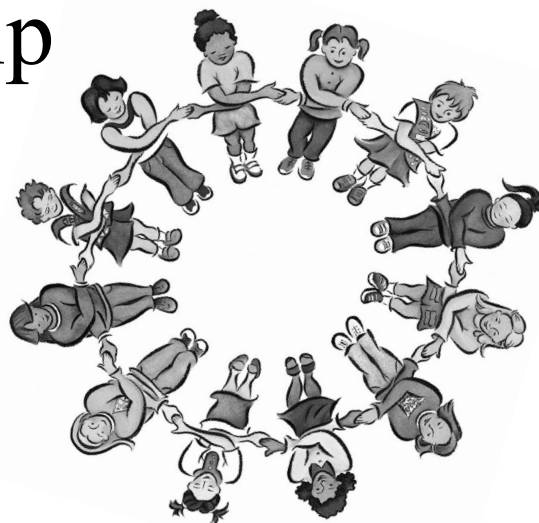
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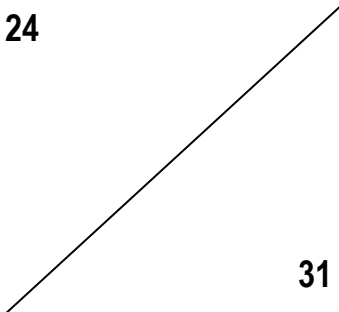
The Hand of Friendship



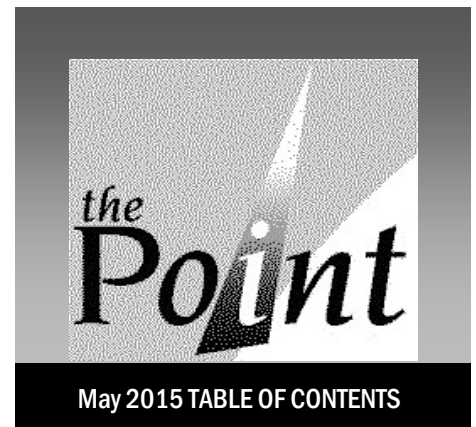
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing 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.

May 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> <div>     </div>			
3	4	5 <u>FIRST TUE</u> Access Committee Central Office 6pm	6 <u>FIRST WED</u> Intergroup Meeting 101 Donohue St, Marin City Orientation 6:15pm Meeting 7pm
10 Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm	11 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	12 <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	13 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
18 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	19 <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	19	20
24 <div>  </div> 31	25	26 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
	1	2
7	8	9
14 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	15	16 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
21	22	23 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
28 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	29	30



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“He will show you how to
create the fellowship you crave.”

Alcoholics Anonymous, p. 164



Meeting Changes

New Meetings:

Mon	12:00pm	Civic Center	ROAD TO FREEDOM, 555 Polk St / Turk, 2nd Floor (Speaker/Discussion)
Tue	7:30pm	Presidio Heights	MEDITATION, PRAYER & SHARE, 2107 Lyon St / Washington (Speaker/Discussion, Meditation)
Wed	6:30pm	Tenderloin	TRANS AA, 730 Polk St / Ellis, 4th Floor (Transgender, Wheelchair Access, Speaker/Discussion)

Meeting Changes:

Wed	7:30pm	San Rafael	COVER TO COVER, 2000 Las Gallinas Ave / Lucas Valley Rd (now an open meeting)
Thu	6:30pm	Mission	GROUCH AND THE BRAINSTORM, 170 Valencia / Duboce (was called One Step Beyond and was a step study, now Living Sober speaker/discussion with question and answer)
Fri	6:00am	Marina	WOMEN'S MORNING MEDITATION, 2118 Greenwich St / Fillmore (was called Friday Women's Round Robin Discussion, now has meditation)

No Longer Meeting:

Sun	8:00am	Inner Sunset	THE ORIGINAL 8 O'CLOCK, Seventh Avenue Presbyterian Church: 1329 7th Ave / Irving
Mon	8:00pm	Mission	A COFFEE POT & A RESENTMENT, 2900 24th St / Florida
Wed	8:00pm	Mission	MISSION TERRACE, 2900 24th St / Florida

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!***

Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties, presents:

FOUNDERS' DAY 2015

Saturday, June 6
Sunday, June 7



"We absolutely insist
on enjoying life."

2015 IS THE 80TH ANNIVERSARY
OF ALCOHOLICS ANONYMOUS.
COME CELEBRATE LOVE &
SERVICE WITH YOUR FELLOWS
IN SAN FRANCISCO & MARIN!

REASONABLE ACCOMMODATIONS POLICY:
Persons requiring reasonable accommodations
to this event should contact Central Office prior
to purchasing tickets. Email aa@aasf.org or call
415.674.1821.

Founders' Day Celebration

Saturday, June 6
Unitarian Universalist Center
1187 Franklin Street, San Francisco
5:30 pm - 9:00 pm
Suggested donation: \$10

6:00 pm: Dinner
7:00 pm: Bill Writes the Big Book
(presented by Jackie B.)
7:30 pm: Speaker Meeting with
Abe W., Joe H., and Jan W.
8:30 pm: Pie Social (bring a pie
to share!)
Games and Fellowship

Founders' Day Celebration

Sunday, June 7
San Rafael Community Center
618 B Street, San Rafael, CA

4:00 pm: Speaker Meeting
sponsored by GGYPAA
5:30 pm: *Our Experience Has
Taught Us* - Original Traditions
Play by Jackie B., heading for the
International Conference in July

**Tickets for play available online at
www.shop.aasf.org, \$20 admission**

From the Editor

The Hand of Friendship

by Gilbert G.

The Hand of Friendship is the theme of this month's issue. Summer is here, and it's the time to do things with our friends and loved ones. Now that we're sober, we are blessed to have caring friends in our lives. The authors who contributed articles for this issue all have different stories, but one commonality among them is the message of hope.

Rick R. explains how no one can get rid of their deep-rooted problems until they thoroughly understand them by doing a Fourth Step inventory. He can no longer live in denial and understanding one's defects is the key. Claire A. describes a temporary move to France, going on an emotional bender by not attending meetings, and then finally attending both English and French-speaking meetings. Once she looked for similarities in the A.A. groups in France, Claire found her place and felt loved.

L. ruminates about the proverbial Chicken and the Egg question. Which came first? L. asks whether his alcoholism caused his selfishness or

whether his selfishness was the root cause of his alcoholism. B.A. discusses how she receives exactly what she needs when she reaches out to her sponsor, including compassion, guidance, and heartfelt hugs. John W. wrote a Letter to the Editor in which he thanks *The Point* committee for updating its editorial guidelines to accept other types of writing, including his poetry.

In our Timeline of A.A. History series, we learn more about the development of the A.A. Preamble, the short form of the Traditions, and of the passing of both Dr. Bob and his wife, Anne. Peggy H. talks about going out on a Twelfth Step call and feeling grateful for her own sobriety and her A.A. group "sisters." They are each other's angels.

Jane B. comes to the conclusion that if she keeps an open heart, that will allow her to keep an open mind. Finally, John W. talks about how the "four horsemen of doom," with whom he had been living with while drinking, did not follow him through the doors of A.A.

EDITORIAL POLICY

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

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



Faithful FIVERS!

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

Aaron H.	Janet M.	Michael W.
Alejandro D.	Jeanne C.	Michael Z.
Amelia E.	Jeff B.	Michelle C.
Ami H.	Jeffery K.	Mike M.
Amy Mc.	Jim C.	Niels R.
Andy Z.	Joanne S.	Pam K.
Barbara L.	John C.	Pamela D.
Barbara M.	John G.	Pat P.
Becca M.	John M.	Peg L.
Ben W.	John V.	Peggy H.
Bette B.	Karen C.	Pene P.
Blu F.	Karen K.	Penelope C.
Bruce K.	Kate R.	Pete F.
Bruce S.	Kathleen C.	Phyllis S-S.
Caroline A.	Kim D.	Rachel G.
Casey L.	Kris H.	Rich G.
Cathy P.	Kurt C.	Robert C.
Charley D.	Kurt P.	Robert W.
Charlie S.	Laura B.	Ron H.
Chip G.	Lance S.	Sara D.
Chris L.	Layne S.	Scott C.
Chris S.	Layne Z.	Sheila H.
Chuck S.	Lelan & Rich H.	Stephen S.
CJ H.	Leo G.	Steve A.
Craig S.	Leo H.	Steve G.
Dan B.	Linda L.	Steve F.
David J.	Lisa M.	Susan C.
David S.	Liz M.	Suzanne C.
Dianne E.	Lucy & Dennis O.	Teddy W.
Don L.	Lynn D.	Theresa M.
Don N.	Lynne L.	Tim Mc.
Emily C.	Mabel T.	Tom S.
Erin S.	Margarite S.	Tony R.
Fay K.	Marit L.	Your
Frederick D.	Mark O.	Name
Gregory G.	Martha S.	Here!
Henry P.	Mary C.	
Herman B.	Mary D.	
Hilary M.	Mary L.	Or
Jane K.	Maryellen O.	Here!
Janet B.	Michael P.	

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!

Why an Inventory?

We are no longer in denial



by Rick R.

Few people who come to us can lay claim to having soundness of mind, but, between their ears, they have nothing to compare their thinking to, simply because they can't put themselves inside the mind of someone else. They often arrive somewhat defiant if, in fact, it wasn't their own idea to come to A.A. in the first place. They may think that their own thinking was pretty good and it is hard to convince them that it wasn't, considering that they would have to admit that their whole existence was based on a faulty perception and their brains had been lying to them for all these years.

Those of us who came into the program of our own free will have a much easier time of it simply because we are no longer in denial and we are searching for answers to our drinking problem. After we arrive we are quick to recognize the difference in the way seasoned A.A. members think, and we begin to trust in someone else's input concerning our thinking. We find a sponsor and begin taking the steps. Things go pretty good considering the newfound friends we find in the fellowship and then we often hit a brick wall when we approach Step Four. We lose many members upon their first attempts at the program, but we know that they will usually return when faced with the inevitable.

It is explained to them that no one can solve their deeper-rooted emotional problems until they first

understand them. The process of going through the Fourth Step inventory is the first attempt at discovering where the alcoholic's thinking had been flawed. That doesn't make them bad people, it only means that, like us, they were just misguided, and these things can be corrected if they are willing. Understanding is the key.



My first attempt at doing a Fourth Step inventory came as I was approaching my first year of being sober. I now realize that I was rushing into it before I understood what the objective was, and after scribbling down a number of superficial deeds that I had done during my drinking days, my project was abruptly interrupted by a flight to Asia and a four month vacation aboard a tanker in the Tonkin Gulf Yacht Club (being in the Navy at the time). I didn't have the opportunity to get to a single meeting during that time but I did have a lot of quiet

nights at sea where I contemplated my life before A.A., and what I was going to do with the rest of my life. It was during that time that I decided, "By God, I wasn't going to mess this thing up!" I was going to do it by the book. I longed to be back in the safety of that very loving group that I left four months earlier. I knew that with their love and support I could get right.

I realized, as I was studying Step Six, it says we "Were entirely ready to have God remove all these defects of character," and in Step Seven, it says, "Humbly asked Him to remove our shortcomings." To me, that means that I should be trying to identify my defects of character and my shortcomings in Step Four. The example of this step in the Big Book shows a chart detailing WHAT WE DID, WHY WE DID IT (fear of something), and WHO WE DID IT TO. It occurred to me that if I could identify the root causes of my problems (defects/fears), I could then change the behavior that resulted from those shortcomings. To explain this in simple terms I came up with this scenario that anyone could understand and it goes like this.

Let's say that I purchased a large SUV off the showroom floor, drove away, and at the first signal light, I hit the brakes and it didn't stop till I was out into the cross traffic. I drove back to the dealer and explained what happened. They checked it out and discovered that they had put a set of Pinto brakes on it by mistake.

(Continued on page 8)

COME TO BELIEVE

by Claire A.

This line from the *Came to Believe* story is the one that speaks to me.

I made a major move about 3 months ago: I left San Francisco to live in France for 7 months with my husband and our two girls aged 10 and 7. When I left SF, I had a good program. I had a sponsor and a sponsee I loved working with. I had worked the steps a few times, had several commitments, a circuit of weekly meetings, and a bunch of awesome alcoholic friends I loved to meet and catch up with. I had a regular prayer routine and used the tools of gratitude lists, affirmations lists (I still can't write that without thinking of Deep Thoughts with Jack Handey, but hey, it's good to laugh at ourselves, right?), and regular use of a God Box. I felt great.

Fast forward about 2 months, and I was doing very little about my program. There is one English-speaking meeting per week in my new temporary hometown, and I wasn't going to it. There are 6 French-speaking meetings per week, and I wasn't going to them: too scared to make mistakes speaking French.

I can't blame my condition on France: I stopped praying regularly, stopped reaching out to other alcoholics. My SF sponsor and I had agreed that we would go on hiatus from our sponsor-sponsee relationship while I was away and that I would find a new sponsor in France. (Thank goodness she still fielded, and does field, my emails!) I took 2.5 months looking for the

The Belief Will Come

***“Even with all my stupid arrogance,
you still loved me, held out your hand of friendship...”***

perfect sponsor. I left my copy of the Big Book at home because “it weighs too much.” Thankfully, I brought a wad of “lighter” A.A. material, including *Living Sober*. That little book actually saved my bacon. In a fit of anger and sadness, I picked it up one night and found huge relief in simply returning to the solution of

I had been on an emotional bender

the first days of getting sober.

Indeed, though I didn't drink, I had been on an emotional bender. I had very little patience for my family. I yelled at everyone and then felt bad. I isolated, even within my family, reading books instead of interacting, stubbornly stalling on making travel plans, pushing away interest in my surroundings, eating way too much chocolate, refusing invitations to join French people in various activities. There were moments of clarity, for example, visiting churches, where I found peace for a moment. And it wasn't ALL awful—traveling with my family is fun, and the newness of the situation distracted me from my hellish reality when I went with the flow.

Eventually, though, I couldn't ignore my situation. I started to feel depressed again, in the same way I did before I joined A.A. Those old familiar dark thoughts came over and over:

“why bother?” and the “f*ck-its.” And of course, the ubiquitous French wine began to look like it might fit into my life.

Finally, I dragged myself to the only English-speaking A.A. meeting in town. And I began to sample the French meetings, too, which has been a real process of practicing looking for similarity! And, there, “even with all my stupid arrogance, you still loved me.”

I am so grateful for the hand of friendship I have found here in France, not just in the English-speaking meeting, but in French-speaking meetings—even when I can't understand all that is said—there is a brotherly love that extends to any human suffering with alcoholism. We know it when we see it. And I will say that I also found the hand of friendship in the literature. When I am willing to open my ears, and be humble enough to take action, the message and the wisdom is there for me to pick up.

Thanks for listening!

AP



The Chicken & the Egg

Which came first?



by L.

The age-old story, “Which came first?” After one year of sobriety this time, I posed the following question to my sponsor. “Is the selfishness character defect I have as an alcoholic because of my being an alcoholic, or was it there all along only to be activated by full-blown alcoholism?”

Alcoholics are especially selfish

Are alcoholics more selfish than others from day one, or are all folks similarly able to be brought down to the same selfish actions even when

alcoholism does or does not rear its ugly head?


Do I have anything better to think about? Yes, of course. Sobriety has brought me many moments of clarity and the ability to think through dilemmas such as these.

Does it matter? Probably not. I need to keep my side of the street clean and not nose into what non-alcoholic’s level of selfishness might be. It is interesting, though. Just another example of how my disease manifests itself. It’s okay to compare myself to others without judgments. I need to do the work that will help me remain sober.

My sponsor says that alcoholics

are especially selfish. Thanks!

As a new student, though, I just might ask some inane questions. As if there are ever inane questions! The solution is to address my selfishness with a thorough Fourth Step and Fifth Step. Never mind about what my non-alcoholic brother thinks.

He’s more of an egg actually; his head is very much like an egg. 




(Continued from page 6)

They changed them to the correct brakes and I drove away again. This time when I came to the signal light the SUV stopped, and it stopped at all the other stoplights too.

The defect (root cause) was that the brakes were the wrong size. The shortcoming (behavior) was that the vehicle didn’t stop properly. Once the defect was corrected, the shortcoming went away. For instance, when a friend of mine said that “All forms of criticism and

character assassination stem from low self-esteem,” it occurred to me that low self esteem was the defect and criticism and character assassination were the shortcomings. With a little self-restraint, I could slowly refrain from that behavior. Once I identify my defects of character, it seems to take all the power out of them. For instance, if I could find any value in criticizing another person, I might still be doing it, but there is no value in it, except to feed my ego. That only shows weakness of character. I used this

approach on all of the behaviors that I’m not proud of and I feel stronger all the time.

Why an inventory? As I look back on the program in its entirety, I don’t see how I could have taken the rest of the steps knowing that I was skimping on Step Four and Step Five. To me, it would have been like a house of cards. I look at Step Four as the cornerstone of the rest of the program. It made the rest of the steps much easier, as I see it. The result of this approach is the peace of mind that is promised. 

EXPERIENCE STRENGTH & HOPE

My sponsor and me

by B.A.

Early on in my sobriety, I was told that a sponsor is not here to rescue me or to become my instant best friend. I was told that my sponsor will guide me through my step work and is available when I seek objectivity or if I need to vent. I'd heard that my journey in A.A. is about my connection with my Higher Power and my willingness to release the terror that hindered me so. Those explanations, early in my sobriety, allowed for much needed clarity. I was, and continue to be, grateful for healthy boundaries and an incredibly giving and respectful sponsor.

In August, I will have 4 years in the rooms of recovery. Not long ago, I felt as if I was drowning. I was completely drained and suffering from severe, undiagnosed anemia. As dizzy and exhausted as I was, I had to look for a new job. My work situation was, until very recently, in an extremely toxic office. I was also feeling fed up with A.A. I felt exasperated with the contradictions I regularly witnessed in the meetings I was going to, and stupefied that it was common knowledge that Bill W. himself actively cheated on his wife, with people in his fellowship (back in his day). It all kinda made me disillusioned and sick inside.

I reached out to my sponsor. My sponsor's reply made me feel as if someone had thrown me a life ring, right before I was about to go under. My sponsor emailed back with something her sponsor once told her:

"...My sponsor told me, when I first

got sober; if you can survive the fellowship you can survive anything."

I'm genuinely grateful that my sponsor actually absorbs what she's meant to, in the rooms of recovery, then freely passes on the sage wisdom to me. My sponsor lived nearly the exact same horrors and trauma that I did (in our respective childhoods); every cell in me trusts her implicitly. I was courageous enough to find someone like my sponsor, thanks to the advice of a

I reach out to my sponsor and receive what I need

very astute friend. I moved back to the city of San Francisco, at the same time, a friend was aware I was looking for a sponsor. He was also aware of the post traumatic stress I'd suffered at an early age. He told me to choose a sponsor the same way I might choose a nanny or a babysitter (if I had a child). He told me to think of how much nurturing and respect the wee one inside of me required. I prayed on it. I knew in my gut, my friend was correct. I needed a sponsor with experience re-parenting themself. I needed someone who was willing to be authentic, someone who did their step work thoroughly and guided by being a healthy example.

My sponsor and I cannot see one another every week and we don't speak every night on the telephone, but we're in consistent contact and she's always available when I need her. There is a great deal of advice thrown about, in the rooms of recovery, but ultimately I must listen to my Higher Power and trust how my Higher Power guides me. My Higher Power knew what I needed when I found the rooms of A.A. and knew exactly what I needed in a sponsor.

I'm working on another round of my steps. My sponsor is not my best friend, but she's a kind friend. My sponsor is an authentic and courageous human being who is willing to evolve. This allows me to have the courage to do the very same. My sponsor commits to sobriety and simplicity in all aspects of her life. She's honest, funny and loving. It's a powerful feeling to reach out to someone who is acutely aware of my challenges, humility, pain and triumphs. I reach out to my sponsor and receive what I need: compassion, guidance and heartfelt hugs.

TP





Letter to the Editor

Poetry In The Point

Dear Editor,

I have wanted to write you for some time now to thank you for considering a review of your editorial policy and then actually amending it to include poetry in *The Point*.

I hope others will be encouraged to share their experience, strength and hope in like fashion

Your counterpart in the East Bay, the *East Bay Community News*, publishes every two months and invites poetry contributions on their website, and they published one of my pieces in their most recent newsletter. When I saw *The Point* for October and happily found that you had used one of my pieces, before I could write to convey my appreciation, I got the November edition and saw that you had used a second piece. For me that was really something, three pieces in less than 90 days-Wow!

Thus I wanted to be sure to express my gratitude for the opportunity to be of service in my own little way to *The Point*, which was of course the point of my poetry about recovery, to carry the message.

I most definitely will have to amend the foreword of my book!!

Seriously, I hope others will be encouraged to share their experience, strength and hope in like fashion. It will be good for those of us who relate to it and also good for you as it will hopefully generate a whole new source of input for your worthy cause.

Thank you again for that opportunity.

Sincerely,
John W.

Dear John,

Thank you for your kind words. Yes, we are evolving as to the types of content we choose to publish. You make a good point when you say "...hopefully generate a whole new source of input..." We strive to have articles that are interesting to a wide variety of tastes. We have an annual theme; an A.A. History column; an occasional Meet the Meeting column; personal stories of experience, strength, and hope; Traditions articles; Steps articles; Concepts articles; and occasional humorous articles. In addition, we offer a variety of topics each month from which our contributors can choose.

This past year, we

added an occasional Meditations article, in which the author has written down her A.A. thoughts/musings, and added an occasional poem (yours). I hope that our readers will continue to send us content that share their experience, strength, and hope with others in our fellowship. The committee and I will work to strike a balance between the different types of content. For example, we would not publish an issue containing only prose, nor would we publish an issue that contained only humorous stories. Balance is what we strive to achieve.

That said, I ask every reader to think about what topic relating to sobriety she or he would be interested in writing. Then, without the confines of style, we would like the writer to share that experience, strength, and hope in a way that is best suited for that person.

Sincerely,
Gilbert G.

TP



A Timeline History of A.A.

The short form of the Traditions

by Bob S., edited by Gilbert G.

In this installment, we'll learn about how the *Grapevine* was used to disseminate the A.A. Preamble and the short form of the Traditions. In addition, we learn of Anne Smith's death, followed by Dr. Bob's death one year later. Finally, A.A.'s first International Convention was held in 1950, where Dr. Bob gave his last talk.

The A.A. Preamble - June 1947 Grapevine

In June 1947, the "A.A. Preamble" first appeared in the *Grapevine*. It was written by Tom Y., *Grapevine's* editor, and was based on the foreword to the 1st edition Big Book. Later that year, the December 1947 *Grapevine* reported that a new 48-page pamphlet titled "A.A. Tradition" was sent to each group and that enough copies were available for each member to have one free of charge. A sad and dark cloud emerged in 1947 when it was announced that Dr. Bob was stricken with cancer.

Dr. Bob and Anne - Summer 1948

In June 1948, Dr. Bob's cancer was diagnosed as terminal. He closed his office and retired from practice so that he and Anne could live their last days together quietly. In his last year, Dr. Bob fulfilled a life-long dream of obtaining a convertible automobile (a black Buick Roadmaster).

Anne Smith - June 1, 1949

In the following year, Anne Ripley Smith (age 69) died at St. Thomas Hospital on June 1, 1949. She was much revered by the Akron, OH

members and by Bill and Lois. Her last years were spent nearly blind due to severe cataracts.

In a July 1949 memorial *Grapevine* article, Bill W. wrote that Anne was "quite literally, the mother of our first group, Akron #1 and in the full sense of the word she was one of the founders of A.A."

The Short Form of the Traditions - November 1949 Grapevine

As plans for the first International Convention were under way, Earl T. suggested to Bill W. that the "Twelve Suggested Points for A.A. Tradition" would benefit from revision and shortening. Bill, with Earl's help, set out to develop the Short Form of the Twelve Traditions.

The Short Form of the Traditions first appeared in the November 1949 *Grapevine*. The entire November issue was dedicated to the Traditions in preparation for the upcoming Cleveland Convention in 1950.

Two wording changes were made for the final version of the Short Form of

the Traditions: the term "primary spiritual aim" was changed to "primary purpose" in Tradition Six and the term "principles above personalities" was changed to "principles before personalities" in Tradition Twelve.

First International Convention - Cleveland, OH - July 28 to 30, 1950

A.A.'s 15th anniversary and 1st International Convention took place in Cleveland, Ohio from July 28 to 30, 1950. There were an estimated 3,000 attendees. Registration was \$1.50 per person (the equivalent of \$11 today). On July 30, 1950, Dr. Bob made a brief appearance for his last talk.

The published program (likely through the influence of Clarence S.) described Cleveland, Ohio as "the birthplace of our movement." Attendees adopted the Twelve Traditions unanimously by standing vote.



Honesty, Purity, Unselfishness, Love

EXPERIENCE STRENGTH & HOPE

Each other's angels

by Peggy H.

During the summer of 2001, I was unemployed and living on my savings account and unemployment compensation while I looked for another job. I attended the Sunset 9'ers meetings every weekday morning, which helped me maintain some semblance of sanity during this difficult time.

I realized that I was paying more in service fees than I was earning in interest on my savings account. I decided it made more sense to close my savings account and move those funds into my checking account, so I visited my bank one July or August afternoon and made that transaction. This was the first time since I was 8 years old that I did not have a savings account and I felt vulnerable and raw afterwards. I remember crying on the way home, and asking God to help me with my fears and feelings.

I don't do a lot of crying. I never cried before in a meeting, but that night, as I shared in my women's meeting, I wept. At the close of the meeting, many women surrounded me, giving me hugs and emotional support.

We needed to make a 12th Step call

The following morning, I received a call from one of my sponsees asking me to pick her up and telling me we

needed to make a 12th Step call. One of the women I had met at the 9'ers meetings was drunk and needed our help.

I picked up my sponsee and we drove to this woman's home nearby. We met the woman's sponsor outside her door and went in together. Her home reminded me of my home during my drinking days. There were clothes, dirty dishes and papers all over everything. Ashtrays were overflowing. The curtains were closed so it was dark and dingy inside as well. The woman was so drunk she had trouble dressing

Grateful that I was sober

herself. She tried to put her elbow into the sleeve of a blouse that she had picked up from the floor.

I remember standing in her home feeling so grateful that I was sober. My angst over not having a savings account completely faded away as insignificant compared with what was going on with this woman.

She needed a

medical detox and it took several phone calls before we could find a facility that had room for her. The good news is that she did get into a detox center and has stayed sober all these years. I see her now and then on the bus on the way home from work.

We were each other's angels

I once told her she was my angel because she helped me see how important it is to be sober, despite my economic situation. She told me I was her angel for the help I gave her that day, along with my sponsee and her sponsor, so that she could find sobriety again. We agreed we were each other's angels.

AP



EXPERIENCE STRENGTH & HOPE

An open heart—a spiritual awakening

by Jane B.

“Is sobriety all that we are to expect of a spiritual awakening?” After a few years in A.A., my program was faltering and, I too, thought I was missing out on something. I had felt awakened from the gloom and doom of my life when I was drinking, but I couldn’t call myself happy, joyous and free all the time. Bill W.’s quote from *As Bill Sees It* is used in the introduction to this section of *Come to Believe* about spiritual awakening. The text goes on to respond to this thought: “No, sobriety is only a bare beginning; it is only the first gift of the first awakening.”

For me, my first grand awakening happened during my journey driving west through Nevada watching the sunset in the foothills of the Sierra Nevada Mountains. My HP was there all around me. I usually feel the glorious energy of the universe flowing from nature whenever I’m in a garden or hiking, when I meditate, or when I experience a “God Shot.”

I had to up my program

Unfortunately, I neglect to connect to this “power greater than myself” on a more frequent basis during the day.

“If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life—one that did not work—for a new life that can and

does work under any conditions...”

For me, this meant that I had to up my program: add a new sponsor and start again at Step One, join a literature-based meeting, help new sponsees, and take time throughout my day to ground myself (to connect with HP). This prescription has helped give me a new insight into my relationship with God. It has forged a love deep within, a peace and serenity that is my touchstone. Still I forget, maybe I’m just continuing a bad habit.

What was all my suffering good for?

“Keep an open heart” or “Keep calm and open your heart” are aphorisms I hadn’t pondered very deeply. This idea of openness is categorically the opposite of how I lived life before sobriety—I absolutely couldn’t have an open heart when I was constantly living in a survival/crisis mode. I felt like I was fighting in the trenches to keep my head above water and I couldn’t see the light of day. What was all my suffering good for? When I arrived in A.A., I only had a tiny spark remaining in my heart after my destructive drinking days. It was difficult to let anyone into my deep, dark, secret reality based inside a bottle of Dewar’s scotch. I was living in a fantasy world. On a few rare occasions I would find a new romance and I would swear that this time it would be different, it would

all work out happily ever after. I would force myself to try and love unconditionally and trust—neither of these would work out for me, with heartbreaking consequences. This

Love can find a way in

happened over and over; I was expecting a different result, just like my swearing that this time I could control my drinking.

Now, A.A. has given me a new way of living; “I became a part of that miraculous stream of living known as the Fellowship of A.A.” Working this program has pried my broken heart open so that love can find a way in. I love Jane Seymour’s Open Hearts logo, and think that her foundation’s philosophy meshes well with my conception of A.A.: “transforming personal adversity into an opportunity to serve others, with communities worldwide.”

I need to remember, if I keep an open heart, I’ll keep an open mind; I’ll be letting in all the new amazing possibilities the universe has in store if I only allow them into my heart. Last night I was in a meeting where the topic was emotional sobriety; I think this is the gift of an open heart.

 
Jane Seymour's Open Hearts Foundation Logo

Intergroup Meeting Summary—March 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 .

Marin Groups	On Awakening	Cocoanuts	Friendly Circle	Sometimes Slowly
Attitude Adjustment Hour	Sunday Night Corte Madera	Come 'n Get It!	Haight Street Blues	Sunday Rap
Day At A Time	Tuesday Beginners Meeting	Cow Hollow Men's Group	Join the Tribe	Sunset 9ers Tu
Downtown Mill Valley	San Francisco Groups	Dark Secrets	Marina Discussion	Too Early
Friday Night Book	A New Step Beyond	Design for Living	Pax West	Walk of Shame
Glum Not!	A Place to Call Home	Each Day a New Beginning	Pocket Aces	Weekend Update
Marin Young People	Any Lengths	Embarcadero Group	Reality Farm	
Mill Valley	Beginners Warmup	Extreme Makeover: Women's SS	Saturday Beginners	
Monday Night Stag Tiburon	Came to Park	Friday Morning 12 Steppers	Shamrocks & Serenity	

This is an unofficial summary of the April 2015 Intergroup meeting provided for convenience; it is not intended to be the complete 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., April 1, 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 April 2015 agenda were approved.

Officer Reports

Board Chair, Carolyn, for Becca Carolyn reported that the Board has created a Nominating Committee. The next Committee Chair meeting will be held on April 18. There will be a discussion later on this evening's agenda regarding nominations for the open Board positions.

Treasurer, Michelle We have a negative variance both for February and YTD. The information for the annual 990 filing has been given to the tax preparer. Michelle's term ends in June. We have only had one person indicate interest in the position. An

applicant need not be an AA member, but must have a background in bookkeeping and experience with QuickBooks. The number of hours per month varies, depending on what is going on, but averages about 10 per month.

Central Office Manager, Maury Meeting schedules were printed for both counties. Meetings held at CPMC facilities have been notified that they cannot be listed in the schedule. Only 124 Secretaries and 152 Treasurers are registered out of the 800+ meetings in SF and Marin. Remind groups to keep their points of contact current. Maury shared a success story about a bilingual member who called Central Office and was put in contact with a bilingual newcomer following the announcement last month calling on bilingual AA members to be available for such a service opportunity.

Intergroup Committee/Activity Reports

Access, Virginia The pamphlet with service animal information is complete. There is a service opportunity available for an operator to help facilitate on online meeting using Skype.

Archives, Michael P. The next meeting will take place on the anniversary of the opening 1010 Valencia fellowship. Provided a timeline of early A.A. history for the Western States. Suggests that all groups try to submit a Meet the Meeting history to be compiled for the archives.

Fellowship, Michael P. Founders Day is approaching and it's a good time to ask for groups to volunteer for either the regular Founders Day activities, or the play. Michael will send an email in a few weeks to

follow up and remind groups that service positions are available. There are opportunities to be of service for two separate events: Founders Day, Saturday June 6 in San Francisco, and the Traditions Play, Sunday June 7. GGYPA will be coordinating a meeting immediately before the play, and Marin Groups have stepped up to provide front of house volunteers.

Literature, Phil L. Copy writing and graphic software are available to groups that wish to use them.

Orientation, Greg Welcome to the new IGRs and requested that committee chairs come to orientation in order to introduce themselves to new IGRs (and perhaps get new volunteers for their committees!).

SF Teleservice, Pete F. 26 shifts are open and need to be filled. There are also two open coordinator positions for Friday and Saturday. Commitment and sobriety requirements were reviewed.

12th Step, Carolyn (for Justin) Carolyn read from the Service Opportunities Bulletin.

The Point, Paul Suggested that groups complete a Meet the Meeting form for publication in *The Point*, or to be kept on file for the Archives. The theme for this year is still Came to Believe.

Old Business

Central Office Lease Update: Maury and Matt will meet with the landlord; still looking at comps and taking suggestions from members on the needs for the Central Office. IGRs are encouraged to continue to review the Central Office Guidelines information page in the monthly Intergroup documents posted on the website in

Individual Contributions

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

IN MEMORIAM

Chris W., Lee M.

ANNIVERSARIES

Pat P. — 26 years

Margarite S. — 23 years

Michael W. — 15 years

order to get an idea of some of the services Central Offices provide the and their space requirements.

“How things get done” and “The roles of the board” proposals: Sam recapped the presentation he made last month on these two documents and asked for a motion to approve them. Questions and comments were taken. These documents will be brought back next month. There was discussion about the role of the Board, in accordance with the bylaws, to hire special workers when necessary.

SustAAinable AA proposal: Since John is not present tonight, Carolyn tabled this until next month.

Open Treasurer position: Once again, this will be the targeted message for April. We need a qualified person willing to make a commitment to this very important position.

New Business

Announcement of open Board positions: Michael explained that three new Board members are added each year as three others rotate. Terms are three-years long. Those interested need to submit a Statement of Interest and be voted by Third Legacy procedure, if necessary. The Nominating Committee is accepting Statements of Interest. The term begins on July 1st. The Nominating Committee consists of Margaret J., Phil L., and Michael P., all past Board Chairs.

Discussion on streamlining the SOS and Sunshine groups into the 12th Step committee: This discussion was centered on the need to understand the separate roles of each of these groups and whether they can be consolidated into

one committee to make better use of volunteers' interests and time. Some history was shared about how each of these groups formed.

Liaison Reports

SF Bridging the Gap, Jamie Still working on getting new volunteers. Receiving requests from facilities in Marin and Solano counties. Once approved BTG will make presentation in approved facilities and then receive requests from people who would like to attend meetings when they are released.

Marin General Service, Chris Attended the area assembly in Petaluma recently. Getting ready for the Pre-Conference Assembly before the General Service Conference.

SF General Service, Virginia Get the word out that this is the time for groups to discuss the Agenda topics for the Pre-Conference Assembly.

SF H&I, Mark Service opportunities are available! Please get the word out for those interested to attend the orientation and monthly business meeting.

GGYPAA, Wanda Still working on the ICYPAA bid, and still getting the word out that service opportunities are available!

Meet the Meeting

Charley, Embarcadero Group This meeting takes place 5 days a week at the Embarcadero YMCA; all meetings are 40 minutes and meet in the conference room, or on the roof! The meeting has a history of silent clapping from the days when they used to meet in Starbucks.

(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

VICE CHAIR

Carolyn R. vicechair@aasf.org

TREASURER

Michelle C. treasurer@aasf.org

RECORDING SECRETARY

Chris H. secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

Justin B. 12thstep@aasf.org

ACCESS COMMITTEE

Virginia M. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

HOMEBOUND MARIN

homeboundmarin@aasf.org

ORIENTATION COMMITTEE

Greg M. orientation@aasf.org

OUTREACH COMMITTEE

Justin B. outreach@aasf.org

PI/CPC COMMITTEE

Erin S. picpc@aasf.org

SF TELESERVICE COMMITTEE

Pete F. sfteleservice@aasf.org

SOS COMMITTEE

Dorothy V. sos@aasf.org

SUNSHINE CLUB

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

THE POINT

Jane B. thepoint@aasf.org

WEBSITE COMMITTEE

website@aasf.org

aa group contributions

Fellowship Contributions	Mar. 15	YTD
Biggs AA	\$ 37	\$ 37
Contribution Box	\$ 27	\$ 110
GGYPAA	\$ 23	\$ 23
Intergroup	\$ 130	\$ 327
Novato Fellowship Group	\$ 46	\$ 46
Unidentified Group	\$ 18	\$ 18
Fellowship Total	\$ 175	\$ 561

Marin Contributions	Mar. 15	YTD
AA By The Bay Tu 730pm	\$ 209	\$ 209
Attitude Adjustment 7D 7am	\$ 1,392	\$ 1,392
Awareness/Acceptance M 1030am	\$ 120	\$ 120
Back to Basics Su 930am	\$ 70	\$ 185
Closed Women's SS Tu 330pm	\$ 94	\$ 94
Cover to Cover W 730pm	\$ 100	\$ 100
Crossroads Sun 12pm	\$ 500	\$ 500
Downtown Mill Valley F 830pm	\$ 490	\$ 490
Friday Night Book F 830pm	\$ 121	\$ 270
Girls Night Out W 815pm	\$ 125	\$ 125
Gratitude Tu 8pm	\$ 100	\$ 100
Happy Destiny F 7pm	\$ 200	\$ 200
Happy, Joyous & Free 5D 12pm	\$ 375	\$ 375
High & Dry W 12pm	\$ 170	\$ 170
Inverness Sunday Serenity 10am	\$ 135	\$ 135
Just Can't Wait 'til 8 M 630pm	\$ 147	\$ 147
Last Stop Men's SS W 6pm	\$ 250	\$ 250
Marin Teleservice	\$ 2,500	\$ 2,500
Meditation Wednesday 7pm	\$ 109	\$ 109
Mill Valley 7D 7am	\$ 750	\$ 750
Mill Valley Discussion W 830pm	\$ 105	\$ 105
Monday Blues M 645pm	\$ 185	\$ 185
Monday Night Madness 6pm	\$ 250	\$ 250
Monday Night Stag Tiburon	\$ 500	\$ 500
Monday Night Women's M 8pm	\$ 221	\$ 221
Monday Nooners M 12pm	\$ 305	\$ 305
Morning Attitude Adjustment	\$ 538	\$ 538
Nativity Monday Night BB 8pm	\$ 67	\$ 67
Noon Tu 12pm	\$ 31	\$ 103
North Marin Speaker Sun 12pm	\$ 200	\$ 200
Not a Glum Lot Group Fr 8pm	\$ 152	\$ 152
On Awakening 7D 530am	\$ 700	\$ 700
Pathfinders Tu 12pm	\$ 139	\$ 139
Primary Purpose M12pm	\$ 129	\$ 129
Quitting Time M-F 530pm	\$ 170	\$ 170
Redwoods	\$ 45	\$ 45
Rise N Shine Sun 10am	\$ 240	\$ 240
San Geronimo Valley M 8pm	\$ 530	\$ 530
Sausalito Sober Sisters Th 330pm	\$ 82	\$ 82
Sober & Serene F 7pm	\$ 200	\$ 200

Marin Contributions	Mar. 15	YTD
Sober Sisters Wed 12pm	\$ 152	\$ 152
Spiritual Testosterone Stag Su 830a	\$ 442	\$ 442
Steps To The Solution W 715pm	\$ 209	\$ 209
Sunday Express Sun 6pm	\$ 109	\$ 109
Survivors M 12pm	\$ 95	\$ 95
Thursday Night Book Club Th 7pm	\$ 48	\$ 48
Thursday Night Speaker 830pm	\$ 448	\$ 448
We, Us and Ours M 650pm	\$ 149	\$ 149
Wednesday Night Candlelight W 8pm	\$ 62	\$ 62
Wed Night SD W 7pm	\$ 304	\$ 304
Women's Big Book Tu 1030am	\$ 279	\$ 279
Women's Meeting Su 430pm	\$ 88	\$ 88
Working Dogs W 12pm	\$ 200	\$ 200
Marin Total	\$ 5,898	\$ 15,666

SF Contributions	Mar. 15	YTD
11th Step Power Power Power	\$ 90	\$ 90
20+ Sun 445pm	\$ 149	\$ 307
6am Dry Dock Sa	\$ 72	\$ 72
Afro American Beginners Sat 8pm	\$ 7	\$ 168
Any Lengths Sat 930am	\$ 600	\$ 600
Artists & Writers F 630pm	\$ 400	\$ 400
As Bill Sees It Th 830pm	\$ 125	\$ 125
Back to Basics Th 730pm	\$ 10	\$ 10
Beginners 12 x 12 F 7pm	\$ 102	\$ 102
Bernal Big Book Sat 5pm	\$ 92	\$ 212
Bernal New Day 7D	\$ 230	\$ 581
Big Book Study Su 1130am	\$ 302	\$ 302
Blue Book Special Su 11am	\$ 64	\$ 105
Brothers in Arms M 8pm	\$ 31	\$ 31
Buena Vista Breakfast Su 12pm	\$ 180	\$ 180
By the Book Sa 10am	\$ 44	\$ 44
Castro Discussion Th 730p	\$ 192	\$ 192
Castro Nooners F 12pm	\$ 88	\$ 88
Coit's Quitters	\$ 60	\$ 60
Cow Hollow Men's Group W 8pm	\$ 175	\$ 475
Design For Living BB Tu/Th 730am	\$ 43	\$ 43
Design for Living Sat 8am	\$ 227	\$ 227
Dignitaries Sympathy W 815pm	\$ 275	\$ 275
Each Day a New Beginning F 7am	\$ 834	\$ 834
Each Day a New Beginning M 7am	\$ 267	\$ 267
Each Day A New Beginning Su 8am	\$ 500	\$ 500
Each Day a New Beginning Th 7am	\$ 427	\$ 427
Each Day a New Beginning W 7am	\$ 494	\$ 494
Early Start F 6pm	\$ 1,185	\$ 1,185
Easy Does It Tu 6pm	\$ 54	\$ 54
Eureka Step Tu 6pm	\$ 89	\$ 89
Eureka Valley Topic M 6pm	\$ 579	\$ 579
Excelsior "Scent" Free for All Sa 7pm	\$ 60	\$ 60

SF Contributions	Mar. 15	YTD
Extreme Makeover M 730pm	\$ 77	\$ 77
Federal Speaker Su 12pm	\$ 108	\$ 197
Firefighters & Friends Tu 10am	\$ 97	\$ 97
Fireside Chat Group Tu 8pm	\$ 62	\$ 62
Friday at Five F 5pm	\$ 70	\$ 70
Friday Lunch With Bill Fri 12pm	\$ 26	\$ 26
Friday Smokeless F 8pm	\$ 541	\$ 541
Friday Women's Round Robin 6am	\$ 20	\$ 20
Gold Mine Group M 8pm	\$ 426	\$ 426
Goodlands Su 2pm	\$ 72	\$ 72
High Sobriety M 8pm	\$ 136	\$ 136
Hilldwellers M 8pm	\$ 322	\$ 322
Join the Tribe Tu 7pm	\$ 456	\$ 456
Ladies Who Lunch Thu 1210pm	\$ 55	\$ 55
Let It Be Now F 6pm	\$ 52	\$ 52
Like A Prayer Su 4pm	\$ 60	\$ 60
Lincoln Park Sat 830pm	\$ 71	\$ 71
Living Sober with HIV W 6pm	\$ 236	\$ 236
Looney Toons Tu 10pm	\$ 19	\$ 19
Lush Lounge Sa 2pm	\$ 195	\$ 195
Meeting of the Moms	\$ 75	\$ 75
Meeting Place Noon W 12pm	\$ 204	\$ 204
Mellow Mission Sunrise M 7am	\$ 60	\$ 60
Men's Gentle Touch M 7pm	\$ 207	\$ 207
Mid-Morning Support Su 1030am	\$ 150	\$ 150
Monday Monday M 1215pm	\$ 174	\$ 174
New Friday Big Book F 12pm	\$ 61	\$ 172
NYX - Sat 730pm	\$ 78	\$ 78
O.A.D.W. Mon 7pm	\$ 164	\$ 164
Park Presidio M 830pm	\$ 229	\$ 229
Parkside Th 8pm	\$ 46	\$ 46
Pax West Daily Reflections W 7am	\$ 172	\$ 172
Pax West Discussion Th 12pm	\$ 453	\$ 453
Pax West Literature Disc Tu 12pm	\$ 1,170	\$ 1,170
Pax West Prayer / Meditation F 7am	\$ 233	\$ 233
Progress Not Perfection Tu 830pm	\$ 99	\$ 99
Queers, Crackpots & Fallen Women	\$ 60	\$ 60
Rebound W 830pm	\$ 37	\$ 37
Saturday Easy Does It Sa 12pm	\$ 284	\$ 284
Serenity House	\$ 150	\$ 450
Sex and Love in Sobriety M 3pm	\$ 31	\$ 31
Six O'Clock Step Th 6pm	\$ 12	\$ 12
Sober Saturday Sa 830am	\$ 132	\$ 132
Sobriety & Beyond W 7pm	\$ 140	\$ 290
Some Are Sicker Than Others W 6pm	\$ 179	\$ 179
Steppin' Up Tu 630pm	\$ 25	\$ 122
Stonestown M 8pm	\$ 120	\$ 120
Sun Morning Gay Men's Stag 930am	\$ 48	\$ 48

Continued on p. 18

They Did Not Follow Me In

Those four horsemen of doom

by John W.

The relief I experienced
When I discovered
They Did Not Follow Me In
Could not be overstated !!

They had dogged my
Every step, forever, or so
It had seemed, but certainly
For as long as memory served.

Fear there would not be enough
Whether it be booze or life's
pleasures,
Frustration of having to hide my
weakness or of
Being anxious when I was not getting
what I wanted.

Terror Upon Awakening, often
knowing
Nothing of the hours or days just
passed.
Bewilderment of why I acted so,
In spite of having what I needed.

Not a day had gone by
Without a visit from
These ghouls or at least
One of them.

For each to foist their own
Special brand of Incomprehensible
Demoralization or worse

Relentlessly upon me was their task.

Their labor of love almost
Killed me, would have
Killed me, except for
The rooms of serenity I found.

Unlike when I told myself
All was well, when it was not,
When I lied that I was fine,
Yet my insides were bursting apart.

Here for the first time
I could ever recall, I could
Tell the truth, usually to
“Been There, Done That” laughter.

Although I had entered the rooms
Clothed in humiliation,
The laughter stripped me,
My new attire: Humility.

Though suffering from Terminal
Uniqueness, I discovered
I was no different from these fellows
Man or Woman, Young or Old.

The common problem had been
Our curse, now it was
Becoming my salvation,
As it already was theirs.

Whether it had been days



Or weeks, maybe only minutes,
That seemed like years,
I do not now remember . . .

I know now only I realized:
They Did Not Follow Me In !!
Those Four Horsemen of Doom
Left my sanctuary inviolate.

Their presence I had dread
For their absence I had prayed.
The Shield of Sobriety a
Bouncer, guarding these thresholds.

Banished forever they were not,
But the daily reprieve achieved,
One Step at a Time, was a waking
Dream come true, A Promise Kept.

Profit and Loss Statement: February 2015

	Feb 2015	Budget	Jan - Feb 2015	YTD Budget		Feb 2015	Budget	Jan - Feb 2015	YTD Budget
Ordinary Income/Expense					Phone Book Listings	\$93	\$95	\$186	\$190
Income					Postage	\$200	\$200	\$249	\$249
Gratitude Month	\$882	\$800	\$3,710	\$3,750	Printing	\$0	\$0	\$0	\$0
Group Contributions	\$9,401	\$12,200	\$28,081	\$32,200	Professional Fees	\$0	\$0	\$0	\$0
Individual Contributions	\$2,656	\$2,550	\$4,170	\$6,425	Rent - Office	\$4,287	\$4,287	\$8,574	\$8,574
Newsletter Subscript.	\$0	\$0	\$0	\$33	Rent - Other	\$75	\$75	\$75	\$75
Sales - Bookstore	\$8,479	\$10,000	\$17,687	\$20,000	Repair & Maintenance	\$240	\$240	\$480	\$590
Intergroup Events	\$0	\$0	\$0	\$0	Security System	\$0	\$0	\$0	\$0
Total Income	\$21,418	\$25,550	\$53,647	\$62,408	Shipping	\$338	\$408	\$603	\$817
Cost of Goods Sold					Software Purchased	\$0	\$0	\$0	\$0
Cost of Books Sold	\$5,516	\$8,029	\$11,564	\$14,558	Telephone	\$334	\$230	\$563	\$460
COGS - Shipping	\$0	\$26	\$18	\$40	Training	\$165	\$185	\$165	\$185
Credit Card Fees	\$236	\$535	\$700	\$910	Travel	\$0	\$0	\$0	\$0
Total COGS	\$5,752	\$8,590	\$12,282	\$15,508	Total Expense	\$20,926	\$20,986	\$41,555	\$42,730
Gross Profit	\$15,666	\$16,960	\$41,364	\$46,900	Net Ordinary Income	-\$5,259	-\$4,026	-\$191	\$4,170
Expense					Other Income/Expense				
Committees	\$60	\$0	\$208	\$1,351	Other Income				
Employee Expenses	\$13,162	\$13,549	\$25,495	\$25,622	Bag Fees	\$3	\$2	\$6	\$5
Equipment Lease	\$326	\$408	\$1,142	\$816	Customer Shipping	\$296	\$550	\$501	\$900
Filing/Fees	\$52	\$0	\$72	\$0	Interest Income	\$59	\$77	\$125	\$155
Insurance	\$57	\$0	\$1,683	\$1,925	Miscellaneous Income	\$0	\$30	\$90	\$60
Intergroup Events	\$1,208	\$708	\$1,208	\$708	Total Other Income	\$358	\$659	\$721	\$1,120
Intergroup Literature	\$152	\$150	\$266	\$265	Other Expense				
Internet Expense	\$133	\$134	\$267	\$267	Depreciation Expense	\$223	\$205	\$446	\$408
Office Supplies	\$35	\$204	\$130	\$408	Total Other Expense	\$223	\$205	\$446	\$408
Paper Purchased	\$0	\$104	\$169	\$208	Net Other Income	\$135	\$454	\$275	\$712
Payroll Fees	\$10	\$10	\$21	\$21	Net Income	-\$5,124	-\$3,572	\$85	\$4,882

Treasurer's Report

For the month of February, total income was under budget by \$4,132 which was primarily due to group contributions and bookstore sales under budget by \$2,799 and \$1,521, respectively.

Total expenses for the month of February were under budget by \$61.

February had a negative variance of \$5,124 compared to a projected negative variance of \$3,572.

Unrestricted cash balance decreased from \$41,054 to \$35,880 which represents two months of operating expenses.

aa group contributions, con't

SF Contributions	Mar. 15	YTD	SF Contributions	Mar. 15	YTD
Sunday Night Castro SD 730pm		\$ 453	Tuesday Big Book Study Tu 6pm		\$ 107
Sundown W 7pm		\$ 305	Valencia Smokefree F 6pm	\$ 188	\$ 297
Sunrise Sunset Women's Step Th 6pm		\$ 600	Walk of Shame W 830pm		\$ 210
Sunset 11'ers Th		\$ 79	We Care Tu 12pm		\$ 72
Sunset 9'ers F		\$ 49	Weekend Worker Sat 7am	\$ 60	\$ 60
Sunset Speaker Step Sun 730pm		\$ 179	West Portal W 8pm		\$ 275
Ten Years After Su 6pm	\$ 151	\$ 290	Wits End Step Study Tu 8pm		\$ 26
The Parent Trap 2 Wed 4pm	\$ 100	\$ 207	Women's 10 Years Plus Th 615pm		\$ 113
The Parent Trap M 1pm		\$ 26	Women's Kitchen Table Tu 630pm		\$ 402
The Pepper Group F 12pm		\$ 18	Work In Progress Sat 7pm		\$ 326
They Stopped In Time M 8pm		\$ 195	YAHOO Step Sa 1130am		\$ 112
Thursday Thumpers Th 7pm		\$ 20	Young at Heart Sa 930am		\$ 70
Too Close For Comfort M 6pm		\$ 110	San Francisco Total	\$ 5,449	\$ 23,376
Too Early Sat 8am	\$ 777	\$ 777			
Trudgers Discussion Su 7pm		\$ 180	YTD	\$ 11,522	\$ 39,603

February 2015 Balance Sheet

	Feb 28, 2015	Jan 31, 2015	\$ Change	Feb 28, 2014	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$192,069	\$192,010	\$59	\$186,537	\$5,532
Unrestricted Cash	\$35,880	\$41,054	-\$5,174	\$45,761	-\$9,881
Total Checking/Savings	\$227,949	\$233,064	-\$5,115	\$232,298	-\$4,349
Accounts Receivable					
Accounts Receivable	\$22	\$81	-\$58	\$252	-\$230
Total Accounts Receivable	\$22	\$81	-\$58	\$252	-\$230
Other Current Assets					
Inventory - Bookstore	\$25,414	\$24,192	\$1,222	\$23,256	\$2,158
Prepaid Literature Orders	\$783	\$775	\$8	\$2,250	-\$1,467
Undeposited Funds	\$275	\$15	\$260	\$11	\$264
Total Other Current Assets	\$26,472	\$24,982	\$1,490	\$25,517	\$955
Total Current Assets	\$254,444	\$258,127	-\$3,683	\$258,067	-\$3,624
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,849	\$1,907	-\$58	\$3,102	-\$1,253
Leasehold Improvements (Net)	\$17,554	\$17,719	-\$165	\$19,528	-\$1,974
Total Fixed Assets	\$19,402	\$19,625	-\$223	\$22,629	-\$3,227
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,898	-\$200
Total Other Assets	\$6,698	\$6,698	\$0	\$6,898	-\$200
TOTAL ASSETS	\$280,544	\$284,450	-\$3,906	\$287,594	-\$7,051

LIABILITIES & EQUITY

Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	\$0	\$0	\$0	\$1,007	-\$1,007
Total Accounts Payable	\$0	\$0	\$0	\$1,007	-\$1,007
Other Current Liabilities					
Payroll Liabilities	\$4,271	\$3,751	\$520	\$3,867	\$404
Sales Tax Payable	\$1,420	\$722	\$698	\$1,038	\$382
Total Other Current Liabilities	\$5,691	\$4,473	\$1,218	\$4,905	\$786
Total Current Liabilities	\$5,691	\$4,473	\$1,218	\$5,912	-\$221
Long Term Liabilities					
Deferred Compensation (Supp. Comp Plan)	\$60,167	\$60,167	\$0	\$54,193	\$5,974
Total Long Term Liabilities	\$60,167	\$60,167	\$0	\$54,193	\$5,974
Total Liabilities	\$65,858	\$64,640	\$1,218	\$60,105	\$5,753
Equity					
Net Assets	\$214,601	\$214,601	\$0	\$216,250	-\$1,649
Opening Balances	\$0	\$0	\$0	\$0	\$0
Net Income	\$85	\$5,209	-\$5,124	\$11,239	-\$11,155
Total Equity	\$214,685	\$219,810	-\$5,124	\$227,489	-\$12,804
TOTAL LIABILITIES & EQUITY	\$280,544	\$284,450	-\$3,906	\$287,594	-\$7,051

(Continued from page 15)

Mary, Pocket Aces This meeting is about six months old and meets at 2900 24th St. The meeting has a pack of cards, each card with a specific topic for discussion. The deck is distributed among those attending the meeting and the meeting goes from there.

John, Dark Secrets This meeting also meets at 2900 24th St. on Sunday nights. The speaker(s) are sponsor and sponsee. The meeting tends to draw young people and has a varied history.

Volunteers for next month: Jane B., Come 'n Get It; Liz M., Beginners Warmup

Meeting adjourned with the Responsibility Statement at 8:36pm.

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

Write to
THE POINT!
The Point Committee
values your input

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

or
thepoint@aasf.org



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