

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015  
6  
June

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Humbly Asked Him



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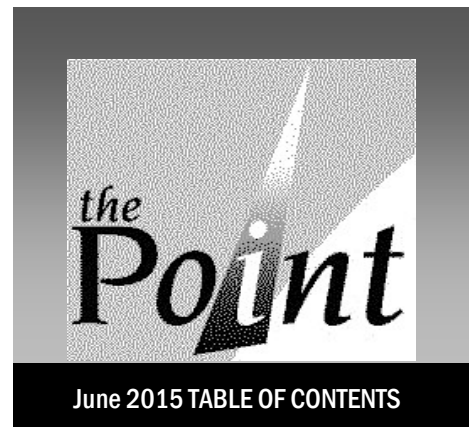
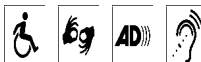
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of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

# June 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>1</b>	<b>2</b> <u>FIRST TUE</u> Access Committee Central Office 6pm	<b>3</b> <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm
<b>7</b> Intercounty Fellowship of AA Presents <i>Our Experience Has Taught Us</i> 618 B Street, San Rafael Speaker Meeting 4pm Show Time 5:30pm	<b>8</b> <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Business Meeting 7pm	<b>9</b> <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	<b>10</b> <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
<b>14</b> Golden Gate Young People in AA Central Office 12pm	<b>15</b> <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	<b>16</b>	<b>17</b>
<b>21</b> <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	<b>22</b>	<b>23</b> <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	<b>24</b>
<b>28</b>	<b>29</b>	<b>30</b>	

THURSDAY	FRIDAY	SATURDAY
<b>4</b>	<b>5</b>	<b>6</b> Intercounty Fellowship of AA Annual Founders' Day Event 1187 Franklin St, SF 5:30pm - 9pm Novato Fellowship Annual Founders' Day Picnic 3549 Novato Blvd, Novato 9am - 5pm
<b>11</b> <u>SECOND THU</u> 12th Step Committee Central Office 6pm	<b>12</b>	<b>13</b> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 10am
<b>18</b>	<b>19</b>	<b>20</b> <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
<b>25</b> <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	<b>26</b>	<b>27</b> <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am

Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.



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Good luck and God bless you!

*Alcoholics Anonymous, pg. 121*



## Meeting Changes

### New Meetings:

Mon	8:00pm	Outer Sunset	SEA CHANGE, Sunset Youth Services: 3918 Judah St / 44th Ave (Speaker/Discussion, Book Study, Chips)
Tue	7:30pm	Outer Sunset	BACK TO BASICS, Sunset Youth Services: 3918 Judah St / 44th Ave (In depth Big Book study)
Sat	7:00pm	Western Addition	NYX, New Urban Redemption Church: 1660 McAllister / Divisadero (Big Book Study, Speaker/Discussion, Wheelchair Access, No Slips Signed)

### Meeting Changes:

Mon	8:30pm	Castro	THEY STOPPED IN TIME, First Christian Church: 599 Duboce Ave / Noe (was at CPMC: Davies)
Fri	8:00pm	Fairfax	FAIRFAX FRIDAY NIGHT, 2398 Sir Francis Drake Blvd / Oak Manor Dr (was at 8:30pm)
Sat	9:00am	Inner Sunset	EXPERIENCE, STRENGTH AND HOPE, 1329 7th Ave / Irving (was Saturday Sunset 9'ers, Last Saturday has Chips and is a Speaker/Discussion)

**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



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](mailto: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 GGYPA  
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](http://www.shop.aasf.org), \$20 admission**

From the Editor

## Humbly Asked Him

by Gilbert G.

Summer is almost here. Yes, I'm entirely ready for the season, along with it's longer days. The summer solstice, the longest day of the year, will occur on June 21. As Summer continues the growing season that started in Spring, may we continue to grow within our programs and practice humility on a daily basis..

In this issue, Paul K. shares his experience, strength, and hope around Step Six. He realizes that he needed to first hit bottom before he became willing to have God remove all his defects of character. Andy Anonymous shares some A.A. history with us by informing us about the Lasker Award and how it was presented by the American Public Health Association to A.A.

Claire A. writes about fear. In her article, she talks about two types of fear: genuine terror and Frantic Efforts at Avoiding Responsibilities. She learns to take them one day at a time. Judy G. wrote the piece, We

Are The Seekers. Judy has learned to get her answers from her higher power.

There are two A.A. history articles in this issue. Peter M. shares historical information about the NCAA conference and looks into an old issue of its newsletter: the Good News. Arthur S. shares historical information about the formation of the first General Service Conference.

Lili B., in Let Go or Be Dragged, shares about learning that she is not in control. She chooses to "let go." Marlan H. wrote, I Got This, but as we all know in A.A., "clearly, we don't have this." Annia R. gives us one of her meditations in which she shows how we can be of service simply by sharing our stories with another alcoholic. Finally, we added a short piece of humor, Police Stop, at the back of the issue. We rarely publish humor, so we'd be interested in knowing your thoughts about our publishing an occasional humorous piece.

### 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 \$5.00 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.
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Don N.	Lynne L.	Tim Mc.
Emily C.	Mabel T.	Tom S.
Erin S.	Margarite S.	Tony R.
Fay K.	Marit L.	
Frederick D.	Mark O.	Your
Gregory G.	Martha S.	Name
Henry P.	Mary C.	Here!
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!



# Step Six



***Were entirely ready to have God remove all these defects of character***

by Paul K.

Page 76 of *Alcoholics Anonymous* outlines Step Six in four sentences: “We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing.”

The Step Six description in the book *Twelve Steps And Twelve Traditions* helps us look at all character defects, which can include issues we work on in other 12 step programs. Page 65 highlights that “it is nowhere evident, at least in this life, that our Creator expects us to fully eliminate our instinctual desires. When they drive us blindly, or we willfully demand that they supply us with more satisfaction or pleasures than are possible or due us, that is the point at which we depart from the degree of perfection that God wishes for us here on earth.”

*... we depart from  
the degree of perfection  
that God wishes for us*

With four and a half years of recovery from alcohol, I continue to face the other areas of my life where I am addicted to substances or behaviors, overdoing the basic instincts of life. The first addiction to let go of was cigarettes, which I have been free of for about four years. I do still abuse caffeine, drinking it all day long. I was not fully conscious of my sugar addiction and overeating behavior until recently. I let go of

sugar one month ago but am still compulsively overeating. I have also become aware of my clutter at home, which served the purpose of comfort and security. I have over-purchased books and gadgets and set up projects that used to keep me company during my solitary drinking days, but they are now blocking me from living a life full of clarity with intimate relationships. The strongest addiction in my life may be my addiction to security. I may be staying in a job longer than I should, resisting change, because the pain I know is less than the fear of losing what I have.

*I am not always  
willing to let go  
and let God*

Because I am not always willing to let go and let God, I have become skilled at forcing a quicker bottom. With cigarettes, I allowed myself to smoke as much as I wanted, so much so, that I was waking up in the middle of the night to satisfy my craving. I could feel the craving for a cigarette calling me out on the patio for a smoke, not the other way around. I have learned that the cost of my addiction needs to be higher than the benefit it provides before I become willing to let go. The same thing happened with sugar. I allowed myself to eat as much ice cream and cookies as I wanted until I felt myself gaining weight and experiencing fatigue and energy depletion in the mornings. That was enough pain for me to quit. A similar path is likely to occur with coffee. The costs include

dehydration, increased anxiety, adrenaline depletion, and an overall sensation of craving in my system. The benefits are a sense of comfort and mood alteration and a sense of suppressing uncomfortable feelings. At some point, I will recognize the cost is higher than the benefit, and I

*I have needed  
to hit bottom*

will be willing to let go. Letting go of the security of my job will be even scarier. Even though I am experiencing chronic stress and some physical pain related to my job, I fear losing my home and lifestyle if I were to let go and change jobs.

Thus far, I have needed to hit bottom before I am entirely willing to have God remove my defects of character. I hope and expect that I will develop more faith over time to let go sooner and allow life to unfold with more vigor, so that I can be more happy, joyous, and free.

**TP**



# History of Alcoholics Anonymous

## *Spotlight on San Francisco and the Lasker Award*

by Andy Anonymous

When we think of the history of Alcoholics Anonymous, the focus tends to be on Akron and New York, and rightly so given that A.A.'s founding and early groups started there. As part of carrying the A.A. message to early members and groups, Bill W. did make several trips to San Francisco, and the Bay Area, with perhaps his most notable visit in October 1951 on the occasion of the Lasker Award being presented to Alcoholics Anonymous from the American Public Health Association.

### *Alcoholics Anonymous was 16 years old*

The year 1951 marked the Sixth Annual Presentation of the Lasker Award by the American Public Health Association and was presented to Alcoholics Anonymous "in recognition of its unique and highly successful approach" to an "age-old public health and social problem, alcoholism." At that time in 1951, Alcoholics Anonymous was 16 years old, and this was an incredible honor for what was still a rather newly founded and developing fellowship. The Lasker Award had been presented to individuals and groups who had made major contributions to public health efforts. This highly prestigious award has been compared to the Nobel Prize, and many of its laureates have received both honors.

Bill W. and Bernard Smith, the non-alcoholic Chairman of the General Service Board, visited the San Francisco Bay Area on October 29 and 30, 1951. There were two events organized and both took place at the War Memorial Opera House in San

### *Who says A.A. has only two founders?*

Francisco. On October 29, 1951, members of Alcoholics Anonymous from all around northern California gathered in the opera house to hear Bill W. and Bernard Smith speak. This event was organized by the Northern California Council of Alcoholics Anonymous (NCCAA) which had been created at the suggestion of Bill W. in 1947 as a way for the members in Northern California to meet and communicate with each other. The *Good News*, which is still the newsletter of NCCAA, reported in its November 1951 issue that over 3,000 members gathered to hear Bill and celebrate his visit to San Francisco. Bill W. took the opportunity to provide a brief history of Alcoholics Anonymous with an emphasis on the non-alcoholics who had been instrumental in the development of A.A. Dr. William Silkworth and Reverend Sam Shoemaker were both discussed, but Bill paid special tribute to Sister Ignatia who, along with Dr. Bob, had tended to thousands of alcoholics at the Catholic hospital, St. Thomas in Akron, Ohio. Bill ended this section

of his talk by asking, "who says A.A. has only two founders?" and as we celebrate A.A.'s founding in June of 2015, we have a good reminder of the crucial part that non-alcoholics have played in the history of Alcoholics Anonymous.

The next night, the War Memorial Opera House in San Francisco was again filled, but this time the gathering was for the presentation of the Lasker Award to Alcoholics Anonymous. This time, Bill W. was not center stage, but the non-alcoholic Chairman of the General Service Board,

Bernard Smith, represented the A.A. Fellowship on this very public occasion. Alcoholics Anonymous' tradition of anonymity at the level of press, radio and film was in practice, and while Alcoholics Anonymous was being celebrated with the presentation of the prestigious Lasker Award, Bill W. remained in the background.

Information for this article came from [www.recoveryspeakers.org](http://www.recoveryspeakers.org); [www.norcalaa.org](http://www.norcalaa.org) and [www.aa.org](http://www.aa.org).



**American Public Health  
Association's Lasker Award**



# F. E. A. R.

## *Frantic Efforts at Avoiding Responsibilities*

by Claire A.

Fear has ruled my life. It's only through working the A.A. program that I have begun to even see how much fear impacts my life, let alone do anything about it.

Very often, when I find myself complaining about being “stuck,” the problem boils down to fear in some form or other. Usually, fear then breaks down either into genuine terror about something (like flying, for me) or as the headline says, “frantic efforts at avoiding responsibilities.”

### *hiding behind fear*

There are many examples of the latter in my life. “Frantic efforts at avoiding responsibilities” sneaks up on me over and over again, and it's only through ruthless honesty that I can make any headway against this type of fear. To take an example, I hate making plans for my little family for the weekend. Maybe I'm afraid the plans won't be good enough. Maybe I'm really feeling selfish. Generally speaking, trying to figure out why I am afraid is not actually that helpful to moving forward with my life. There probably is some underlying fear for why I don't want to do whatever is on my task list, but sorting that out doesn't seem worth the time.

Frantic efforts at avoiding responsibilities, for me, is about hiding behind fear. Which I do by procrastinating. Procrastination is a

slippery eel for me. I can find a million excuses to procrastinate, from “catching up on the news” – and reading the comments section in the newspaper, which only has the effect of making me angry – to “catching up with my friends” and sinking

### *Easy does it, after all*

two hours into Facebook instead of making some progress on my day's tasks. But it's not like I say to myself, “Oh, I think I'll procrastinate for a while.” Often, it's just habit – clicking on to the news, checking email (again) or reading just one more page in that juicy book.

Lately, I am relieved to say I have started to make some progress with procrastination. I've finally figured out that wanting to avoid responsibilities doesn't make me a bad person. I don't have to beat myself up over it. In fact, taking a break from responsibilities during the day is important, for me. Easy does it, after all.

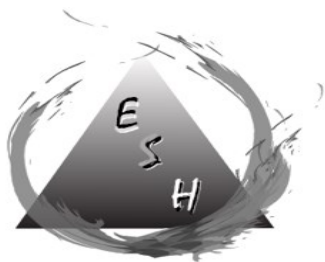
However, I really do want to get my tasks done. What has plagued me for a long time is a feeling of powerlessness over procrastination, of being “sucked in” to Facebook. But everyone knows I'm not sucked in. As they say about drinking, it's not like someone strapped me down and poured drinks down my throat. Nor does anyone strap me to a chair and make me scroll through Facebook posts. I do that on my own. So, what do I do?

The First Step for me in getting sober was to admit I am powerless over alcohol, and that my life is unmanageable. And the first step with procrastination is for me to admit that I'm powerless over it. This is a defect that I can't change, much as I have tried. I have tried making lists, not making lists, beating myself up, giving myself leeway, checking in about Facebook with a sponsor, not checking in about Facebook with a sponsor. I would love it if my Higher Power would remove procrastination from me. In the meantime, I am practicing not picking up Facebook, one day at a time. I am practicing getting some exercise one day at a time. I am practicing tackling the most important item on my to-do list first, one day at a time. Some days this goes well, some days, not so well. But it's progress! If I can procrastinate half as much as I used to, that's great. So, getting over fear of responsibilities is really about taking them one day at a time, and not trying to solve my whole life problem at once!

**TP**







# We Are The Seekers

## *We Ask God for Answers*

by Judy G.

One of my favorite times of the month is when I find the newest issue of *Spirituality and Health* magazine in my mailbox. It has great articles and advertisements for meditation, yoga, and all types of spiritual retreats around the world. This month, there is an article about vision quests, and the first line of the article is, "Shamans (spiritual healers) have always known that deepening our connection to Spirit, the creative force that we are all a part of, is the ultimate medicine for the soul, the mind, and the body."

Is it a coincidence that I come home and open the magazine to this page as I am about to write an article about the search for God? These days, I think not.

### *We are all seekers*

We are alcoholics. We have a disease of the mind, body, and spirit that we arrest a day at a time by working the program of Alcoholics Anonymous. When Bill W. finally got sober, it was when his old school friend, also a drunk, showed up at his house and said "I've got religion." Bill's friend told him that God had done for him what he could not do for himself, even with the help of the medical professionals.

A.A. is a spiritual program, but we all have a God of our own understanding. This is what separates us from traditional religion. When Bill realized that he could have his own conception of God, he

became willing to humbly offer himself to the God of his understanding. He finally got sober.

In March of this year, I was lucky enough to attend the International Women's A.A. convention in Palm Springs. Throughout the weekend, I kept thinking to myself, "I am not

*Who am I?...  
Where am I?...  
Whence do I go?*

going to leave here the same person as when I arrived," but I was so deeply entrenched in the workshops, that I wasn't even sure how. The Saturday night speaker was Lila R. from Santa Monica. Since it was my first convention, and am not familiar with many A.A. convention speakers, I did not know how lucky I was.

Since that convention, I have listened to several other of her CDs. Lila's message is simple; make the steps your own and make them a part of you, and ask God for help. She calls her god "Great Spirit", and she writes a letter every day, "Dear Great Spirit." She writes only questions and then gets out of the way and waits for God to answer. She says, "I am a seeker."

We are all seekers. We come to A.A. to stop drinking, not realizing that we have a disease of the mind, body, and spirit. Our liquor was but a symptom. Some people say, "I didn't have a problem with drinking, I had a problem with life." We were maladjusted to life.

We ask ourselves 'Who am I?' . . . 'Where am I?' . . . 'Whence do I go?' The answer is in the Steps. We turn our will and our lives over to the care of God. We ask God for answers.

For me, I know I do best when I get the answer from my higher power, who for expedience sake, I call God. The seed of God is within all of us. Seeds are planted underground in the dark, away from the light, and as we tend our garden with water and nurturing, the shoots break through into the sunlight and blossom. We are like the tender little seedlings, breaking through into the light searching for the answers from the Great Spirit of the Universe.

My own best thinking got me into some very dangerous places, so I will trust that God has a better plan for me. I just have to show up, one day at a time, and do my part. Go to meetings, do service, and give back what has so freely been given to me. And I leave the answers to God. I have been given so many signals from God lately that I trust turning it over is the best way for me. "God, I offer myself to thee....". And as Lila R. says, "I am in the habit of expecting miracles."

**JP**



# A.A. History: The Good News

## *The Good News Provides Great Local A.A. History!*

by Peter M.

Over the weekend of March 13 to 15, 2015, the Northern California Council of Alcoholics Anonymous (NCCAA) held its 68th Annual Spring Conference in Foster City, just south of San Francisco. The NCCAA conferences began in the late 40s, in 1947 to be exact, which is the same year as the founding of our local intergroup and Central Office. In the early days of our local fellowship, NCCAA conferences were a wonderful way for our members to communicate on important issues. Our first California Northern Coastal Area (CNCA) Delegates were elected at NCCAA conferences in the early 1950s, as well as the first Delegates from California Northern Interior Area (CNIA), which is our General Service sister Area to the east of us in the Sacramento to Fresno region. Currently Area Delegates are elected in assemblies held by each area

### *Our local fellowship was smaller then*

independently. Our local fellowship was smaller then, and members did not mind travelling to these conferences for the chance to discuss and decide about important issues to our fellowship.

From its early beginnings, NCCAA has produced a newsletter, the *Good News*, which gathered and shared information and news of interest to local members. Anyone with interest in the history of our local fellowship

should take a look at what is available from the *Good News*, and old issues are archived at the NCCAA website, [www.norcalaa.org](http://www.norcalaa.org). Unfortunately, not all issues of the *Good News* are available, and efforts are being made to complete the collection. From time to time, *The Point*, will be featuring information from the *Good News* as a way to provide information on our local history, especially how it relates to our fellowship today, and to encourage you to have a look at what the archived *Good News* issues have to offer.

### *NCCAA conferences began in the late 40s*

We chose to take a closer look at one issue at random and chose the June 1962 issue to discuss here. The opening page provides extensive information and the schedule for the June 9 and 10, 1962 NCCAA Conference to be held in San Francisco at 240 Golden Gate Ave. in the Civic Center. One of the featured speakers was Eddie F. who is widely credited with helping to start Alcoholics Anonymous in Central America. There was also extensive information for the Al-Anon program for this conference listed directly in the *Good News*; this would be akin to including Al-Anon information in *The Point*, which we do not do. This suggests that cooperation between early local A.A. and Al-Anon was much stronger than today, at least at the “official” level of publication.

The location for the conference at 240 Golden Gate Ave. is also where

the Central All Groups Open Meeting was held at that time. Also known as the “Big Meeting,” this is the forerunner of our Friday All Groups, which still meets every Friday at 8:30pm. Of note, also on page 1 of this issue, Dr. Nevit Sanford, Director of the Institute for the Study of Human Problems at Stanford University was scheduled to speak on Friday, June 22, 1962 at that meeting. It was not unusual at that time for a non-alcoholic expert from the fields of medicine, justice, or law enforcement to speak at an Open Meeting of Alcoholics Anonymous. Today, we do not have non-alcoholics from the community speak at our open meetings.

There is not enough space to present much more, but if you have time to visit the NCCAA website at [www.norcalaa.org](http://www.norcalaa.org), this June 1962 issue of *Good News* has information on the Surf Group, which still meets here in San Francisco, and about the production of the Hollywood film, “The Days of Wine and Roses” which was being produced at that time in San Francisco and dealt with alcoholism and A.A. This being June 1962, and Founders Day month, there were also recollections from Bill W. on the founding of Alcoholics Anonymous. The Northern California Council of Alcoholics Anonymous (NCCAA) continues to serve members of our fellowship and the next NCCAA conference will be held in Auburn over the weekend of June 5 to 7, 2015.

**tP**



# A Timeline History of A.A.

## *The First General Service Conference*

*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 how the first General Service Conference got started, the development of the pamphlet, *The Third Legacy Manual Of World Service*, and the requirement that all A.A. literature should be Conference-approved. Also, Bill W. begins projects that would lead to six new Conference-approved books.

### **The Foundation Agrees to Try the Conference - December 1950**

In December 1950, Leonard Harrison and Bernard B. Smith resolved a five-year conflict between Bill W. and the Alcoholic Foundation Board on having a General Service Conference.

The previous October, Harrison had appointed Bernard B. Smith to chair a Trustee's committee on the proposed Conference. In December 1950, the committee formally and unanimously recommended giving the Conference a try on a five-year test, or trial, basis.

### **First General Service Conference - April 20 to 22, 1951**

In April 1951, 37 U.S./Canadian Delegates (half the planned number) convened as Panel 1 of the General Service Conference. N.W.T.A. did not send their first Delegate until Panel 2 the next year. The Conference recommended that all literature published by A.A. should have Conference approval.

The previous December, 50,000 copies of a preliminary pamphlet

titled *Your Third Legacy, Will You Accept It?* had been distributed. It explained the Conference preliminary organization. Bill W. stumped the country attending over 24 Assemblies electing Area Committees and General Service Conference Delegates. Following the first General Service Conference, the first draft of "The Third Legacy Manual Of World Service As Proposed By Bill" was published.

### **First article about Conference by a Texan 1951**

After the first Conference, Northeast Texas Area 65 Panel 1 Delegate, Olin L., had a short article printed in the June 1951 Grapevine in a section titled "Delegate's Impressions." In the article, Olin revealed that he was a little over five years sober when he was selected as a Delegate. From 1951 on, the June issue of the Grapevine is traditionally devoted to reporting on the annual General Service Conference proceedings.

### **Conference-approved Literature - April 1952**

In April 1952, Panel 2 (38 more delegates) joined with Panel 1 for the first Conference of all Delegates attending. The first delegate from Area 66 attended (Robert Simpson of Lubbock ) he served on the Conference Report Committee.

Based on a 1951 advisory action, the Board had formed a special committee on literature and submitted a report to the 1952 Conference recommending literature items that should be retained and future literature items that would be needed.

Bill W. also made a presentation of the literature projects he was engaged in. They included:

- Updating the Story section of the *Big Book*
- A series of orderly point-by-point essays on the 12 Steps
- A new series of anecdotal analyses of the 12 Traditions
- A kind of popular history of A.A. and its ideas of recovery, tradition & service
- A book on the application of A.A. philosophy on the total problem of living
- A reference manual stating our total experience with the whole idea of service functions

The Conference unanimously approved the Board proposals and Bill's literature projects. Bill's projects would lead to development of six Conference-approved books:

- *The Third Legacy Manual Of World Service*, in 1951 (renamed *The A.A. Service Manual*, in 1969)
- *12 Steps and 12 Traditions*, in 1953
- The second edition *Big Book*, in 1955
- *A.A. Comes of Age*, in 1957
- *12 Concepts for World Service*, in 1962
- *The A.A. way of Life*, in 1966 (later renamed to *As Bill Sees It*, in 1975)

The Conference also retroactively approved the *Big Book* and several pamphlets. The 3rd Edition *Big Book* was approved in 1976 and the 4th Edition *Big Book* was approved in 2002.





# Let Go or Be Dragged

## *I Choose to Let Go*

by Lili B.

The most important lesson I've learned in life is that I am not in control. Upon learning this lesson I've been able to see every single experience in my life as being exactly as it should be. What I used to call calamities I now call opportunities.

*I get exactly  
what is right for me*

In my previous life, I grew frustrated when things would not turn out the way I wished they would. My frustration did not serve me. It only made my situation worse. Today, I am able to look at each situation and find comfort in knowing that rejection is life's protection. I get

exactly what is right for me. When things don't go as I planned, I know I am not being punished, but rather being taught. By taking time to look for the lesson in each experience, I am creating an opportunity to learn.

### **Spiritual Maturity**

I subscribe to the belief that our real age is merely the age we began using alcohol to mask our feelings, plus the number of sober years obtained to

*I have a lot to learn*

date. With this math, I am still a teenager. As with most teenagers, I have a lot to learn.

Conducting a Fourth Step inventory has been the perfect exercise in identifying my character defects. I can see clearly where I have been resentful, angry, or unkind. I can let go of these feelings knowing that letting them go is empowering and holding on to them is debilitating.

### **Making Amends**

Journaling my Eighth Step and performing my Ninth Step, has helped me to document where I have caused harm and allowed me to

*"Sorry" is not  
the hardest word*

repair the damage. We get what we give in life and making amends to those I have harmed takes nothing away from me and brings abundance in every form into my life. "Sorry" is not the hardest word. It is the most liberating word.

### **Daily Maintenance**

Evolving from an egotistical know-it-all into a student of life does not happen overnight. I credit Steps Nine, Ten, and Eleven for helping me to retrain my brain to look for ways I have done harm, express gratitude, ask for guidance, and give back to others.

Life will happen on God's time. I can let go of control or be dragged through life. I choose to let go.

**TP**





# I Got This

*Clearly, I don't have this*

by Marlan H.

In the past when a notion crossed my mind causing me to think, "I may have "it," I quickly fall on my face, or in the opposite direction, breaking my fall, softening a crushing blow to an "altogether" tender ego. The thought of assuming to have anything outside of my control inevitably leads to pain, disappointment, and/or undue hardship.

Case in point: Some like-minded individuals tend to get on my nerves. The colloquial ramblings and clichés wear me thin if I allow them. There seems to be no sense of individuality. Clones or drones walking in line to the beats of dead men. Who says I'm insane? I beg to differ and quip, "I got this".

From day to day the same lines replay in my limited thinking and steer me away from fellowship: once a safe haven, now a place of disdain. Yet I refrain from sharing my heart or at the very least what's on my mind. It's no wonder why I find myself alone. With my thoughts; genius and madness and creativity encased in

## *I am an Alcoholic*

solitude; even a normal person would snap. And what's that, a "normee"? See another colloquy about absolutely nothing. Or at least not in my mind, because you see, I am still trying to convince myself, "I got this".

Bar hopping from one place to the

next, searching for "it." Wait, I just had it. What happened? I blinked between drinks, now it's gone. I run from one night to the other - from the glass.....pipe - one in the same. And I wonder, with no regrets. I still have trouble saying it - I am an Alcoholic.

Wavering/Steady; steady wavering between weakness and strength, a thin line between both. I'm not crazy but I am not "altogether" sane or at least not in this frame of mind. How does one change his thinking? Is this mind control? I resign from knowing and fall freely into the arms of the all seeing Power greater than myself. I don't know the rest. This can be hard

## *How can humans relinquish all?*

to digest, I don't have this. Never have and never will. The struggle lies here, a battle warring beneath the surface of my skin. Sometimes I win. Other times I give in to the sickness, some call it a disease. I agree, but I do not give up. I never throw in the towel completely. Life is worth more than a notion to call it quits. "Stick with it!"

From day to day I remain in this presence. No name for the Power. I refrain from casting judgments on others, though it's very difficult - people suck. Still I love, I move and I breathe similar to the average man. I'm no different, contrary to what my mind tells me. I'm not as unique, but special and complete - lacking for

nothing as long as I remain in the Power greater than myself. It is within this presence, this being, this power of which I speak I am safe and complete.

And I struggle. How does a man created in the image of a powerful God not struggle with control? How can humans relinquish all that we

## *This Power loves me unconditionally*

know, or don't, to a power unseen by the natural eye (without being high)? "This frame of mind comes with practice and time".

It is impossible to rise from the top. I drop to my knees and with a prayer dance rise to my feet. I hold my head high, walking in stride, smiling, and communicating with the One who knows me best; the Power greater than myself. This Power loves me unconditionally. It is in this presence I find life and my best interest. "I know what I'm doing. I have it all planned out - plans to take care of you, plans to give you the future you hope for." Jeremiah 29:11

The only thing that I get is...

Clearly, I don't have this.





# Intergroup Meeting Summary— May 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 Groups</b>	Monday Night Stag Tiburon	Beginners Warmup	Haight Street Blues	Sunset 9ers Tu
Attitude Adjustment Hour	Saturday Weekend Warrior	Came to Park	High Noon M	They Stopped in Time
Friday Night Book	Sunday Night Corte Madera	Cocoanuts	Join the Tribe	Too Early
Gay Men & Women, All Welcome	Tuesday Beginners	Cow Hollow Men's Group	Miracles (Way) Off 24th St.	Walk of Shame
Girls Night Out	<b>SF Groups</b>	Embarcadero Group	Pocket Aces	Weekend Update
Men's Two Plus	A New Start	Extreme Makeover: Wmn's SS	Rebounds, Retreads, Winners	Women's 10 Years Plus
Mill Valley	Any Lengths	Grouch and The Brainstorm	Sometimes Slowly	Wmn's Mtg: There is a Solution

This is an unofficial summary of the May 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 May 6., 2015 at 101 Donohue St, Marin City, CA..

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

## Officer Reports

**Board Chair, Becca** Read the notes from the Committee chair forum and provided an overview of the points that will be made by the committee chairs later tonight.

**Treasurer, Michelle** Michelle introduced Michael, a candidate for the Treasurer position. We have a negative variance this month but it is not a matter of great concern; rather it is a timing adjustment following the holiday months when contributions are highest. The 990 tax return has been submitted to the CPA, and should be

back by May 7th for board review.

**Central Office Manager, Maury** Office will be closed on Memorial Day. Thanks to the Teleservice volunteers who will cover the phones that day. Facsimile of the 1st edition of the Big Book is still on sale at Central Office, \$12. It has been popular and sales were good; there are about 30 copies left. Three meetings at CPMC have been designated as "Unlisted" in the schedule, one has moved to a new location and four others have not been heard from. One group is waiting to see if the issue resolves itself and has not been approached. Please look at the list of registered Trusted Servants to see if your meeting is on it. For those who are not listed, please use the forms in your packet tonight or ask your secretary and treasurer to register online.

## Intergroup Committee/Activity Reports

**Access, Virginia** The pamphlet for mothers is still in the works. Virginia has been asked to participate on a panel at the International convention on access for elderly people.

**Fellowship, Michael P.** Founder's Day Weekend Festivities will be June 6-7, 2015 in San Francisco and Marin. Please announce, take flyers, and help get the word out. Founders Day Celebration Saturday June 6th, at the First Unitarian Universalist Church. The evening will have dinner, fellowship, a meeting, a scene from the play, sobriety games and speakers (Joe, Abe & Jan). Groups have already begun volunteering to help with events; more groups are encouraged to participate. On Sunday in Marin will be a showing of Our Experience Has Taught Us, by Jackie B. This is the show that she is bringing to the Inter-

national Convention. Ticket sales have already started, and are progressing slowly. We'll need to sell about 76 tickets to break even.

**Homebound Marin, Frank** A new co-chair position is open. We would especially appreciate a female co-chair. Homebound Marin would also like more publicity outside of The Point and possibly get more exposure on the website and/or in The Buzz.

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

**Outreach,** No report this month. We are still looking for a chair

**SF PI/CPC, Erin** A written activity report was distributed. Workshops will be held in different locations and on Saturdays (as opposed to Monday night) in order to attract more trainees. Dates can be found on [aasf.org](http://aasf.org). There is a new Secretary and there are still openings for coordinators. The Physician's Assistance conference is coming up at the end of the month. There will only be two days for PI/CPC to be engaged and they expect to have the most contact with attendees following the presentation of the GSO representative. UCSF has expressed interest in having PI/CPC speak to the new chaplains. D.P.I. was given some information and had a round of presentations after which it was not interested in pursuing more PI/CPC engagements.

**Teleservice, Pete F.** 14 shifts are open and need to be filled, 13 backup shifts are available. We will be discussing the possibility of retiring backup shifts. There are

# Individual Contributions

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

## IN MEMORIAM

Chris W.

Lee M.

## ANNIVERSARIES

Lauren H. - 27 years

Peggy H. - 27 years

also 2 open coordinator positions for Friday and Tuesday, there is a particular need to fill the Tuesday position.

**The Point, Paul** Paul is stepping down from the Point committee; Jane B. will be taking his position. There is room on the committee for new people interested in editing and writing.

**The Web, Becca** Looking for someone to help code the front end of the web site. If you know someone who can do this, please let Becca know. This may be the focused message for next month's meeting.

### Old Business

**Central Office Lease Update** No report, though there is a meeting on Friday with the landlord. "How things get done" and "The roles of the board" proposals – Sam asked for comments on "How to get things done" document. Sam would like to bring this up for a vote to approve at next month's meeting. There was some discussion about how that process works. Sam reiterated the function of the Board and that these documents clarify the role of the Board to the Intergroup. There was some concern that there has not been enough discussion among IGRs that are not members of the Board on whether or not we should move to vote on this at the next meeting. This discussion will carry over to next month's meeting. IGRs were encouraged to read the proposed documents and the bylaws in advance of next month's meeting.

### Nominating Committee Report

Margaret said they have been collecting statements of interest. Five positions are open right now. The Nominating Commit-

tee will conduct interviews over the next month and be prepared to have an election at next month's meeting.

**Open Treasurer position** Three people have indicated interest in the position.

### Streamlining committee functions

Carolyn said that the committee chairs met and discussed streamlining at the Chairs meeting. After much discussion, the chairs of the affected committees agreed that each committee's function is too distinct to have them all combined. They will continue to discuss and will coordinate as appropriate in the future.

### New Business

**Marin Intergroup initiative** Charles is the Acting Chair. He gave a brief history of past attempts to create a Marin Intergroup Central Services Committee (MICSC). Right now they are doing a Needs Assessment for a new Intergroup and Central Office in Marin. As a precursor they have started a new web site for Marin County meetings. There was a discussion about this and there is great interest, particularly from IGRs in Marin, about how the needs assessment is being conducted. Charles was encouraged to share more information about how the committee is shaping up and he will be invited to share more on the development of the MICSC at upcoming meetings.

### Liaison Reports

**Marin General Service, Chris** Unity Day planning meeting was held; the theme will be Carnival. The next meeting is on May 19th. People are encouraged to participate.

*(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

[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

Jane B. [thepoint@aasf.org](mailto:thepoint@aasf.org)

#### WEBSITE COMMITTEE

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

# aa group contributions

Fellowship	Apr. 15	YTD
Biggs AA	\$ 37	
Contribution Box	\$ 110	
GGYPAA	\$ 23	
Intergroup	\$ 87	\$ 414
Novato Fellowship Group	\$ 46	
Unidentified Group	\$ 18	
<b>Fellowship Total</b>	<b>\$ 87</b>	<b>\$ 648</b>

Marin Contributions	Apr. 15	YTD
AA By The Bay Tu 730pm	\$ 209	
Attitude Adjustment 7D 7am	\$ 1,392	
Awareness/Acceptance M 1030am	\$ 120	
Back to Basics Su 930am	\$ 88	\$ 273
Closed Women's SS Tu 330pm	\$ 94	
Cover to Cover W 730pm	\$ 100	
Crossroads Sun 12pm	\$ 500	
Day At A Time 7D 630am	\$ 240	\$ 240
Downtown Mill Valley F 830pm	\$ 490	
Friday Night Book F 830pm	\$ 114	\$ 384
Girls Night Out W 815pm	\$ 125	
Gratitude Tu 8pm	\$ 100	
Happy Destiny F 7pm	\$ 200	
Happy, Joyous & Free 5D 12pm	\$ 375	\$ 750
High & Dry W 12pm	\$ 170	
Inverness Sunday Serenity 10am	\$ 135	
Just Can't Wait 'til 8 M 630pm	\$ 147	
Last Stop Men's SS W 6pm	\$ 250	
Marin Teleservice	\$ 2,500	
Meditation Wednesday 7pm	\$ 109	
Mill Valley 7D 7am	\$ 300	\$ 1,050
Mill Valley Discussion W 830pm	\$ 203	\$ 308
Monday Blues M 645pm	\$ 150	\$ 335
Monday Night Madness M 6pm	\$ 250	
Monday Night Stag Tiburon	\$ 500	
Monday Night Women's M 8pm	\$ 167	\$ 388
Monday Nooners M 12pm	\$ 305	
Morning Attitude Adjustment	\$ 538	
Nativity Monday Night BB 8pm	\$ 67	
Noon Tu 12pm	\$ 103	
North Marin Speaker Sun 12pm	\$ 200	
Not a Glum Lot Group Fr 800pm	\$ 152	
Novato Spirit Discussion F 2pm	\$ 150	\$ 150
On Awakening 7D 530am	\$ 350	\$ 1,050
Pathfinders Tu 12pm	\$ 51	\$ 190
Primary Purpose M12pm	\$ 129	
Quitting Time M-F 530pm	\$ 310	\$ 480
Redwoods	\$ 45	
Refugee Th 12pm	\$ 50	\$ 50
Rise N Shine Su 10am	\$ 240	\$ 480

Marin Contributions	Apr. 15	YTD
San Geronimo Valley M 8pm	\$ 119	\$ 649
Saturday Night Sa 8pm	\$ 373	\$ 373
Sausalito Sober Sisters Th 330pm	\$ 82	
Sober & Serene F 7pm	\$ 269	\$ 469
Sober Sisters Wed 12pm	\$ 152	
Spiritual Testosterone Stag Su 830a	\$ 442	
Steps to Freedom M 730pm	\$ 350	\$ 350
Steps To The Solution W 715pm	\$ 209	
Sunday Express Sun 6pm	\$ 109	
Survivors M 12pm	\$ 95	
Thursday Night Book Club Th 7pm	\$ 48	
Thursday Night Speaker 830pm	\$ 591	\$ 1,039
We, Us and Ours M 650pm	\$ 149	
Wednesday Night Candlelight W 8pm	\$ 62	
Wednesday Night SD W 7pm	\$ 304	
Wednesday Sundowners W 6pm	\$ 175	\$ 175
Why It Works Sun 6pm	\$ 85	\$ 85
Women's Big Book Tu 1030am	\$ 448	\$ 728
Women's Meeting Su 430pm	\$ 88	
Working Dogs W 12pm	\$ 200	
<b>Marin Total</b>	<b>\$ 5,199</b>	<b>\$ 20,865</b>

San Francisco Groups	Apr. 15	YTD
11th Step Power Power Power	\$ 43	\$ 134
20+ Sun 445pm	\$ 307	
6am Dry Dock Sa	\$ 72	
6am Dry Dock Su	\$ 49	\$ 49
A is for Alcohol Tu 6pm	\$ 144	\$ 144
Afro American Beginners Sat 8pm	\$ 20	\$ 188
Any Lengths Sat 930am	\$ 600	
Artists & Writers F 630pm	\$ 400	
As Bill Sees It Th 830pm	\$ 125	
Back to Basics Th 730pm	\$ 10	
Beginners 12 x 12 F 7pm	\$ 76	\$ 178
Beginners' Step Study Sat 7pm	\$ 116	\$ 116
Bernal Big Book Sat 5pm	\$ 124	\$ 336
Bernal New Day 7D	\$ 581	
Big Book Basics F 8pm	\$ 310	\$ 310
Big Book Study Su 1130am	\$ 302	
Blue Book Special Su 11am	\$ 39	\$ 144
Brothers in Arms M 8pm	\$ 81	\$ 112
Buena Vista Breakfast Su 12pm	\$ 180	
By the Book Sa 10am	\$ 44	
Castro Discussion Th 730p	\$ 192	
Castro Nooners F 12pm	\$ 88	
Coit's Quitters	\$ 60	\$ 120
Come 'n Get It! F 630pm	\$ 44	\$ 44
Cow Hollow Men's Group W 8pm	\$ 138	\$ 613
Design For Living BB Tu/Th 730am	\$ 43	

San Francisco Groups	Apr. 15	YTD
Design for Living Sat 8am	\$ 227	
Dignitaries Sympathy W 815pm	\$ 275	
Each Day a New Beginning F 7am	\$ 834	
Each Day a New Beginning M 7am	\$ 267	
Each Day A New Beginning Su 8am	\$ 500	
Each Day a New Beginning Th 7am	\$ 269	\$ 695
Each Day a New Beginning W 7am	\$ 420	\$ 914
Early Start F 6pm	\$ 189	\$ 1,374
Easy Does It Tu 6pm	\$ 54	
Eureka Step Tu 6pm	\$ 89	
Eureka Valley Topic M 6pm	\$ 579	
Excelsior "Scent" Free for All Sa 7pm	\$ 60	\$ 120
Extreme Makeover M 730pm	\$ 77	
Federal Speaker Su 12pm	\$ 197	
Firefighters & Friends Tu 10am	\$ 97	
Fireside Chat Group Tu 8pm	\$ 62	
Friday at Five F 5pm	\$ 70	
Friday Lunch With Bill Fri 12pm	\$ 26	
Friday Smokeless F 8pm	\$ 541	
Friday Women's Round Robin Disc 6am	\$ 20	
Friendly Circle Beginners Su 715ppm	\$ 144	\$ 144
Gold Mine Group M 8pm	\$ 426	
Goodlands Su 2pm	\$ 72	
Gratitude Center Fellowship	\$ 50	\$ 50
High Sobriety M 8pm	\$ 136	
Hilldwellers M 8pm	\$ 322	
Huntington Square W 630pm	\$ 250	\$ 250
Join the Tribe Tu 7pm	\$ 456	
Keep Coming Back Sa 10am	\$ 330	\$ 330
Ladies Who Lunch Thu 1210pm	\$ 55	
Let It Be Now F 6pm	\$ 52	
Like A Prayer Su 4pm	\$ 60	
Lincoln Park Sat 830pm	\$ 71	
Living Sober with HIV W 6pm	\$ 236	
Looney Toons Tu 10pm	\$ 19	
Lush Lounge Sa 2pm	\$ 195	
Meditation Wednesday 7pm	\$ 93	\$ 93
Meeting of the Moms	\$ 77	\$ 152
Meeting Place Noon W 12pm	\$ 204	
Mellow Mission Sunrise M 7am	\$ 60	
Men's Gentle Touch M 7pm	\$ 207	
Mid-Morning Support Su 1030am	\$ 150	
Monday Monday M 1215pm	\$ 174	
New Friday Big Book F 12pm	\$ 172	
No Reservations M 12pm	\$ 390	\$ 390
NYX - Sat 730pm	\$ 78	
O.A.D.W. Mon 7pm	\$ 94	\$ 258
Park Presidio M 830pm	\$ 229	

Continued on p. 17



# Sharing Our Stories

***You can be someone special***

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.

## *My story is unique*

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.*



San Francisco Groups	Apr. 15	YTD
Parkside Th 8pm	\$ 46	
Pax West Daily Reflections W 7am	\$ 172	
Pax West Discussion Th 12pm	\$ 453	
Pax West Literature Disc Tu 12pm	\$ 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 Beginners Sat 6pm	\$ 646	\$ 646
Saturday Easy Does It Sa 12pm	\$ 284	
Serenity House	\$ 150	\$ 600
Sex and Love in Sobriety M 300pm	\$ 31	
Sisters Circle Su 6pm	\$ 78	\$ 78
Six O'Clock Step Th 6pm	\$ 12	
Sober Saturday Sa 830am	\$ 132	
Sobriety & Beyond W 7pm	\$ 119	\$ 409
Some Are Sicker Than Others W 6pm	\$ 179	
Steppin' Up Tu 630pm	\$ 92	\$ 214
Stonestown M 8pm	\$ 120	

San Francisco Groups	Apr. 15	YTD
Sunday Bookworms Sun 730pm	\$ 11	\$ 11
Sun Morning Gay Men's Stag 930am	\$ 48	
Sunday Night Castro SD Su 730pm	\$ 453	
Sunday Rap Sun 8pm	\$ 180	\$ 180
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	
Ten Years After Su 6pm	\$ 290	
The Leaky Cauldron Su 930am	\$ 138	\$ 138
The Original 8 O'clock	\$ 451	\$ 451
The Parent Trap 2 Wed 4pm	\$ 207	
The Parent Trap M 1pm	\$ 22	\$ 48
The Pepper Group F 12pm	\$ 18	
They Stopped In Time M 8pm	\$ 195	
Thursday Thumpers Th 7pm	\$ 20	
Too Close For Comfort M 6pm	\$ 110	
Too Early Sat 8am	\$ 777	

San Francisco Groups	Apr. 15	YTD
Trudgers Discussion Su 7pm	\$ 180	
Tuesday Big Book Study 6pm	\$ 107	
Tuesday Night Lasses SS	\$ 137	\$ 137
Valencia Smokefree F 6pm	\$ 297	
Walk of Shame W 830pm	\$ 210	
We Care Tu 12pm	\$ 72	
Weekend Worker Sat 7am	\$ 60	
West Portal W 8pm	\$ 275	
What It's Like Now M 6pm	\$ 100	\$ 100
Wits End Step Study Tu 8pm	\$ 13	\$ 39
Women's 10 Years Plus Th 615pm	\$ 113	
Women's Came to Believe Sa 10am	\$ 155	\$ 155
Women's Kitchen Table Tu 630pm	\$ 172	\$ 574
Work In Progress Sat 7pm	\$ 326	
YAHOO Step Sa 1130am	\$ 112	
Young at Heart Sa 930am	\$ 70	
<b>San Francisco Total</b>	<b>\$ 6,077</b>	<b>\$ 29,453</b>
<b>YTD</b>	<b>\$ 11,362</b>	<b>\$ 50,965</b>

# Profit and Loss Statement: March 2015

	Mar 2015	Budget	Jan-Mar 2015	YTD Budget		Mar 2015	Budget	Jan-Mar 2015	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Phone Book Listings</b>	\$93	\$95	\$279	\$285
Income					Postage	\$0	\$0	\$249	\$249
Gratitude Month	\$0	\$100	\$3,710	\$3,850	Printing	\$0	\$0	\$0	\$0
Group Contributions	\$11,522	\$10,500	\$39,603	\$42,700	Professional Fees	\$0	\$0	\$0	\$0
Individual Contributions	\$2,900	\$1,618	\$7,070	\$8,043	Rent - Office	\$4,287	\$4,287	\$12,860	\$12,860
Newsletter Subscript.	\$22	\$0	\$22	\$33	Rent - Other	\$180	\$180	\$255	\$255
Sales - Bookstore	\$8,281	\$9,000	\$25,968	\$29,000	Repair & Maintenance	\$240	\$240	\$720	\$830
Intergroup Event Income	\$0	\$0	\$0	\$0	Security System	\$125	\$125	\$125	\$125
<b>Total Income</b>	<b>\$22,726</b>	<b>\$21,218</b>	<b>\$76,372</b>	<b>\$83,626</b>	Shipping	\$262	\$408	\$864	\$1,225
<b>Cost of Goods Sold</b>					Software Purchased	\$0	\$0	\$0	\$0
Cost of Books Sold	\$5,663	\$8,029	\$17,228	\$22,587	Telephone	\$74	\$230	\$637	\$690
COGS Shipping	\$60	\$26	\$78	\$66	Training	\$165	\$0	\$330	\$185
Credit Card Processing	\$215	\$535	\$916	\$1,445	Travel	\$0	\$25	\$0	\$25
Inventory Adjustments	\$100	\$0	\$100	\$0	<b>Total Expense</b>	<b>\$19,830</b>	<b>\$19,399</b>	<b>\$61,385</b>	<b>\$62,129</b>
<b>Total COGS</b>	<b>\$6,039</b>	<b>\$8,590</b>	<b>\$18,321</b>	<b>\$24,098</b>	<b>Net Ordinary Income</b>	<b>-\$3,143</b>	<b>-\$6,771</b>	<b>-\$3,334</b>	<b>-\$2,601</b>
<b>Gross Profit</b>	<b>\$16,687</b>	<b>\$12,628</b>	<b>\$58,051</b>	<b>\$59,528</b>	<b>Other Income/Expense</b>				
Expense					Other Income				
Committees	\$25	\$0	\$233	\$1,351	Bag Fees	\$2	\$3	\$8	\$8
Employee Expenses	\$12,722	\$12,891	\$38,217	\$38,513	Customer Shipping	\$277	\$500	\$778	\$1,400
Equipment Lease	\$490	\$408	\$1,632	\$1,224	Interest Income	\$66	\$77	\$191	\$232
Filing/Fees	\$0	\$0	\$72	\$0	Miscellaneous Income	\$36	\$30	\$127	\$90
Insurance	\$788	\$0	\$2,471	\$1,925	<b>Total Other Income</b>	<b>\$382</b>	<b>\$610</b>	<b>\$1,104</b>	<b>\$1,730</b>
Intergroup Events	\$0	\$0	\$1,208	\$708	Other Expense				
Intergroup Literature	\$4	\$59	\$270	\$324	Depreciation Expense	\$223	\$205	\$669	\$613
Internet Expense	\$68	\$133	\$336	\$400	<b>Total Other Expense</b>	<b>\$223</b>	<b>\$205</b>	<b>\$669</b>	<b>\$613</b>
Office Supplies	\$92	\$204	\$222	\$612	<b>Net Other Income</b>	<b>\$159</b>	<b>\$405</b>	<b>\$435</b>	<b>\$1,117</b>
Paper Purchased	\$205	\$104	\$374	\$312	<b>Net Income</b>	<b>-\$2,984</b>	<b>-\$6,367</b>	<b>-\$2,899</b>	<b>-\$1,485</b>
Payroll Fees	\$10	\$10	\$30	\$31					

## Treasurer's Report

For the month of March, total income was over budget by \$1,508 which was primarily due to group and individual contributions over budget by \$1,022 and \$1,282 but Bookstore sales under budget by \$719.

Total expenses for the month of March were over budget by \$430.

March had a negative variance of \$2,984 compared to a projected negative variance of \$6,367.

Unrestricted cash balance decreased from \$35,880 to \$29,939 which represents a little less than two months of operating expenses.



Police stop at 2 AM

At 2:00 a.m., an officer pulls over a car that is driving erratically. He asks the driver where he's going at that time of night.

The driver replies, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body. It will also cover the harmful effects of smoking and staying out late."

The officer asks, "Really? Who's giving that lecture at this time of night?"

The driver replies, "That would be my wife."



# March 2015 Balance Sheet

	Feb 28, 2015	Jan 31, 2015	\$ Change	Feb 28, 2014	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Restricted Cash	\$192,069	\$192,010	\$59	\$186,537	\$5,532
Unrestricted Cash	<u>\$35,880</u>	<u>\$41,054</u>	<u>-\$5,174</u>	<u>\$45,761</u>	<u>-\$9,881</u>
Total Checking/Savings	\$227,949	\$233,064	-\$5,115	\$232,298	-\$4,349
Accounts Receivable					
Accounts Receivable	<u>\$22</u>	<u>\$81</u>	<u>-\$58</u>	<u>\$252</u>	<u>-\$230</u>
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	<u>\$275</u>	<u>\$15</u>	<u>\$260</u>	<u>\$11</u>	<u>\$264</u>
Total Other Current Assets	<u>\$26,472</u>	<u>\$24,982</u>	<u>\$1,490</u>	<u>\$25,517</u>	<u>\$955</u>
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)	<u>\$17,554</u>	<u>\$17,719</u>	<u>-\$165</u>	<u>\$19,528</u>	<u>-\$1,974</u>
Total Fixed Assets	\$19,402	\$19,625	-\$223	\$22,629	-\$3,227
Other Assets					
Deposits	<u>\$6,698</u>	<u>\$6,698</u>	<u>\$0</u>	<u>\$6,898</u>	<u>-\$200</u>
Total Other Assets	<u>\$6,698</u>	<u>\$6,698</u>	<u>\$0</u>	<u>\$6,898</u>	<u>-\$200</u>
<b>TOTAL ASSETS</b>	<u><b>\$280,544</b></u>	<u><b>\$284,450</b></u>	<u><b>-\$3,906</b></u>	<u><b>\$287,594</b></u>	<u><b>-\$7,051</b></u>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>	<u>\$1,007</u>	<u>-\$1,007</u>
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	<u>\$1,420</u>	<u>\$722</u>	<u>\$698</u>	<u>\$1,038</u>	<u>\$382</u>
Total Other Current Liabilities	<u>\$5,691</u>	<u>\$4,473</u>	<u>\$1,218</u>	<u>\$4,905</u>	<u>\$786</u>
Total Current Liabilities	\$5,691	\$4,473	\$1,218	\$5,912	-\$221
Long Term Liabilities					
Deferred Compensation	<u>\$60,167</u>	<u>\$60,167</u>	<u>\$0</u>	<u>\$54,193</u>	<u>\$5,974</u>
Total Long Term Liabilities	<u>\$60,167</u>	<u>\$60,167</u>	<u>\$0</u>	<u>\$54,193</u>	<u>\$5,974</u>
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	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>
Net Income	<u>\$85</u>	<u>\$5,209</u>	<u>-\$5,124</u>	<u>\$11,239</u>	<u>-\$11,155</u>
Total Equity	<u>\$214,685</u>	<u>\$219,810</u>	<u>-\$5,124</u>	<u>\$227,489</u>	<u>-\$12,804</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><b>\$280,544</b></u>	<u><b>\$284,450</b></u>	<u><b>-\$3,906</b></u>	<u><b>\$287,594</b></u>	<u><b>-\$7,051</b></u>

(Continued from page 15)

**SF General Service, Virginia** Get the word out that every meeting should have a GSR

**SF H&I, Mark** Contributions in SF are down right now. There are 60 openings for meetings and 4 coordinator positions available. Please spread the word.

**Marin H&I, Karen** All jail and prison commitments are all currently filled, and there have been no "Dark Days" recently.

**GGYPAA, Wanda** On May 17th there will be a meeting followed by a game of capture the flag at the Mill Valley park. Always looking for new people to participate while working on the ICYPAA bid.

**Marin PI/CPC, Chris** Lot of opportunities available right now.

**Marin Teleservice, Kasha** Good attendance lately and almost all primary shifts are filled. Working on a 12 Step list, and like SF Teleservice, they are considering retiring backup shifts.

**TARGETED MESSAGE FOR THIS MONTH** is to spread the message about Founder's Day and get more groups or individuals to participate in the activities!

## Meet the Meeting

**Beginner's Warmup, Liz** Meets on Wednesday in SF. No hand holding or praying. The meeting started in the 1970's around the coffee and fire as a way to get prepared for the bigger meeting. The newcomer picks the topic for the meeting and the discussion follows.

Volunteers for next month: Greg from Weekend Update, Bridget, plus Jane B (carried over from May)

Meeting adjourned with the Responsibility Statement at 8:42pm.

**Next Intergroup Meeting:** Wed. June 3, 2015, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 7pm.



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**June 2015**

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