

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015
7
July

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

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Honesty, Tolerance, and True Love




6 Step Seven

12 Motives are the Seeds

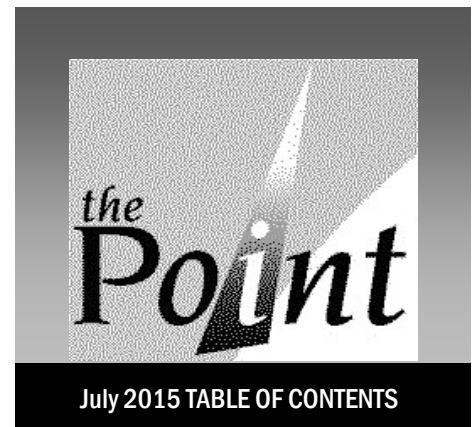
13 Mathematical Miracle

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.

July 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>			<p>1</p> <p><u>FIRST WED</u></p> <p>Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm</p>
5	6	<p>7</p> <p><u>FIRST TUE</u></p> <p>Access Committee Cancelled; Will Resume Next Month</p>	<p>8</p> <p><u>SECOND WED</u></p> <p>Marin Bridging the Gap 1360 Lincoln Ave, San Rafael Orientation 6pm Quarterly Business Meeting 6:30pm</p>
<p>12</p> <p>Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm</p>	<p>13</p> <p><u>SECOND MON</u></p> <p>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Business Meeting 7pm</p>	<p>14</p> <p><u>SECOND TUE</u></p> <p>The Point Committee Central Office 5:30pm</p> <p>Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm</p> <p>SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm</p>	15
<p>19</p> <p><u>THIRD SUN</u></p> <p>Archives Committee Central Office 2pm Business Meeting followed by Work Day</p>	<p>20</p> <p><u>THIRD MON</u></p> <p>SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm</p> <p>Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm</p>	21	22
26	27	<p>28</p> <p><u>FOURTH TUE</u></p> <p>Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm</p>	29

THURSDAY	FRIDAY	SATURDAY
2	3 4 CENTRAL OFFICE CLOSED FOR INDEPENDENCE DAY	
9	10	11 SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee 2900 24th St, SF Speaker Workshop 11:30am
16	17	18 THIRD SAT SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
23 FOURTH THU Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm Sober Outside Services (SOS) Central Office 6pm	24	25 FOURTH SAT CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
30	31	



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“True humility and an open mind
can lead us to faith...”

Twelve Steps And Twelve Traditions, p. 33



Meeting Changes

Meeting Changes:

Mon	6:00pm	San Rafael	LIVING SOBER, Marin Alano Club: 1360 Lincoln Ave / Maple (was T. G. I'm Sober)
Mon	7:00pm	Bolinas	BIG BOOK STUDY & MEDITATION, 30 Brighton Ave / Park (was Monday Night Meeting)
Mon	7:30pm	Mission	EXTREME MAKEOVER, St Luke's: 3555 Cesar Chavez St / Valencia (Now Transgender)
Mon	8:00pm	Castro	THEY STOPPED IN TIME, First Christian Church: 599 Duboce St / Noe (was at 8:30pm)


No Longer Meeting:

Mon	7:00am	Sausalito	BIG BOOK ON THE BARGE, Sausalito Sailing Club: 1 Napa St / Bridgeway
Tue	5:00pm	SF State	SOBER AT STATE 1600 Holloway / Arellano Ave
Tue	7:30pm	Outer Sunset	BACK TO BASICS, Sunset Youth Services: 3918 Judah St / 44th
Wed	8:00pm	Bolinas	BOLINAS BOOK STUDY, St Aidan's: 30 Brighton Ave / Park
Thu	5:00pm	SF State	SOBER AT STATE 1600 Holloway / Arellano Ave
Thu	7:00am	Pt Reyes Station	MORNING ATTITUDE ADJUSTMENT, HHS Bldg: 6th St / A St
Thu	7:00pm	Pt Reyes Station	THURSDAY NIGHT BOOK CLUB, HHS Bldg: 6th St / A St
Fri	12:00pm	SF State	SOBER AT STATE 1600 Holloway / Arellano Ave

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

4TH OF JULY ALCATHON & BBQ

SATURDAY ~ JULY 4, 2015
NOON ~ 8:00PM



Forty-five minute meetings held hourly
From 12:00pm - 7:00pm

3pm ~ 4pm Barbeque & Fellowship Break

New Venue: **All Saints Lutheran Church**
2 San Marin Drive, Novato
(San Marin Drive and Novato Blvd.)



- * If you are able, please bring a side dish to share.
- * To offset the cost of the event, donations of any amount will be accepted with heartfelt gratitude.
- * Alcathons are open meeting events—new comers, family, friends are welcome and encouraged to attend.

**CELEBRATE YOUR INDEPENDENCE
FROM ALCOHOL!**

Presented by: The Novato Fellowship Group, Alcathon Committee

Tuesday Downtown

presents

70th ANNIVERSARY CELEBRATION

One meeting with two great speakers, chip sobriety countdown. Come and hear about the early history of A.A. in San Francisco

Coffee and desserts will be provided
Tuesday July 28, 2015 7:00 PM

Urban Life Center
1101 O'Farrell St. at Franklin St.

From the Editor

Independence Day

by Gilbert G.

The Fourth of July is Independence Day in the United States. This holiday also makes me think of how working my A.A. program has granted me my independence from alcohol. As long as I work my program daily, do service, call my sponsor, and work with sponsees, my continued independence from alcohol is guaranteed.

In this month's issue, Charley D. writes about Step Seven: the shortest of the Twelve Steps. When dealing with his shortcomings, he finds that asking for help becomes the essence of humility. Carole P. writes about our real purpose: being of maximum service. Carole's challenge is to find that balance between being of service to others and taking care of herself.

Anonymous tells us how the A.A. program helped her to see problems in a different light. She learned that she could only do "the next right thing." Claire A. writes about being

right-sized. Claire has learned that when she feels disturbed, something is out of whack. The Program helps to get her right-sized again.

Judy G. writes about pondering about a higher power and how she has received too many messages from God to believe in coincidences. In this month's Timeline History of A.A., Arthur S. provides us with some background on the formation of the first General Service Conference and how the Conference became the "Guardian of the Traditions and the group conscience of the entire Fellowship."

Rick R. writes about happiness being a byproduct of right living. To achieve that, he examines his motives and asks for strength to carry out the proper actions. Claire A. writes about putting in the work that she can do and letting God do the rest. When she does this, anything can and does happen! Finally, Annia R. shares her meditation, Letting Go of the Past. Just for today, she will choose recovery.

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 P.
Alejandro D.	Jeanne C.	Michael W.
Amelia E.	Jeff B.	Michael Z.
Ami H.	Jeffery K.	Michelle C.
Amy Mc.	Jim C.	Mike M.
Andy Z.	Joanne S.	Niels R.
Barbara L.	John C.	Pam K.
Barbara M.	John G.	Pamela D.
Becca M.	John M.	Pat P.
Ben W.	John V.	Peg L.
Bette B.	Karen C.	Peggy H.
Blu F.	Karen K.	Pene P.
Bruce K.	Kate R.	Penelope C.
Bruce S.	Kathleen C.	Pete F.
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.
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Craig S.	Leo H.	Steve G.
Dan B.	Linda L.	Steve F.
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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 A.	Name
Gregory G.	Mark O.	Here!
Henry P.	Martha S.	
Herman B.	Mary C.	
Hilary M.	Mary D.	Or
Jane K.	Mary L.	Here!
Janet B.	Maryellen O.	

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 Seven

“Humbly asked Him to remove our shortcomings.”

by Charley D.

Step Seven, a mere seven words, ranks as the shortest of the Twelve Steps. That doesn't make it insignificant and certainly doesn't mean it's easy. It starts with humility and ends with shortcomings. If we want to get rid of those shortcomings, we must humbly ask for help. Why humbly? Shortcomings are frustrating, maddening, something I'd rather ignore and forget. Ah, but I tried that with the major manifestation of my shortcomings – my drinking. I remember how well that worked.

For decades, day after miserable day, I'd awaken disgusted with myself and resolve to get my drinking under control. That determination usually didn't last past lunch time, when most days I'd down a couple of glasses of wine, and almost never lasted through the end of the day. Why? Certainly, I was exasperated, frustrated, and disgusted with myself. Why couldn't I change? The short answer – because I wasn't humble. I thought I could do it myself. Too proud and too scared to ask for help, I repeatedly tried and failed to solve my own problem on my own for years. Only when I finally

*Why couldn't I
change? ... because I
wasn't humble.*

admitted I was powerless over alcohol and *asked* for help, was I able to stop drinking.

That same process works for our other shortcomings. Step Seven tells us to treat our other shortcomings just as we treated drinking. Whatever it may be, don't try to do it all yourself. The second word of the step, “asked,” is the key. To ask is to admit I can't do it myself – the essence of humility. Change, even change for the better, doesn't come easily. Being human, it's hard for me to let go of my familiar ways, even those that don't work. I can't see over the horizon to the better world beyond my shortcomings. I need help to get me past them. For that I must ask my Higher Power. How do I that?

*To ask is to admit I
can't do it myself - the
essence of humility*

The answer to that will depend. Let's say you're trying to overcome a tendency to procrastinate. Alcoholics certainly tend to excel at this shortcoming. I certainly do. You can pray to have it removed. That might work. You can ask someone, a sponsor, a friend, maybe even your mother, gently to check on you to be sure you're staying on task and not succumbing to the temptation to do any of the thousand other things that suddenly seem overpoweringly attractive as you try to complete that report for work, that project for school, that article for *The Point*. The key, for me, is to get someone other than powerless me involved in overcoming the shortcoming. I must ask for that.



We ask for “removal” of our shortcomings. Does that mean they go away? If we're lucky, yes. Again, this will vary from person to person and from shortcoming to shortcoming. We've seen alcoholics start in our programs, relapse time and again, and after many frustrating slips finally achieve sobriety. Others find relief immediately and, from their introduction to our program, never drink again. Neither has any claim to a “better” path to sobriety. Most of the time our shortcomings will be of the relapsing variety. Procrastination certainly is for me. I can see once I've finally tackled the task that had driven me to procrastinate that it's almost always easier than I thought. I feel immensely better once I've done it.

I'm still trying

When I'm procrastinating, I feel terrible. I don't enjoy the diversions I've chosen. Does all this stop me from procrastinating next time I face a disagreeable or difficult task? Not so far. But I'm still trying. So it is with most shortcomings. We try. We ask for help. We find relief. We fail. We start again.





Being of Maximum Service

Our real purpose

by Carole P.

Death has always stumped me. When I was a kid, I thought, "If everyone is just going to die, what is the point of living?" It seemed like a cruel joke. Me, and everyone I ever loved, or would ever love, or give birth to, or care about, or raise from a puppy, was heading out without possibility of parole. What possible difference would it make if I died in 20 years or if I died tomorrow? The handwriting was on the wall. Why bother to stay sober when nothing really matters in the end? So I drank at Death.

Many years later, and not dead yet, I found myself in A.A. When I finally got a sponsor, I asked her, "What is the point of living?" To my surprise, she actually had an answer for my question. "Our real purpose is to fit ourselves to be of maximum service to G-d and the people about us." I later found out that this line comes from Step Nine in the A.A. Big Book.

As I continued the Steps, and some light came into my world, I found that the words of Step Nine gave my life purpose and meaning. My job was to be of "maximum service" in the world. The dictionary definition of "maximum" being: "the greatest quantity or amount possible, assignable, allowable"...

What is the point of living?

To my brain, that translated into: going to as many meetings as

possible; sponsoring as many women as I could find; joining PI/CPC; joining H&I; and doing "G-d's work" as quickly and as much as possible. More, more, more. If someone invited me to a movie, I would refuse because I might miss an opportunity to change someone's life at a meeting. Movies were for people who were purposeless. Not me. I had purpose and meaning.

Predictably, my drive resulted in driving myself crazy. I wasn't doing G-d's work at all. I was doing Carole's work, and without G-d's help. I was totally off-balance, substituting one obsessive behavior for another. I needed to step off the "maximum

I now recognize that I need to manifest some joy in my own life before I can offer that gift to others

service" hamster wheel and find a more sober way to serve G-d and my fellows. My way clearly wasn't working. I was becoming steadily more exhausted, more irritable, and closer to a drink.

I asked my HP for guidance, but I also asked members of A.A. who had programs I respected. My HP often speaks to me through people in the program. And many people suggested I find a balance between service to others and harmony in my own heart and mind. I needed to learn how to care for myself, to sleep and eat well,

to exercise and spend time outdoors. This balance is a challenge for me even today, but I now recognize that I need to manifest some joy in my own life before I can offer that gift to others. I need to find quiet time to read and meditate and social time to enjoy friends, see a movie, or just to be silly and laugh.

I need to practice humility

I am not helping anyone when I think I have all the answers to their problems. I need to practice humility. I am just an alcoholic, who has been given the gift of the Program and the Fellowship of Alcoholics Anonymous. Sharing my gratitude is hella different than sharing my ideas about how you should live your life.

TP





by Anonymous

My hackles went up the first time I heard someone say, "If you're not part of the solution then you're part of the problem." It sounded a lot like the statement "lead, follow, or get out of the way." It was all about somebody deciding they knew what was best and ordering the rest of us to get it done. Alcoholics don't like getting bossed around (they can dish it out but they can't take it). I was no exception. Nobody was my boss, and nobody had the answers. Truth and justice were like the Wild West, you explored them well armed.

Sometimes A.A. can feel like one never-ending paradox. Conquer by surrendering, manage by letting go, face challenges by "taking it easy," pray for my enemy's financial security, when guilty, confess. And it's the same story when it comes to problems and solutions. People in A.A. just love to vex your mind with things that seem to make no sense. Prime example, "The solution has nothing to do with the problem." This is always followed by evil grinning.

One of the hardest things to grasp and accept in sobriety is the notion that, whatever may be happening, we can only do "the next right thing." With a great many problems, once I

We can only do "the next right thing"

have assessed the situation, uncovered all the relevant facts, and contacted the appropriate parties, all

The Problem, The Solution and The Steps Between

that can be done is to watch and wait. This is very hard for the typical alcoholic. My mind starts churning, rehashing, rehearsing, and predicting. I cannot seem to sit still and wait. My negative thinking launches into action creating plans A, B, and C to address potential scenarios 1, 2 and 3 (and all the permutations of each) so that I may be "prepared" – the holy grail of all worrying and fretting. It does not matter how many times my predictions fail to materialize and how completely off base my thinking turns out to be. It is still treated as the gospel when something has gone sideways.

"The only thing worse than my problems is my solutions to my problems"

(Anonymous)

Until the Program of A.A. gave me a psychic reboot, the phrase "let's just wait and see how it goes" was the verbal equivalent of fingernails on a chalkboard. People who wait and see how it goes are the ones whose heads are severed when the giant lawnmower in the sky comes sweeping down. The rest of us who are saved were the ones who obsessively ruminated over

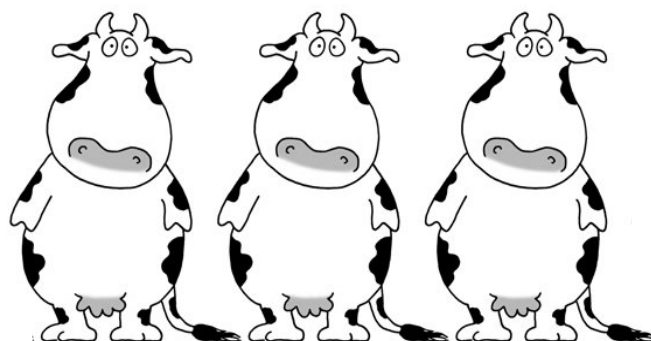
the problem until we came up with 15 potential solutions and hunkered down, ready to launch them. It was a rude awakening when my first sponsor robotically repeated the same phrase in response to my every crisis: "What Step are you on?"

The principles I have learned in A.A. do not solve all of my problems. At best, they solve 98.6% of them. But I

What step are you on?

follow along anyway. When a problem confronts me, and everything that has to be done has been done, and everyone who has to be consulted has been consulted, and when I have thought and pondered until the cows came home and I am watching TV with 100 cows in the living room, it is time to do the next right thing. My problem is dramatic and could be described in alarming terms for added effect. But the solutions are "trudgery." Fold the laundry, go to a meeting, remember to ask Mrs. Jones about her poodle. Boldly I step into the wilderness, gun holstered, tumbleweeds scraping by.

1P





by Claire A.

The idea of being right-sized encapsulates much of what I struggle with on a daily basis. Getting right-sized means not being too big, but also, not too small. Am I humble, but not humiliated? Am I taking care of myself, but not selfish? Am I honest, but not brutally so, to others and myself? Am I considerate, but not obsessive? And so on.

I just looked “right-size” up in the dictionary, and most of the definitions deal with right-sizing businesses, or making them the optimal size. The definition goes right along with the discussion in Step Four in the *Twelve Steps and Twelve Traditions*, where it covers inventory, and how a business can’t run properly unless it takes inventory from time to time.

“Right-sized” is a great aphorism for me, because it quickly reminds me, when I’m disturbed, that something is probably out of balance – I’m probably wrong-sized in some area. Lately, what’s out of balance a lot is my attitude toward other people, such as my husband. I often look only at what he doesn’t do for me, forgetting to think not only about all he **does** do for me, but also all I don’t

when I’m disturbed ...

do for him! This way of thinking doesn’t hold up, if I want to be right-sized.

From time to time I also have this problem (a bad attitude) with the

Right-sized

It means working the program

random people I meet in daily life: people at the store, people on the sidewalk, people in other cars. I can pretty much tell my own emotional state by how the other people in the world are behaving. Are they getting in my way? Taking the whole sidewalk? Talking too loud on their cell phones? Checking out my groceries too slowly? Too quickly? Too grouchy? Generally, when other people are bothering me this much, I am out of whack. And I have a choice in how I respond. If I am right-sized, I have a better chance of recognizing that humans have bad days – we all do. When I stop and realize that we’re all just doing the best we can, I can then respond in the best way I can. Rather than adding fuel to the fire, I can at the very least walk away without engaging.

something is probably out of balance

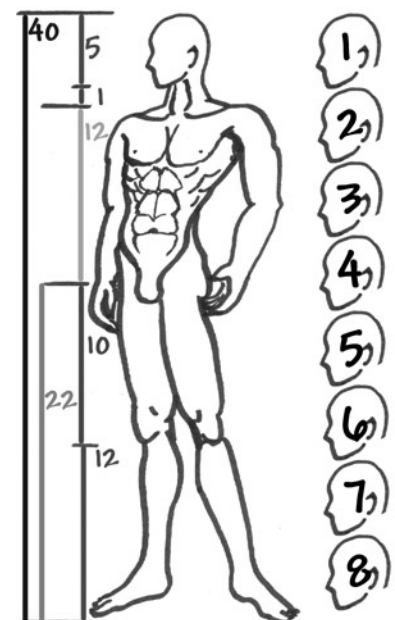
Being right-sized, to me, is about accepting life on life’s terms, and taking responsibility for doing the best I can. I am full of character defects, I don’t know whether I will ever be rid of them. I have a problem with procrastination, for example. However, I can still try to figure out the most important thing to do each day, and get that one thing done. And I pray to have this defect removed. I know I can’t remove it myself, God knows I’ve tried. All I can do is turn it over.

Dishonesty is another big one for me. Before I came to A.A., I never realized how much I lied. I lied to my

parents, my sisters, my friends, and my employers. Not great whopping lies, but little lies that added up to my own unhappiness. I still have that tendency, and I have to stop myself short. Even if a lie won’t necessarily hurt the other person, it hurts me. All those little lies wear down my own sense of integrity and self-worth. If I am going to be happy, I have to tell the truth.

staying right-sized isn’t that hard after all

Trying to be right-sized includes all of these things. In other words, it means working the program. When I follow the guidance of my sponsor, go to meetings, write my gratitude lists, say my prayers, read my wallet cards (particularly “Just for Today”) I find that staying right-sized isn’t that hard after all.





by Judy G.

I have been in and out of the rooms of various 12-Step programs since 1989, when I started attending meetings of a recovery program for compulsive overeating. I was very lonely, and I felt that there was a glass wall between the rest of the world and me. I have since heard that expression in recovery literature. It is yet another reminder that we are not alone in our suffering. While I was in that program, I developed a relationship with a higher power, which I call God, that comforted me and made me feel less alone.

Many people come to A.A. and struggle with the concept of God, but as we know, God can be any power greater than ourselves. For some, God stands for “Group Of Drunks”, or the meeting itself. That works for them, and it is fine. Lila R., the hysterically funny A.A. circuit speaker, says that her God is all of her dead relatives from Ireland, and she calls her God “Great Spirit”.

At times, no matter how great our faith in our higher power is, there are moments when we all wonder, “Is there really a God out there listening to our prayers and cries for help?” I know that my God is not the traditional concept of God, but

*God can be any power
greater than ourselves*

beyond that, I am not sure. I just know that somehow, my God keeps tapping me on the shoulder to let me

Coincidences?

I think not

know that I am not alone, that I am being taken care of. I just have to keep having faith.

I have friends who are devout atheists. If you stood before a tree and said, “God, strike this tree with lightening”, and then the tree got struck with lightening, they would say it was a coincidence. Not me.

I have had too many messages from God to believe in coincidences. There are times when I can actually feel God in the room. What do I feel? It's like a current of electricity that runs through me, that I can feel running through the rest of the universe: the Spirit that connects us all.

*God took my hand
and guided me*

I know that the job I currently have was divinely placed before me. For years I had been talking to a woman at a nonprofit in Oakland about working there. She moved out of the country one month after my doctor took me out of my prior job on a three-month medical leave, and I started at the Oakland non-profit on the day my medical leave was up. Coincidence? I think not.

I started my prior career on March 16, 1998 and walked out on above-mentioned medical leave on March 16, 2012. Coincidence? It sure felt to me like God took my hand and guided me out of a situation that was destroying my mental and physical health.

I could go on and on. There are so many messages from my higher power. I just have to sit quiet and listen. Step Three is a spiritual step in which we turn our will over to the care of the God or our own understanding. Step Eleven says that we pray for knowledge of God's will for us and the power to carry it out.

*God wants me to live
in emotional sobriety*

Through prayer and meditation we are able to quiet the chatter between our ears and listen for God's messages to us. I know that my God does not want me to be active in my disease. I know that my God wants me to live in emotional sobriety and spiritual fitness. And once we reach a certain level of spiritual fitness and emotional sobriety, we know what the answers are. We can feel it in our bodies when something is leading us in the wrong direction. God will let us know. We just have to pay attention to the whisper in our ear.

TP



A Timeline History of A.A.

The start of the 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.

The First General Service Conference

In this installment, we'll learn about the first and second General Service Conferences, the approval of the Twelve Steps and Twelve Traditions, and how, in 1955, Bill turned over the stewardship of the fellowship to the movement. The General Service Conference then became the "Guardian of the Traditions and group conscience of the entire Fellowship."

The "12 & 12" – 1953

The 1953 General Service Conference adopted a policy that no action should be taken on matters liable to gravely affect A.A. unless by consent of $\frac{3}{4}$ majority. The Conference also approved renaming "Works Publishing Inc." to "A.A. Publishing Inc." and approved the book "Twelve Steps and Twelve Traditions."

In June 1953, the 12 & 12 was published. Bill W described the work, as "This small volume is strictly a textbook which explains A.A.'s 24 basic principles and their application, in detail and with great care."

Betty L. and Tom P. helped Bill in writing the 12 & 12. Jack Alexander also helped with editing. It was published in 2 editions: one for \$2.25 (\$15.50 today) for distribution through A.A. groups and a \$2.75 (\$19 today) edition distributed through Harper & Brothers for sale in commercial bookstores.

1954 General Service Conference

The 1954 Conference recommended that all Conference-approved literature have on its face an identifying symbol. This later resulted in the circle and triangle logo.

The Conference also recommended that a publication called the "A.A. Exchange Bulletin" be approved. Later the publication was renamed to "Box 459."

The Conference also decided that the publication rights of a very popular book titled "Twenty-Four Hours a Day" should not be accepted. A.A. member Richmond W. of Daytona Beach, FL. wrote the book. A survey conducted by the GSC several years later showed that of 400 groups who responded, 25% used the 24 Hr book in their meetings. Almost 20 years later, the 1972 Conference, decided once again that the "The Twenty-Four Hour Book" not be confirmed as Conference-approved literature.

Conference solved a problem by declining & redistributed \$17,000 in funds from a bequest from a deceased member in TX. In other advisory actions, the Conference authorized the renaming the "Alcoholic Foundation" to the "General Service Board of Alcoholics Anonymous."

A.A. Comes of Age – July 1 to 3, 1955

A.A.'s 20th anniversary and 2nd International Convention occurred in St. Louis, MO. A.A.'s old-timers, led by Bill, turned over the stewardship of A.A. to the movement. The General Service Conference became the Guardian of the Traditions and

group conscience of the entire Fellowship. It was unanimously adopted by the Convention by acclamation and by the Conference by formal resolution and vote. (Note: the Conference was held from June 26 to 29 and July 3 in St Louis).

The 2nd edition Big Book was published. 30 new personal stories were introduced.

In 1955, the General Service Board adopted the practice of using the titles "Chairman" and "Vice Chairman" instead of "President" and "Vice President." If anyone ever dreamed of being "the president of A.A." the opportunity existed for 20 years and you missed it.

"Came to Believe" – December 1955 Grapevine

The December 1955 Grapevine carried a painting by volunteer illustrator Robert M. of a man on a bed being 12th Stepped by two members. The painting's title was "Came To Believe." In 1973, when the book "Came To Believe" was published, Grapevine editors changed the painting's name to "The Man On The Bed" to avoid confusion. Over the years, "The Man On The Bed" has become one of the most popular images in the A.A. Fellowship. After 1955, the depression that had plagued Bill W. for so long, lifted and he regained his bright outlook.



The Man On The Bed





by Rick R.

In my early days of sobriety my wife came home from an Al-Anon meeting all excited about what they had talked about. Apparently they were discussing inventories and she explained that when taking Step Six, it was important that she examine her motives, before making decisions. How interesting and profound that statement was, at the time, and it has come up many, many times since that initial conversation. Since almost everything we do, begins with what we think, that statement has been a big part of what I believe our goals are supposed to be when we are in the process of cleaning up the wreckage of the past. It also implies that we should examine our motives, for what we do, from this day forward, and be sure that they conform to the spirit of the principles that are suggested in the A.A. program.

*Happiness is
like a butterfly*

This kind of thinking was foreign to me before John Barleycorn got his grip, but when the alcohol took its toll and I was circling the drain, I was forced to decide what I was going to do with the rest of my life. It became very important to learn and understand what the causes of my failures were, in the past, and what I could do to correct them. Like most of us, we have measured our successes and failures based on

things we have accomplished, by the things we owned, and where we lived. It made little difference how we acquired these things. How different my thinking is today, compared to how it was back then. I no longer base my success on material possessions. As the old country song says "not a rich man in a hundred with a satisfied mind." This, to me, does not mean that we must take a vow of poverty. To me, this means that if I am honest with myself and that my motives are pure and unselfish, I can be content at any economic level. My motives make it so.

I was doing a little research to find the definition of the word "happiness" and discovered that Buddha described it as "a byproduct of right living, and not an end in itself." Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting, "satisfying his wants will never make a person happy." Another person shared that she had read something that described it like this: "happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder." If my motive is to create happiness, It's probably not going to happen. These subtle little gems of wisdom are revealed to me daily and they slowly become a part of my mental make-up.

As I look back on my life I realize that I can never recall being truly happy until I learned and understood this concept. As long as my motives were of a selfish nature or designed to get the approval of others, I was

not getting the results that I was seeking. When I started doing deeds that were based on unselfish motives and doing them without fanfare, the byproduct landed on my shoulder. Yes, I stopped chasing happiness and started living right, as best I understood it to be, and I receive more than my share of happiness.

*I stopped chasing
happiness and
started living right*

Steps Six and Seven, to me, are the beginning of a new adventure in making right decisions. The process of recognizing my motives and being completely honest with myself about them will take a very long time. Once I discover the proper motive, I must ask for the strength to carry out what I perceive to be the proper action.

Examining my motives has made me look deeper at many of the subtle little differences in the words I use and their causes and effects. For my purposes, I find that my defects of character cause my shortcomings. When I understand my defect, my shortcoming (faulty behavior) can be corrected. When I understand the problem, the troubles can be corrected. These ideas may be hard to grasp in the beginning, but if I hadn't started looking deeper into my motives, I may never have resolved the deeper issues. These days, Unselfish Motives are the seeds that all of my thoughts and actions stem from, and that is as simple as it gets.



COME TO BELIEVE

by Claire A.

This story, about the coincidence that a man—desperate, and headed out for a binge—randomly runs into a bartender who could remind him of his service in A.A., reminds me of many similar stories I have heard and seen myself in A.A. The chapter in which the story appears is called “Coincidences,” and the implication is that these aren’t coincidences, but acts of God.

When I first read this story in A.A., I was really skeptical. It reminded me of the miracle stories in the Bible, and my track record with believing the stories in the Bible was abysmal. I appreciated the stories as stories, but I certainly didn’t believe they

*Why couldn’t I change?
... because I wasn’t
humble.*

were true. I still don’t believe they are true, literal stories. However, I think they serve to explain, in the same way this story does, how sometimes it does truly seem that a divine hand has intervened in our lives to help us.

For myself, I have had more than one experience where I was truly feeling lousy, unsure and off the beam, only to have an A.A. member appear out of nowhere to talk to me. Is this coincidence? Does it really matter? I personally believe it’s Good Orderly Direction – G.O.D. But it doesn’t really matter what you call it – God, Coincidence, The Cookie Monster. This type of thing wouldn’t happen if

Mathematical Miracle

Coincidence?

I didn’t work a good program. If I didn’t go to meetings, I wouldn’t meet other A.A.s. If I didn’t go on a regular basis, people wouldn’t get to know me so that they would feel comfortable approaching me on the street. And if other people didn’t go to meetings, I wouldn’t meet them, either. There is quite a lot of effort and action that goes into creating a fellowship. Heck, if I didn’t get out of my house into the world, I wouldn’t see people at all.

I guess what I’m saying is that I put in the work I can do, and God, or Good Orderly Direction, does the rest. And after a while, the work and God become the same thing. God is in me and in you. Doing the work of A.A. simply connects me to God. When we open ourselves up to that possibility, anything can happen, and coincidences often do happen!

*Doing the work of A.A.
simply connects
me to God*

The same thing happened to the man in this story. Clearly, he put some effort into his program – he was speaking at meetings in Chicago. And when he hit a really low spot, the work he had (and the work the bartender had) done paid off.

There is, of course, no way to know how or when this is going to happen, just as there is no way to know when life is going to deal us a blow. So, more important than figuring out the mystery of coincidence to me is the idea that I need to work a strong program in every dimension every day. I must pray, read the Big Book,

get to meetings, have a home group, have a sponsor and stay in close touch with her, and call other A.A. members on a regular basis. That “Just for Today” card comes in handy every day. At this point in my recovery, using that little card is just an easy way to stay on track, and practicing the program is a joyful activity. Finally, being of service to others helps me to give back to the program, reminds me that we’re all here for each other, and helps me to recover a little bit more.

*We’re all here
for each other*

What a miracle!

TP



Intergroup Meeting Summary—June 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	Mill Valley	Cocoanuts	High Noon M	Sunday Rap
Attitude Adjustment Hour	Monday Night Stag Tiburon	Come 'n Get It!	Join the Tribe	Sunset 9ers Tu
Cover to Cover	Saturday Weekend Warrior	Cow Hollow Young People	Living Sober with HIV	Sunset Speaker Step
Day At A Time	Sunday Night Corte Madera	Design for Living	Marina Discussion	Ten Years After
Downtown Mill Valley	San Francisco Groups	Each Day a New Beginning	Miracles (Way) Off 24th St.	They Stopped in Time
Friday Night Book	A is for Alcohol	Embarcadero Group	Pax West	Too Early
Friday Night Newcomers	A New Start	Experience, Strength & Hope	Reality Farm	Walk of Shame
Girls Night Out	A Place to Call Home	Extreme Makeover: Women's Step Study	Rebounds, Retreads and Winners	Weekend Update
Glum Not!	Any Lengths	Friday Morning 12 Steppers	Saturday Beginners	Women's Mtg There is a Solution
Happy, Joyous and Free	Beginners Warmup	Grouch and the Brainstorm	Saturday Night Regroup	
Marin Young People	Big Book Basics	Haight Street Blues	Shamrocks & Serenity	
Men's Two Plus	Came to Park	High Noon F	Sometimes Slowly	

This is an unofficial summary of the June 2015 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website www.aasf.org.

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

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

The meeting was held on Wed., June 3, 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 May 2015 minutes and the June 2015 agenda were approved.

Elections to Board Directors Becca gave an overview of the process and requirements for voting. Phil presented the candidates, (Carolyn R., Chris H., Elizabeth M., Erin S., John R., Matt S., Michael B., Tom R.,) each of whom were given the microphone to give their qualifications, and answered questions about the voting procedure. Ballots were distributed, completed and collected.

After the Standing Reports were made, Phil announced that the votes were con-

clusive. The Board members elected were: Carolyn R., Chris H., Elizabeth M., Erin S., John R., Matt S. & Tom R. All of the new Board members were recognized.

Standing Reports

Board Chair, Becca This is Becca's parting meeting as Chair; she is very grateful for the opportunity to have served as Board Chair. She talked about the annual meeting from last July when several matters were suggested for the Board to work on: 1) updating the operations manual; 2) document to publish service structures for Intergroup, and a visit from Jeff who talked about a similar document done for General Services; 3) a review for the by-laws. Becca gave her annual report on the progress of each of these matters.

Treasurer, Michelle recognized Leslie B., who will be taking on the Treasurer commitment, and received an ovation for her service and dedication to the commitment. The report for the month of April is good, though we project a deficit of about \$10,000 as of the end of May. We have a little less than two months of operating money right now. Group contributions are expected to come in at the beginning of July.

Central Office Manager, Maury The overall status of this year has been steady and efficient, so instead of a standard annual report, Maury shared an email of gratitude that came to the Central Office, which touched many of the people in the office. Once again, we appreciate bilingual AA members; they are encouraged to contact the central office if they are willing to

take calls. Maury shared an email from an AA member who has started a Mandarin group in San Jose and has reached out to let us know there is a place for Mandarin speakers in the Bay Area.

Intergroup Committee/Annual Reports

Access, Dorothy for Virginia Dorothy gave a description of the Access committee's services. The business meeting is the first Tuesday of the month at Central Office.

Archives, Michael This was the year of "The Box"; a treasure trove of photographs, newspaper articles, diaries, etc., that was opened in the last year. Archivists try to catalogue the documents from the past to preserve the legacy of those AA members that have preceded us and Michael gave some endearing examples from the The Box.

Fellowship, Michael P Michael gave a preview of the events for Founders Day, which is this coming weekend. Questions were taken about specifics of the events and service commitments.

Homebound Marin, Charles for Frank Gave a brief overview in the interest of saving time for the rest of the evening's agenda.

Literature, Bridget for Phil They helped with the Access committee's brochure and are also looking for a separate laptop to use for the graphics software so that it will not require them to use the main computer in the central office.

Orientation, Greg Welcomed the new

Individual Contributions

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

IN MEMORIAM

Chris W., Lee M., Linda T.—33 years, Niva G.

ANNIVERSARIES

Lynn H.—45 years, Esther R.—40 years

Liz M.—36 years, Nancy R.—34 years, Barbara E.—34 years

Michael M.—8 years

and returning IGRs and requested that committee chairs come to the orientation each month to meet the new IGRs. Special thanks to Erin tonight for coming early to talk about PI/CPC with the new IGRs.

SF PI/CPC, Erin The annual report is presented in PowerPoint format and is available on the AASF.org web site; their report is done in January so that by June a mid-year report can be given.

There are 45 active speakers right now; there is a greater need for committee members, print media, schools and DUI coordinators.

Teleservice, Pete F. 13 open positions and back up shifts have been retired; 12th Step volunteers will take longer calls. They still need two daily coordinators for Friday and Tuesday. No annual report tonight, but for the past four months, things were good.

The Point, Jane Jane introduced herself as she is taking on the commitment. The platform and policies manual for the Point have been updated, as well as the submissions roster. The committee is always looking for new contributors and “roving reporters” who will visit and review meetings they attend. The committee also needs a secretary and someone to help proofread.

The Web, Becca Had meetings with several coders to help with the site, but none were able to make the commitment. Now that Becca is rotating out as Board Chair she will have more time to focus on the Web committee.

Old Business

Central Office Lease Update, Matt said

the meeting with Maury and Tom and the landlord, with the landlord’s attorney went well. It was informative and professional; they had a lot of questions which Maury answered well. Matt said they want to work with us on renewing the lease; more will be revealed.

“How things get done” and “The roles of the board” proposals Sam reported that there has been no discussion on these documents since last month’s meeting when he asked everyone to review them and come prepared to approve tonight. There were no questions or comments so Sam moved to approve the “How things get done” document, Nancy seconded. A vote was taken with no objections. Sam then moved to approve the “Roles of the Board” document; Jake seconded and all approved unanimously.

Marin Intergroup Clarity Charles said they are still meeting once a month researching and discussing the possibilities of a separate intergroup office in Marin. They will have a presentation at Unity Day for people who want more information. Some people think it should be called an ad hoc committee as there is some confusion about the name of the committee and its purpose. The aamarin.org site might cause some confusion, especially if the information is not consistent. Charles read the Mission Statement aloud for all to hear; some feel it is not clear and asked questions. This will be carried over to next month as it is a topic worth discussing.

New Business

NAATW request for funds, Maury read

(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

Carolyn R. chair@aasf.org

VICE CHAIR

Chris H. vicechair@aasf.org

TREASURER

Leslie B. treasurer@aasf.org

RECORDING SECRETARY

Sam W. secretary@aasf.org

COMMITTEE CHAIRS:

12th STEP COMMITTEE

OPEN 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

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	May. 15	YTD
Biggs AA	\$ 37	
Contribution Box	\$ 32	\$ 142
GGYPAA	\$ 23	
Intergroup	\$ 101	\$ 515
Novato Fellowship Group	\$ 46	
Unidentified Group	\$ 120	\$ 138
Fellowship Total	\$ 253	\$ 901

Marin Contributions	May. 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	\$ 30	\$ 303
Closed Women's SS Tu 330pm	\$ 94	
Conscious Contact Sa 6pm	\$ 238	\$ 238
Cover to Cover W 730pm	\$ 100	
Crossroads Sun 12pm	\$ 500	\$ 1,000
Day At A Time 7D 630am	\$ 240	
Downtown Mill Valley F 830pm	\$ 490	
Experience, Strength & Hope Sa 6pm	\$ 50	\$ 50
Friday Night Book F 830pm	\$ 384	
Girls Night Out W 815pm	\$ 125	
Gratitude Tu 8pm	\$ 100	
Happy Destiny F 7pm	\$ 200	
Happy Hour Th 6pm	\$ 50	\$ 50
Happy, Joyous & Free 5D 12pm	\$ 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	
Living in the Solution F 6pm	\$ 300	\$ 300
Marin Alano Club	\$ 40	\$ 40
Marin Teleservice	\$ 2,500	
Marin Young People F 830pm	\$ 106	\$ 106
Meditation Wednesday 7pm	\$ 109	
Mill Valley 7D 7am	\$ 1,050	
Mill Valley Discussion W 830pm	\$ 308	
Monday Blues M 645pm	\$ 335	
Monday Night Madness M 6pm	\$ 250	
Monday Night Stag Tiburon	\$ 500	
Monday Night Women's M 8pm	\$ 388	
Monday Nooners M 12pm	\$ 305	
Morning After Sa 10am	\$ 200	\$ 200
Morning Attitude Adjustment	\$ 538	
Nativity Monday Night BB M 8pm	\$ 67	
Noon Tu 12pm	\$ 103	
North Marin Speaker Sun 12pm	\$ 250	\$ 450
Not a Glum Lot Group Fr 800pm	\$ 152	
Novato Spirit Discussion F 2pm	\$ 150	

Marin Contributions	May. 15	YTD
On Awakening 7D 530am	\$ 350	\$ 1,400
Pathfinders Tu 12pm	\$ 190	
Primary Purpose M12pm	\$ 129	
Primary Purpose W 830pm	\$ 40	\$ 40
Quitting Time M-F 530pm	\$ 480	
Redwoods	\$ 45	
Refugee Th 12pm	\$ 50	
Reveille 7D 7am	\$ 50	\$ 50
Rise N Shine Sun 10am	\$ 480	
San Geronimo Valley M 8pm	\$ 649	
Saturday Night Sa 8pm	\$ 373	
Sausalito Sober Sisters Th 330pm	\$ 82	
Sober & Serene F 7pm	\$ 469	
Sober Sisters Wed 12pm	\$ 152	
Spiritual Testosterone Stag Su 830a	\$ 442	
Steps to Freedom M 730pm	\$ 350	
Steps To The Solution W 715pm	\$ 209	
Sunday Express Sun 6pm	\$ 109	
Survivors M 12pm	\$ 95	
T.G.I. Tuesday 6pm	\$ 50	\$ 50
There is a Solution Tu 6pm	\$ 137	\$ 137
Thursday Night Book Club Th 7pm	\$ 48	
Thursday Night Speaker 830pm	\$ 1,039	
Tuesday Big Book Tu 830pm	\$ 120	\$ 120
We, Us and Ours M 650pm	\$ 171	\$ 320
Wednesday Mid-Week W 6pm	\$ 50	\$ 50
Wednesday Night Candlelight 8pm	\$ 62	
Wednesday Night SD 7pm	\$ 632	\$ 936
Wednesday Sundowners W 6pm	\$ 175	
Why It Works Sun 6pm	\$ 85	
Women's Big Book Tu 1030am	\$ 728	
Women's Meeting Su 430pm	\$ 88	
Working Dogs W 12pm	\$ 200	
Marin Total	\$ 3,364	\$ 24,229

San Francisco Contributions	May. 15	YTD
11th Step Power Power Power	\$ 134	
20+ Sun 445pm (unlisted)	\$ 307	
6am Dry Dock Sa	\$ 72	
6am Dry Dock Su	\$ 49	
6am Dry Dock W	\$ 76	\$ 76
A is for Alcohol Tu 6pm	\$ 144	
Afro American Beginners Sat 8pm	\$ 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	\$ 75	\$ 253
Beginners' Step Study Sat 7pm	\$ 116	

San Francisco Contributions	May. 15	YTD
Bernal Big Book Sat 5pm	\$ 110	\$ 446
Bernal New Day 7D	\$ 93	\$ 674
Big Book Basics F 8pm		\$ 310
Big Book Study Su 1130am		\$ 302
Blue Book Special Su 11am		\$ 144
Brothers in Arms M 8pm		\$ 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	\$ 180
Come 'n Get It! F 630pm		\$ 44
Cow Hollow Men's Group W 8pm	\$ 126	\$ 739
Design For Living - BB Tu/Th 730am		\$ 43
Design for Living Sat 8am	\$ 42	\$ 269
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		\$ 695
Each Day a New Beginning Tu 7am	\$ 321	\$ 321
Each Day a New Beginning W 7am		\$ 914
Early Start F 6pm	\$ 180	\$ 1,554
Easy Does It Tu 6pm		\$ 54
Epiphany Group Th 7pm	\$ 210	\$ 210
Eureka Step Tu 6pm		\$ 89
Eureka Valley Topic M 6pm		\$ 579
Excelsior "Scent" Free for All Sa 7pm	\$ 60	\$ 180
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	\$ 100	\$ 170
Friday Lunch With Bill Fri 12pm	\$ 20	\$ 46
Friday Smokeless F 8pm		\$ 541
Friday Women's Round Robin D 6am		\$ 20
Friendly Circle Beginners Su 715pm		\$ 144
Gold Mine Group M 8pm		\$ 426
Goodlands Su 2pm		\$ 72
Gratitude Center Fellowship		\$ 50
H&I (SF)	\$ 30	\$ 30
High Sobriety M 8pm		\$ 136
Hilldwellers M 8pm		\$ 322
Huntington Square W 630pm		\$ 250
Join the Tribe Tu 7pm		\$ 456
Keep Coming Back Sa 10am		\$ 330
Ladies Who Lunch Thu 1210pm		\$ 55
Let It Be Now F 6pm		\$ 52

continued on p. 17



Letting Go of the Past

by Annia R.

Periodically, once a year or so, I go through my old files and throw away old papers. I have files for health, bills, taxes, dentist, and so forth. Recently, I was sorting my files and I realized that I've been holding on to a thick folder titled "Mental Health". I've been holding on to it since before I started my journey to recovery 8 years ago.

In that folder, I kept paperwork that I had collected in my using years. I had faked an Attention Deficit Disorder in

order to get stimulant drugs, and I kept those records so that I could get more drugs in the future. Even though I have been in recovery continuously for over 7 years now, I never threw away that file. Part of me wanted to hold on to it, just in case. I had reservations about my recovery and I wanted a way out of it, if I ever needed it. This time, however, I decided that I no longer needed to hold on to the paperwork in that folder. It's time to let it go.

Sometimes it is hard to let go of things that remind us of our past. We

may have reservations about our commitment to recovery and want to hold on to things that give us an "out". Of course, in some cases it is appropriate to keep photos and other keepsakes. To make that decision, we take an honest look within and check our motives.

Thought for the day: Today I will let go of things from the past that no longer serve me. I will ask myself if I have any reservations about my recovery. Just for today, I will choose recovery.



San Francisco Contributions	May. 15	YTD
Like A Prayer Su 4pm	\$ 60	
Lincoln Park Sat 830pm	\$ 71	
Living Sober with HIV W 6pm	\$ 236	
Looney Toons Tu 10pm	\$ 12	\$ 32
Lush Lounge Sa 2pm	\$ 195	
Meditation Wednesday 7pm	\$ 93	
Meeting of the Moms	\$ 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	\$ 134	\$ 284
Monday Monday M 1215pm	\$ 174	
Monday Night BB Study 8pm	\$ 60	\$ 60
New Friday Big Book F 12pm	\$ 172	
No Reservations M 12pm	\$ 390	
NYX - Sat 730pm	\$ 78	
O.A.D.W. Mon 7pm	\$ 258	
Park Presidio M 830pm	\$ 87	\$ 317
Parkside Th 8pm	\$ 46	
Pax West Daily Reflections W 7am	\$ 172	
Pax West Discussion Th 12pm	\$ 453	
Pax West Literature Discussion 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	\$ 40	\$ 77
Saturday Beginners Sat 6pm	\$ 646	

San Francisco Contributions	May. 15	YTD
Saturday Easy Does It Sa 12pm	\$ 284	
Serenity House	\$ 150	\$ 750
Sex and Love in Sobriety M 300pm	\$ 31	
Shamrocks & Serenity M 730pm	\$ 829	\$ 829
Sisters Circle Su 6pm	\$ 78	
Six O'Clock Step Th 6pm	\$ 12	
Sober Saturday Sa 830am	\$ 132	
Sobriety & Beyond W 7pm	\$ 409	
Some Are Sicker Than Others W 6pm	\$ 179	
Sometimes Slowly Sa 11am	\$ 41	\$ 41
Steppin' Up Tu 630pm	\$ 214	
Stonestown M 8pm	\$ 120	
Sunday Bookworms Sun 730pm	\$ 11	
Sunday Morning Gay Men's Stag 930am	\$ 48	
Sunday Night Castro SD 730pm	\$ 453	
Sunday Rap Sun 8pm	\$ 180	
Sunday Silence Su 730pm	\$ 315	\$ 315
Sundown W 7pm	\$ 305	
Sunrise Sunset Women's Step Th 6pm	\$ 600	
Sunset 11'ers M	\$ 100	\$ 100
Sunset 11'ers Su	\$ 100	\$ 100
Sunset 11'ers Th	\$ 79	
Sunset 9'ers F	\$ 49	
Sunset Speaker Step Sun 730pm	\$ 179	
Surf Tu 8pm	\$ 258	\$ 258
Ten Years After Su 6pm	\$ 290	
The Leaky Cauldron Su 930am	\$ 138	

San Francisco Contributions	May. 15	YTD
The Original 8 O'clock	\$ 451	
The Parent Trap 2 Wed 4pm	\$ 207	
The Parent Trap M 1pm	\$ 48	
The Pepper Group F 12pm	\$ 18	
They Stopped In Time M 8pm	\$ 195	
Thursday Night Women's 630pm	\$ 213	\$ 213
Thursday Thumpers Th 7pm	\$ 20	
Too Close For Comfort M 6pm	\$ 110	
Too Early Sat 8am	\$ 777	
Trudgers Discussion Su 7pm	\$ 180	
Tuesday Big Book Study Tu 6pm	\$ 107	
Tuesday Night Lasses Step Study	\$ 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	
Wits End Step Study Tu 8pm	\$ 39	
Women's 10 Years Plus Th 615pm	\$ 89	\$ 202
Women's Came to Believe Sa 10am	\$ 155	
Women's Kitchen Table Tu 630pm	\$ 574	
Work In Progress Sat 7pm	\$ 326	
YAHOO Step Sa 1130am	\$ 112	
Young at Heart Sa 930am	\$ 70	
San Francisco Total	\$ 3,932	\$ 33,384
YTD	\$ 7,549	\$ 58,514

Profit and Loss Statement: April 2015

	<u>Apr 15</u>	<u>Budget</u>	<u>Jan - Apr 15</u>	<u>YTD Budget</u>		<u>Apr 15</u>	<u>Budget</u>	<u>Jan - Apr 15</u>	<u>YTD Budget</u>
Ordinary Income/Expense					Paper Purchased	\$0	\$104	\$374	\$417
Income					Payroll Fees	\$10	\$10	\$40	\$42
Gratitude Month	\$0	\$50	\$3,710	\$3,900	Phone Book Listings	\$93	\$95	\$372	\$380
Group Contributions	\$11,362	\$13,200	\$50,965	\$55,900	Postage	\$49	\$49	\$298	\$298
Individual Contributions	\$3,378	\$1,675	\$10,447	\$9,718	Rent - Office	\$4,287	\$4,287	\$17,147	\$17,147
Newsletter Subscript.	\$22	\$33	\$44	\$66	Rent - Other	\$0	\$0	\$255	\$255
Sales - Bookstore	\$10,356	\$10,000	\$36,324	\$39,000	Repair & Maintenance	\$240	\$240	\$960	\$1,070
Intergroup Event Income	<u>\$100</u>	<u>\$0</u>	<u>\$100</u>	<u>\$0</u>	Security System	\$0	\$0	\$125	\$125
Total Income	\$25,217	\$24,958	\$101,590	\$108,584	Shipping	\$0	\$408	\$864	\$1,633
Cost of Goods Sold					Telephone	\$158	\$230	\$795	\$920
Cost of Books Sold	\$6,984	\$8,029	\$24,211	\$30,616	Training	\$39	\$165	\$369	\$350
COGS - Shipping	\$30	\$26	\$108	\$92	Travel	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>	<u>\$25</u>
Credit Card Processing	\$201	\$535	\$1,322	\$1,980	Total Expense	<u>\$18,930</u>	<u>\$20,343</u>	<u>\$80,315</u>	<u>\$82,472</u>
Inventory Adjustments	<u>\$0</u>	<u>\$0</u>	<u>\$100</u>	<u>\$0</u>	Net Ordinary Income	<u>-\$928</u>	<u>-\$3,975</u>	<u>-\$4,466</u>	<u>-\$6,576</u>
Total COGS	<u>\$7,215</u>	<u>\$8,590</u>	<u>\$25,741</u>	<u>\$32,688</u>	Other Income/Expense				
Gross Profit	\$18,002	\$16,368	\$75,849	\$75,896	Other Income				
Expense					Bag Fees	\$2	\$3	\$10	\$10
Committees	\$45	\$0	\$278	\$1,351	Customer Shipping	\$219	\$350	\$997	\$1,750
Employee Expenses	\$12,827	\$13,116	\$51,044	\$51,628	Interest Income	\$1	\$77	\$191	\$309
Equipment Lease	\$408	\$408	\$2,040	\$1,632	Miscellaneous Income	<u>\$30</u>	<u>\$30</u>	<u>\$157</u>	<u>\$120</u>
Filing/Fees	\$0	\$0	\$72	\$0	Total Other Income	<u>\$251</u>	<u>\$460</u>	<u>\$1,355</u>	<u>\$2,189</u>
Insurance	\$0	\$835	\$2,471	\$2,760	Other Expense				
Intergroup Events	\$424	\$0	\$1,632	\$708	Depreciation Expense	<u>\$223</u>	<u>\$204</u>	<u>\$892</u>	<u>\$817</u>
Intergroup Literature	\$50	\$59	\$320	\$382	Total Other Expense	<u>\$223</u>	<u>\$204</u>	<u>\$892</u>	<u>\$817</u>
Internet Expense	\$192	\$134	\$529	\$534	Net Other Income	<u>\$28</u>	<u>\$256</u>	<u>\$463</u>	<u>\$1,372</u>
Office Supplies	\$108	\$204	\$330	\$817	Net Income	<u>-\$899</u>	<u>-\$3,720</u>	<u>-\$4,003</u>	<u>-\$5,204</u>

Treasurer's Report

For the month of April, total income was over budget by \$259. Group contributions were under budget by \$1,838 and individual contributions over budget by \$1,703. Total expenses for the month of April were under budget by \$1,414.

April had a negative variance of \$899 compared to a projected negative variance of \$3,720.

Unrestricted cash balance increased from \$29,734 to \$32,569 which represents a little less than two months of operating expenses.

SPEAKERS WANTED!!

Carry the AA message to schools, drunk driving classes, community organizations, the medical community, and other professionals who work with alcoholics.

(Requirement: two years of continuous sobriety in AA)

PIICPC WORKSHOP

(Public Information/Cooperation with the Professional Community)

Saturday, July 11, 2015 11:30am

2900 24th Street, Mission Fellowship

For further information, email picpc@aasf.org or call Central Office: 674-1821

April 2015 Balance Sheet

(Continued from page 15)

	Apr 30, 15	Mar 31, 15	\$ Change	Apr 30, 14	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$192,134	\$192,134	\$0	\$192,850	-\$715
Unrestricted Cash	\$31,181	\$28,346	\$2,835	\$34,246	-\$3,064
Total Checking/Savings	\$223,316	\$220,480	\$2,835	\$227,095	-\$3,780
Accounts Receivable					
Accounts Receivable	\$41	\$38	\$3	\$25	\$16
Total Accounts Receivable	\$41	\$38	\$3	\$25	\$16
Other Current Assets					
Inventory - Bookstore	\$23,266	\$27,576	-\$4,309	\$23,805	-\$539
Prepaid Literature Orders	\$2,498	\$2,424	\$74	\$251	\$2,247
Undeposited Funds	\$150	\$273	-\$123	\$226	-\$76
Total Other Current Assets	\$25,915	\$30,273	-\$4,358	\$24,282	\$1,632
Total Current Assets	\$249,271	\$250,791	-\$1,520	\$251,402	-\$2,131
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,733	\$1,791	-\$58	\$2,874	-\$1,141
Leasehold Improvements (Net)	\$17,224	\$17,389	-\$165	\$19,198	-\$1,974
Total Fixed Assets	\$18,956	\$19,179	-\$223	\$22,071	-\$3,115
Other Assets					
Deposits	\$7,198	\$6,698	\$500	\$6,898	\$300
Total Other Assets	\$7,198	\$6,698	\$500	\$6,898	\$300
TOTAL ASSETS	\$275,425	\$276,668	-\$1,243	\$280,371	-\$4,946
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$3,770	\$4,372	-\$602	\$3,468	\$302
Sales Tax Payable	\$891	\$632	\$259	\$962	-\$71
Total Other Current Liabilities	\$4,661	\$5,004	-\$343	\$4,430	\$231
Total Current Liabilities	\$4,661	\$5,004	-\$343	\$4,430	\$231
Long Term Liabilities					
Deferred Compensation	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Long Term Liabilities	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Liabilities	\$64,828	\$65,171	-\$343	\$64,597	\$231
Equity					
Net Assets	-\$203,671	-\$203,671	\$0	-\$202,022	-\$1,649
Opening Balances	\$418,272	\$418,272	\$0	\$418,272	\$0
Net Income	-\$4,003	-\$3,104	-\$899	-\$476	-\$3,528
Total Equity	\$210,597	\$211,497	-\$899	\$215,775	-\$5,177
TOTAL LIABILITIES & EQUITY	\$275,425	\$276,668	-\$1,243	\$280,371	-\$4,946

from the slide about this workshop on technology in October in St. Louis. She and a few others think this would be worthwhile to attend. The total cost would be about \$1,000-\$1,200 to attend. There are no funds budgeted for this **right now. Nancy moved; Liz second-ed. A simple majority approved to send someone.**

Liaison Reports

Marin General Service, Chris H. Unity Day will be September 12th. The theme this year will be carnival. People interested in contributing can attend the planning committee's meeting at the Alano Club on the first and third Tuesday of the month.

Marin H&I, Karen G. Sponsorship, dress code policy, housing and exchanging of phone numbers are going into the draft policies at the next meeting in Auburn. These have been problem with these matters in the jails. The Vine lost its lease, so if you know of a replacement property, let them know. The Men's jail has service opportunities, but it takes some time to be cleared.

GGYPAA, James for Wanda Dance is coming up on 6/13 at the Park Gym. The theme is Neon. This is to support the bid for ICYAA. Maury suggested that they let central office know sooner so they can add events like this into the Buzz and other publications.

MARIN PI/CPC, John R. Right now they need volunteers for high schools and DUI schools. The next meeting is on 6/25.

Marin Teleservice, Kasha The new coordinator is bringing lots of enthusiasm to the position. There is also a new special events coordinator position open. Like S.F. Teleservice they may consider retiring backup shifts.

TARGETED MESSAGE FOR THIS MONTH: Spread the message about the Founder's Day play on June 7th!

Meeting adjourned with the Responsibility Statement at 8:52pm.

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



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July 2015

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