

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015  
8  
August

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## The End of Isolation



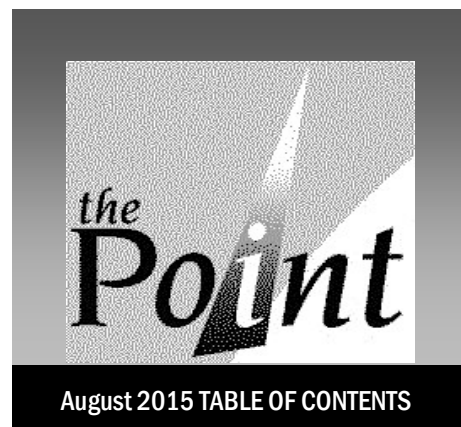
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing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

# August 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>			
<b>2</b>	<b>3</b>	<b>4</b> <u>FIRST TUE</u> <b>Access Committee</b> Central Office 6pm	<b>5</b> <u>FIRST WED</u> <b>Intergroup Meeting</b> 101 Donahue St, Sausalito <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
<b>9</b> <b>Golden Gate Young People in AA</b> Central Office 12pm	<b>10</b> <u>SECOND MON</u> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b> Central Office <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm	<b>11</b> <u>SECOND TUE</u> <b>The Point Committee</b> Central Office 5:30pm <b>Marin H&amp;I</b> 1360 Lincoln Ave, San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St <b>Orientation / Concept Study / BTG</b> 7pm <b>Business Meeting</b> 8pm	<b>12</b> <u>SECOND WED</u> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm
<b>16</b> <u>THIRD SUN</u> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day	<b>17</b> <u>THIRD MON</u> <b>SF Teleservice</b> Central Office <b>Business Meeting</b> 6pm <b>Orientation</b> 6:30pm <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation / Concept Study</b> 6:45pm <b>Business Meeting</b> 7:30pm	<b>18</b> <u>THIRD TUE</u>	<b>19</b>
<b>23</b> <div>30</div>	<b>24</b> <div>31</div>	<b>25</b> <u>FOURTH TUE</u> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation</b> 7pm <b>Business Meeting</b> 7:30pm	<b>26</b>

THURSDAY	FRIDAY	SATURDAY
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6	7	8
13	14	15 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
20 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	21	22 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am Sunshine Club and Sober Outside Services (SOS) Orientation 1320 7th Ave / Irving, SF 3pm
27	28	29 



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... there are no second-class A.A.s ...

Bill W., *Twelve Concepts for World Service*, pg. 21

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## Meeting Changes

### New Meetings:

Wed 10:30am Corte Madera WOMEN'S 12 X 12, 2 Tamalpais Dr / Palm (Women's, Step Study, Discussion)

### Meeting Changes:

Mon 6:30pm	Potrero Hill	POTRERO HILL 12 X 12, St Teresa Church: Connecticut St / 19th (was at 953 De Haro)
Mon 8:00pm	Pacific Heights	BROTHERS IN ARMS, 2340 Clay St / Webster (Was at 2333 Buchanan)
Wed 7:30am	Bernal Heights	BERNAL NEW DAY, 515 Cortland Ave / Andover (Now Speaker/Discussion and Meditation)
Sat 5:00pm	Excelsior	EXCELSIOR "SCENT" FREE FOR ALL, 32 Ocean Ave / Persia (Was at 7pm)

### No Longer Meeting:

Mon 3:00pm	Mill Valley	REDWOODS, 40 Camino Alto / Miller
Mon 6:00pm	South of Market	TOO CLOSE FOR COMFORT, 70 Oak Grove / Bryant
Mon 6:00pm	South of Market	SAY HEY, 345 Seventh St / Folsom
Mon 7:30pm	Parkmerced	THE MONDAY CLUB, 451 Eucalyptus St / Melba
Thu 7:00am	Inner Sunset	GET UP AND GO, 1320 7th Ave / Irving

**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!***



SOS – Sober Outside Services is a new opportunity to provide service in A.A. This group was formed to serve A.A. members whose on-going circumstances keep them from attending regular A.A. meetings. These A.A. members may be homebound or in an assisted living or hospital environment. This service opportunity provides a face to face meeting for these members, who otherwise may not be able to experience such meetings anymore.

***If interested in becoming part of this effort, please come to the next Orientation  
August 22, 2015 at 3:00 pm at the Gratitude Center  
1320 7<sup>th</sup> Avenue at Irving Street in San Francisco.***

If you know of any A.A. member in need of receiving a meeting, please have them or their agent contact us at [sos@aasf.org](mailto:sos@aasf.org).

## From the Editor

# The End of Isolation

by Gilbert G.

Isolation. I think we all can relate to that word. When I drank, I isolated. Even in a crowded bar, I was alone with my drink. Sound familiar?

In this month's issue, Rick R. writes about repairing damaged relations and how that has helped restore his credibility and integrity. Judy G. writes about not falling into the trap of comparing ourselves to others. She finds it better to identify the similarities between her and others.

Claire A. writes about finding the way out of self-centered misery. Her answer is "God." Bob S. writes about maintenance and growth in the program through Steps Ten, Eleven, and Twelve.

We published a note of appreciation to Central Office, sent by Jenny A. Jenny writes that her thirty years of

sobriety started with a call to Central Office. Arthur S. educates us on A.A. history by writing about the General Service Conference, changes to the A.A. Preamble, and the Twelve Concepts of World Service.

Michelle G. writes about sponsor relationships. She finds that there is a beauty in sponsorship, and she gets back so much more from her sponsees. Bob S. writes about not being able to figure anything out. So, he'll let God do that for him.

Annia R. shares, in her meditation, that she will make amends to friends she has harmed and let go of the outcome. Finally, Rick R. shares some prose with us about our ancient foe: wine. Here's to a month of continued progress and bringing an end to our isolation!

### 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 B.	Michael P.
Alejandro D.	Janet M.	Michael W.
Amelia E.	Jeanne C.	Michael Z.
Ami H.	Jeff B.	Michelle C.
Amy Mc.	Jeffery K.	Mike M.
Andy Z.	Jim C.	Niels R.
Barbara L.	Joanne S.	Pam K.
Barbara M.	John C.	Pamela D.
Becca M.	John G.	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.
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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.
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Chris S.	Layne Z.	Sheila H.
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Dianne E.	Lucy & Dennis O.	Teddy W.
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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 A.	Your
Gilbert G.	Mark O.	Name
Gregory G.	Martha S.	Here!
Henry P.	Mary C.	
Herman B.	Mary D.	Or
Hilary M.	Mary L.	Here!
Jane K.	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!

# GROUND ZERO

## *Repairing damaged relations*

by Rick R.

I was in the navy, living like a fleet sailor, in a rocky marriage, with one child, in and out of port, drinking and quarreling a lot with my wife, and circling the drain. One day my ship pulled into port and tied up to the pier. I grabbed my essentials and went to my home in the navy housing facility to find it empty and deserted. Gone were my wife, my son, my furniture, my car, my marriage and my pride. I returned to my ship,

### *it will take time to regain their trust*

shamed and humiliated and absolutely crushed. I spent the next two years crying in my beer and looking for sympathy. I stared across the bar at myself in the mirror wondering if everyone in the bar knew how much pain I was in. I began to have problems getting back to my ship on time in the morning, and after the third such episode, when I woke up at 9 am, I was already two hours late for muster, and I called the local A.A. fellowship and found my way there. That was on Oct. 15, 1969, and I have been sober ever since.

A little over a year after I got sober, I was remarried to my current wife of 44 years. About a year into that marriage I remember waking up in the middle of the night, sitting up in bed and my wife asked me, "What's wrong?" I replied "I can't do this anymore". She asked me what I was

talking about and I replied, "I have to stop bad mouthing my first wife". From that day until now, my wife and I have been treating her with kindness, respect, empathy, understanding and love.

### *credibility leads to ... integrity*

There are many areas in our lives where we need to repair damaged relations, but there's no more important place to start than at ground zero. Our families have been on the receiving end of our errant behavior for years, and it will take time to regain their trust. They were not the problem, we were, and they don't owe us anything. Until we gain some credibility, we can't make any demands. Credibility is doing what you say you're going to do, and not making any promises we can't keep. A whole bunch of credibility leads to the beginning of integrity. We can repair other relations as we spiral outward from our families to our close friends then to our work mates and our fishing buddies and so on. Being a good husband/wife, a good father/mother or, a good sister/brother, I think, should hold a top priority, as our families need us.

About ten years ago, after living in the same community for 24 years at the time, and attending meetings daily I made a statement at a meeting that I would give anyone \$100.00 if they had ever heard me say one negative thing about my first wife, and nobody could collect, including



my wife, and that son I thought I had lost. As I think back on that incident, I realize that it was the seed that fashioned my whole attitude about how I practice my principles. Now tell me, if I say that I never say anything bad about my first wife, but I am still gossiping and being critical about other people, am I not a hypocrite? I cannot be selective about who I apply these principles to. Principles are not flexible. They are the solid bedrock that my credibility and integrity rest upon.

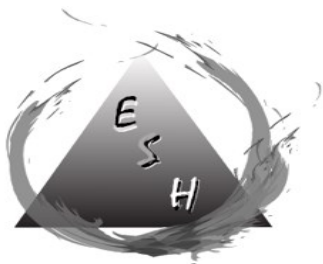
### *Principles are not flexible*

Learning how to treat my family makes it much easier to repair the damage to those outside the family circle and my family will be witness to my credibility and my integrity.

**TP**







# Don't Compare, Identify

***Focus on the similarities and not the differences***

by Judy G.

Most of us come into A.A. feeling terminally unique. Part of the reason we started drinking in the first place is because we felt like we did not fit in, and alcohol, being the social lubricant that it is, made us feel like we belonged.

It says in the Big Book that "our liquor was but a symptom," but a symptom of what? Of a disease of the mind, body, and spirit. Of the disease of fear, doubt, and insecurity. And one of the ways that we act out in our disease is to compare ourselves to others.

There are many slogans in A.A. to address this issue, the most common being, "Don't compare your insides to someone else's outsides." We also have "compare and despair" and "focus on the similarities and not the differences." I love the slogans in the program, and these have served me well. I really got the full impact of these when I realized that someone was comparing herself to me and thinking that I had something better.

Five years ago, my mother had a stroke, and I went back east to where she lives in a retirement community to take care of her. I met many of her friends over the three weeks I was there, and they watched me nurse her back to health. Although I love my mother very much, we have never been close, and we can sit for hours with nothing much to say. One day, a friend of hers who has only sons came up to me and said, "It must be so nice to have daughters."

At that moment, the light

bulb of "don't compare your insides to somebody else's outsides" exploded in my head. That someone would compare themselves to my dysfunctional family and feel jealous was a huge lesson for me.

It has worked in reverse as well. I have been single for a while, and I tend to look at people in couples and think, "How can they possibly have any problems? They have a partner." About four years ago, a woman came to my house for a roommate interview. She lived out of town, but was coming to San Francisco for work. Her husband came with her to the interview, and I thought, "Oh how lucky they are. What a sweet couple," and immediately went into the pity pot. They were from Europe, and I came to find out they were on the verge of divorce and she was worried he was already sending money out of the country so it would not be community property.

Don't compare your insides to somebody else's outsides. Very dangerous.

Another important lesson for me is "focus on the similarities, not the differences." I am very judgmental. I can find a million and one reasons why you are weird and I should have nothing to do with you. Then again, if you are too groovy, I think you will want nothing to do with me, and I

keep you at arm's length so you can't reject me. I have heard many people say in program that they were either better than other people, or other people were better than them. I totally relate to that, and it leaves a very thin stratum of people to be friends with.

So now I try to focus on the similarities, not the differences. We are all alcoholics, and we all belong in A.A. I recently heard a speaker at a meeting say that all her life, she

*we are all recovering  
from the same disease*

never felt like she belonged, and now that she has found A.A., she finally feels like she belongs somewhere. It is a huge relief to let go of all the external factors we use to judge people and focus on things like.... are they kind?

I came into A.A. suffering from extreme loneliness, a common symptom of our disease, and in this program I have learned that no one person has more worth than another person. If I want intimacy in my life, as I say I do, it behooves me to stop judging everyone by what they are wearing or some made-up assumptions on my part about what they think about me. We are all recovering from the same disease, and the more love and compassion I have for my fellows, the more I will receive in return.

And, as my Buddhist friend at work says, "Why would I compare myself to anyone else? I would never be happy." Exactly.



# The Only Reality

## Chapter 8: A Higher Power

by Claire A.

I agree with this story: the only way out of my self-centered misery is through God. My tendency is always to focus on myself first. Will I be hurt? Will I look stupid? Will my time be wasted? What will people think of me? I can get my head spinning in a million directions. Being self-centered means I tend to dwell in fear. When I wake up in the morning, I'm often fearful about the day ahead, worried about how I will go in the world. Sometimes I get myself so worked up that I get completely discouraged and want to blow the whole day off and read a novel. Better to embrace messing up and do it completely than to try and fail, right?

*the only way out of my  
self-centered misery is  
through God*

There are so many problems with this approach: my problems don't go away, nothing gets finished, some things don't even get started, I don't try new things, and I wind up depressed. My family, who counts on me to be a responsible, responsive parent gets shortchanged. The biggest problem, to me, is that this approach means I don't grow, I just grind away in the same rut, isolated, unhappy.

Fortunately for me, I'm in A.A., and I have tools to deal with my self-centered fear and misery! I make a habit in the morning of writing a gratitude list, affirmations, and

*I'm in A.A.  
and I have tools*

"things to ask God to take care of." I find that this clears my head of all the crap floating around in it, reminds me of how much is actually going well (really! it is!), helps me to capture what I want to do during the day, and helps me let go of fear. The other thing I do is read the *Just for Today* card.

When I first came into the program I thought those wallet cards were for other people. I didn't believe they could help me. I've found though, that this one in particular helps me a lot. It doesn't matter how many times I read that card, I still get something out of it. Sometimes I just write my "to do" list based on that card, assigning my various tasks to one or another of the points on the card. For example, to read something that

*tackle the next  
right thing*

requires thought and concentration, I might assign myself working through a chapter in a French book. Today, I will be buying flowers for my stepmother and trying to slip them onto her table without her figuring out that I did it. I find the card really helps me to focus on what is most important to me.

And, of course, prayer helps a ton. The amount of praying I do directly impacts my daily happiness. Praying helps me remember that God's got

this, that God wants us to be happy. When I pray, the crazy brain that says "You need to do everything NOW! Why isn't it done yet?" is replaced by a more focused brain that is able to tackle the next right thing.

When the kids and I are tired and hungry and there's no dinner plan and I am about to lose my marbles, prayer gives me perspective, a tiny breathing space, and the chance to

*prayer gives me  
perspective*

remember that I am not alone and that this moment will pass. Everything is OK. My first sponsor advised me to pray for others, and I find this really helps me (when I remember to do it – I am self-centered after all) to get out of my own head and remember how good I have it.

So, using these tools and others – meetings, calling other A.A.s, calling my sponsor, doing service work – I get out of myself and my misery. Thank God, and thank you, A.A.!







by Bob S., Richmond, IN

When I finally realized that I was an alcoholic, and in dire need of help, I asked God to relieve me from the bondage of self, which had confined me in that escape-proof alcoholic prison that we all know so well. My honest inventory and willing confession were followed by asking,

*I asked God to relieve  
me from the bondage  
of self*

begging, my newly-found Higher Power to remove from me every single defect of character that prevented my usefulness to God and my fellows—amends were in order, and that took a while. Yet, I immediately felt like a grouchy old snake in the process of shedding its skin, only to exit as a bright and shiny happy squiggling creature of the garden variety. Oxymoronicallly, it would seem that my new freedom was realized not so much by what knowledge I had gained, but what

*I emerged into the  
sunlight with an ac-  
companying sense of  
joy and freedom*

“knowledge” I had gotten rid of. Shortly thereafter I began to grow in strength and spirit, and like when a butterfly escapes its dark cocoon, I emerged into the sunlight with an

# My Spiritual Roots Must Continue to Grow

accompanying sense of joy and freedom. Some months later, that ever-present mental obsession was miraculously removed from my emotional vocabulary, and has not returned to date.

This was all some years ago, but through A.A. growth continues like a tree, not only in height but also in roots as well. For if roots do not grow in relationship to its height, this tree will likely topple into the nearest watering hole. I believe this is why Steps 10, 11 and 12 are usually referred to as the **Growth** and Maintenance Steps, rather than simply the “Maintenance Steps.” These three Steps contain the

essence of the nine previous ones if used daily. So, if I continue to live in the spirit of A.A.’s program of action, those roots will grow proportionally. So long as I follow the Big Book’s

*Steps 10, 11 and 12 are  
usually referred to as  
the Growth and  
Maintenance Steps*

directions, I believe I shall remain safe and secure from ever again taking that first drink.

**TP**





# Letter to the Editor

## *A Note of Appreciation*

Hi everyone,

I am sharing this with you because, a) it was such a nice way to start my day and I think you may feel the same way, and b) because it is really meant for all of you and the A.A. members who do Teleservice from home.

Enjoy! And thank you!

Maury

*you do make a difference*

### -----Original Message-----

From: Jenny A.

To: aa@aasf.org

Subject: Thank You

Thirty years ago tonight, I called the A.A. hotline in San Francisco, drunk off my ass and desperate. I talked to a very kind and patient man named Vince for an hour and a half. He told me I could pour my booze down the sink. I believed him, so I did. He told me about an A.A. meeting the next day and said I would find help there. I believed him, so I went. Some very kind and patient people at the Alano Center in San Rafael took me in and went with me to my first meeting. One day at a time, I've made it to thirty years of sobriety. I just wanted

to say "thank you" and to let you know that the things you do make a difference. You saved my life.

Gratefully yours,

Jenny A.

*you saved my life*

From: Maury P.

To: Jenny A.

Re: Thank You

Good Morning, Jenny and  
CONGRATULATIONS!!!

I am thrilled for you and so happy that someone was on the other end of this phone line when you called. And I really appreciate your email - such a great way for me to start the day here! A true gift :)

The phones don't ring as often as they once did - a combination of people finding A.A. through treatment facilities and getting information from the Internet, I believe. Still, we have two volunteers here each day (M - F) from 10 AM to 6 PM, and members answering the phone from home the rest of the time with no plans to change that.

With your permission, I'd like to share your email with each of them, without your email address or full name, of course. Is that OK? I am sure each of them will feel the A.A. love as much as I did reading it and a good, warm fuzzy, especially on a cold, grey day, is always welcome.

Let me know and either way, thank you again, for taking the time to send it.

With all best wishes,

Maury P

From: Jenny A.

To: Maury Polk

Subject: Re: Thank You

Maury,

I would be delighted for you to share my email with whomever you want. I would love for as many people as possible to feel my gratitude. Some days it's hard to know if anything we do make a difference at all, let alone a thirty-year difference. Simple acts of kindness can have immense and long-lasting consequences, and that's what I wanted to convey most to all of you there. The more people that hear it, the better.

Thanks for responding, and thanks for letting me know that I made a positive difference in your day. It's a wonderful feeling to know that I can give back some of what was given to me.

Jenny

**tP**



# A Timeline History of A.A.

## *The General Service Conference (continued)*

*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 subsequent General Service Conferences after 1955, the development of A.A. *Comes of Age*, changes to the A.A. Preamble, and the development of the *Twelve Concepts for World Service*.

### **Step Twelve Wording Changed a Second Time – 1956**

The following year, in 1956, the wording of Step 12 changed again in the 2<sup>nd</sup> printing of the 2<sup>nd</sup> edition Big Book. The term "as the result of those steps" was changed back to "as the result of these steps."

At the 1956 General Service Conference, Bill W. spoke on the rights of petition, appeal, participation and decision. These would later become key basic principles of the 12 Concepts for World Service.

### **The Book "A.A. Comes of Age" – April 1957**

The 1957 General Service Conference approved publication of A.A. *Comes of Age*. Guised as a 3-day diary of the St. Louis Convention, it is a definitive history of A.A. up to 1955. One version was printed by Harper & Brothers and sold in commercial bookstores. The other version was sold at a discounted price within A.A.

The Conference also recommended that no change to Article 12 of the Conference Charter, A.A. Traditions, or to the Twelve Steps could be made

with less than the written consent of  $\frac{3}{4}$  of A.A. groups.

### **A.A. Preamble Changed – April 1958**

The following year, the 1958 General Service Conference approved removing the word "honest" from the phrase "honest desire to stop drinking" in the A.A. Preamble. It also changed the term "A.A. has no dues or fees" to "There are no dues or fees for A.A. membership; we are self-supporting through our own contributions."

The wording of the Conference advisory action can give the misleading impression that the Traditions were changed. The advisory action reads: "The General Service Conference recognize the original use of the word "honest" before "desire to stop drinking" and its deletion from the Traditions as part of the evolution of the A.A. movement. Any change to be left to the discretion of A.A. Publishing, Inc." The advisory action did not change the Traditions nor did it change the Foreword to the first edition Big Book.

The Conference also recommended that the name "General Service HQ" be changed to "General Service Office." The following year, in 1959, "A.A. Publishing, Inc." was renamed to "A.A. World Services, Inc." Action that year changed the G.S.B. member ratio to 10 Class A & 9 Class B trustees.

### **Twelve Concepts for World Service – April 1962**

In a talk to the 1960 General Service Conference, Bill W. announced that

for the past 3 years, he had been working on codifying principles and developing essays for the structure of the Third Legacy of Service. The principles were announced as the "12 Concepts for World Service."

Two years later, the 1962 General Service Conference unanimously approved Bill's manuscript for the "12 Concepts for World Service" and recommended that it supplement and be an integral part of *The Third Legacy Manual*.

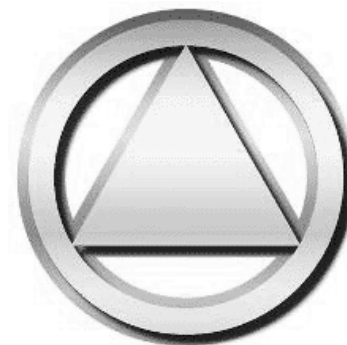
The following year, the 1963 General Service Conference organized the U.S. and Canada into six geographical Regions. Regional Trustees were elected to the Board as Class B (or alcoholic) Trustees.

### **Board Ratio Changes - April 1966**

The 1966 General Service Conference changed the Board Trustee ratio to 14 Class B alcoholic Trustees and 7 Class A non-alcoholic Trustees. This ended Bill's 10-year campaign to have alcoholics make up a majority of the Board Trustees.

Joe C. of Midland was the NWTA delegate to this conference and was elected chair of the Literature Committee for the 1967 Conference.

**IP**





# Sponsor Relationships

by Michelle G.

It's no accident that our *12 and 12* says: "The primary fact that we fail to recognize is our total inability to form a true partnership with another human being." I must have recognized that fact on some level, because I found the idea of sponsoring anyone — ever — completely intimidating. Yet it seemed that whenever I called my wise sponsor, Kathleen, with my tons of tiny troubles, she'd ask in a neutral tone: "Are you working with others yet?"

For some reason, one Saturday my sponsor's repeated urging finally paid off and I decided that I needed to find a sponsee. I went to an inner Sunset meeting but didn't find any likely prospects. Driving down Sunset Boulevard, though, I remembered another meeting where recovery houses usually went on Saturday evenings and drove right over. I was on a mission! After the meeting I told some women I recognized I was looking for a sponsee. Turns out one of them needed a sponsor. It was that simple.

Anyone who's been around the rooms for awhile has picked up a lot of knowledge, but may have also started finding the repeated slogans

## *There's a beauty to sponsorship*

boring or blasé. There's a beauty to sponsorship. When listening to a sponsee's story, those same

hackneyed phrases can magically come to mind in a way that could save a newcomer's life — or at least save some time and misery repeating the same behaviors. Plus, they sound so profound when embellished with a brief personal experience as an illustration. Internalizing the steps through repetition increases our awareness that there are better choices out there.

Reading through the *12 and 12* and the Big Book on a weekly basis wasn't something that came naturally to me. But that's how my first sponsor had done it. So I knew how to show up at a meeting and meet someone for coffee before or after. Gems would sparkle up at me from

## *I get back so much more from my sponsees*

the pages that I couldn't remember hearing before, such as the opinion that defiance is an alcoholic's primary characteristic. If I hadn't been reading the book with a sponsee on a Tuesday night at 30<sup>th</sup> and Wawona, I might not have remembered that life-saving idea on Wednesday while experiencing an intense desire to inflict road rage on an unsuspecting motorist. Instead of doing something dangerous, I told myself, "This is no surprise, since defiance is my primary characteristic." Good thing I had a sponsee to take me through the book!

The comforting thing is that I can tell stories about how my own sponsors helped me and in the process realize my own growth. When I was living in

a recovery house in the Peninsula, I would visit my sponsor in San Mateo to write out steps. She would feed me, drive me places, and buy coffee. Of course I was suspicious of all this kindness and asked her what she was getting out of it. Why was she doing all this for me? She replied, "You're supposed to do this for someone else."

At the time I was sure that would never happen. Sponsorship was fine for people like her, but I wasn't like that. After spending a number of weekends with her, though, I realized how much fun it was to tell her "You're only as sick as your sponsor" after we heard it at a meeting. Another time when her car wouldn't start and she started spraying the carburetor with something that started a small fire, I told her, "You need a bumper sticker that says 'Powered by Self Will.' " (I don't recommend trying this last one.)

It took a few inventories, but I eventually became less confrontational, more willing to practice working in a team, and even thought about true partnership as a goal. Now I get back so much more from my sponsees than they ever give to me. It actually is the easier, softer way to become "a friend among friends . . . a worker among workers [and] a useful member of society."





# What I've Had to Figure Out is That I Can't Figure Anything Out

by Bob S., Richmond IN

While still in my late teens, I appeared in court for the third time that year. The judge told me that I had disgraced my mother and my father and that he had no sympathy for the likes of me: “*Ninety days in the Indiana State Penal Farm!*” My

## *I resolved to quit drinking forever*

heart sank. Happily, my wonderful father spoke with the sheriff who put in a good word for me and I was released on probation and ordered not to drink. Trembling with fear, I resolved to quit drinking forever—I was nineteen. I figured that I had solved my problem, but not one of the following twenty years passed but what I resolved to ‘quit drinking forever,’ especially during times of another release from the drunk tank or being fired. I just couldn’t figure out why ‘quitting drinking forever’ just got me drunk.

## *What a dilemma!*

Another thing I couldn’t figure out is why I couldn’t leave the bar room until closing time and often went on a non-stop spree for several days. I couldn’t figure out why once the boozing started I couldn’t stop, but when I finally stopped I couldn’t stop starting up again. What a dilemma! But, when I came through the doors of A.A., I learned that my mind

contained a mental obsession (they called it a drunken monkey) and that my body was possessed by a physical allergy that demanded I continue drinking once I started. So, I then concluded that I had my alcoholic problem all figured out.

After scanning the Big Book, I figured that if I would just go to meetings and pray the Third Step Prayer every day I would then be home free! But alas, that drunken monkey still chattered incessantly and I feared I was headed for deep chicken fat trouble. So, I figured I needed a sponsor who would teach me the rest of the steps—I did, and he did, and then I figured out that I had solved my problem.

***I can't, but God can, I think I'll let Him***

## *Let go and let God*

Nope! Even as I began living in the spirit of Steps 10, 11, & 12, the monkey chattering continued. I figured out that I was destined to be a goner. All I knew to do was, “Let go and let God.” Then, all at once, during the summer of 1976, that exasperating obsession left me and has never returned. I have never been able to figure that one out either! But what I **have** figured out is that I can’t figure *anything* out. I can’t, but God can, I think I’ll let Him.





# Intergroup Meeting Summary—July 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>	Sunday Night Corte Madera	Came to Park	Join the Tribe	Too Early
Attitude Adjustment Hour	Tuesday Beginners Meeting	Come 'n Get It!	Marina Discussion	Weekend Update
Cover to Cover	<b>SF Groups</b>	Dark Secrets	Pax West	Women's 10 Years Plus
Glum Not!	A is for Alcohol	Design for Living	Rebounds, Retreads and Winners	Women's Meeting: There is a Solution
Men's Two Plus	A New Start	Embarcadero Group	Saturday Beginners	
Mill Valley	A Place to Call Home	Extreme Makeover: Women's Step Study	Saturday Night Regroup	
On Awakening	Any Lengths	Haight Street Blues	Sunset 9ers Tu	
Saturday Weekend Warrior	Beginners Warmup	High Noon M	Ten Years After	

This is an unofficial summary of the December 2014 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website [www.aasf.org](http://www.aasf.org).

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

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

The meeting was held on Wed., Dec 5th, 2014 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 November 2014 minutes and the Dec. 2014 agenda were approved.

## Officer Reports

**Board Chair**, Carolyn: Acknowledged the new Board members: Erin, John, Leslie, Tom, Liz, Charlie, Sam & Chris. Setting up a time for the Board retreat to discuss goals and challenges; particularly the new lease for the Central Office and determining what services the Central Office should offer.

**Treasurer**, Leslie: (See pgs. 18-19 for Financial Statements.) The rating for this month was FAIR though the numbers were in line with what was expected.

**Central Office Manager**, Chris, for Mau-

ry: Central Office is closed July 3rd and 4th CPMC has reversed their decision to not allow Central Office to list the address in our schedule and the website has been updated.

## Intergroup Committee/Activity Reports

**Access**, Virginia: July's meeting cancelled. The Buzz had an inaccurate statement about the Phone meeting being canceled; it is still happening.

**Fellowship**, Michael P.: Founder's Day was packed. Eight A.A. groups volunteered to do service. Took in \$2,200 at the door. Expenses were \$3,400. The play and GGYPA event went well, with great enthusiasm.

**Orientation**, Greg: Welcomed Leslie, our new Treasurer, and reminded committee chairs to come early for the orientation for new IGR's every month.

**SF PI/CPC**, Erin: July 11 is the next workshop for new speakers. Down to one DUI provider from three. Next month is the Journalism conference. UCSF workshop just happened; they mentioned the April issue of the Atlantic which featured a piece on the irrationality of A.A. A.A. has traditionally worked with the medical and scientific professions and despite their criticism of the A.A. 12 Step program, we should listen to what they have to say.

**The Point**, Jane: Two new people are interested in joining the committee. They are considering changing the meeting time to weekends to accommodate volunteers who cannot meet on weekdays. They are also looking for articles on Spiritual Practice from Ch. 9 in Came to Believe.

**Website**, Carolyn for Becca: They are looking to get reviewed by a developer for a reboot of the web site.

**New Business Round Table Discussion**: We broke into small groups to discuss how IGR's feel their time can be better utilized at the meeting. After discussion, each table sent a rep to the microphone to report the highlights of the discussion: We come here to get information to take back to the groups. One example would be the Marin Central Services ad hoc committee. One group is very interested in hearing about these updates / There is a desire for input of what the Board is doing in a timely manner. / One discussion centered on why we are here: to report information; perhaps there could be a more efficient way too communicate information? / One person reported the round table discussion was engaging. And a benefit is sharing learning experiences. Maybe have Meet the Meeting earlier in the meeting instead of at the end? / One discussion was similar to what has been said before. Perhaps only give reports when there is something to be reported? / We could find ways to be more engaging to our groups as IGRs. Maybe if we had more time to prepare for votes that are taken at Intergroup? / We discussed a lot of stuff. It's good that we stick to the agenda Perhaps we could try a networking strategy to talk to each other more often at the meeting. Important to know what we are doing here; maybe send a reminder email after the meeting to remind people the highlights of the meeting to take back to their groups. / Written reports are appreciated, more opportunities to communicate with committee chairs. / It is frustrating to not know what you can ask for at the Intergroup meetings. / The information

# Individual Contributions

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

## IN MEMORIAM

**Chris W.**

**Lee M.**

**Linda T. – 33 years**

## ANNIVERSARIES

**Jim A. - 41 years**

is provided if you look for it.

### **Liaison Reports**

**Marin General Service**, Chris On August 1st, there will be Summer Assembly in Petaluma. Two topics are: 1) Staying in the Solution, and 2) Are there too many groups? September 12th is Marin Unity Day.

**GGYPAA**, John Wanda is no longer making liaison reports. John passed out flyers for the 4th of July potluck/picnic by the hostel at Ft. Mason. Meeting is at noon, event goes to boom.

**Marin PI/CPC**, Jack There was an incorrect email address, but it was corrected. Always looking for new speakers

**Marin Teleservice**, Kasha Looking for a special events coordinator, one year commitment, current one is six months. Still taking about retiring backup shifts.

The **TARGETED MESSAGE FOR THIS MONTH** is to talk about the group's need from a Central Office. Carolyn mentioned that the committees use the Central Office for their meetings and proposed that we ask our respective groups how they feel about that

### **Group reports:**

There was more time for open Mic, so the following people shared:

Michelle, from Women's 10 year plus mentioned that cell phones in meeting can be divisive. They have been trying to resolve it amicably.

Jake from Monday Night Men's Stag said the group is hosting a breakfast on July 26th at the Strawberry Rec center.

Sam from Intergroup reminded everyone they have recently approved the How We Get Things Done flier.

Jerry, from Marina Discussion said the meeting, despite a history of strong, enthusiastic attendance, could use some support right now.

John, Dark Secrets, said the meeting has moved to 650 Parker Ave. and to pass that information along.

Jonathan from Pax West said they have been reviving the Back to Basics practice, and though it's a men's meeting, they are willing to share how they practice Back to Basics with other groups and are considering how they might do that.

Pascal from Cover to Cover, shared about a recent challenge: The meeting place wants \$340 is the annual premium to insure the group. This has happened to other groups and is an added expense of holding meetings in certain places.

Virginia from Extreme Makeover said that their group is listed TG in the meeting list, with ASL upon request and to let people know.

Mike from Join the Tribe said that his group has almost lost its space due to spilt coffee and that the church now requires a meeting representative to attend the church's monthly business meeting to give a report on what the group is doing with the meeting space.

Charles from Marin Central Services Committee said they are still meeting and they are open to having representatives attend. The next meeting is at 7pm, July 7th at the Alano Club.

Jerry said it was a good meeting and that

## 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:

#### **ACCESS COMMITTEE**

Virginia M. access@aasf.org

#### **ARCHIVES COMMITTEE**

Michael P. archives@aasf.org

#### **FELLOWSHIP COMMITTEE**

Michael P. fellowship@aasf.org

#### **HOMEBOUND MARIN**

Frank T. homeboundmarin@aasf.org

#### **LITERATURE COMMITTEE**

Phil L. literaturecomm@aasf.org

#### **ORIENTATION COMMITTEE**

Greg M. orientation@aasf.org

#### **SF 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

# aa group contributions

Fellowship Contributions	Jun. 15	YTD	Marin Contributions	Jun. 15	YTD	San Francisco Contributions	Jun. 15	YTD
Biggs AA		\$ 37	Not a Glum Lot Group Fr 800pm		\$ 152	Afro American Beginners Sat 8pm		\$ 188
Contribution Box	\$ 41	\$ 183	Novato Spirit Discussion F 2pm		\$ 150	Agnostics & Freethinkers Su 630pm		\$ 120
GGYPAA		\$ 23	On Awakening 7D 530am		\$ 1,400	All Together Now Th 8pm	\$ 110	\$ 110
Intergroup		\$ 515	Pathfinders Tu 12pm		\$ 190	Amazing Grace M 7pm	\$ 60	\$ 60
Novato Fellowship Group	\$ 101	\$ 147	Primary Purpose M12pm		\$ 129	Any Lengths Sat 930am		\$ 600
Unidentified Group		\$ 18	Primary Purpose W 830pm		\$ 40	Artists & Writers F 630pm		\$ 400
<b>Fellowship Total</b>	<b>\$ 142</b>	<b>\$ 923</b>	Quitting Time M-F 530pm		\$ 480	As Bill Sees It Th 830pm		\$ 125
			Redwoods		\$ 45	Ass in a Bag Th 830pm	\$ 195	\$ 195
<b>Marin Contributions</b>	<b>Jun. 15</b>	<b>YTD</b>	Refugee Th 12pm		\$ 50	Back to Basics Th 730pm		\$ 10
12 & 12 Study Sa 815am	\$ 188	\$ 188	Reveille 7D 7am		\$ 50	Beginners 12 x 12 F 7pm		\$ 253
AA By The Bay Tu 730pm		\$ 209	Rise N Shine Sun 10am		\$ 480	Beginners' Step Study Sat 7pm		\$ 116
Attitude Adjustment 7D 7am	\$ 1,165	\$ 2,557	San Geronimo Valley BS F 8pm	\$ 184	\$ 184	Bernal Big Book Sat 5pm	\$ 148	\$ 594
Awareness/Acceptance M 1030am		\$ 120	San Geronimo Valley M 8pm		\$ 649	Bernal New Day 7D	\$ 275	\$ 949
Back to Basics Su 930am	\$ 36	\$ 339	Saturday Night Sa 8pm		\$ 373	Big Book Basics F 8pm		\$ 310
Closed Women's SS Tu 330pm		\$ 94	Saturday Weekend Warrior 830am	\$ 176	\$ 176	Big Book Study Su 1130am		\$ 302
Conscious Contact Sa 6pm		\$ 238	Sausalito Sober Sisters Th 330pm		\$ 82	Blue Book Special Su 11am	\$ 70	\$ 215
Cover to Cover W 730pm		\$ 100	Sober & Serene F 7pm		\$ 469	Brothers in Arms M 8pm		\$ 112
Crossroads Sun 12pm		\$ 1,000	Sober Sisters Wed 12pm		\$ 152	Buena Vista Breakfast Su 12pm		\$ 180
Day At A Time 7D 630am		\$ 240	Spiritual Testosterone Stag Su 830a		\$ 442	By the Book Sa 10am		\$ 44
Downtown Mill Valley F 830pm		\$ 490	Steps to Freedom M 730pm		\$ 350	Castro Discussion Th 730p		\$ 192
Experience/Strength/Hope Sa 6pm		\$ 50	Steps To The Solution W 715pm		\$ 209	Castro Nooners F 12pm		\$ 88
Friday Night Book F 830pm	\$ 119	\$ 503	Sunday Express Sun 6pm		\$ 109	Coit's Quitters		\$ 180
Gay Men & Women All Welcome 8pm	\$ 100	\$ 100	Survivors M 12pm		\$ 95	Come 'n Get It! F 630pm		\$ 44
Girls Night Out W 815pm		\$ 125	T. G. I. F. F 6pm	\$ 42	\$ 42	Cow Hollow Men's Group W 8pm	\$ 216	\$ 955
Gratitude Tu 8pm		\$ 100	T.G.I. Tuesday 6pm		\$ 50	Design For Living BB T/T 730am	\$ 141	\$ 184
Happy Destiny F 7pm		\$ 200	There is a Solution Tu 6pm		\$ 137	Design for Living Sat 8am		\$ 269
Happy Hour Th 6pm		\$ 50	Thursday Night Book Club Th 7pm		\$ 48	Dignitaries Sympathy W 815pm		\$ 275
Happy, Joyous & Free 5D 12pm		\$ 750	Thursday Night Speaker 830pm		\$ 1,039	Each Day a New Beginning F 7am		\$ 834
High & Dry W 12pm		\$ 170	Tiburon Women's Candlelight 8pm	\$ 46	\$ 46	Each Day a New Beginning M 7am		\$ 267
Inverness Sunday Serenity 10am		\$ 135	Tuesday Big Book Tu 830pm		\$ 120	Each Day A New Beginning Su 8am		\$ 500
Just Can't Wait 'til 8 M 630pm		\$ 147	Tuesday Chip Meeting Tu 830pm	\$ 300	\$ 300	Each Day a New Beginning Th 7am		\$ 695
Last Stop Men's SS W 6pm		\$ 250	We, Us and Ours M 650pm		\$ 320	Each Day a New Beginning Tu 7am		\$ 321
Living in the Solution F 6pm		\$ 300	Wednesday Mid-Week W 6pm		\$ 50	Each Day a New Beginning W 7am	\$ 423	\$ 1,337
Marin Alano Club		\$ 40	Wednesday Night Candlelight 8pm		\$ 62	Early Start F 6pm	\$ 207	\$ 1,761
Marin Teleservice		\$ 2,500	Wednesday Night SD 7pm		\$ 936	Easy Does It Tu 6pm		\$ 54
Marin Young People F 830pm		\$ 106	Wednesday Sundowners W 6pm		\$ 175	Epiphany Group Th 7pm		\$ 210
Meditation Wednesday 7pm		\$ 109	Why It Works Sun 6pm		\$ 85	Eureka Step Tu 6pm		\$ 89
Mill Valley 7D 7am		\$ 1,050	Women's Big Book Tu 1030am		\$ 728	Eureka Valley Topic M 6pm		\$ 579
Mill Valley Discussion W 830pm		\$ 308	Women's Meeting Su 430pm		\$ 88	Excelsior "Scent" Free for All Sa 7pm		\$ 180
Monday Blues M 645pm		\$ 335	Working Dogs W 12pm		\$ 200	Extreme Makeover M 730pm		\$ 77
Monday Night Madness M 6pm		\$ 250	<b>Marin Total</b>	<b>\$ 2,533</b>	<b>\$ 26,762</b>	Federal Speaker Su 12pm	\$ 102	\$ 299
Monday Night Stag Tiburon		\$ 500	<b>San Francisco Contributions</b>	<b>Jun. 15</b>	<b>YTD</b>	Firefighters & Friends Tu 10am		\$ 97
Monday Night Women's M 8pm		\$ 388	11th Step Power Power Power		\$ 134	Fireside Chat Group Tu 8pm		\$ 62
Monday Nooners M 12pm	\$ 179	\$ 484	20+ Sun 445pm (unlisted)		\$ 307	Friday at Five F 5pm		\$ 170
Morning After Sa 10am		\$ 200	6am Dry Dock Sa		\$ 72	Friday Lunch With Bill Fri 12pm		\$ 46
Morning Attitude Adjustment		\$ 538	6am Dry Dock Su		\$ 49	Friday Smokeless F 8pm		\$ 541
Nativity Monday Night BB 8pm		\$ 67	6am Dry Dock W		\$ 76	Friday Women's Round Robin 6am		\$ 20
Noon Tu 12pm		\$ 103	A is for Alcohol Tu 6pm	\$ 42	\$ 186	Friendly Circle Beginners Su 715pm		\$ 144
North Marin Speaker Sun 12pm		\$ 450				Gold Mine Group M 8pm		\$ 426

San Francisco Contributions	Jun. 15	YTD	San Francisco Contributions	Jun. 15	YTD	San Francisco Contributions	Jun. 15	YTD
Goodlands Su 2pm		\$ 72	Parkside Th 8pm		\$ 46	Sunset 9'ers F		\$ 49
Gratitude Center Fellowship		\$ 50	Pax West Daily Reflections W 7am		\$ 172	Sunset Speaker Step Su 730pm	\$ 324	\$ 324
H&I (SF)		\$ 30	Pax West Discussion Th 12pm		\$ 453	Sunset Speaker Step Sun 730pm		\$ 179
Haight Street Blues Tu 615pm	\$ 162	\$ 162	Pax West Literature Disc Tu 12pm		\$ 1,170	Surf Tu 8pm		\$ 258
High Noon Friday 1215pm	\$ 202	\$ 202	Pax West Prayer and Meditation F 7am		\$ 233	Ten Years After Su 6pm		\$ 290
High Noon Saturday 1215pm	\$ 212	\$ 212	Pocket Aces Sun 7pm	\$ 58	\$ 58	The Leaky Cauldron Su 930am		\$ 138
High Noon Sunday 1215p	\$ 78	\$ 78	Progress Not Perfection Tu 830pm		\$ 99	The Original 8 O'clock		\$ 451
High Sobriety M 8pm		\$ 136	Queers, Crackpots & Fallen Women		\$ 60	The Parent Trap 2 Wed 4pm		\$ 207
Hilldwellers M 8pm		\$ 322	Rebound W 830pm		\$ 77	The Parent Trap M 1pm		\$ 48
Huntington Square W 630pm		\$ 250	Saturday Beginners Sat 6pm		\$ 646	The Pepper Group F 12pm		\$ 18
Intergroup	\$ 113	\$ 113	Saturday Easy Does It Sa 12pm		\$ 284	They Stopped In Time M 8pm		\$ 195
Join the Tribe Tu 7pm		\$ 456	Saturday Night Regroup Sa 730pm	\$ 499	\$ 499	Thursday Night Women's Th 630pm	\$ 277	\$ 490
Keep Coming Back Sa 10am		\$ 330	Serenity House	\$ 150	\$ 900	Thursday Thumpers Th 7pm		\$ 20
Ladies Who Lunch Thu 1210pm	\$ 51	\$ 105	Sex and Love in Sobriety M 300pm		\$ 31	Too Close For Comfort M 6pm		\$ 110
Let It Be Now F 6pm		\$ 52	Shamrocks & Serenity M 730pm		\$ 829	Too Early Sa 8am	\$ 211	\$ 211
Like A Prayer Su 4pm		\$ 60	Sisters Circle Su 6pm		\$ 78	Too Early Sat 8am		\$ 777
Lincoln Park Sat 830pm		\$ 71	Six O'Clock Step Th 6pm		\$ 12	Trudgers Discussion Su 7pm		\$ 180
Living Sober with HIV W 6pm		\$ 236	Sober Saturday Sa 830am		\$ 132	Tuesday Big Book Study Tu 6pm		\$ 107
Looney Toons Tu 10pm	\$ 30	\$ 62	Sobriety & Beyond W 7pm		\$ 409	Tuesday Night Lasses Step Study		\$ 137
Lush Lounge Sa 2pm	\$ 41	\$ 236	Some Are Sicker Than Others W 6pm		\$ 179	Valencia Smokefree F 6pm		\$ 297
Meditation Wednesday 7pm		\$ 93	Sometimes Slowly Sa 11am	\$ 117	\$ 158	Wake Up On 3rd St Group	\$ 250	\$ 250
Meeting of the Moms		\$ 152	Steppin' Up Tu 630pm		\$ 214	Walk of Shame W 830pm		\$ 210
Meeting Place Noon W 12pm	\$ 206	\$ 410	Stonestown M 8pm		\$ 120	We Care Tu 12pm		\$ 72
Mellow Mission Sunrise M 7am		\$ 60	Sunday Bookworms Sun 730pm		\$ 11	Weekend Worker Sat 7am		\$ 60
Men's Gentle Touch M 7pm		\$ 207	Sun Morning Gay Men's Stag 930am		\$ 48	West Portal W 8pm		\$ 275
Mid-Morning Support Su 1030am		\$ 284	Sunday Night Castro SD 730pm		\$ 453	What It's Like Now M 6pm		\$ 100
Monday Monday M 1215pm	\$ 119	\$ 293	Sunday Rap Sun 8pm		\$ 180	Wits End Step Study Tu 8pm		\$ 39
Monday Night BB Study 8pm		\$ 60	Sunday Silence Su 730pm		\$ 315	Women's 10 Years Plus Th 615pm		\$ 202
New Friday Big Book F 12pm	\$ 315	\$ 487	Sundown W 7pm		\$ 305	Women's Came to Believe Sa 10am		\$ 155
Newcomers Tu 8pm	\$ 119	\$ 119	Sunrise Sunset Women's Step Th 6pm		\$ 600	Women's Kitchen Table Tu 630pm		\$ 574
No Reservations M 12pm	\$ 118	\$ 508	Sunset 11'ers F	\$ 90	\$ 90	Women's Meeting There is a... W 6pm	\$ 234	\$ 234
Nu Outlook	\$ 185	\$ 185	Sunset 11'ers M		\$ 100	Work In Progress Sat 7pm		\$ 326
NYX - Sat 730pm		\$ 78	Sunset 11'ers Sa	\$ 97	\$ 97	YAHOO Step Sa 1130am		\$ 112
NYX Sat 7pm	\$ 92	\$ 92	Sunset 11'ers Su		\$ 100	Young at Heart Sa 930am		\$ 70
O.A.D.W. Mon 7pm		\$ 258	Sunset 11'ers Th		\$ 79	<b>San Francisco Total</b>	<b>\$ 6,390</b>	<b>\$ 39,894</b>
Park Presidio M 830pm		\$ 317	Sunset 11'ers W	\$ 50	\$ 50	<b>YTD</b>	<b>\$ 9,065</b>	<b>\$ 67,579</b>

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

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

**Or e-mail us at: [thepoint@aasf.org](mailto:thepoint@aasf.org)**

# Profit and Loss Statement: May 2015

	May 2015	Budget	Jan - May 15	YTD Budget		May 2015	Budget	Jan - May 15	YTD Budget
Ordinary Income/Expense					Phone Book Listings	\$93	\$95	\$465	\$475
Income					Postage	\$200	\$230	\$498	\$528
Gratitude Month	\$28	\$0	\$3,738	\$3,900	Printing	\$0	\$0	\$0	\$0
Group Contributions	\$7,549	\$8,200	\$58,514	\$64,100	Professional Fees	\$0	\$0	\$0	\$0
Individual Contributions	\$1,650	\$1,600	\$12,097	\$11,318	Rent - Office	\$4,287	\$4,287	\$21,434	\$21,434
Newsletter Subscript.	\$11	\$11	\$55	\$77	Rent - Other	\$75	\$75	\$330	\$330
Sales - Bookstore	\$9,353	\$10,000	\$45,677	\$49,000	Repair & Maintenance	\$240	\$240	\$1,200	\$1,310
Intergroup Event Income	\$400	\$0	\$500	\$0	Security System	\$0	\$0	\$125	\$125
Total Income	<b>\$18,991</b>	<b>\$19,811</b>	\$120,580	\$128,395	Shipping	\$258	\$408	\$1,123	\$2,042
Cost of Goods Sold					Software Purchased	\$0	\$0	\$0	\$0
Cost of Books Sold	\$6,570	\$6,029	\$30,781	\$36,645	Telephone	\$168	\$230	\$964	\$1,150
COGS - Shipping	\$18	\$26	\$126	\$118	Training	\$0	\$0	\$369	\$350
Credit Card Processing	\$264	\$300	\$1,381	\$2,280	Travel	\$49	\$0	\$49	\$25
Inventory Adjustments	\$390	\$0	\$489	\$0	Total Expense	<b>\$18,890</b>	<b>\$20,562</b>	\$99,206	\$103,034
Total COGS	<b>\$7,242</b>	<b>\$6,355</b>	\$32,778	\$39,043	Net Ordinary Income	-\$7,141	-\$7,106	-\$11,403	-\$13,682
Gross Profit	<b>\$11,749</b>	<b>\$13,456</b>	\$87,803	\$89,352	Other Income/Expense				
Expense					Other Income				
Committees	\$0	\$0	\$278	\$1,351	Bag Fees	\$2	\$3	\$12	\$13
Employee Expenses	\$13,098	\$13,000	\$64,143	\$64,628	Customer Shipping	\$280	\$450	\$1,276	\$2,200
Equipment Lease	\$0	\$408	\$2,040	\$2,040	Interest Income	\$66	\$77	\$320	\$386
Filing/Fees	\$0	\$561	\$72	\$561	Miscellaneous Income	\$30	\$30	\$187	\$150
Insurance	\$0	\$0	\$2,471	\$2,760	Total Other Income	<b>\$378</b>	<b>\$560</b>	\$1,795	\$2,749
Intergroup Events	\$137	\$518	\$1,768	\$1,225	Other Expense				
Intergroup Literature	\$0	\$59	\$320	\$441	Depreciation Expense	\$223	\$205	\$1,115	\$1,022
Internet Expense	\$120	\$133	\$649	\$667	Total Other Expense	<b>\$223</b>	<b>\$205</b>	\$1,115	\$1,022
Office Supplies	\$77	\$204	\$407	\$1,021	Net Other Income	<b>\$155</b>	<b>\$355</b>	\$680	\$1,727
Paper Purchased	\$78	\$104	\$452	\$521	Net Income	<b>-\$6,987</b>	<b>-\$6,751</b>	<b>-\$10,723</b>	<b>-\$11,956</b>
Payroll Fees	\$10	\$10	\$50	\$52					

## Treasurer's Report

For the month of May, total income was under budget by \$820.

Total expenses for the month of May were under budget by \$1,671.

May had a negative variance of \$6,987 compared to a projected negative variance of \$6,751.

Unrestricted cash balance decreased from \$31,396 to \$27,240 which represents a little more than one and a half months of operating expenses.

OVERALL RATING: **FAIR**

Every month we rate our monthly finances as "Excellent", "Good", "Fair" or "Poor". Generally speaking, here are the definitions of those terms:

**Excellent:** We exceeded our budget. Our income was greater than our expenses for the month and we have more than two months worth of operating expenses in unrestricted cash balances. Operating expenses are roughly \$19k/month, so we'd have over \$38k in unrestricted cash balances for the month. The last time we were "Excellent" was January 2013.

**Good:** We are meeting our budget. Our income for the month, or for the YTD, was slightly greater than our expenses and we'd have approximately 1.5 - 2 months of operating expenses in unrestricted

cash balances. The last time we were "Good" was March 2015.

**Fair:** We are not meeting our budget. Our expenses were greater than our income for the month and for the YTD - and our unrestricted cash balance would be somewhere between 1 to 1.5x our operating expenses. The last time we were "Fair" was Feb 2015.

**Poor:** We are not meeting our budget and our unrestricted cash balances fell below one month of operating expenses. The last time were "poor" was in November 2014.



# May 2015 Balance Sheet

	May 31, 15	Apr 30, 15	\$ Change	May 31, 14	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Restricted Cash	\$192,263	\$192,197	\$65	\$192,915	-\$652
Unrestricted Cash	\$26,677	\$30,941	-\$4,264	\$26,008	\$669
Total Checking/Savings	\$218,940	\$223,138	-\$4,199	\$218,923	\$17
Accounts Receivable					
Accounts Receivable	\$74	\$41	\$33	\$25	\$49
Total Accounts Receivable	\$74	\$41	\$33	\$25	\$49
Other Current Assets					
Inventory - Bookstore	\$19,319	\$23,266	-\$3,947	\$22,887	-\$3,568
Prepaid Literature Orders	\$3,849	\$2,498	\$1,351	\$950	\$2,899
Undeposited Funds	\$131	\$150	-\$19	\$0	\$131
Total Other Current Assets	\$23,299	\$25,915	-\$2,615	\$23,837	-\$537
Total Current Assets	\$242,313	\$249,094	-\$6,781	\$242,785	-\$472
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,675	\$1,733	-\$58	\$2,760	-\$1,085
Leasehold Improvements (Net)	\$17,059	\$17,224	-\$165	\$19,033	-\$1,974
Total Fixed Assets	\$18,733	\$18,956	-\$223	\$21,792	-\$3,059
Other Assets					
Deposits	\$7,198	\$7,198	\$0	\$6,898	\$300
Total Other Assets	\$7,198	\$7,198	\$0	\$6,898	\$300
<b>TOTAL ASSETS</b>	<b>\$268,244</b>	<b>\$275,248</b>	<b>-\$7,004</b>	<b>\$271,475</b>	<b>-\$3,231</b>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$4,036	\$3,770	\$266	\$3,715	\$320
Sales Tax Payable	\$726	\$891	-\$165	\$748	-\$22
Total Other Current Liabilities	\$4,762	\$4,661	\$101	\$4,463	\$298
Total Current Liabilities	\$4,762	\$4,661	\$101	\$4,463	\$298
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	\$64,929	\$64,828	\$101	\$64,630	\$298
Equity					
Net Assets	-\$203,671	-\$203,671	\$0	-\$202,022	-\$1,649
Opening Balances	\$418,272	\$418,272	\$0	\$418,272	\$0
Net Income	-\$11,286	-\$4,181	-\$7,105	-\$9,406	-\$1,880
Total Equity	\$203,315	\$210,420	-\$7,105	\$206,844	-\$3,529
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$268,244</b>	<b>\$275,248</b>	<b>-\$7,004</b>	<b>\$271,475</b>	<b>-\$3,231</b>

we should have a phone list to stay in touch. He knows many of the IGR's only from this meeting, but rarely sees them in other A.A. meetings and would like to stay in touch with them.

Paul wants to know Roberts Rules of Order better and be able to relate is knowledge about procedure at the meeting.

Kasha shared that this was the first time she felt a "part of" at the IGR meeting and really enjoyed the discussion and positive feedback.

John will send a pocket card he found to central office for assets and liabilities, and daily moral inventory for anyone who also might find it useful.

**Meet the Meeting** Bridget from Sunset 9ers gave a history of the group.

Meeting adjourned with the Responsibility Statement at 8:46pm.

Next Intergroup Meeting: Wed. August 5, 2015, 7pm, 101 Donohue St., Marin City CA. Orientation is at 6:15pm, dinner is served at 7pm.

## WHAT IS AN INTERGROUP/ CENTRAL OFFICE?

A central office (or intergroup) is an A.A. service office that involves partnership among groups in a community—just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups—functions which are best handled by a centralized office—and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

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# August 2015

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