

# the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2015 **9**  
September

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## We Will Know Peace



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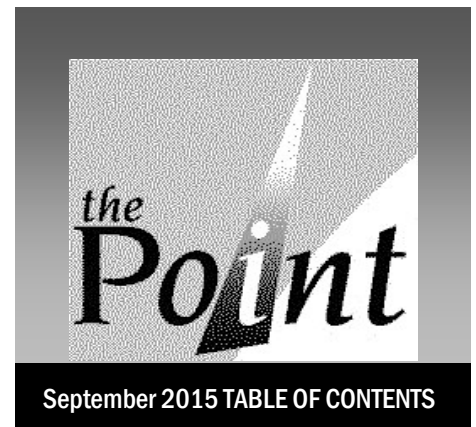
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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing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

# September 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1</b> <u>FIRST TUE</u> <b>Access Committee</b> Central Office 6pm	<b>2</b> <u>FIRST WED</u> <b>Intergroup Meeting</b> 1187 Franklin St, SF <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
<b>6</b>	<b>7</b>	<b>8</b> <u>SECOND TUE</u> <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>9</b> <u>SECOND WED</u> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm
<b>13</b> <b>Golden Gate Young People in AA</b> Central Office 12pm	<b>14</b> <u>SECOND MON</u> <b>SF PI/CPC Committee</b> Central Office <b>Business Meeting</b> 7pm	<b>15</b>	<b>16</b>
<b>20</b> <u>THIRD SUN</u> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day	<b>21</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>22</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>23</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

THURSDAY	FRIDAY	SATURDAY
3	4	5
10	11	12 <b>Marin Unity Day 2015</b> San Rafael Community Center 618 B Street, San Rafael Noon to 6pm <b>SF PI/CPC</b> 1320 7th Ave, SF <b>Speaker Workshop</b> 10:30am <b>The Point Committee</b> Central Office 1pm
17	18	19 <b>THIRD SAT</b> <b>SF H&amp;I</b> 2900 24th St, SF <b>Orientation</b> 11am <b>Business Meeting</b> 12pm
24 <b>FOURTH THU</b> <b>Marin PI/CPC</b> 1360 Lincoln Ave, San Rafael <b>Business Meeting</b> 7pm	25	26 <b>FOURTH SAT</b> <b>CNCA Meeting</b> 320 N McDowell Blvd, Petaluma 10am
		



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Self-seeking will slip away.

*Alcoholics Anonymous, pg. 84*

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## Meeting Changes

### New Meetings:

Tue	7:00pm	Castro	GIRLS' NIGHT OUT, 1800 Market St / Octavia (Transgender, Women's, Speaker/Discussion)
Tue	7:00pm	Bayview	THERE IS A SOLUTION IN THE BAYVIEW, 4622 3rd St / McKinnon (Speaker, Step Study, Wheelchair Access, No Slips Signed)
Thu	7:00pm	Novato	KEEP IT SIMPLE SISTER, 1907 Novato Blvd / McClay (Women's Step Study)

### Meeting Changes:

Tue	6:00pm	North Beach	COIT'S QUITTERS, 1034 Kearny St / Pacific (Was at 722 Columbus)
Wed	7:30pm	Mission	SOBRIETY & BEYOND, 2900 24th St / Florida (Was at 7:15pm)
Thu	11:50am	Inner Sunset	WOMEN'S CANDLELIGHT, 1320 7th Ave / Irving (Was at 12pm; called Candlelight Noon)
Thu	7:30pm	Hayes Valley	ONE LINERS, 261 Fell St / Gough (Was at 8:30pm)
Sat	5:00pm	Castro	SOBRIETY & MIRACLES S&M GROUP, Castro Country Club: 4058 18th St / Hartford St (Was Sobriety & Miracles)

**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!***

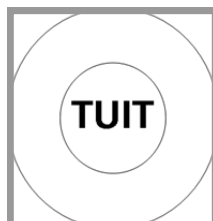
## There are **LOTS** of service and fellowship opportunities this month!

On Saturday, Sept. 12, you can choose from Marin Unity Day (12pm), a special San Francisco H&I Orientation after the Too Early meeting (9:15am) or a special SF Public Information/Cooperation with the Professional Community Workshop at the Gratitude Center (10:30am)—  
Or all three!!!

SF H&I will hold another special orientation on Friday, Sept. 18 before Friday All Groups at the Urban Life Center (in addition to the regular, monthly orientation on the third Saturday, Sept. 19, at 11am at 2900 24th St.).

We need your help sharing the message of A.A. both with those who are confined and with members of the public and the professional community. Please come to one or more of these to support and take part in the work the A.A. members on these committees are doing.

Here is “A Round Tuit”  
it—to help you get  
a round to it!



More information about  
each of these can be  
found on [aasf.org](http://aasf.org)

## From the Editor

# Source of Strength

by Gilbert G.

Wow, it's already September! Where did Summer go? The Autumnal Equinox occurs later this month, bringing with it our Indian summer, hopefully followed by a good, old-fashioned rainy season. Will we have an El Niño rainy season? Our drought sure could use one. Only HP knows for sure.

In this month's issue, Luke H. writes about how Step Nine has helped his relationships with everyone in his life. He now has a relationship with the world around him. Bree L. talks about a roving group, the Adventure Club. The group travels to randomly selected meetings within a 125-mile radius. Yes, someone actually reaches into a bag and selects a slip of paper containing the name of the meeting they will next visit.

Carol W. writes about spiritual reminders. When she gets them, she knows that, a) she got what

she needed, and b) to be open to the suggestion placed before her. Kathleen S. finds that if she focuses on similarities between her and others in the rooms, she can share in the wisdom of others who have found a solution.

Claire A. writes about the A.A. aphorism, To Thine Own Self Be True. She finds that she is true to herself when she listens to her feelings. Navarre writes about The Acid Test: staying sober, in emotional balance, and living to good purpose. She finds that the things she can change are her attitudes and herself.

Finally, Sarah W. shares with us quotes from a variety of people, all illuminating how they found their sources of strength. Sarah quotes Mark Twain: "I've had a lot of worries in my life, most of which never happened." Here's to a worry-free September for all of us!

## EDITORIAL POLICY

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

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



## Faithful FIVERS!

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

Aaron H.	Janet M.	Michael W.
Alejandro D.	Jeanne C.	Michael Z.
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.
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.	Sean C.
Chuck S.	Lelan & Rich H.	Sheila H.
CJ H.	Leo G.	Stephen S.
Craig S.	Leo H.	Steve A.
Dan B.	Linda L.	Steve G.
David J.	Lisa M.	Steve F.
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Erin S.	Margarite S.	Tom S.
Fay K.	Marit L.	Tony R.
Frederick D.	Mark A.	Your
Gilbert G.	Mark O.	Name
Gregory G.	Martha S.	Here!
Henry P.	Mary C.	
Herman B.	Mary D.	
Hilary M.	Mary L.	Or
Jane K.	Maryellen O.	Here!
Janet B.	Michael P.	

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to *The Point*. And remember, individual contributions are 100% tax deductible!

# Step Nine

***Made direct amends to such people wherever possible . . .***

by Luke H.

I remember first talking to my sponsor about Step Nine and the amends that would soon follow. My headspace at the time was swinging between feeling culpable for all that was wrong with the world to having never done anyone wrong (being four months sober will do that to you). My sponsor assured me that neither was true. Regardless, there were some behaviors that, if I hoped to amend, I needed to make them right by more than inventorying those behaviors and asking God to remove them. I needed to clean up my side of the street, and to try and make it right with those I had wronged. My sponsor made it clear that amends were not a viable option for those who would be hurt by hearing what I had to say and some were better left alone altogether

*I needed to clean up  
my side of the street*

without any contact (but those were the people whom I wanted to with the most!).

Separate from the amends I owed, I wanted to begin dating and enriching the lives of others with what I had to offer (which was a lot of course having just arrived at 5 months of sobriety). My sponsor felt otherwise, saying something that catered to my inherent desire to be a better person: “How can you begin to have new behavior with the people you’re dating if you haven’t even made

amends for that behavior in past relationships?” This made absolute sense to me and before the week was over, I had spoken to three different people I had dated and set up times to meet and make amends in the coming weeks. My sponsor had definitely found the thing that would make me jump into action and I thank him for that.

In all honesty? Dating didn’t happen for me for a while and I realized that the benefits of Step Nine were far

*dating didn’t happen  
for me for a while*

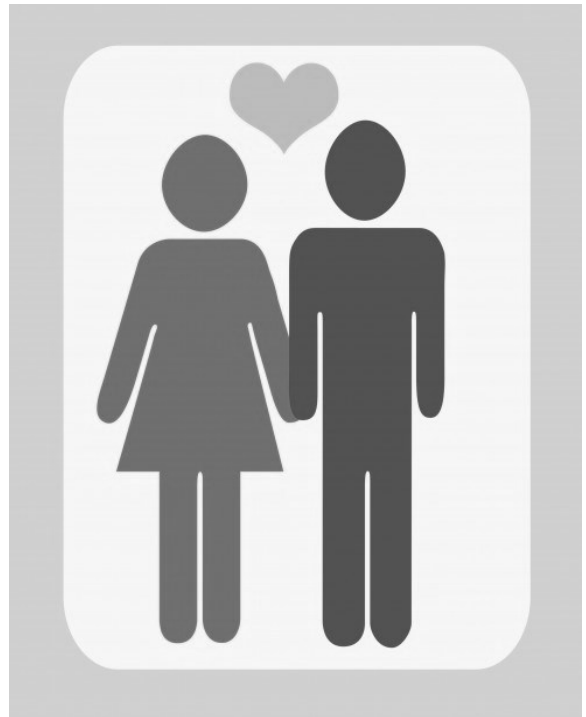
more all-encompassing: relationships with everyone in my life began to blossom and change and improve. New friendships came more easily; success at work was experienced; purpose flooded back into my life. The Ninth Step Promises became a reality. It’s a beautiful thing to be able to look back and remember life opening up in front of my eyes with that first journey through the steps. Actually it’s even more poignant as I’m currently going through the steps with my sponsor and fellow sponsees, bringing to light some harm that I’ve caused through my behavior. The funny thing? The very thing

that I need to improve (clear communication) is what I found to be faulty in others or blamed others for!

*all I can say is that  
I’m grateful*

I’m grateful to have a relationship with the world around me. I didn’t know that would ever be my lot, that I would be able to relate to anyone ever again. All I can say is that I’m grateful for A.A., my Higher Power, and living the life that I always craved but never knew was possible until getting sober.

tP



# Meet *the* Meeting

## The Adventure Club

### *Looking for some adventure in your meetings?*

by Bree L.

Are you looking for some adventure in your meetings? The Adventure Club offers an opportunity to travel to new meetings, with a supportive group of fellow alcoholics. Their concentration has been on service since Paco D. started the group six and one-half years ago.

The way Paco tells it, his light bulb moment came after the Shasta Winterfest of 2009 in Redding, CA. He went to hear Ben W., the featured speaker and Paco's sponsor. Ben talked of the group he started in Oklahoma City, Oklahoma, that traveled up to 100 miles every Monday to attend a different A.A. meeting in varied locations. Paco, not to be out distanced, decided to adopt the concept locally but added 25 miles to the circumference and made it 125 miles. Monday night was the traveling day, one day after the Shasta conference ended.

### *pretty much travelled to every town*

The Adventure Group has pretty much traveled to every town within its 125-mile radius. They've been as far away as Sacramento, Suisun City and Monterey. Those places farther away call for extra preparation, like leaving four hours early, so there are no traffic delays. The Club's philosophy of service starts long before the meeting. They try to have many cars and to fill the cars with as many members as possible. Paco explained that if you ask a person to meet you at a meeting, chances are

good they won't show up; but if you tell them you'll pick them up and take them to a meeting, then bring them back home again, odds for a greater attendance go up, then more so when they experience what a meeting is like for themselves.

There are no special rules and little organization. The next meeting is decided after the designated Monday meeting. The newest member

### *no special rules and little organization*

reaches into a small baggie with all the meetings noted on a slip of paper. Every possible meeting is listed. The paper announces the next gathering and once visited the slip is discarded. It takes around three and a half years to work their way through all the possibilities.

Last Monday, the "Manic Monday" meeting at 8:00 pm, 2203 Sutter @ Pierce, had an abundant representation from the Adventure Group. The Group's custom is to show up early and look for ways to be of service. Aaron S. from Oakland, Seth H. from San Francisco, Alex F. from Sunnyvale and Peter F. from San Francisco were the welcoming committee and welcomed all as early as 7:15 (they had arrived at 7:00). Joe, whose sobriety date is in February 2015, came from Redwood City.

He said he usually attends the Tuesday night Thumpers Group in Redwood City, but his sponsor suggested he branch out with the Adventures Group, which seemed to be a sterling idea. He had driven up to San Francisco.

There is quite an influx when the Adventure Group arrives. One member tells of going to a meeting in Santa Cruz that normally had 7-8 members in attendance. It was quite a change to have 32 people suddenly show up. Paco stresses that they want to be as polite as possible and not disrupt established meetings. This has generally brought a welcome response. It's never known how many people will show up. The way they communicate is through Google Groups website. There are now over 100 members who have access to the site. However, this is no indication of how many might show up on a given Monday. There is no members' list and like A.A. is open to those who say they want to be members.

The Adventure Group can be found online at [groups.google.com/group/adventuregroupaa/](https://groups.google.com/group/adventuregroupaa/).

**AP**



# Finding “A Reason to Believe”

*Daily Reflections, September 2*



by Carole W.

Sometimes I get a spiritual “reminder” (or “Divine smack upside the back of the head” – whatever works for you) in weird places. A while back, I was trying to tune in my ancient T.V., digital snow stubbornly persisting on the screen. After a while, I got tired and just sat back and stared at the screen. At the bottom, in the only clear space on the screen, was a banner reading, “YOUR LIFE IS NOT OVER; YOU STILL HAVE THINGS TO DO.”

“Hmm,” I thought. “OK.” It made sense and was advising me that I still needed to take action. Where the message came from or why it showed up held no real importance for me.

I don’t get to know the “big picture” – the “why” of my purpose on the planet – but I *am* responsible for taking action. Our actions always have influence beyond the direct recipient of those actions, and we can never see where our influence will stop – whether for good or evil.

## *I am responsible for taking action*

Even if I don’t believe in a Grand Cosmic Plan, I see that we *do* affect each other, and whether I even believe in a Higher Power or not, the fact is that the world and all the activity in it is far bigger and more complex than I, or any of us, can ever comprehend.

I believe that this is why we say in A.A., that “Why?” is not a spiritual question. “Why?” does not get to the point of spirit-filled living. We are people who can know plenty of reasons why things are, or why we do what we do – but that knowledge is of no use to us when we need to change our lives or our minds. Spirit-filled lives are built on faith: not on reason. When I wrote that, I felt a bit of a twinge, because acting on faith

## *trusting the process of life itself*

requires me to let go of any delusion that I have control over anything outside myself – or outside the immediate moment I live in. Putting faith into action takes a deep trust in the process of life. It requires me to just “do the next indicated thing” and let go of the results to whatever higher power, or cosmic intelligence, or force I believe in.

As part of the process of life, there will be loss, and ultimately, death. I love walking on the beach, and have spent a lot of time near the sea. It is comforting to me and nourishes me on many levels, and sometimes it teaches me some hard lessons. One day I was walking along the beach, enjoying the water, the breeze and the sun, saying quiet prayers of thanks for all of it, when I walked right up to the corpse of a sea bird, which was being eaten by a couple of crows. That ended my Hallmark Moment, but it also

made me stop to consider that this too, is part of the world – and it all has its place in the process. My job is not to figure out what this means, or to ask “Why?” or to bemoan the dead seabird, or vilify the crows. All of these creatures are doing what they are meant to do. My job is to allow my mind and heart to expand to allow both life and death into my understanding. Letting go of the attempt to “figure it all out,” and simply participating in the larger life of the planet, putting one foot in front of the other in pursuit of life-affirming actions, means trusting the process of life itself. For me, this means trusting my Higher Power to lead me through.

So - back to the infomercial message. I don’t really care if my Higher Power, in his/her/its’ infinitely weird humour, sent me this reminder – or if it was just some bizarre glitch in digital communication channels. I needed that reminder, I got what I needed and I was willing to open up to the suggestion in front of me. I also received it in a way that was strange enough to remind me to stop taking myself so seriously.

Stay tuned.

**TP**







# Look for the Similarities . . .

***The choice is ours***

by Katherine S.

One of the things I loved about drinking was that it made me feel connected to others. It gave me a sense of comfort and ease, a sense of belonging that had eluded me prior to finding alcohol. When I was drunk, everyone was a friend. The problem was that those bonds were inauthentic and short-lived, and ultimately had the effect of making me feel more alienated. The kinship I felt with others when I was inebriated not only waned as the liquor wore off, but it was also usually replaced by even greater feelings of loneliness and despair, compounded by the remorse and regret I felt over my latest bender. And so went the vicious cycle of dependency.

In A.A., I've found a sense of connection and belonging that's not dependent on one drink (or ten). It's the bond I feel with other recovering alcoholics over our shared struggles. Hearing people in the rooms voice

*I've found a sense of  
connection and  
belonging*

feelings, thoughts and behaviours that I've experienced lets me know that I'm in the right place, that I'm not alone - particularly in those feelings, thoughts and behaviours over which I've had much shame or guilt. It's amazing how this identification with others can help lighten a load we previously thought was ours alone to carry. At least

that's been my experience.

More importantly, when I hear how others like myself have worked through their problems with alcohol and learned to face life's other challenges with the help of the Twelve Steps and the A.A. fellowship, it gives me hope that this is a solution that can work for me. It keeps me coming back.

But seeing the similarities is a choice. I could just as easily focus on the differences. After all, the rooms are filled with people of all ages, backgrounds, sexual orientations, and life circumstances, any of which could become a distraction if I let it. I

*I feel an empathy and  
warmth toward others*

never drank in the morning, I never got a DUI, and I never went to jail or even lost a job as a result of my alcoholism. If I define myself by such differences, then I cut myself off from the wisdom of others who have found peace and freedom through this program. Really, the similarity that matters most is that I'm totally powerless over alcohol. In that regard I'm no different than a wino living on the streets.

We're told that humility is a necessary ingredient for long-lasting sobriety and to me that means keeping an open mind, and not letting my judgments and

biases keep me stuck in old ideas. In fact, I've been repeatedly humbled and inspired by the stories of recovery and growth from some of the most seemingly hard cases. Rather than thinking that I don't belong in the rooms because my situation was never that bad, it makes me see the program's power. I want that for my own life.

This practice of seeing the similarities, which has been so valuable to my recovery, has had another important benefit. It's helped improve my relationships with all people, not just those in the rooms. I might not feel that intense, and, frankly, unnatural affection I used to feel for complete strangers when I was lit, but - if I'm working my program and staying spiritually fit - I feel an empathy and warmth toward others that comes from a recognition of our shared humanity.

**TP**





# To Thine Own Self Be True

*Authenticity is what I'm after*

by Claire A.

I take this phrase to mean striving to understand who I actually am, and then acting accordingly. Authenticity is what I'm after. Easier said than done, for me. I had always thought I was true to myself, but then again, I drank in order to act and feel differently. I thought of beer as "liquid courage"—to be used so that I could talk with people when normally I would hang back. Using alcohol to cope with people meant that I was not true to how I was (shy) or felt (awkward). I never accepted who I was or how I felt.

I'm working to change that now. I still feel shy and awkward a lot, but I'm learning to accept these things as normal for me (and for others, too!). A.A. has shown me that just sticking out my hand is a great way to get through the initial feelings of shyness. When I make the effort to reach out and start a conversation, awkward as it may be, I feel better.

For a long time, I thought being true to myself meant being selfish. Follow my own instincts, do what pleased me. The realization of my dreams

*The prestige, power,  
and recognition were  
all illusions.*

was the most important thing in my life. I wasn't very happy living this way. I think part of the reason I wasn't happy was that I was deluded. I wasn't actually pursuing my own dream. I was on a corporate ladder, pursuing what society says I'm

supposed to pursue: "success" — raises, promotions, recognition, and drinking with the team. But the more I was promoted, the less happy I became.

At one brief point in my career, I really was happy with what I was doing. It wasn't easy, but I loved the challenge. Each day brought learning experiences. I worked hard, and I had successes and failures. But I loved what I was doing. And then someone in my department moved on, and her management job opened up. Most of the bones in my body were saying, "Don't apply! You love what you have right now. You're not

*I can tell when I am  
making a mistake*

ready anyway. Stick with what you love!" I didn't listen. I listened to the voice in my head that was lured by prestige, power and ambition. And guess what? When I took the job, I realized I had made a big mistake. The prestige, power, and recognition were all illusions. I was pushing paper, going to a million meetings, and completely miserable. I was absolutely not true to myself.

This was quite a long time ago, and during my drinking days. I made a lot more

mistakes before I sorted this out; in fact, I am still sorting out my career now. But these days, I am sober, and I can tell when I am making a mistake. For one thing, I don't drown my sorrows in beer any more. For another, I have access to my own feelings. I may not like them; in fact, I don't like some of them very much at all. But I do see their value now.

If I listen to them, then I am being true to myself. Whether it's about career, friendships, family, whatever — nowadays, now that that mess of my past is cleared away, I can trust my feelings to tell me when something is off. Of course, I often try to ignore the feeling. After all, I have an old habit of ignoring things in the hope that they will go away. But feelings don't just go away. They just get worse until I name and accept them. When I do turn toward them and accept them, I feel better.

**TP**



# A Timeline History of A.A.

## *The start of the General Service Conference (cont'd)*

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

In this installment, we'll learn about the issues addressed at early General Service Conferences. Members debated changes to Step Twelve, A.A. Comes of Age, and the A.A. Preamble. In addition, the General Service Conference approved Bill W.'s *Twelve Concepts for World Service* and changed the board's ratio of alcoholic vs. non-alcoholic trustees to contain a majority of non-alcoholic trustees.

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

The following year, in 1956, the wording of Step Twelve 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 *Twelve Concepts for World Service*.

### **A.A. Comes of Age - April 1957**

The 1957 General Service Conference approved publication of A.A. Comes of Age. Guised as a three-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 changes be made in Article 12 of the Conference Charter, in A.A. Traditions, or in the Twelve Steps without the written consent of three-fourths of the A.A. groups.

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

The 1958 General Service Conference approved removing the word "honest" from the term "honest desire to stop drinking" in the A.A. Preamble. It also changed the line "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 General Service Conference approved publication of "A.A. Comes of Age"*

The wording of the conference advisory action can give the misleading impression that the traditions were changed. The actual advisory action reads: "The General Service Conference recognizes 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 this year changed the General Service Board member ratio to 10 Class A (non-alcoholic) and 9 Class B (alcoholic) trustees.

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

In a talk to the 1960 General Service Conference, Bill W. announced that for the past three 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 *Twelve Concepts for World Service*.

Two years later, the 1962 General Service Conference unanimously approved Bill's manuscript for the *Twelve 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 geographic regions. Regional trustees were elected to the board as Class B (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 of trustees. Joe C. of Midland was the NWTA delegate to this conference. He was elected chair of the Literature Committee for the 1967 Conference.



# The Acid Test

***Can we stay sober . . . . under all conditions?***

by Navarre

This is the Acid Test from Step Ten in the book, *Twelve Steps and Twelve Traditions*. Since I'm blessed with a particularly well-developed sense of denial, I'm often able to fool myself that I'm still sober and "living to good purpose" even when my actions aren't particularly balanced. As if emotional balance wasn't all that important.

But there are telltale symptoms. For example, I've heard in meetings that if I'm driving my car and another driver does something I don't like—and I'm tempted to hurl unprintable epithets at them—then the fault may actually be with the other person. But if it happens two or three more times in a row, then perhaps I'm the one who's really earning the unprintable names.

A past teacher of mine would cancel class when she was sick because she believed if she insisted on trying to teach when she wasn't well, she'd just be spreading "dis-ease." So my first priority when I'm out of balance is getting right-sized again. A good

*I needed to live "life  
on life's terms"*

trick for taking care of this annoying tendency to blame the innocent (when I'm the one actually generating the restlessness, irritability and discontentment) is a mini-inventory. One sponsee who's made it to double-digit-recovery uses quick Tenth Steps as her go-to.

Taking action in this manner builds a bridge over the troubles.

A mini-inventory sent to a sponsor can include: how I've been selfish, dishonest, resentful and frightened, plus an affirmation reversing the traits in question. If the fear driving me turns out to be rooted in hiding my insecurities and fears, I can focus on an affirmation about my good qualities, or the qualities I'd like to develop. It's more comforting than "drifting into worry, remorse, or morbid reflection" about my

*I can focus  
on an affirmation*

character defects. If I'm feeling particularly thorough, I can even read the checklist from the "when we retire at night, we constructively review our day" paragraph (*Alcoholics Anonymous*, pg. 86). Asking for help and meditating about positive corrective measures provides a calmer, more profitable ending to a busy day than escaping into the latest adrenaline-laced action flick.

Was I thinking of myself most of the time? Of course—isn't that standard operating procedure for many alcoholics? It is as if our all-consuming addictions produce behaviors similar to a narcissist's selfishness and these must be addressed on a daily basis. My first sponsor was fond of reminding me that I needed to live "life on life's terms." Success in recovery progresses with meetings and step



work, which also function as denial-destroying reality checks.

Inventory work is key because it's empowering. If I waste my time complaining about other people or trying to direct them to do things my way, I feel like a victim if they don't comply. Lack of power is my dilemma. Yet if I face my character defects and take care of cleaning my side of the street instead, I feel much better about myself.

In the '90s I practiced calligraphy by writing out the "Acceptance is the Answer" paragraph (*Alcoholics Anonymous*, pg. 417), even though I still didn't quite believe it. Posting it on the wall helped remind me that when I'm disturbed, I need to focus on resolving what's wrong with me instead of what I'm projecting onto the world. The Serenity Prayer echoes the thought that the things I can change are my attitudes and myself. If the fault is not in our stars but in ourselves, at least there is something that we can do about it—when we have the courage to make the change.

**IP**





# Source of Strength

## *What speaks to you?*

by Sarah W.

There are infinite sources of strength for us. We can visualize these sources through everyday experiences. We can also seek strength and inspiration through friends and colleagues, meetings and the Big Book. We can also find spiritual strength within ourselves.

In recovery, we discover the need to rely on our Higher Power and ourselves for strength. Many sources of strength include daily prayer and meditation.

"When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage. So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists - as it surely will. Then act with courage."

- Ponca Chief White Eagle

Chief White Eagle expresses the need for quiet reflection to gain strength, and, therefore, courage. Through our strength, we find success in our recovery and in our lives.

"Success is not final, failure is not fatal: it is the courage to continue that counts."

- Winston Churchill

### *change is difficult on many levels*

Churchill expresses that we must continue to strive for what we deserve and that a setback or relapse is not failure. We must accept that relapses are not fatal or final.

Another process in our recovery is accepting and embracing change. One of the most profound experiences is the realization that we need to stop drinking alcohol and/or using drugs. Change is difficult on many levels, including adjusting to our new lives, health and relationships.

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

- Lao Tzu

Lao Tzu describes the flow of life and

### *change is essential in our recovery*

that change is inevitable. Resistance to change is sometimes natural but we realize that change is essential in our recovery. Associated with our change is the effect on our loved ones. We must adjust to the reaction of those around us as we grow. We must also realize that we can change ourselves but can't change the behavior of others.

"I've had a lot of worries in my life, most of which never happened"

- Mark Twain

Another manifestation of being sober is the absence of worry! In recovery, we spend much time and energy worrying about unnecessary events

and people. Many hours are spent worrying about our behavior as well as events and opinions of others.

"When I do good, I feel good. When I do bad, I feel bad. That's my religion."

- Abraham Lincoln

The acceptance of a Higher Power is an integral component of recovery. This spiritual awakening does not involve formal religion. It is a personal discovery and acceptance. A wonderful result of sobriety is return to health, a clear mind and positive energy. This change is a reflection of our belief in a Higher Power and our own spirituality. The acceptance of our spirituality, not necessarily through religion, is described by Mahatma - Gandhi: "God has no religion."

The importance of loving and accepting yourself is also essential, as Sylvia Plath explains: "I have never found anybody who could stand to accept the daily demonstrative love I feel in me, and give back as good as I give."

As recovering alcoholics and addicts, we must find our own unique sources of strength. Whether by prayer, attending meetings, help from our colleagues and sponsors, or the Big Book, discovering our sources of strength is an integral part to change in our lives. Acceptance of our Higher Power and creating our own individual sources of strength is essential in our daily recovery.





# Intergroup Meeting Summary—August 2015

The following groups (and *service entities*) have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, consider electing an Intergroup Representative (IGR) and /or an alternate so your meeting is effectively represented .

<b>Marin Groups</b>	Grouch and the Brainstorm	Women's Big Book	Cow Hollow Young People	Miracles (Way) Off 24th St.
Attitude Adjustment Hour	Happy, Joyous and Free	<b>SF Groups</b>	Embarcadero Group	O.A.D.W.
Blackie's Pasture	Marin Young People	Alumni	Experience, Strength & Hope	Rebounds, Retreads and Winners
Cover to Cover	Men's Two Plus	Beginners Warmup	Extreme Makeover: Women's Step Study	Shamrocks & Serenity
Day At A Time	Monday Night Stag Tiburon 8pm	Big Book Basics	Friendly Circle	Sunset Speaker Step
Downtown Mill Valley	Saturday Weekend Warrior	Came to Park	Haight Street Blues	Ten Years After
Friday Night Book	Sunday Night Corte Madera	Cocoanuts	It Takes a Village	They Stopped in Time
Glum Not!	Tuesday Beginners Meeting	Cow Hollow Men's Group	Join the Tribe	Weekend Update

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

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

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

The meeting was held on Wed., August 5, 2015 at 101 Donohue St, Marin City A.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The July 2015 minutes and the August 215 agenda were approved.

## Officer Reports

**Board Chair**, Carolyn R. attended the Intergroup luncheon at the International in Atlanta; a topic of discussion was the need for many central office to relocate. She also attended a panel which reported data suggesting people doing service have a higher rate of long term sobriety. Intergroup has been asked to host All Groups in SF on August 21st and we need volunteers.

**Treasurer**, Leslie B. Our overall rating for June is good. Please refer to the financial statements for details.

**Central Office Manager**, Maury P. Thank

you cards are circulating for Michelle, the outgoing Treasurer. Thanks also to Tim Mc for framing the traditional photo taken at the International Convention and put on display at the Central Office. Spread the word that there is a need for phone volunteers at the Central Office during the day at the office. Remind group treasurer's to send in 7th Tradition contributions if they are able to.

## Intergroup Committee/Activity Reports

**Access**, Virginia M. Gave a description of the S.O.S. and Sunshine Club. The committee is also working on a pamphlet for deaf mothers and seniors in assisted living situations.

**Fellowship**, Michael P. Keep In Mind: Founders Day, June 2016

**Homebound Marin**, Frank T. September 12<sup>th</sup> there will be an event, refer to the calendar in the Point.

**Literature**, Phil L. Reminder that Literature has resources available for copy writing for committees that need to create print documents.

**Orientation**, Greg M. Re-welcomed the new IGR's and invited everyone to introduce themselves after the meeting.

**SF PI/CPC**, Erin S. The normal service span of a PI/CPC volunteer is 6 months to a year, customary with most AA commitments. The big news this month has been providing 6 different radio PSAs. There hasn't been any exposure on the radio in the region, particularly in SF, for a long time. Journalism conference begins tomorrow; 13 or 14 people are planning to participate.

**SF Teleservice**, Pete F. 14 shifts are open. Still have one open coordinator position. Two-year commitment, one-year of sobriety. Also taking over the 12 Step list.

**The Point**, Requesting writers and help collating.

## New Business

### Marin Intergroup/Central Services Committee

Update: Chris introduced Pat who said that the MI/CSC requests being listed with the Service Boards and Committees on the Marin schedule. The idea of MI/CSC is not to have a Marin Intergroup, but instead to inform and educate Marin members about service opportunities and to discuss whether we should have a Marin Intergroup. Some of the questions asked (and answered) were: *Are there any Marin IGRs in the committee? How many people attend?* It varies. People come, but groups are not specifically represented. *Is there a better name, and how do you get a group conscience?* Would you consider taking "Intergroup" out of the title, and might it be confusing? It might be confusing, but it might spark interest. *What services do you provide?* None, other than educating people about the structure of AA and what an Intergroup is. Chris asked the IGRs attending if we can make a decision tonight or take this back to our groups. Most people think they can make a decision now. There was strong support, however, for further discussion before voting.

## Old Business

**Lease Report** Matt said there are 14 months left on this lease. The landlord is not saying whether we can renew yet, and has not started negotiating yet. The land-

# Individual Contributions

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

## IN MEMORIAM

Lee M.

## ANNIVERSARIES

Amelia – 9 years

lord will probably not tell us until about 6 months from the end of the lease. Matt will provide a survey and a Lease Committee has been formed. Maury said the process we are engaged in right now falls in line with the process we followed before. Please provide accurate information to groups as some rumors have begun to spread that the office is closing. The reality is that the lease is ending

### Round Table Discussion

*Have we outgrown our Marin Meeting Space?* The room works, but we should reconfigure; the round tables are very inefficient. / Parking can also be a problem. / Things are fine. / It feels packed and there are other places we should look at. / The location is great, especially for the commute. / We could use more chairs. / It would be nice to find another space. / Maybe we should move the food closer to the kitchen. Chris asked for a show of hands of people for or against the question at hand; 16 said consider, 11 said no, 7 abstained. Chris asked that if anyone feels like finding another place, take it upon yourself to look into it and report back.

### Liaison Reports

**Marin General Service**, Chris H. Summer assembly was last month in Petaluma. Marin is divided into eight sub-districts, but only has three DCMs right now. They are having a lot of fun. Marin Unity Day is on September 12<sup>th</sup>, the theme will be "Carnival."

**SF General Service**, Virginia M. Remind your groups to elect GSRs!

**SF H&I**, Mark F. Lots of service commitments available right now.

**Marin BTG**, Charles P. Ask Marin IGRs to reach out and let people know there are service opportunities available. Get literature and spread it around to group literature reps.

**Marin PI/CPC**, Jack There next committee meeting will feature a Spin the Wheel game to ask questions about PI/CPC. Schools will be back in session soon so they are looking for speakers to cover those engagements.

**Marin Teleservice, Kasha** Found a Special Events coordinator, and will be represented at Unity Day, come see us!

### Group Reports

Curtis, Downtown Mill Valley, visitor and addict came and started speaking out of turn; all are welcome, but remember singleness of purpose. David, They Stopped in Time, lost the meeting space by the Board of the church and are looking for a new space. They are trying to find a new space around the Duboce Triangle. Blu, Came to Park, reported that they also lost their space and moved to 2900 24<sup>th</sup> St. They were thinking about asking Grupo Español if they could share their experience finding and using a reliable/sharing space. Michael P. suggested putting something on line about the days and times of meetings that lost their space, so that groups might compare spaces that are AA meeting friendly and available. Margaret, Miracles (Way) off 24<sup>th</sup>, said that a big issue facing her group is determining what constitutes a service dog. John R., Men's Two Plus, said that saying the Lord's Prayer has divided the group and an amicable solution has not taken hold yet. Bronwyn introduced her group, It

(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:

#### 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	Jul. 15	YTD	Marin Contributions	Jul. 15	YTD	San Francisco Contributions	Jul. 15	YTD
Biggs AA		\$ 37	Noon Tu 12pm		\$ 103	11th Step Power Power		\$ 134
Contribution Box	\$ 59	\$ 241	North Marin Speaker Sun 12pm		\$ 450	20+ Sun 445pm (unlisted)	\$ 180	\$ 487
GGYPAA	\$ 600	\$ 623	Not a Glum Lot Group Fr 8pm		\$ 152	6am Dry Dock Sa		\$ 72
Intergroup	\$ 64	\$ 692	Novato Spirit Discussion F 2pm		\$ 150	6am Dry Dock Su		\$ 49
Novato Fellowship Group		\$ 147	On Awakening 7D 530am		\$ 1,400	6am Dry Dock W		\$ 76
Unidentified Group		\$ 18	Pathfinders Tu 12pm	\$ 90	\$ 279	7 AM As Bill Sees It	\$ 48	\$ 48
<b>Fellowship Total</b>	<b>\$ 723</b>	<b>\$ 1,758</b>	Primary Purpose M12pm		\$ 129	A is for Alcohol Tu 6pm	\$ 90	\$ 276
			Primary Purpose W 830pm		\$ 40	A New Start F 830pm	\$ 290	\$ 290
<b>Marin Contributions</b>	<b>Jul. 15</b>	<b>YTD</b>	Quitting Time M-F 530pm	\$ 291	\$ 771	Afro American Beginners Sat 8pm		\$ 188
12 & 12 Study Sa 815am		\$ 188	Redwoods		\$ 45	Agnostics & Freethinkers Su 630pm	\$ 120	\$ 240
AA By The Bay Tu 730pm		\$ 209	Redwoods Mon 3pm	\$ 124	\$ 124	All Together Now Th 8pm		\$ 110
Attitude Adjustment 7D 7am		\$ 2,557	Refugee Th 12pm	\$ 110	\$ 160	Amazing Grace M 7pm		\$ 60
Awareness/Acceptance M 1030am	\$ 144	\$ 264	Reveille 7D 7am		\$ 50	Any Lengths Sat 930am		\$ 600
Back to Basics Su 930am	\$ 25	\$ 364	Rise N Shine Su 10am	\$ 120	\$ 120	Artists & Writers F 630pm		\$ 400
Big Book Study & Meditation M 7p	\$ 30	\$ 30	Rise N Shine Sun 10am		\$ 480	As Bill Sees It Th 6pm	\$ 317	\$ 317
Closed Women's SS Tu 330pm		\$ 94	San Geronimo Valley BS F 8pm		\$ 184	As Bill Sees It Th 830pm		\$ 125
Conscious Contact Sa 6pm		\$ 238	San Geronimo Valley M 8pm	\$ 68	\$ 717	Ass in a Bag Th 830pm		\$ 195
Cover to Cover W 730pm		\$ 100	Saturday Night Sa 8pm	\$ 218	\$ 591	Back to Basics Th 730pm		\$ 10
Crossroads Sun 12pm		\$ 1,000	Saturday Weekend Warrior 830am		\$ 176	Be Still AA Su 12pm	\$ 400	\$ 400
Day At A Time 7D 630am		\$ 240	Saturday Women's Speaker 6pm	\$ 561	\$ 561	Beginners 12 x 12 F 7pm		\$ 253
Downtown Mill Valley F 830pm		\$ 490	Sausalito Sober Sisters Th 330pm		\$ 82	Beginners' Step Study Sat 7pm		\$ 116
Experience/Strength/Hope Sa 6pm		\$ 50	Sober & Serene F 7pm		\$ 469	Beginner's Warmup W 6pm	\$ 92	\$ 92
Fireside Fri 8pm Bolinas	\$ 30	\$ 30	Sober Sisters Wed 12pm		\$ 152	Bernal Big Book Sat 5pm		\$ 594
Friday Night Book F 830pm		\$ 503	Spiritual Testosterone Stag Su 830a		\$ 442	Bernal New Day 7D	\$ 107	\$ 1,056
Gay Men & Women All Welcome 8pm		\$ 100	Steps to Freedom M 730pm		\$ 350	Big Book Basics F 8pm		\$ 310
Girls Night Out W 815pm		\$ 125	Steps to the Solution W 715pm		\$ 209	Big Book Study Su 1130am		\$ 302
Gratitude Tu 8pm		\$ 100	Sunday Express Sun 6pm		\$ 109	Blue Book Special Su 11am	\$ 32	\$ 247
Happy Destiny F 7pm		\$ 200	Survivors M 12pm		\$ 95	Brothers in Arms M 8pm	\$ 77	\$ 189
Happy Hour Th 6pm		\$ 50	T. G. I. F. F 6pm		\$ 42	Buena Vista Breakfast Su 12pm		\$ 180
Happy, Joyous & Free 5D 12pm	\$ 375	\$ 1,125	T.G.I. Tuesday 6pm		\$ 50	By the Book Sa 10am		\$ 44
High & Dry W 12pm		\$ 170	Terra Linda Thursday Men's Stag Th 8pm	\$ 314	\$ 314	Castro Discussion Th 730p		\$ 192
Inverness Sunday Serenity 10am	\$ 121	\$ 256	The Broad Highway Th 730pm	\$ 100	\$ 100	Castro Monday BB 830pm	\$ 155	\$ 155
Just Can't Wait 'til 8 M 630pm		\$ 147	There is a Solution Tu 6pm	\$ 42	\$ 179	Castro Nooners F 12pm		\$ 88
Last Stop Men's SS W 6pm		\$ 250	Thursday Night Book Club Th 7pm		\$ 48	Coit's Quitters	\$ 60	\$ 240
Living in the Solution F 6pm	\$ 100	\$ 400	Thursday Night Speaker 830pm	\$ 197	\$ 1,236	Come 'n Get It! F 630pm	\$ 57	\$ 102
Marin Alano Club		\$ 40	Tiburon Women's Candlelight W 8pm		\$ 46	Cow Hollow Men's W 8pm	\$ 135	\$ 1,090
Marin Teleservice		\$ 2,500	Tuesday Big Book Tu 830pm		\$ 120	Design For Living BB T/Th 730am		\$ 184
Marin Young People F 830pm		\$ 106	Tuesday Chip Meeting Tu 830pm	\$ 300	\$ 600	Design for Living Sat 8am	\$ 512	\$ 782
Meditation Wednesday 7pm	\$ 114	\$ 223	We, Us and Ours M 650pm	\$ 126	\$ 446	Dignitaries Sympathy W 815pm	\$ 144	\$ 419
Mill Valley 7D 7am	\$ 650	\$ 1,700	Wednesday Mid-Week W 6pm		\$ 50	Each Day a New Beginning F 7am	\$ 1,385	\$ 2,219
Mill Valley Discussion W 830pm	\$ 137	\$ 445	Wednesday Night Candlelight W 8pm		\$ 62	Each Day a New Beginning M 7am		\$ 267
Monday Blues M 645pm	\$ 150	\$ 485	Wednesday Night SD 7pm		\$ 936	Each Day A New Beginning Su 8am	\$ 452	\$ 951
Monday Night Madness M 6pm		\$ 250	Wednesday Sundowners W 6pm		\$ 175	Each Day a New Beginning Th 7am	\$ 301	\$ 997
Monday Night Stag Tiburon	\$ 500	\$ 1,000	Why It Works Sun 6pm		\$ 85	Each Day a New Beginning Tu 7am		\$ 321
Monday Night Women's M 8pm		\$ 388	Women's Big Book Tu 1030am	\$ 485	\$ 1,213	Each Day a New Beginning W 7am		\$ 1,337
Monday Nooners M 12pm		\$ 484	Women's Meeting Su 430pm		\$ 88	Early Start F 6pm	\$ 130	\$ 1,891
Morning After Sa 10am		\$ 200	Working Dogs W 12pm	\$ 200	\$ 400	Easy Does It Tu 6pm		\$ 54
Morning Attitude Adjustment		\$ 538	<b>Marin Total</b>	<b>\$ 5,721</b>	<b>\$ 32,483</b>	Epiphany Group Th 7pm		\$ 210
Nativity Monday Night BB 8pm		\$ 67				Eureka Step Tu 6pm		\$ 89



San Francisco Contributions	Jul. 15	YTD	San Francisco Contributions	Jul. 15	YTD	San Francisco Contributions	Jul. 15	YTD
Eureka Valley Topic M 6pm		\$ 579	Nu Outlook		\$ 185	The Original 8 O'clock		\$ 451
Excelsior "Scent" Free for All Sa 7pm		\$ 180	NYX Sat 7pm		\$ 170	The Parent Trap 2 Wed 4pm		\$ 207
Extreme Makeover M 730pm	\$ 226	\$ 303	O.A.D.W. Mon 7pm	\$ 101	\$ 359	The Parent Trap M 1pm	\$ 100	\$ 148
Federal Speaker Su 12pm		\$ 299	Park Presidio M 830pm		\$ 317	The Pepper Group F 12pm	\$ 65	\$ 83
Firefighters & Friends Tu 10am	\$ 69	\$ 166	Parkside Th 8pm		\$ 46	They Stopped In Time M 8pm		\$ 195
Fireside Chat Group Th 8pm	\$ 78	\$ 78	Pax West Daily Reflections W 7am		\$ 172	Thursday Coffee With Bill 9am	\$ 7	\$ 7
Fireside Chat Group Tu 8pm	\$ 60	\$ 122	Pax West Discussion Th 12pm		\$ 453	Thursday Night Women's 630pm		\$ 490
Friday at Five F 5pm		\$ 170	Pax West Literature Disc Tu 12pm		\$ 1,170	Thursday Thumpers Th 7pm	\$ 60	\$ 80
Friday Lunch With Bill Fri 12pm		\$ 46	Pax West Prayer and Meditation F 7am	\$ 188	\$ 420	Too Close for Comfort M 6pm	\$ 210	\$ 320
Friday Smokeless F 8pm		\$ 541	Pocket Aces Sun 7pm		\$ 58	Too Early Sa 8am		\$ 988
Fri Women's Round Robin D 6am		\$ 20	Progress Not Perfection Tu 830pm	\$ 49	\$ 147	Trudgers Discussion Su 7pm	\$ 240	\$ 420
Friendly Circle Beginners Su 715pm	\$ 144	\$ 288	Queers, Crackpots & Fallen Women		\$ 60	Tuesday BB Study 6pm		\$ 107
Gold Mine Group M 8pm		\$ 426	Rebound W 830pm		\$ 77	Tuesday Night Lasses SS		\$ 137
Goodlands Su 2pm		\$ 72	Saturday Afternoon Meditation 5pm	\$ 171	\$ 171	Unidentified Group	\$ 102	\$ 102
Gratitude Center Fellowship		\$ 50	Saturday Beginners Sat 6pm		\$ 646	Valencia Smokefree F 6pm		\$ 297
H&I (SF)		\$ 30	Saturday Easy Does It Sa 12pm	\$ 560	\$ 844	Wake Up On 3rd St Group		\$ 250
Haight Street Blues Tu 615pm		\$ 162	Saturday Night Regroup Sa 730pm		\$ 499	Walk of Shame W 830pm		\$ 210
Haight Street Explorers Th 630pm	\$ 190	\$ 190	Serenity House	\$ 150	\$ 1,050	We Care Tu 12pm	\$ 54	\$ 126
High Noon Friday 1215pm		\$ 202	Sex and Love in Sobriety M 300pm	\$ 25	\$ 56	Weekend Worker Sat 7am		\$ 60
High Noon Saturday 1215pm		\$ 212	Shamrocks & Serenity M 730pm		\$ 829	West Portal W 8pm		\$ 275
High Noon Sunday 1215p		\$ 78	Sisters Circle Su 6pm		\$ 78	Wharf Rats Th 815pm	\$ 552	\$ 552
High Sobriety M 8pm		\$ 136	Six O'Clock Step Th 6pm		\$ 12	What It's Like Now M 6pm	\$ 130	\$ 230
Hilldwellers M 8pm	\$ 152	\$ 474	Sober Saturday Sa 830am		\$ 132	Wits End Step Study Tu 8pm		\$ 39
Hoodlum Haven F 8pm	\$ 528	\$ 528	Sobriety & Beyond W 7pm		\$ 409	Women's 10 Years Plus Th 615pm	\$ 415	\$ 618
Huntington Square W 630pm	\$ 143	\$ 394	Some Are Sicker Than Others W 6pm		\$ 179	Women's Came to Believe Sa 10am	\$ 72	\$ 228
Join the Tribe Tu 7pm		\$ 456	Sometimes Slowly Sa 11am		\$ 158	Women's Kitchen Table Tu 630pm	\$ 234	\$ 808
Joys of Recovery Tu 8pm	\$ 182	\$ 182	Steppin' Up Tu 630pm		\$ 214	Women's Mtg There is... W 6pm		\$ 234
Keep Coming Back Sa 10am		\$ 330	Stonestown M 8pm	\$ 120	\$ 240	Work In Progress Sat 7pm		\$ 326
Ladies Who Lunch Th 1210pm		\$ 105	Sunday Bookworms Sun 730pm		\$ 11	YAHOO Step Sa 1130am	\$ 60	\$ 172
Let It Be Now F 6pm		\$ 52	Sun Morning Gay Men's Stag 930am		\$ 48	Young at Heart Sa 930am	\$ 60	\$ 130
Like A Prayer Su 4pm		\$ 60	Sunday Night 3rd Step 5pm	\$ 408	\$ 408	<b>San Francisco Total</b>	<b>\$ 12,893</b>	<b>\$ 52,674</b>
Lincoln Park Sat 830pm		\$ 71	Sunday Night Castro SD 730pm		\$ 453			
Living Sober with HIV W 6pm		\$ 236	Sunday Rap Sun 8pm		\$ 180			
Looney Toons Tu 10pm	\$ 58	\$ 120	Sunday Silence Su 730pm		\$ 315			
Lush Lounge Sa 2pm		\$ 236	Sundown W 7pm		\$ 305			
Meditation Wednesday 7pm		\$ 93	Sunrise Sunset Women's Step Th 6pm		\$ 600			
Meeting of the Moms		\$ 152	Sunset 11'ers F		\$ 90			
Meeting Place Noon F 12pm	\$ 240	\$ 240	Sunset 11'ers M	\$ 100	\$ 200			
Meeting Place Noon W 12pm		\$ 410	Sunset 11'ers Sa		\$ 97			
Mellow Mission Sunrise M 7am		\$ 60	Sunset 11'ers Su		\$ 100			
Men's Gentle Touch M 7pm		\$ 207	Sunset 11'ers Th		\$ 79			
Mid-Morning Support Su 1030am	\$ 332	\$ 616	Sunset 11'ers W		\$ 50			
Monday Men's Stag 8pm	\$ 88	\$ 88	Sunset 9'ers F		\$ 49			
Monday Monday M 1215pm	\$ 36	\$ 329	Sunset Reflections Th 1pm	\$ 66	\$ 66			
Monday Night BB Study 8pm		\$ 60	Sunset Speaker Step Su 730pm		\$ 324			
New 9'ers Fri 9am	\$ 45	\$ 45	Sunset Speaker Step Sun 730pm		\$ 179			
New Friday Big Book F 12pm		\$ 487	Surf Tu 8pm		\$ 258			
Newcomers Tu 8pm		\$ 119	Ten Years After Su 6pm	\$ 831	\$ 1,121			
No Reservations M 12pm	\$ 10	\$ 518	The Leaky Cauldron Su 930am	\$ 99	\$ 238			
						<b>YTD</b>	<b>\$ 19,336</b>	<b>\$ 86,915</b>

*We appreciate the  
A.A. groups and  
individual members  
who support the services  
we provide by making  
7th Tradition  
Contributions—  
Thank you!!*

# Profit and Loss Statement: June 2015

	Jun 2015	Budget	Jan - Jun 2015	YTD Budget		Jun 2015	Budget	Jan - Jun 2015	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Phone Book Listings</b>	\$93	\$95	\$558	\$570
Income					Postage	\$49	\$0	\$546	\$528
Gratitude Month	\$378	\$0	\$4,115	\$3,900	Printing	\$0	\$0	\$0	\$0
Group Contributions	\$9,065	\$13,200	\$67,579	\$77,300	Professional Fees	\$0	\$1,485	\$0	\$1,485
Individual Contributions	\$5,343	\$2,790	\$17,440	\$14,108	Rent - Office	\$4,287	\$4,287	\$25,721	\$25,721
Newsletter Subscript.	\$44	\$33	\$99	\$110	Rent - Other	\$180	\$180	\$510	\$510
Sales - Bookstore	\$7,544	\$9,000	\$53,221	\$58,000	Repair & Maintenance	\$365	\$240	\$1,565	\$1,550
Intergroup Event Income	\$2,752	\$2,300	\$3,252	\$2,300	Security System	\$131	\$125	\$256	\$250
Total Income	\$25,126	\$27,323	\$145,706	\$155,718	Shipping	\$365	\$408	\$1,764	\$2,450
Cost of Goods Sold					Software Purchased	\$0	\$0	\$0	\$0
Cost of Books Sold	\$5,324	\$7,029	\$36,105	\$43,674	Telephone	\$169	\$230	\$1,017	\$1,380
COGS - Shipping	\$15	\$26	\$141	\$144	Training	\$0	\$0	\$369	\$350
Credit Card Processing	\$374	\$450	\$2,318	\$2,730	Travel	\$0	\$0	\$49	\$25
Inventory Adjustments	(\$1)	\$0	\$489	\$0	Total Expense	\$22,371	\$22,533	\$121,738	\$125,568
Total COGS	\$5,712	\$7,505	\$39,053	\$46,548	Net Ordinary Income	(\$2,957)	(\$2,715)	(\$15,084)	(\$16,398)
Gross Profit	\$19,414	\$19,818	\$106,654	\$109,170	Other Income/Expense				
Expense					Other Income				
Committees	\$0	\$0	\$278	\$1,351	Bag Fees	\$2	\$3	\$14	\$15
Employee Expenses	\$12,985	\$12,891	\$77,128	\$77,519	Customer Shipping	\$311	\$350	\$1,587	\$2,550
Equipment Lease	\$816	\$408	\$2,856	\$2,448	Interest Income	\$63	\$77	\$383	\$463
Filing/Fees	\$0	\$409	\$72	\$970	Miscellaneous Income	\$0	\$30	\$191	\$180
Insurance	\$0	\$0	\$2,471	\$2,760	Total Other Income	\$376	\$460	\$2,176	\$3,208
Intergroup Events	\$2,443	\$1,265	\$4,211	\$2,490	Other Expense				
Intergroup Literature	\$30	\$59	\$350	\$499	Depreciation Expense	\$223	\$204	\$1,338	\$1,226
Internet Expense	\$129	\$133	\$778	\$800	Total Other Expense	\$223	\$204	\$1,338	\$1,226
Office Supplies	\$107	\$204	\$515	\$1,225	Net Other Income	\$153	\$256	\$838	\$1,982
Paper Purchased	\$211	\$104	\$663	\$625	Net Income	(\$2,804)	(\$2,460)	(\$14,246)	(\$14,416)
Payroll Fees	\$11	\$10	\$61	\$62					

## Treasurer's Report

For the month of June, total income was under budget by \$2,197 but this was offset by a lower COGS of \$1,705, so Gross Profit was only under budget by \$404.

Total expenses for the month of June were under budget by only \$242.

June had a negative variance of \$2,804 which is just slightly higher than our projected negative variance of \$2460. So we are right in line with our budget.

Unrestricted cash balance decreased from \$26,677 to \$19,554 which represents a little more than month of operating expenses.

OVERALL RATING: Good

### INTERGROUP FINANCE RATING SYSTEM

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 and 1.5x our operating expenses.

**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

# June 2015 Balance Sheet

	Jun 30, 2015	May 31, 2015	\$ Change	Jun 30, 2014	\$ Change
<b>ASSETS</b>					
<b>Current Assets</b>					
Checking/Savings					
Restricted Cash	\$192,326	\$192,263	\$63	\$192,978	(\$653)
Unrestricted Cash	\$20,054	\$26,520	(\$6,467)	\$23,554	(\$3,500)
Total Checking/Savings	\$212,379	\$218,783	(\$6,404)	\$216,532	(\$4,153)
Accounts Receivable					
Accounts Receivable	\$3	\$74	(\$71)	\$27	(\$24)
Total Accounts Receivable	\$3	\$74	(\$71)	\$27	(\$24)
Other Current Assets					
Inventory - Bookstore	\$24,763	\$19,319	\$5,444	\$23,759	\$1,004
Prepaid Literature Orders	\$1,815	\$3,849	(\$2,034)	\$1,033	\$782
Undeposited Funds	\$834	\$131	\$703	\$635	\$199
Total Other Current Assets	\$27,412	\$23,299	\$4,112	\$25,427	\$1,985
Total Current Assets	\$239,794	\$242,156	(\$2,363)	\$241,985	(\$2,191)
<b>Fixed Assets</b>					
Comp. and Off. Equipment (Net)	\$1,617	\$1,675	(\$58)	\$2,646	(\$1,029)
Leasehold Improvements (Net)	\$16,894	\$17,059	(\$165)	\$18,868	(\$1,974)
Total Fixed Assets	\$18,510	\$18,733	(\$223)	\$21,513	(\$3,003)
Other Assets					
Deposits	\$6,698	\$7,198	(\$500)	\$6,698	\$0
Total Other Assets	\$6,698	\$7,198	(\$500)	\$6,698	\$0
<b>TOTAL ASSETS</b>	<b>\$265,002</b>	<b>\$268,087</b>	<b>(\$3,086)</b>	<b>\$270,196</b>	<b>(\$5,194)</b>
<b>LIABILITIES &amp; EQUITY</b>					
<b>Liabilities</b>					
<b>Current Liabilities</b>					
<b>Other Current Liabilities</b>					
Payroll Liabilities	\$3,892	\$4,036	(\$144)	\$3,485	\$407
Sales Tax Payable	\$588	\$726	(\$138)	\$762	(\$174)
Total Other Current Liabilities	\$4,480	\$4,762	(\$282)	\$4,247	\$233
Total Current Liabilities	\$4,480	\$4,762	(\$282)	\$4,247	\$233
<b>Long Term Liabilities</b>					
Deferred Compensation (Supp. Comp Plan)	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Long Term Liabilities	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Liabilities	\$64,647	\$64,929	(\$282)	\$64,414	\$233
<b>Equity</b>					
Net Assets	\$214,601	\$214,601	\$0	\$216,250	(\$1,649)
Net Income	(\$14,246)	(\$11,442)	(\$2,804)	(\$10,468)	(\$3,778)
Total Equity	\$200,355	\$203,159	(\$2,804)	\$205,782	(\$5,428)
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$265,002</b>	<b>\$268,087</b>	<b>(\$3,086)</b>	<b>\$270,196</b>	<b>(\$5,194)</b>

(Continued from page 15)

Takes A Village, that welcomes AA members that have children.

**Meet the Meeting** Greg, Weekend Update, used to be called the “Little Meeting that Could,” is a small book study. The former name was given by a dedicated member who wanted to keep the meeting alive when none of the attendees had more than a year of sobriety. That secretary went out so Greg took the job and has attended ever since. It is a warm, friendly meeting.

**What’s on Your Mind** Matt commended Marin Intergroup/CSC and thinks the enthusiasm is great though it might be better to call it Outreach or something other than “Intergroup” to avoid confusion. Virginia said anybody can show up at any committee meeting to add insight. Laura thought it was a great idea for meeting secretary’s to discuss meeting space issues. Maury has been to 13 Intergroup seminars; they always talk about increasing participation. It all boils down to people wanting change, but don’t want to do the work. Leslie thinks the new Intergroup meeting format is great. Nick mentioned that the Marin Unity Day might be confusing if there are two tables using the name “Intergroup.” Pete mentioned that the issue of Self-Support in meetings, not represented by IGRs, is an issue he feels he needs to look into.

**TARGETED MESSAGE FOR THE MONTH:** Continue to educate your group on the purpose and use of the Central Office and be prepared for the Survey.

Meeting adjourned with the Responsibility Statement at 8:59pm.

**Next Intergroup Meeting:** Wed. September 2, 2015, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 7pm.



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# September 2015

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