

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015 10
October

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

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We Will Know Peace



6 Step Ten





7 Tradition Ten

8 A.A.'s Cooperation
with the Professional Community

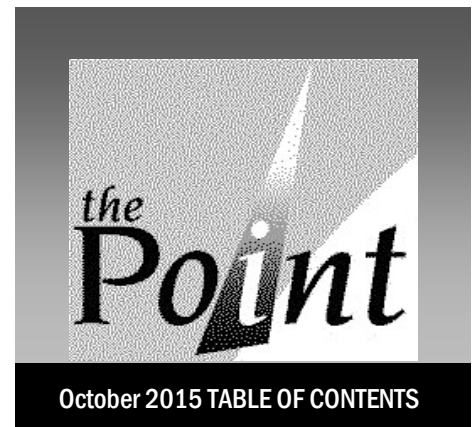
13 Happy, Joyous and then Free

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.

October 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>			
4	5	6 <u>FIRST TUE</u> Access Committee Central Office 6pm	7 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm
11 Golden Gate Young People in A.A. Central Office 12pm	12 INDIGENOUS PEOPLES' DAY CENTRAL OFFICE CLOSED <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office CPC Speaker Workshop 6pm Business Meeting 7pm	13 <u>SECOND TUE</u> Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm	14 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael 6pm
18 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	19 <u>THIRD MON</u> SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	20	21
25	26	27 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	28

THURSDAY	FRIDAY	SATURDAY
1	2	3
8	9	10 <u>SECOND SAT</u> <i>The Point</i> Committee Central Office 1pm
15	16	17 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
22 <u>FOURTH THU</u> Sober Outside Services (SOS) Central Office 6pm Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	23	24 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
29 	30	31 SF Unity Day 1101 O'Farrell St, SF 10am - 4pm PI/CPC Speaker Workshop at SF Unity Day 11am



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“...- this newfound peace is a priceless gift.”
Twelve Steps and Twelve Traditions, pg. 74



Meeting Changes

New Meetings:

Fri 5:30pm Financial PAX WEST HAPPY HOUR, Old St Mary's: 660 California St / Grant (Closed, Men's Discussion)

Meeting Changes:

Mon-Fri 12:00pm SF State SOBER AT STATE, Cesar Chavez Student Center, Rosa Parks Room F (was disbanded, met at 12:10pm, now Speaker Discussion, Wheelchair, Young People)
 Tue, Thu 5:00pm SF State SOBER AT STATE, Cesar Chavez Student Center, Rosa Parks Room F (was disbanded, now Speaker Discussion, Wheelchair, Young People)
 Tue 8:00pm Laguna Honda JOYS OF RECOVERY, St. John's United Church of Christ: 501 Laguna Honda Blvd / Woodside (was Speaker Discussion, now Big Book Study)
 Thu 11:50am Inner Sunset WOMEN'S CANDLELIGHT, 1320 7th Ave / Irving (was Candlelight Noon; was at 12:00pm)
 Thu 8:00pm San Anselmo THURSDAY NIGHT MIRACLES, 72 Kensington Rd / Mariposa (was at 8:30pm)

No Longer Meeting:

Sun 10:00pm Mission DOIN' THE DEAL, Mission Fellowship: 2900 24th St / Florida
 Mon 8:30pm Mill Valley MARIN NEWCOMERS, Community Church: 8 Olive St / Throckmorton
 Fri 10:30pm San Rafael FRIDAY NIGHT NEWCOMERS, Marin Alano Club: 1360 Lincoln Ave / Maple

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!***

**San Francisco General Service District 6
Presents**

Unity Day 2015

**with participation from the
Intercounty Fellowship of A.A. and SF H&I**

**Saturday, October 31 from 10am to 4pm
1101 O'Farrell St at Franklin**

**Halloween costumes are encouraged!
There will be a potluck, so please
bring a dish to share!**

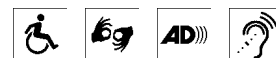
**SF Public Information / Cooperation with
the Professional Community
Presents**

Cooperation with the Professional Community Speaker Workshop

**Help carry the A.A. message to professionals such as
lawyers, doctors and clergy in our community.
Two years of sobriety are required to become a speaker.**

**Monday, October 12, 2015
1821 Sacramento St at Van Ness**

Persons requiring reasonable accommodations including
ASL interpreters, assistive listening devices or print materials
in alternative formats, should contact Central Office at (415)
674-1821 no later than October 5, 2015.



From the Editor

Action, Not Complacency

by Gilbert G

The *Daily Reflections* entry for October 1 describes how we need to continue our spiritual program of action. For many of us, that means continually practicing Steps Ten, Eleven, and Twelve. Jane B. writes about Step Ten and how she uses her spot check inventory to "find her feet." In addition, Jane shares the checklist that she uses for her daily review inventory.

Rick R. shares some of his insights on Tradition Ten. At first, he did not pay too much attention to it, but now he lives in the spirit of Tradition Ten. Peter M. continues to educate us about early A.A. with an article from the *Good News* that shows examples of how professionals interacted with A.A.

Carole P. came into A.A. thinking that she was totally insane. Now she has choices around how she reacts to situations, leading to her find

serenity and peace. Luke H. describes how he once knew everything and was the best. He joined A.A., started asking questions, and begged for help. Finally he realized that he did not need to do it alone.

In *A Timeline History of A.A.*, Arthur S. informs us of additional developments in A.A., including the decisions to publish Dr. Bob's biography and Bill W.'s biography. Karmela refers to chapter 10 from *Came to Believe*. For at least five minutes per day, she sits on an ottoman in her prayer corner: a big change from a bar stool.

Coreen describes how, after two decades in the program, she uses Steps Ten, Eleven, and Twelve to get back on the path of being happy, joyous, and free.

Let's all continue in our program of action.



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.A.A.sf.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.
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Chris L.	Layne S.	Sara D.
Chris S.	Layne Z.	Scott C.
Chuck S.	Lelan & Rich H.	Sean C.
CJ H.	Leo G.	Sheila H.
Craig S.	Leo H.	Stephen S.
Dan B.	Linda L.	Steve A.
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David S.	Liz M.	Steve F.
Dianne E.	Lucy & Dennis O.	Susan C.
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Don N.	Lynne L.	Teddy W.
Emily C.	Mabel T.	Theresa M.
Erin S.	Margarite S.	Tim Mc.
Fay K.	Marit L.	Tom S.
Frederick D.	Mark A.	Tony R.
Gilbert G.	Mark O.	
Gregory G.	Martha S.	Your
Henry P.	Mary C.	Name
Herman B.	Mary D.	Here!
Hilary M.	Mary L.	
Jane K.	Maryellen O.	Or
Janet B.	Michael P.	Here!

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 Ten

“Continued to take personal inventory ...”

by Jane B.

When I was drinking, being responsible and in the present was the last thing I wanted. I was doing everything I could not to be present – not to feel my feelings, not to be me. I was the last person I wanted to be. I was filled with self-hate.

Recently I heard at a meeting that “normies” may be able to get away with living in the present. For an alcoholic, it is a dreadful idea to contemplate, but that A.A. makes living life “less dreadful” through working with and helping others.

By working the steps, I now believe that I am worth something. Through my step actions, I get a new attitude toward alcohol as well as myself. “It just comes! That is the miracle of it... so long as we keep in fit spiritual condition” (pg. 85, Big Book). It’s not an overnight matter, I’m not cured of alcoholism, but I get a daily pardon through A.A.

Doing Step Four and making a thorough personal inventory, I felt relieved when I was able to finally express my feelings in a safe environment with my sponsor (Step Five). After initially unburdening myself in this manner, I thought I was through.

That is the Miracle of it

But by truly living in the present, to feel fully alive, I must carry the vision

of HP’s will for me into all my activities. “How can I serve thee? Thy will (not mine) be done.” In order to do this I must drop my old bag of tricks: resentments, dishonesty and self-centered fear.

As hard as it is to think about being present, by living “now,” it gives me a reprieve from the shame and regret of the past. I also get to stop future tripping and trying to figure everything out – ceaselessly planning for every contingency.

Best-selling author Eckhart Tolle writes about the voice of addictions, “It even takes over your mind, the voice in your head. It may be saying: You’ve had a rough day; you deserve a treat; why deny yourself the only pleasure that is left in your life?” If I identify with that voice, due to lack

Living in the Here & Now

of awareness or caring, I find myself puffing on a cigarette or stuffing my face with too much junk. Sure it is better than the alternative of drinking. But is suppressing my feelings living in the here and now?

As hard as it seems at the time, when agitated, I need to pause and take a breath (Tolle suggests three breaths) to generate awareness. Only then with a clear head am I able to consider whether I am restless, tired or irritable; hungry, angry, lonely or tired (HALT). My sponsor suggests asking myself, “Where are my feet?”



This spot check is just one method to approach a Tenth Step inventory. Another is a daily review (pg. 84, Big Book). This is my check list:

- Seeking progress not perfection, I ask where could I have done or said something differently.
- Being kind and gentle with myself, I note and appreciate times I did something well.
- Ask God to remove the character defect which got in my way.
- Talk to someone about any situation which has me troubled.
- Promptly make an amends if I’ve harmed somebody; this reminds me of my behavior patterns.
- And my friend at the meeting was right, if I want to feel “less dreadful,” I need to turn my thoughts to someone I can help.
- If love and tolerance is my code, I need to practice patience, kindness and courtesy, even with myself.

Tolle reminds us, “As awareness grows, addictive patterns will weaken and eventually dissolve. Ask yourself, ‘Who is talking here?’ ...As long as you are present as the observer of the mind, it is less likely to trick you into doing what it wants.”





TRADITION TEN

“Alcoholics Anonymous has no opinion on outside issues...”

by Rick R.

Drinking alcohol is one of the symptoms of alcoholism, but it is not the only symptom. I sat on a barstool for quite a few years and got very skilled at debating the good or the bad of just about any issue that a person could come up with. I became very crafty at it and prided myself in the fact that I could take any side of an argument and come up with indisputable evidence that I had it

*So long as we
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right. I carried that arrogance with me into every area of my life and I'm sure I alienated many of my friends and associates, if I really had any. I brought this character trait with me to the program of Alcoholics Anonymous and continued to shoot my mouth off well into my years of sobriety.

In the first paragraph of Tradition Ten, in the *12 and 12* it quotes an old-timer as declaring, “Practically never have I heard a heated religious, political or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly.” I wish that I could make that claim, but I can't. I was one of the worst offenders in my early days of sobriety. The Twelve Steps were right in front of my face in the beginning but I wasn't paying much

attention to the Traditions at that time. I was overwhelmed with legal and domestic problems and Tradition Ten was the last thing on my mind.

With a little time under my belt, I began looking deeper into what the steps and traditions were trying to imply, and how I came to understand the true message they were sending. I understand the reason that A.A. doesn't want to get involved in political and religious issues “at the level of press, radio, and film,” but there is also a protocol issue when members sit in the rooms before and after the meetings and start to share their political and religious views as if to say, “The meeting is over so I'm not going against the traditions.” I say this not to criticize anyone else, but to pull my own covers. As I said before, I was the worst offender. As I got to the level when I started taking the traditions seriously, I realized that I had to live in *the spirit* of the tradition and not skirt this issue.

*I had to live
in the spirit of
the tradition...*

As I stated in the first paragraph, there are more symptoms than drinking alcohol. When I took an honest look at myself, I realized that when I was talking about those issues, it was a distraction so that I had cause to point out the faults with the world and I could also find fault with the people involved with those issues. I heard a motivational speaker once say that when you are pointing

out the faults of others, you are not defining them; you are defining yourself as a person with low self-esteem, and tearing down others is a symptom of that condition. I could identify with that statement. I have since refrained from engaging in those issues before, during, and after the meetings, and almost never talk politics to anybody, except for when I'm alone with family or very close friends.

I also assure you that I am not the A.A. policeman. I don't try to correct others that haven't reached an understanding of the spirit of this tradition, but I can be a good example by not engaging in it when it's happening. It can be left up to them to come to their own understanding. I am sometimes observant when a third party is present and seems disturbed by the debate, and if the opportunity arises I may take them aside and explain that we all have symptoms and they come in different forms. As the groups go through Tradition Ten in the *12 and 12* that statement is made and everyone hears it and it seems to make everyone think twice before getting into those types of discussions.

The reality is that as long as the doors of A.A. are open to newcomers, we will always have these situations to deal with. I only want to make sure that I don't become holier than thou and violate other traditions in an attempt to get others to comply. To me, patience and understanding is, in the long run, a much better way fostering these ideas. Remember, Practice Makes Perfect. Practice Makes Progress.



A.A. History

by Peter M.

Cooperation with non-alcoholic professionals has been a key part of the existence of Alcoholics Anonymous since its very earliest days. From the beginnings of A.A., there have been non-alcoholic professionals who have been crucial supporters in carrying the message of A.A. to those who still suffer. Two key enthusiasts in A.A.'s history who were non-alcoholic supporters of the early fellowship were Dr. William Silkworth (who was there for Bill W. and countless others), and Sister Ignatia, who worked with Dr. Bob S. in helping thousands get sober in Akron, OH.

Looking at the early fellowship right here in San Francisco and the East Bay reveals that in the past there was a close relationship of cooperation and communication with doctors, pastors and other professionals. Reviewing a randomly chosen issue of the *Good News*, the newsletter published by the Northern California Council of Alcoholics (N.C.C.A.A.), from December 1954, provides a surprising number of examples of professionals interacting with the fellowship of A.A.

Perhaps the most unusual instance is having a non-alcoholic speaker at an Open A.A. meeting which was a regular occurrence at "Central All Groups," a weekly Friday evening meeting in San Francisco. Harry Rathbun, a Professor of Law at Stanford University, delivered his *Christmas Message to A.A.'s* on December 17, 1954. This Central All Groups meeting is the forerunner of "Friday All Groups" which currently meets every Friday at 8:30pm at the Urban Life Center. Presently, Friday All Groups is a speaker meeting

hosted by a group or meeting from our fellowship, and an A.A. speaker who shares their A.A. recovery story. Presently there are no law professors sharing at this meeting unless they happen to also be recovered alcoholics.

In this same month, according to the *Good News*, on Wednesday, December 8, 1954 in Oakland at the Open All-Group meeting, Rev. E.A. McLaughlin of St. Cyprian's Episcopal Church was the featured speaker and who is described as someone "who has long been a friend of A.A." and who "gives a wonderful talk." At that time in 1954, the "Fillmore Group" met at St. Cyprian's Episcopal Church, S.F. As an item of interest, today, the "Sometimes Slowly" group meets at that same church on Saturday mornings.

The last examples from the same *Good News* issue are cooperating with professionals at the N.C.C.A.A. conference held that month, December 1954, in Monterey. Dr. H.S. Morgenstern, who was from the Department of Mental Hygiene and in charge of the Alcoholic Program for the Napa State Hospital at Imola, was the keynote speaker for the H & I panel held at the conference. The Al-Anon portion of the Monterey conference included presentations by Mary Cartwright, President of the Nurses Association of Monterey, and Dr. Edwin W. Tucker, a Monterey physician.

Such relationships are not very obvious in our fellowship today. Some may argue that in 2015, close connections with the professional community are not necessary – that the work has already been done. Perhaps we do not need law

professors and doctors addressing open meetings of Alcoholics Anonymous. However, it is naïve to assume that lawyers, doctors and other professionals today understand how A.A. works.

*it is naïve to assume
that lawyers, doctors
and other profession-
als today understand
how A.A. works*

The Public Information / Cooperation with the Professional Community (PI/CPC) Committee was created to ensure that professionals, who many times are the first to see potential A.A. members, better understand what A.A. has to offer. The PI/CPC Committee is perhaps our most underutilized of the Intergroup service committees. There will be a PI/CPC orientation on Monday, October 12 at 6pm at Central Office.



IP



Restored to Sanity ... Sort of

There is no assurance your thoughts will be restored to sanity

by Carole P.

When I came into the rooms of A.A., I wasn't sure if I was really an alcoholic. I was, however, convinced that I was totally insane. Anyone who drinks themselves into blackouts over and over, despite swearing that it won't happen again, is clearly insane. Also, the assorted wreckage I accumulated over the years was not the stuff of normal people.

So I could appreciate Step Two. I did believe there was a Higher Power, but I felt that "It" was out to get me. Otherwise, why would I have been born insane? I didn't know that other people in A.A. often felt that they were insane too. My first sponsor convinced me that if I worked the Steps, I could be restored to sanity. I became willing, I did the work, and the results amazed me.

The first person on my Step Four list was my downstairs neighbor. She was constantly calling our landlord to complain that I wore high heels in my apartment and that the noise in her place was intolerable. When I found out that she was complaining, I made sure to walk back and forth across my living room, in heels, at all hours of the day and night.

I also had a regular practice of standing next to her car in the garage and praying that she would get into a car accident and die. Over and over, I reveled in wishing her ill. I revealed this to my sponsor in my Fifth Step and she responded with a puzzling, "Um. OK."

When it came time to do my Step Nine amends, my sponsor said I needed to make amends for the noise I made walking across my floor. But I

didn't need to make amends to my downstairs neighbor for wishing her dead. I was astonished. That seemed like pretty harmful behavior to me.

"A.A. isn't Sunday school. Just cause you "thought" it doesn't mean you "did" it. You aren't powerful enough to create a car accident by wishing for one. In A.A., you make amends for your actions only. Your thoughts don't count. When Step Two talks about being restored to sanity, it means your actions. There is no assurance that your thoughts will be restored to sanity. Hopefully, your

*When I found out that
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the day and night.*

mind will quiet down in Step Eleven. But if it doesn't, you can still behave like a normal person in the world."

Years later, I continue to appreciate what my sponsor said. My mind is still a dangerous neighborhood, but less so since doing the steps. My downstairs neighbor is long gone, but I still have the same brain that I had in early sobriety. It can turn on me (or you) in an instant. It used to tell me I needed a drink, but these days it is more likely to tell me sad stories

that don't have my best interest at heart. It likes to tell me that I am "less than", that I am alone in the world, that no one will ever love me.

It is important for me to remember that I have choices about how I react. In the old days I could stand next to my neighbor's car and wish her ill. I can't do that today because it would be too painful for me to live carrying that kind of poison inside me. In a similar way, it is too uncomfortable for me to wallow in the negative thoughts my mind is telling me about me. I have a kit of spiritual tools that I can pick up to help me disengage from the story in my mind. As long as I don't pick up a drink, there is a chance that I can separate myself from the story. And when I stop believing the story of how awful things are, there is a good chance for me to find serenity and experience peace.

TP





Dependence to Independence

Free to enjoy life again

by Luke H.

I grew up with loving parents who really encouraged me to be the best that I could be in everything that I did. Even before I attempted a new endeavor, they told me that I would be the best. Knowing that I was the best at everything, I also knew that I didn't need anyone's help with any of my daily living. I could manage on my own. I could be independent and self-reliant; sure that I knew what was best even if I had never tried it before.

Since I studied Philosophy & Pre-Law in college, I thought I understood all the greatest thinkers the world had ever seen; even all the world's legal systems – who needed Law school? Traveling the world? Those were things for people who weren't born the best at anything and everything. I didn't need to explore the world around me or even ask questions. I just knew. Many of my friends came to me for advice because I was happy to relay guidance wrapped up in the guise of actual experience.

*I did not have answers
for everything
in my life*

Knowing so much and being so independent, I realized that there was a lot of stress too. I had to take care of myself and also take care of others. It was just my lot in life. A drink every now and again seemed to take the edge off of being me – being so wonderful. With each passing day it seemed that it made more and

more sense to drink to handle my problems – problems which I thought I would figure out on my own given enough time and booze.

Ultimately I began to see that I did not have answers for everything in my life. I began to realize that when my parents had said that I could be the best at everything, they hadn't meant I was born perfect: They meant that I was smart and capable and could succeed once I had enough experience. Once I had asked questions. Once I had failures and learned from them.

It shook me with fear to realize that I

*I clambered into A.A.
as fast as I could*

wasn't all-knowing. Drinking more, I began to really dig into how imperfect I was. How unable I was to deal with life. How I wasn't good enough and might never be.

Fortunately I was approached with a solution to my problems – my inability to deal with life – A.A. I wasn't so sure about some group that said it could solve my problems. Didn't I have the greatest capacity for that? Wasn't I the best? I was very confused but for some reason asked for help anyway. I clambered into A.A. as fast as I could. I asked questions. I begged for help! I did what I was told. I began to feel free; free from knowing everything. Free from my inability to ask questions. Free to enjoy life again. Free to have relationships with those around me.

The time I'd spent thinking about the problems of the world was now spent marveling the beauty that I had missed for so long. It was spent thinking about others, how joyous and exciting it was to meet new people and hear how they saw the world.

*I didn't have to
do this alone*

In joining A.A. I found that relying on the group, the Steps, my sponsor, and ultimately my Higher Power, I didn't have to do this alone. I had the freedom to truly enjoy my life and be free to live it. I had the option to be independent and joy-filled. I just never knew that I would first have to surrender and admit that I was powerless, but thank God that I finally did.

TP



A Timeline History of A.A.

Additional developments in the Fellowship

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 a variety of issues facing A.A.W.S., the death of Bill Wilson, the development of the short form of the Twelve Concepts, and a name change to the Grapevine. In addition, you will see how the number of copies of the Big Book skyrocketed over its first three editions. Finally, we mention the approval by the Conference to publish the biographies of both Bill W. and Dr. Bob.

Big Book Copyright Lapses - April 1967

Unknown to the Fellowship, the Conference or the General Service Board, the copyright to the 1st edition Big Book expired in April 1967 and was not renewed. This oversight was not discovered until 1985, when it was also discovered that the copyright to new material in the 2nd edition had lapsed in 1983. Both A.A.W.S. and the Wilson estate shared responsibility for copyright renewal.

Note: The copyright is still in force overseas by treaty agreement.

Over the following years, Bill's health steadily deteriorated due to emphysema. In July 1970, his last public appearance took place at A.A.'s 35th Anniversary and 5th International Convention in Miami. By this time, Bill was confined to a wheelchair and required the continued administration of oxygen.

William Griffith Wilson - January 24, 1971

William Griffith Wilson (age 75) co-founder of A.A., 36 years sober, died at Miami Beach, FL on January 24, 1971. It was his and Lois' 53rd wedding anniversary.

Bill was the architect and author of A.A.'s Three Legacies and all the written works that explained them. This was an amazing achievement. He had no training at all as a writer.

In 1990, Life Magazine named Bill one of the 100 most important figures of the 20th century. Even by those of us who never met him, he will be missed.

Short Form of the Twelve Concepts - April 1971

Three months after Bill's death, the 1971 General Service Conference approved the “Short Form” of the Twelve Concepts for World Service.

Box 1980 – 1974

In order to maintain subscriber's anonymity, the legal name of “The A.A. Grapevine” was changed in 1974 to “Box 1980.”

This was done to comply with postal regulations that required the corporate name of an organization be placed on official envelopes and on the magazine itself.

This was second name change for the Grapevine in its 30 year history. The official name of the publication had been previously changed from “The Grapevine” to “The A.A. Grapevine” at the request of the FBI, to avoid confusion with their internal newsletter of the same name.

Third Edition Big Book – 1976

The 1976 General Service Conference approved publication of the 3rd

edition Big Book. Distribution of the of the first three editions of the Big Book were:

- For the 1st edition 300,000 copies were distributed from 1939 to 1955
- For the 2nd edition 1,150,000 copies were distributed from 1955 to 1976
- For the 3rd edition 19,550,000 copies were distributed from 1976 to 2002

The 1976 Conference also decided that any change to the Steps, Traditions, Concepts and 6 Warranties of Article 12 would require approval of 75% of all A.A. Groups worldwide.

This Conference Advisory Action makes any change whatsoever to the Steps, Traditions and Concepts a virtual impossibility (even so much as adding or removing a comma).

The Conference also recommended going forward with mini-conferences and providing them as often as possible. The sense of the meeting was for the time being the regional meetings should be known as “A.A. Regional Forums.”

Biographies of the Co-founders - 1980 and 1984

The 1980 Conference approved publication of Dr. Bob's biography “Dr. Bob and the Good Oldtimers.” Four years later, the Conference approved publication of Bill W.'s biography, “Pass It On.” The Northeast Texas Area Archives has a copy of an early manuscript of “Pass It On” that was originally titled “Bill W and His Friends.”





Burgundy and Gold Ottoman

I sit with myself in my prayer corner

by Karmela

Chapter 10, in *Came to Believe*, begins with: “After nearly 10 years of sitting on bar stools, backing away from jobs, and running from people, I brought me and my drinking problem to Alcoholics Anonymous.” The day I “came to believe” was the day I realized I had lost everything dear to me. I was sitting in a crack house feeling sorry for myself, not knowing how I was going to save my own life. As I looked up towards the sky, something came over me and I started to smile. It was as if my future flashed in front of me. I saw myself playing with my daughter and we were happy again. At that moment I knew God had shown me all things are possible.

*life as I knew it as an
alcoholic/addict was
ending*

I called my big sister, who said she would pay for me to go to detox. Then I called my mother, who now had guardianship of my daughter, and asked her if she would bring me. As we drove away, I started to cry because life as I knew it as an alcoholic/addict was ending. Yet God had heard my prayers from all those nights before. I knew it wasn't going to be easy, but walking into detox meant I was powerless and my life was unmanageable. The words in my head were from the meeting rooms. I know I can do this if I just believe that there is a power greater than myself and that I can be restored.

As time passed, new routines became easier. I slowly restored my relationship with my mother, who was my everything. She was happy to see me safe and working on “the broken me.” I turned everything over to God and admitted my wrongs. I felt so bad that I had let my mom down, taken money from her, and abandoned my daughter. I humbly asked God to remove my many shortcomings so I could believe in myself, go back to school and be successful in some way.

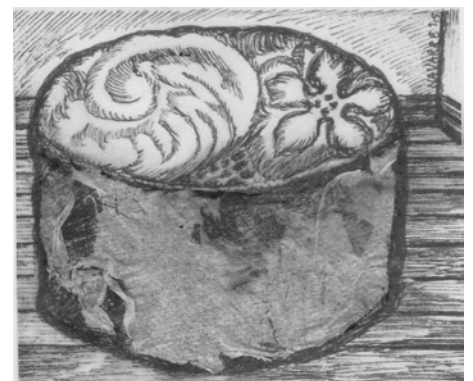
*my heart was full and
I felt renewed*

God worked in my family's hearts. I began mending the sacred mother-daughter bonds. My mother let my daughter come to my recovery house and spend time with me. My daughter started to trust me again and I felt hope. Gaining my family's trust gave me the strength to list the people I had harmed. The biggest amends were to my sister Karla because I had taken her car. The better I felt about myself, the better I acted towards her. When she saw that I could keep my word and even help her out with bills (which I'd never done before), she gradually started to trust me again. My heart was full and I felt renewed. I knew I would stay on the right path if I continued my step work, taking inventory and admitting when I was wrong.

For the past 11 years I have worked hard, making sure I meditate daily to improve my conscious connection with God. For at least five minutes each morning I sit with myself in my prayer corner, on the big burgundy ottoman I made with my mom that takes two people to carry. Its cushion has golden flowers, acanthus leaves and butterfly wing patterns. Inside the ottoman is a pink urn with a picture of my guardian angel, a daughter I wish I'd had. The box with her ashes is wrapped in my favorite towel with the image of a green frog, the symbol of emotional healing. So today, instead of languishing on bar stools — I sit on my burgundy and gold prayer ottoman.

Now the bond between me and my family is strong. My daughter looks at me with respect and I have another child, a son. The small apartment that we call home is filled with love. I work full-time, go to school part-time, and volunteer in my community. Today I am thankful to the A.A. program for giving me the hope and strength I needed when no one else could.

TP





Happy, Joyous and then Free

The steps show us the way

by Correen

At this moment, putting pen to paper, I'm reminded of how amazing the Big Book and twelve steps are and how happy, joyous and free I've become. Looking back at the beginning of this sober journey, I began so unhappy, fearful and quite suspicious of this blue book and all the smiling people that wanted me to come back. There must be a catch. What's up?!

Happy, joyous and free. Oh, that's what's up. I only get to experience that state, though, when I remember to practice the suggestions in steps 10, 11 and 12. I feel free of my self when I remember to use the A.A. steps, especially Step Ten, to override my character's naturally built-in default settings to react to sparks of fear.

On occasion I teach portraiture. My younger students are surprised to learn that, regarding the proportions of the face, the eyes are always in the middle of the head. While we each have two eyes, one mouth, one nose – essentially the same equipment – each of us has a little different arrangement of all the same parts. This seems to be the same with our internal equipment. Although we're made up of the same character aspects, such as pride, ego or empathy, at the same time each of us looks and acts as uniquely individual.

In the Big Book and at meetings I heard ideas expressed that I secretly had. Amazingly, I felt that rather than the book trying to mold me to its ideas, it was outing what I recognized inside myself. Alcoholics and even some non-alcoholics, all over the world, find the Big Book applicable

to their lives. I've come to realize that even though I am a unique person, at the same time I'm no different than anyone else. We were all born with the same equipment for survival inside and out and I'm no exception: whether alcoholic or not.

In the beginning of my sober journey, I was certain of my assessments of people, places and things and thought of myself as quite an expert. I love being right. I love when you think I'm right and I really like when I get to act humble when being found right. Fueling this pride and ego with or without alcohol kept me separate from others and one step ahead of ever having to face fears and responsibility for my actions.

*I thought of myself as
a "nice" responsible
person*

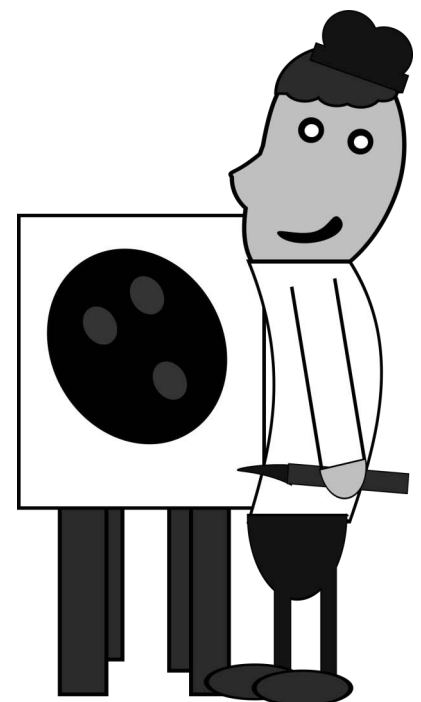
It didn't matter how much I drank or how many people I had hurt or what degree of offenses I had committed. I still lived in a solitary confinement, hiding my true self from others. I dread ever revisiting that prison. I had thought of myself as a "nice" responsible person. After doing my fourth and fifth steps I was surprised to look it over and realize that in fact I had checked every one of the character defects listed – some more than others, but I had them all!

It took a while to accept. I thought my sponsor would be amazed at how unique and right I was. Not till

completing the ninth step did I realize how happy and joyous I had become. The freedom came after finishing all Twelve Steps.

Now after two decades in the program, I can sense when the door to that sad room creaks open. It starts with agitation, fear or a voice of expectation noting what others should be doing, or when I don't see the humor in something, or my response filters fail. Often it doesn't even occur to me until I hear someone at a meeting voice something similar to what's festering down deep inside me. The tools are there from Step Ten and on to get back on the path to being happy joyous and free. Now I sit in meetings with a big smile and join everyone in saying "keep coming back."

AP



Intergroup Meeting Summary—Sept 2015

The following groups have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, please elect an Intergroup Representative (IGR) and /or an alternate so your meeting is represented.

Marin Groups	Sunday Night Corte Madera	Cow Hollow Young People	Haight Street Blues	Serenity Seekers
Attitude Adjustment Hour	Thursday Night Speaker	Design for Living	It Takes a Village	Sunday Rap
Blackie's Pasture	Women's Big Book	Embarcadero Group	Join the Tribe	They Stopped in Time
Cover to Cover	San Francisco Groups	Experience, Strength & Hope	Pax West	Too Early
Friday Night Book	A New Start	Extreme Makeover: Women's SS	Queers/Crackpots/Fallen Women	Women's Mtg: There is a Solution
Marin Young People	Alumni	Friday Morning 12 Steppers	Reality Farm	
Men's Two Plus	Beginners Warmup	Friendly Circle	Rebounds, Retreads and Winners	
Mill Valley	Cow Hollow Men's Group	Grouch and the Brainstorm	Saturday Beginners	

This is an unofficial summary of the September 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.A.A.sf.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., Sept 2, 2015 at 1187 Franklin St, SF CA.

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

Officer Reports

Board Chair, Carolyn R. The Board retreat, on 8/23, was productive and gave us an opportunity to get to know each other. Intergroup hosted Friday All Groups the same weekend and had a chance to bring Intergroup viewpoints to a broad audience. Other service entities might be sought to host in the future. Intergroup will also be involved in Marin Unity Day on 9/12. We received a request for ASL at the Living Sober conference; there will be a discussion about

policy for scheduling reasonable accommodation at these kinds of events.

Treasurer, Leslie B. The overall rating for August was FAIR. Contributions were 20% below budget. The lower contributions were offset slightly by lower than expected COGS and expenses. Refer to the green sheet for more details.

Central Office Manager, Maury P. Will be attending the Intergroup Seminar from 9/15 to 9/20. The volunteer appreciation Dinner, hosted by Intergroup, will be in November. Ray C., from the Marin Smokeless Group passed away. Some Committee Chairs have submitted announcements which are included in tonight's meeting packet; more information available in the link that was emailed yesterday; refer to it for more details.

Intergroup Committee Reports

Access, Virginia M. The Access Committee is asking all groups for an inventory regarding a question of whether the long for of the 3rd Tradition should be used to define and AA meeting to fulfill ASL interpreter requests. There was a brief discussion and agreement that this will be followed up on in the coming months, more particularly as New Business.

Archives, Michael P. The next Archives meeting is 9/20 from 2-4pm. Archives received a book by Peter C. about visiting AA around the world and it is on display in the central office for anyone interested. All are welcome to participate in Archives.

SF PI/CPC, Erin S. Erin had to leave

early, but her PowerPoint slide was displayed and Chris recommended reviewing it online.

Roundtable Discussion

The Roundtable discussion topic this evening was the MI/CSC, after their presentation last month, and their request to be listed in the meeting schedule as a Service Committee. Following the discussion, each table selected someone to report: MI/CSC does not fall into the three categories used to classify meetings / Enthusiasm from the committee is strong, but there seems to be lack of support from Marin members, or input from Marin IGRs. / There is no real structure; they should not be listed / There it confusion about what services they provide and their statement is redundant / Consensus was no based on redundancy and lack of clarity; but they are not closed to MI/CSC's intent, if only they would change the name and improve the logistics of its meeting. Chris reminded everyone that the goal of the round table discussion was not reach a group conscience. The MI/CSC's request is confusing for Marin groups, particularly since they have not invited Marin IGRs to their meeting.

Old Business

MI/CSC The Board agreed that the request to list MI/CSC's meeting in the schedule should be brought here. Chris asked if the IGRs would be ready to vote on this matter; there was a unanimous decision to vote tonight. 33 opposed, 0 approved, 2 abstentions. The minority opinion shared: Charlie, who opposed but felt that someone should speak for

Individual Contributions

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

IN MEMORIAM

Lee M.

ANNIVERSARIES

Martha S. — 34 years

Abby L. — 28 years

Gordon M. — 12 years, Early, Joyous & Free

MI/CSC since they were not present, mentioned that MI/CSC should come prepared with a statement and feasibility study for a more favorable outcome. Ray mentioned that he abstained from voting because, though the MI/CSC meeting may not belong in the meeting schedule, would there be any objection to having their meeting advertised in a flyer that in the Point or available at Central Office? Chris proposed that Maury should contact the Chair of the MI/CSC and report the results from tonight's vote. No one was opposed to moving forward with that plan.

Lease Report Matt gave an update. They would like the Survey to be ready by November, in line with Gratitude Month. Hopefully the results would be ready, ideally, by January and help make some informed decisions when getting closer to the lease negotiation.

Liaison Reports

SF General Service, Susan D. SF Unity Day is October 31st; please make announcements. They would also like speakers for this event; please see or contact Susan if interested or available.

SF H&I, Mark F. Many opportunities are available, more than can be presently filled. The next orientation is on 9/19; spread the word.

Marin H&I, Karen G. 11 new meeting members recently and a new position is available in Kentfield (Fridays from 2-3pm). The Marin jail is also prepared for more clearances. The next orientation is next Tuesday; please attend for more information.

Marin PI/CPC, Jack H. Unity Day will be September 12th. They are also desperately in need of speakers for a high school in Marin. There are currently no volunteers available and classes begin in mid-September.

Marin Teleservice, Chris (for Kasha) They are still considering retiring back-up shifts.

GGYPAA, James O'C. GGYPAA dropped its bid for ICYPAA and will focus on unity and service through local events.

but there are still open positions. The **Group Reports**

David, from They Stopped in Time, mentioned his meeting is still looking for a new meeting space and are hoping to stay in the Duboce Triangle area. Artists and Writers are putting on Drunks on Display on 9/12. The event is free though donations will be accepted. All donations will go to central office. Alex, from Attitude Adjustment Hour, mentioned that they are trying to decide if they should make changes to their sobriety chip tradition. Leslie thanked everyone that contributed when the basket went around a second time to help make the food budget. Matt mentioned that his group has had multiple group consciences about meeting format and trying new things while also keeping group traditions.

Meet the Meeting

Michael, from Saturday Weekend Warriors, said the format is two ten minutes speakers, followed by a small reading by the Secretary. The meeting began

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	Aug. 15	YTD
Biggs AA		\$37
Contribution Box	\$80	\$321
GGYPAA		\$623
Intergroup	\$103	\$795
Novato Fellowship Group		\$147
Unidentified Group		\$18
Fellowship Total	\$183	\$1,941

Marin Contributions	Aug. 15	YTD
12 & 12 Study Sa 815am		\$188
AA By The Bay Tu 730pm		\$209
Attitude Adjustment 7D 7am		\$2,557
Awareness/Acceptance M 1030am		\$264
Back to Basics Su 930am	\$34	\$398
Big Book Study & Meditation M 7p		\$30
Closed Women's Step Study Tu 330pm	\$72	\$166
Conscious Contact Sa 6pm		\$238
Cover to Cover W 730pm		\$100
Crossroads Sun 12pm		\$1,000
Day At A Time 7D 630am		\$240
Downtown Mill Valley F 830pm		\$490
Experience, Strength & Hope Sa 6pm		\$50
Fireside Fri 8pm Bolinas		\$30
Friday Night Book F 830pm	\$502	\$1,005
Gay Men & Women All Welcome W 8pm		\$100
Girls Night Out W 815pm		\$125
Glum Not! Su 9am	\$200	\$200
Gratitude Tu 8pm		\$100
Happy Destiny F 7pm		\$200
Happy Hour Th 6pm		\$50
Happy, Joyous & Free 5D 12pm		\$1,125
High & Dry W 12pm		\$170
Inverness Sunday Serenity Su 10am		\$256
Just Can't Wait 'til 8 M 630pm	\$300	\$447
Last Stop Men's SS W 6pm	\$180	\$430
Living in the Solution F 6pm		\$400
Marin Alano Club		\$40
Marin Teleservice		\$2,500
Marin Young People F 830pm		\$106
Meditation Wednesday 7pm		\$223
Mill Valley 7D 7am		\$1,700
Mill Valley Discussion W 830pm		\$445
Monday Blues M 645pm		\$485
Monday Night Madness M 6pm		\$250
Monday Night Stag Tiburon		\$1,000
Monday Night Women's M 8pm		\$388
Monday Nooners M 12pm		\$484
Morning After Sa 10am		\$200
Morning Attitude Adjustment		\$538

Marin Contributions	Aug. 15	YTD
Nativity Monday Night BB 8pm		\$67
Noon Tu 12pm		\$103
North Marin Speaker Su 12pm		\$450
Not a Glum Lot Group Fr 8pm		\$152
Novato Spirit Discussion F 2pm		\$150
On Awakening 7D 530am	\$700	\$2,100
Pathfinders Tu 12pm		\$279
Primary Purpose M12pm		\$129
Primary Purpose W 830pm		\$40
Quitting Time M-F 530pm		\$771
Redwoods Mon 3pm		\$169
Refugee Th 12pm		\$160
Reveille 7D 7am		\$50
Rise N Shine Su 10am		\$600
San Geronimo Valley Book Study F 8pm		\$184
San Geronimo Valley M 8pm		\$717
Saturday Night Sa 8pm		\$591
Saturday Weekend Warrior 830am		\$176
Saturday Women's Speaker Sa 6pm		\$561
Sausalito Sober Sisters Th 330pm		\$82
Sisters In Sobriety Th 730pm	\$26	\$26
Sober & Serene F 7pm		\$469
Sober Sisters Wed 12pm		\$152
Spiritual Testosterone Stag Su 830a	\$275	\$717
Steps to Freedom M 730pm		\$350
Steps To The Solution W 715pm		\$209
Sunday Express Sun 6pm		\$109
Survivors M 12pm		\$95
T. G. I. F. F 6pm		\$42
T.G.I. Tuesday 6pm		\$50
Terra Linda Thu Men's Stag Th 8pm		\$314
The Broad Highway Thu 730pm		\$100
There is a Solution Tu 6pm		\$179
Thursday Night Book Club Th 7pm		\$48
Thursday Night Speaker 830pm		\$1,236
Tiburon Women's Candlelight W 8pm	\$30	\$75
Tuesday Big Book Tu 830pm		\$120
Tuesday Chip Meeting Tu 830pm	\$400	\$1,000
We, Us and Ours M 650pm	\$63	\$509
Wednesday Mid-Week W 6pm		\$50
Wednesday Night Candlelight W 8pm		\$62
Wed Night Speaker Disc 7pm		\$936
Wednesday Sundowners W 6pm		\$175
Weekend Update Su 6pm	\$89	\$89
Why It Works Sun 6pm		\$85
Women's Big Book Tu 1030am		\$1,213
Women's Meeting Su 430pm		\$88
Working Dogs W 12pm		\$400
Marin Total	\$2,870	\$35,353

San Francisco Contributions	Aug. 15	YTD
11th Step Power Power Power		\$134
20+ Sun 445pm (unlisted)		\$487
6am Dry Dock Sa		\$72
6am Dry Dock Su		\$49
6am Dry Dock W		\$76
7 AM As Bill Sees It		\$48
7am Step Discussion Tu 7am	\$70	\$70
A is for Alcohol Tu 6pm		\$276
A New Start F 830pm		\$290
Afro American Beginners Sat 8pm		\$188
Agnostics & Freethinkers Su 630pm		\$240
All Together Now Th 8pm	\$33	\$143
Amazing Grace M 7pm		\$60
Any Lengths Sat 930am		\$600
Artists & Writers F 630pm		\$400
As Bill Sees It Th 6pm		\$317
As Bill Sees It Th 830pm		\$125
As Bill Sees It Tu 1210pm	\$518	\$518
Ass in a Bag Th 830pm		\$195
Back to Basics Th 730pm		\$10
Be Still AA Su 12pm		\$400
Beginners 12 x 12 F 7pm		\$253
Beginners' Step Study Sat 7pm		\$116
Beginner's Warmup W 6pm		\$92
Bernal Big Book Sat 5pm		\$594
Bernal New Day 7D		\$1,056
Big Book Basics F 8pm	\$360	\$670
Big Book Study Su 1130am		\$302
Blue Book Special Su 11am		\$247
Brothers in Arms M 8pm		\$189
Buena Vista Breakfast Su 12pm	\$206	\$386
By the Book Sa 10am		\$44
Came to Park Sat 7pm	\$610	\$610
Castro Discussion Th 730p		\$192
Castro Monday Big Book M 830pm		\$155
Castro Nooners F 12pm		\$88
Cocktail Hour Thu 10pm	\$56	\$56
Coit's Quitters		\$240
Come 'n Get It! F 630pm	\$21	\$123
Cow Hollow Men's Group W 8pm	\$195	\$1,285
Design For Living BB Tu/Th 730am		\$184
Design for Living Sat 8am		\$782
Dignitaries Sympathy W 815pm		\$419
Each Day a New Beginning F 7am		\$2,219
Each Day a New Beginning M 7am		\$267
Each Day A New Beginning Su 8am		\$951
Each Day a New Beginning Th 7am		\$997
Each Day a New Beginning Tu 7am	\$400	\$721
Each Day a New Beginning W 7am		\$1,337

San Francisco Contributions	Aug. 15	YTD	San Francisco Contributions	Aug. 15	YTD	San Francisco Contributions	Aug. 15	YTD
Early Start F 6pm	\$247	\$2,138	Monday Beginners M 8pm	\$370	\$370	Sunrise Sunset Women's Step Th 6pm		\$600
Easy Does It Tu 6pm		\$54	Monday Coffee with Bill	\$14	\$14	Sunset 11'ers F		\$90
Embarcadero Group 5D 1210pm	\$125	\$125	Monday Men's Stag M 8pm		\$88	Sunset 11'ers M		\$200
Epiphany Group Th 7pm		\$210	Monday Monday M 1215pm		\$329	Sunset 11'ers Sa		\$97
Eureka Step Tu 6pm		\$89	Monday Night Big Book Study M 8pm		\$60	Sunset 11'ers Su		\$100
Eureka Valley Topic M 6pm	\$49	\$628	New 9'ers Fri 9am		\$45	Sunset 11'ers Th		\$79
Excelsior "Scent" Free for All Sa 7pm	\$60	\$240	New Friday Big Book F 12pm		\$487	Sunset 11'ers W		\$50
Extreme Makeover M 730pm		\$303	Newcomers Tu 8pm		\$119	Sunset 9'ers F		\$49
Federal Speaker Su 12pm		\$299	No Regrets Tu 7am	\$150	\$150	Sunset Reflections Th 1pm		\$66
Firefighters & Friends Tu 10am		\$166	No Reservations M 12pm		\$518	Sunset Speaker Step Su 730pm		\$324
Fireside Chat Group Th 8pm		\$78	Nu Outlook		\$185	Sunset Speaker Step Sun 730pm		\$179
Fireside Chat Group Tu 8pm		\$122	NYX - Sat 730pm		\$170	Surf Tu 8pm		\$258
Friday at Five F 5pm		\$170	O.A.D.W. Mon 7pm		\$359	Ten Years After Su 6pm		\$1,121
Friday Lunch With Bill Fri 12pm		\$46	Park Presidio M 830pm		\$317	The Drive Thru W 1215pm	\$190	\$190
Friday Smokeless F 8pm		\$541	Parkside Th 8pm	\$502	\$548	The Leaky Cauldron Su 930am		\$238
Friday Women's Round Robin Disc 6am		\$20	Pax West Daily Reflections W 7am		\$172	The Original 8 O'clock		\$451
Friendly Circle Beginners Su 715pm		\$288	Pax West Discussion Th 12pm		\$453	The Parent Trap 2 Wed 4pm		\$207
Gold Mine Group M 8pm	\$288	\$714	Pax West Literature Discussion Tu 12pm	\$286	\$1,456	The Parent Trap M 1pm		\$148
Goodlands Su 2pm	\$41	\$113	Pax West Prayer and Meditation F 7am		\$420	The Pepper Group F 12pm		\$83
Gratitude Center Fellowship		\$50	Pocket Aces Sun 7pm		\$58	They Stopped In Time M 8pm		\$195
H&I (SF)		\$30	Progress Not Perfection Tu 830pm		\$147	Thursday Coffee With Bill 9am		\$7
Haight Street Blues Tu 615pm		\$162	Queers, Crackpots & Fallen Women		\$60	Thursday Night Women's Th 630pm		\$490
Haight Street Explorers Th 630pm		\$190	Reality Farm Th 830pm	\$180	\$180	Thursday Thumpers Th 7pm		\$80
High Noon Friday 1215pm		\$202	Rebound W 830pm		\$77	Too Close For Comfort M 6pm		\$320
High Noon Monday 1215pm	\$132	\$132	Rigorous Honesty Th 1205pm	\$90	\$90	Too Early Sa 8am		\$988
High Noon Saturday 1215pm		\$212	Saturday Afternoon Meditation 5pm		\$171	Trudgers Discussion Su 7pm	\$180	\$600
High Noon Sunday 1215p		\$78	Saturday Beginners Sat 6pm		\$646	Tuesday Big Book Study Tu 6pm		\$107
High Sobriety M 8pm	\$70	\$206	Saturday Easy Does It Sa 12pm		\$844	Tuesday Night Lasses Step Study		\$137
Hilldwellers M 8pm		\$474	Saturday Night Regroup Sa 730pm		\$499	Unidentified Group		\$102
Hoodlum Haven F 8pm		\$528	Serenity House	\$150	\$1,200	Valencia Smokefree F 6pm		\$297
Huntington Square W 630pm		\$394	Serenity Seekers M 730pm	\$980	\$980	Wake Up On 3rd St Group		\$250
Join the Tribe Tu 7pm	\$423	\$880	Sex and Love in Sobriety M 3pm		\$55	Walk of Shame W 830pm		\$210
Joys of Recovery Tu 8pm		\$182	Shamrocks & Serenity M 730pm		\$829	We Care Tu 12pm		\$126
Keep Coming Back Sa 10am		\$330	Sinbar Su 8pm	\$12	\$12	Weekend Worker Sat 7am		\$60
Ladies Who Lunch Thu 1210pm		\$105	Sisters Circle Su 6pm		\$78	West Portal W 8pm	\$101	\$376
Let It Be Now F 6pm		\$52	Six O'Clock Step Th 6pm		\$12	Wharf Rats Th 815pm		\$552
Like A Prayer Su 4pm		\$60	Sober Saturday Sa 830am		\$132	What It's Like Now M 6pm		\$230
Lincoln Park Sat 830pm		\$71	Sobriety & Beyond W 7pm		\$409	Wits End Step Study Tu 8pm		\$39
Living Sober with HIV W 6pm		\$236	Some Are Sicker Than Others W 6pm		\$179	Women's 10 Years Plus Th 615pm		\$618
Looney Toons Tu 10pm	\$25	\$145	Sometimes Slowly Sa 11am		\$158	Women's Came to Believe Sa 10am		\$228
Lush Lounge Sa 2pm		\$236	Steppin' Up Tu 630pm	\$118	\$332	Women's Kitchen Table Tu 630pm		\$808
Meditation Wednesday 7pm		\$93	Stonestown M 8pm		\$240	Women's Mtg There is a Solution W 6pm		\$234
Meeting of the Moms		\$152	Sunday Bookworms Sun 730pm		\$11	Women's Promises F 7pm	\$327	\$327
Meeting Place Noon F 12pm		\$240	Sunday Morning Gay Men's Stag 930am	\$40	\$88	Work In Progress Sa 7pm	\$193	\$193
Meeting Place Noon W 12pm		\$410	Sunday Night 3rd Step Group 5pm		\$408	Work In Progress Sat 7pm		\$326
Mellow Mission Sunrise M 7am		\$60	Sunday Night Castro SD 730pm		\$453	YAHOO Step Sa 1130am		\$172
Men's Gentle Touch M 7pm		\$207	Sunday Rap Sun 8pm		\$180	Young at Heart Sa 930am		\$130
Mid-Morning Support Su 1030am		\$616	Sunday Silence Su 730pm		\$315	San Francisco Total	\$8,264	\$60,938
Miracle (Way) Off 24th St W 730pm	\$453	\$453	Sundown W 7pm		\$305	YTD	\$11,317	\$98,232

Profit and Loss Statement: July 2015

	July 2015	Budget	YTD	YTD Budget		July 2015	Budget	YTD	YTD Budget
Ordinary Income/Expense					Payroll Fees	\$10	\$10	\$70	\$73
Income					Phone Book Listings	\$93	\$95	\$651	\$665
Gratitude Month	\$0	\$0	\$4,115	\$3,900	Postage	\$0	\$249	\$546	\$776
Group Contributions	\$19,336	\$23,500	\$86,873	\$100,800	Printing	\$0	\$0	\$0	\$0
Individual Contributions	\$1,421	\$1,875	\$18,891	\$15,983	Professional Fees	\$0	\$0	\$0	\$1,485
Newsletter Subscript.	\$0	\$11	\$99	\$121	Rent - Office	\$4,287	\$4,287	\$30,007	\$30,007
Sales - Bookstore	\$8,067	\$9,000	\$61,288	\$67,000	Rent - Other	\$0	\$0	\$510	\$510
Intergroup Events	\$0	\$0	\$3,252	\$2,300	Repair & Maintenance	\$352	\$350	\$1,917	\$1,900
Total Income	\$28,824	\$34,386	\$174,518	\$190,104	Security System	\$0	\$0	\$256	\$250
Cost of Goods Sold					Shipping	\$304	\$408	\$2,067	\$2,858
Cost of Books Sold	\$5,541	\$6,029	\$41,646	\$49,703	Software Purchased	\$0	\$0	\$0	\$0
COGS - Shipping	\$15	\$26	\$156	\$170	Telephone	\$164	\$230	\$1,181	\$1,610
Credit Card Processing	\$325	\$375	\$2,643	\$3,105	Training	\$0	\$0	\$369	\$350
Inventory Adjustments	(\$10)	\$0	\$479	\$0	Travel	\$445	\$450	\$494	\$475
Total COGS	\$5,871	\$6,430	\$44,924	\$52,978	Total Expense	\$19,820	\$20,253	\$141,476	\$145,821
Gross Profit	\$22,953	\$27,956	\$129,595	\$137,126	Net Ordinary Income	\$3,134	\$7,703	(\$11,881)	(\$8,695)
Expense					Other Income/Expense				
Committees	\$0	\$0	\$278	\$1,351	Other Income				
Bad Checks	\$0		\$12		Bag Fees	\$3	\$3	\$16	\$18
Employee Expenses	\$13,234	\$13,266	\$90,362	\$90,785	Customer Shipping	\$404	\$350	\$1,991	\$2,900
Equipment Lease	\$408	\$408	\$3,264	\$2,856	Interest Income	\$65	\$77	\$449	\$540
Filing/Fees	\$0	\$0	\$72	\$970	Miscellaneous Income	\$42	\$30	\$233	\$210
Insurance	\$0	\$0	\$2,471	\$2,760	Total Other Income	\$514	\$460	\$2,689	\$3,668
Intergroup Events	\$123	\$0	\$4,334	\$2,490	Other Expense				
Intergroup Literature	\$0	\$59	\$350	\$558	Depreciation Expense	\$223	\$204	\$1,561	\$1,430
Internet Expense	\$129	\$133	\$908	\$933	Total Other Expense	\$223	\$204	\$1,561	\$1,430
Office Supplies	\$184	\$204	\$605	\$1,429	Net Other Income	\$291	\$256	\$1,128	\$2,238
Paper Purchased	\$88	\$104	\$751	\$729	Net Income	\$3,424	\$7,958	(\$10,753)	(\$6,457)

Treasurer's Report

For the month of July, total income was under budget by \$5,562 due to lower than expected Group and Individual contributions. The lower contributions were offset slightly by lower than expected COGS and expenses. The result is that we ended the month under budget by \$4,534.

Although, July had a positive variance of \$3,424 this was much lower than our budgeted income of \$7,958.

Unrestricted cash balance rose from \$20,146 to \$25,855 which represents a little less than 1.5x our operating expenses.

OVERALL RATING: Fair – because we are not meeting our budget.

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 we were “poor” was in November 2014.

July 2015 Balance Sheet

	Jul 31, 2015	Jun 30, 2015	\$ Change	Jul 31, 2014	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash					
Capital One (ING Direct)	\$192,391	\$192,326	\$65	\$193,044	(\$653)
Total Restricted Cash	\$192,391	\$192,326	\$65	\$193,044	(\$653)
Unrestricted Cash	\$25,855	\$20,146	\$5,709	\$32,101	(\$6,246)
Total Checking/Savings	\$218,246	\$212,472	\$5,774	\$225,145	(\$6,899)
Accounts Receivable					
Accounts Receivable	\$153	\$3	\$150	\$38	\$115
Total Accounts Receivable	\$153	\$3	\$150	\$38	\$115
Other Current Assets					
Inventory - Bookstore	\$24,006	\$24,763	(\$756)	\$23,007	\$999
Prepaid Literature Orders	\$623	\$1,815	(\$1,192)	\$4,862	(\$4,239)
Undeposited Funds	\$449	\$810	(\$362)	\$386	\$63
Total Other Current Assets	\$25,078	\$27,388	(\$2,310)	\$28,256	(\$3,178)
Total Current Assets	\$243,477	\$239,862	\$3,614	\$253,439	(\$9,962)
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,559	\$1,617	(\$58)	\$2,532	(\$973)
Leasehold Improvements (Net)	\$16,729	\$16,894	(\$165)	\$18,703	(\$1,974)
Total Fixed Assets	\$18,287	\$18,510	(\$223)	\$21,234	(\$2,947)
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$268,462	\$265,070	\$3,391	\$281,371	(\$12,909)
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	\$0	\$0	\$0	\$4,700	(\$4,700)
Total Accounts Payable	\$0	\$0	\$0	\$4,700	(\$4,700)
Other Current Liabilities					
Payroll Liabilities	\$3,826	\$3,892	(\$66)	\$3,451	\$375
Sales Tax Payable	\$621	\$588	\$33	\$701	(\$81)
Total Other Current Liabilities	\$4,447	\$4,480	(\$33)	\$4,153	\$294
Total Current Liabilities	\$4,447	\$4,480	(\$33)	\$8,853	(\$4,406)
Long Term Liabilities	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Liabilities	\$64,614	\$64,647	(\$33)	\$69,020	(\$4,406)
Equity					
Net Assets	\$214,601	\$214,601	\$0	\$216,250	(\$1,649)
Opening Balances	\$0	\$0	\$0	\$0	\$0
Net Income	(\$10,753)	(\$14,177)	\$3,424	(\$3,899)	(\$6,854)
Total Equity	\$203,848	\$200,424	\$3,424	\$212,351	(\$8,503)
TOTAL LIABILITIES & EQUITY	\$268,462	\$265,070	\$3,391	\$281,371	(\$12,909)

with 15 men and has a strong sense of fellowship. Tom, from Alumni, meets on Wed Nights. It is a Step meeting and the last Wednesday of the month they read a tradition and have lively discussions. Tom shared about how he came to find out, in an unexpected way, about his group's history while preparing for this talk.

Jesse, from The Grouch and the Brainstorm, said that the meeting is a little different in that they read from Living Sober. Following the reading there is a ten minute speaker, some questions (which can be very interesting) and then a discussion. The meeting also has commitment opportunities.

What's on Your Mind

Ray M. mentioned feeling confused regarding the request for a group conscience earlier this evening. Michael: it will be New Business next month. Jack is excited for Intergroups presence at Unity Day; it will help bring awareness to people who may not be aware of what services are available. Ray: Archives committee would like a database of all announcements made at Intergroup meetings. Nick expressed his enthusiasm for AA and service. Bronwen commended Chris for his conduct and service. John mentioned that the Cow Hollow Young People's BBQ this Sunday from 11-5 at Lindley Meadow in GG Park.

TARGETED MESSAGE:

Please support Marin Unity Day with your attendance and spread the word. / The Central Office survey is coming./ Group Contributions, through July, are below budget, remind Treasurer's to send contributions.

Meeting adjourned with the Responsibility Statement at 8:45pm.

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





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