

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015 11  
November

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Our Conscious Contact



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.

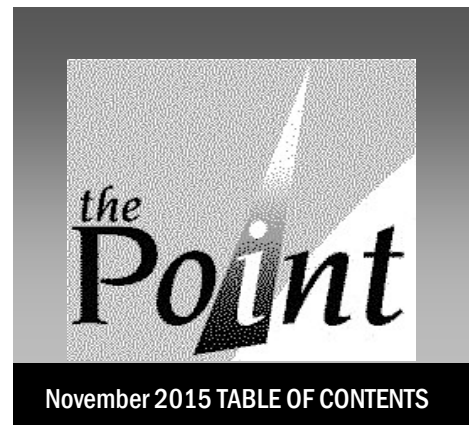
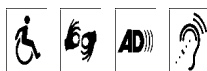
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# November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>1</b>	<b>2</b>	<b>3</b> <u>FIRST TUE</u> <b>Access Committee</b> Central Office 6pm	<b>4</b> <u>FIRST WED</u> <b>Intergroup Meeting</b> 101 Donohue St., Marin City <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
<b>8</b> <b>Golden Gate Young People in AA</b> 1360 Lincoln Ave, San Rafael 12pm	<b>9</b> <u>SECOND MON</u> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b> Central Office <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm	<b>10</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>11</b> <b>VETERANS' DAY</b> <b>CENTRAL OFFICE CLOSED</b>  <u>SECOND WED</u> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm
<b>15</b> <u>THIRD SUN</u> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day	<b>16</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>17</b>	<b>18</b>
<b>22</b>	<b>23</b>	<b>24</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>25</b>
<b>29</b>	<b>30</b>		

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14 <u>SECOND SAT</u> <i>The Point</i> Committee Central Office 12pm
19	20	21 <u>THIRD SAT</u> SF H&I 2900 24th St, SF <b>Orientation</b> 11am <b>Business Meeting</b> 12pm
26 THANKSGIVING CENTRAL OFFICE CLOSED	27 THANKSGIVING CENTRAL OFFICE CLOSED	28 <u>FOURTH SAT</u> <b>CNCA Meeting</b> 320 N McDowell Blvd, Petaluma 10am

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



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Prayer and meditation are our principal means of conscious contact with God.

*Twelve Steps And Twelve Traditions*, pg. 96

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## Meeting Changes

### New Meetings:

Mon	7:00am	Financial	PAX WEST MEN'S PRAYER AND MEDITATION, Old St. Mary's: 660 California St / Grant (Meditation, Enter through courtyard on California St)
Wed	12:05pm	South of Market	BRIDGE TO RECOVERY, 564 6th St / Brannan (Alternates Speaker Discussion / Step Study, Beginners, Chips last Wednesday of Month)

### Meeting Changes:

Sun	8:00pm	Marina	WATERFRONT, 3301 Lyon St / Palace Dr (was at 2 Marina Blvd / Ft Mason)
Mon - Fri	5:00pm	Tenderloin	AFTERNOON WITH BILL, 842 Geary / Hyde St (was at 4:30pm, now a 45 min meeting)

### No Longer Meeting:

Thu	7:00pm	Bayview	BAYVIEW AA, Salvation Army: 4622 Third St / McKinnon
Fri	6:00am	Marina	WOMEN'S MORNING MEDITATION, Dry Dock: 2118 Greenwich St / Fillmore
Fri	8:30pm	Corte Madera	FRIDAY NIGHT GAY MEN'S STAG DISCUSSION, 649 Meadowsweet Dr / Sausalito St

**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!***

## Gratitude Month – It's here! How will your group celebrate?

Gratitude Month is a time set aside for us to express thanks to the fellowship. In the Bay Area, Gratitude Month is traditionally practiced by passing the Seventh Tradition basket a second time, with the entirety of the collection from the second basket being contributed to Central Office. However, groups around the country and around the world each have their own customs for celebrating Gratitude Month, including holding Tradition discussion meetings in place of the regular format, or by making "gratitude" the discussion topic during the month.

The History of Gratitude month

dates back to the 1940s when the General Service Board hosted small "Gratitude Dinners." By the 1960s they had become larger, more elaborate "Gratitude Luncheons." The motivation behind these gatherings was to express personal gratitude for sobriety and appreciation to our professional friends for their articles, books, radio and T.V. interviews relating to A.A. over the past year.

Groups are encouraged to come up with their own imaginative ways to foster an attitude of gratitude among the fellowship. Box 459, the GSO's newsletter, once put it: "How

about trying something new, something your group has never done before, which will make the members' gratitude more tangible and real?" Here in the Bay Area we've always been good about finding new and inventive ways to do things, so let's be creative!

### ***grat-i-tude***

'gradə, t(y)ood/

*noun*

the quality of being thankful; readiness to show appreciation for and to return kindness.



**A survey about Central Office is now available on [aasf.org](http://aasf.org)!**

**Visit Central Office News on our Homepage and take it either as a Group or as an Individual Member. We appreciate your participation and hope for lots of it!**



# It's Gratitude Month!

*by Gilbert G.*

November is Gratitude Month, the time of year that many groups pass the basket a second time, specifically to support Central Office. We've shared some history about it with you on the prior page.

In this month's issue, Gyll M. writes about self-examination (thinking in), meditation (not thinking), and prayer (thinking out). He finds that it is a continuous loop—the job is never done. Dorothy V. shares with us how her spirituality has grown over the years. She found something indefinable in the rooms and now understands the difference between religion and spirituality.

Claire A., writes about the A.A. aphorism, Alcoholics Don't Have Relationships, They Take Hostages. To live a fuller life, she finds that she needs to let others live fully, too. Eric L. shares his experience of being hit by a car and the Sunshine Club bringing meetings to his hospital room. Now, in the face of medical and physical challenges, he can still be grateful.

While seeking less physical challenges, Rick R. began to study Shake-

spare and wonders if Shakespeare tried to describe “alcoholism” long before the term was invented. Also this month, we come to the end of the series, *A Timeline History of A.A.* In this last installment, Arthur provides us with a summary. Please join us in thanking Arthur for allowing us to serialize his work.

In the *Letter to the Editor*, Kathleen C. responded to an article we published on the Adventure Group. I replied, sharing my own experience, strength, and hope. If you have an opinion you would like to share on this topic, please let us know.

Finally, Luke H. writes about the incredibly short memory (ISM) in alcoholism and what helps keep him on track and out the perpetual “Groundhog Day” of his former life.

One final note, our Intergroup is conducting a survey about the Central Office. Our lease is ending in twelve short months and we are looking for input from our members on our next steps. The survey is posted on our web site ([aasf.org](http://aasf.org)) so please take a few minutes to answer these important questions.

Wishing you all a gratitude-filled month!

## 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 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.	Michele F.
Amy Mc.	Jeffery K.	Michelle C.
Andy Z.	Jim C.	Mike M.
Barbara L.	Joanne S.	Niels R.
Barbara M.	John C.	Pam K.
Becca M.	John G.	Pamela D.
Ben W.	John V.	Pat P.
Bette B.	Karen C.	Peg L.
Blu F.	Karen K.	Peggy H.
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Bruce S.	Kathleen C.	Penelope C.
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Chris S.	Layne Z.	Scott C.
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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*

# Step Eleven

## ***Self-Examination, Meditation and Prayer***

by Gyll M.

The initial willingness to join the sober community has granted me a rich collection of “willingnesses” – the open-heartedness to be willing to work the steps, go to meetings, get commitments, follow my sponsor’s suggestions, work with sponsees, be present, and so on. One simple step produces many more.

Thoughtful exploration of the concepts self-examination, meditation and prayer have to be predicated on willingness. Not at all part of who I used to be. Spiritual willingness – to seek “through prayer and meditation to improve [my] conscious contact with God” – presented what I supposed was a rickety step, worth skipping over because of the danger it signified. This perception was deluded; in time, I came to see that at the crux of this matter was my ego. And so it became time to reach for the willingness to seek “conscious contact with God,” and that meant engaging in a spiritual practice.

Although self-examination, meditation and prayer are distinct, each has some connection to thought. Despite their distinctiveness, each one seems necessary for the others, and works in a continuous loop with the others towards health of the soul and relationship with God become possible.

### **Self-examination = thinking in**

I get to turn my thoughts inward and investigate my ‘self’. I am afforded the opportunity to unpack and deconstruct various attitudes harbored in mind and body. In a

sense, it’s the Tenth Step – taking daily inventory, any wrongs done and things done right. Self-examination is awareness without judgment. It is an acceptance of reality as it is, which then enables action, however that action becomes manifest.

### **Meditation = not thinking**

It is not a consciousness but simply being in the moment, and clearing my mind of all things. For me ‘not thinking’ is a challenge more often than not; there is plenty of room for growth. But here too, I try to accept

*I get to turn my  
thoughts inward and  
investigate my ‘self’*

without judgment, whatever I can manage in this daily practice. I try to see any interference (thought) as a means for further exploration – an opportunity to do what I call ‘questioning back’ to sit with the noise that blocks my ‘not thinking.’ Still, in the stillness that meditation requires, I find peace and liberation from concern for the tangible.

### **Prayer = thinking out**

I get to reassemble what was deconstructed during self-examination in a new way – perhaps a renewed way, where ego is removed from the center of thought and replaced by a turning towards God,

service, community. I get to “let go and let God,” and thereby become available for whatever God wills, and what I can then offer to others. If I only seem to pray for myself, this is a call for me to turn again to self-examination: why is my ego getting in the way? What action might I take to engage in selfless prayer, and to be open to God’s will? So the thinking loops around.

The “looping” (self-examination—meditation—prayer—self-examination) suggests that the job is never done. There is continuous motion and engagement. Each part plays a part in itself, and with the others. At first, the prospect of never being ‘done’ seemed to present to me a sense of futility: why bother? But now I see that there are many benefits from the continuous work. There is always room for personal growth, spiritual growth, service to others and release of the ego. All of these are made possible through the program. I get to engage in a constant vigilance, of self, of quietness, of others, and of God. And for that, I am grateful.

**tP**







# Spirituality

## *The Essence of Life*

by Dorothy V.

Once again I awoke to the pain, darkness and hopelessness. The darkest fog anyone could experience engulfed the bleak existence which defined my life. A drink might help; yes a drink to take me into oblivion and numbness.

Where did I go wrong on this path to Hell? I did what I was told—worked hard, and tried to be a perfectionist to get the approval that guided my life. No matter what I did, nothing seemed to improve. A drink might help; yes a drink would make me work harder, smarter—until the pain of reality set in again.

I searched numerous resources for a solution to this living hell. When I reached out to the medical profession I was given a magic pill to resolve my life's problems—simply a powder form to what alcohol did in liquid form. Then when life got very bleak, both were taken together. Reality always hit when the drug and alcohol wore off; once again drowning slowly in the tar pit of my life.

### *I was given a faint glimmer of hope*

My family's solutions were self-driven and seemed like they could be possible, "Just stop drinking; and why are you taking those pills?" Courageously I tried and failed, over and over. Why did it seem so easy for everyone else? How could anyone

simply take a few sips from a cocktail and walk away. What was wrong with me?

Finally, I sought religious guidance. Here I was told it was just a simple matter of prayer and walking away from alcohol. I had been praying, I had been practicing my religion, so what was I doing wrong? Maybe, just maybe, God had forgotten me and I was doomed.

As the years passed, the darkening fog was snuffing out my desire to live. All I had was the relief of alcohol. Each day brought an even darker fog and feelings of failure. I did not know where to turn anymore,

### *What I experienced was phenomenal!*

and had almost resolved myself to self-destruction. I loved my children dearly and wanted to give them the best, but how could I? I felt like I was failing in every aspect of my life.

Why? What could I do? I had read all the books, consulted those that I would expect could help, but still no answer.

Then, when I had finally given up, my brother took me to my first meeting of A.A. I did not know if I was an alcoholic or what to expect there. What I experienced was phenomenal! I was given a faint glimmer of hope. The room was full of people that were expressing life experiences that I had, but they stated that they had found a solution in the program of A.A. I was overwhelmed with joy!

This diminished when the concept of a HP, or God was mentioned. I thought that God was punishing and vengeful—not loving and caring as these members were saying—my experience had been clouded by misguided religious teachings.

### *Where did I go wrong on this path to Hell?*

Yet, there was something in the room that was indefinable. There was no particular person that had the answers; no leader. These people seemed to genuinely care and were eager to help. I latched onto hope; a lifeline out of the tar pit.

I took this hope with me and reflected on it. I began to go to meetings, and each time the hope grew and soon blossomed into a beautiful life. Sobriety, recovery from the disease of alcoholism, was a new path which gave me a happy, joyous and free manner of living. The darkness was gone and I lived in the "Sunlight of the Spirit". I began to understand the conceptual difference between religion and spirituality.

This spirituality has grown over my many years in A.A. Now when life presents a challenge, I can "Turn it Over" and understand that God is doing for me what I failed to do for myself. Now spirituality is the essence of my life.





# A.A. Aphorism

## ***Alcoholics Don't Have Relationships They Take Hostages***

by Claire A.

Hostage taking is a difficult topic for me to write about, because I don't want to admit to it. The phrase struck me because I remember feeling that my own mother took people hostage, and I remember observing that my mom seemed to be held hostage by her parents and her brother, in a family that was 100% alcoholics, where each person was propping up the others and sucking them dry at the same time. Everyone but my uncle in that group has keeled over at this point, and my overwhelming feeling is "thank God they've found peace at last."

My past has a lot of hostage taking in it. I would try to "own" friends, and it is uncomfortable for me to admit this. I wanted my friends to concern themselves with me, only. I was happiest hanging out with just one person, so that I could be sure to have their undivided attention. I always said to myself that it was because I wasn't comfortable in groups, and I wasn't, actually, but the reason is not that I was shy, but that I wanted to control the situation and the friend. I didn't want the chaos of people relating to each other around me. If you introduce a third person

*I would try to 'own'  
friends*

into a conversation, then I can't try to manipulate the person in front of me. I must be straightforward, honest, and authentic, and I couldn't handle that. I have to stop monopolizing the

conversation. I believed that I had nothing to offer in a group situation, so I kept silent, often tuning out completely.

My challenge now is to have friendships without taking hostages. The way to have friends, I had learned, is to be enmeshed with the other person and to be exclusive. I always want to know what the other person is thinking, and what they are thinking about *me*. Never mind that they are probably thinking about something else entirely!

Of course, I don't go around thinking in terms of taking hostages. But my instinct is still to own people, if I am honest about it. When a new friend invites someone else to join for coffee, my first feeling is not, "Great! Another new friend!" My instinct is to feel that the friend is inviting the other person because I am not enough. It has taken (and is taking) a lot of work for me to remind myself that I have something to contribute, just by virtue of being myself.

The other night I caught myself mentally ranking my friends at a party – categorizing people in my head according to the "level" of my friendship with them. Were they top-shelf friends? How much time should I spend with them? Most importantly, was I better or worse friends than the others around the table were with each other? How exhausting! A party that is intended to be a time of relaxation became fraught with anxiety and comparisons. No wonder I never want to go to parties.

Another side effect is that others (if they are healthy) start to feel

smothered. Who wants to spend all their time with one other person exclusively?

Being in the program has helped with this issue. Being of service to others

*taking action fills me  
out as a person*

is a prime way to get out of my own head and my selfish fears. Another thing in the program that helps is that *Just for Today* card. When I "do somebody a good turn and don't get found out," I am able to get beyond the need to hold people hostage. It is hard to humbly and selflessly take hostages.

Also, taking action fills me out as a person. It's like they say, "If you want self-esteem, do estimable acts." If I feel like I am not enough, and I need to take hostages in order to have friends, then a way to combat that is to do more, to grab life and live it, to experience things, to help people, to be unafraid to enjoy life. If I stay focused on the challenge of living a fuller life, I can let other people go to live their own lives fully, too.

**TP**







*shared by Eric L., and written by a member of the Sunshine Club*

My Name is Eric and I am an Alcoholic. Four months ago, I was hit by a car. The car kept going, but I was stopped by a thick brick wall. The impact of hitting the wall broke my neck. When the accident happened, I had an out of body experience. My spirit was lifted out of my body. I could not believe this was happening to me. Then I was returned back into my badly broken body.

I found myself on the ground hollering for help. I was numb from the chest down. The impact of hitting the wall cut the cords behind my neck and broke some of my teeth. The X-ray technician who took x-rays of my neck told me that I should be dead.

I believe that what happened to me was a message from my Higher Power, who I call God, to STOP. I had been drinking and partying the day before the accident. On the ground, I prayed to God to let me live. I promised that if I lived, I would do my best to be a good person. Now I have four months clean and sober. I am learning to live life one day at a time.

### *I am learning to live life one day at a time*

I started drinking and using when I was 14 or 15 years old. I didn't like the taste, but I DID like that alcohol made my problems go away...

# Hitting the Wall

## *Literally*

temporarily. Alcoholism is a cunning, baffling and powerful disease. It began to take over my life. Soon, I got a couple of DUIs, I went to a spin dry, and I spent time in jail. At one point, I was in a program, and I had 3 ½ years clean and sober. But then I relapsed again.

After the accident, I had to overcome the shame of my relapse and call the A.A. Hotline (actually, someone had to make that call for me. My fingers don't work right). The A.A. Sunshine Club began bringing meetings to my hospital room. These people have become my friends today. Then someone from A.A. who visited with me offered to be my sponsor. He is

### *I let my Higher Power drive the car*

helping me work the Twelve Steps. When people make suggestions, I am trying my best to follow them. I let my Higher Power drive the car, and I am learning to follow.

The accident stole my independence and took away so many things I used to take for granted. Now I need people to feed me and help me get dressed. Sometimes, when I am alone, I think "Why me? What if I am paralyzed for my whole life?" Then I remember....all I have is Today. I can't worry about tomorrow. I can't afford resentments, and I really

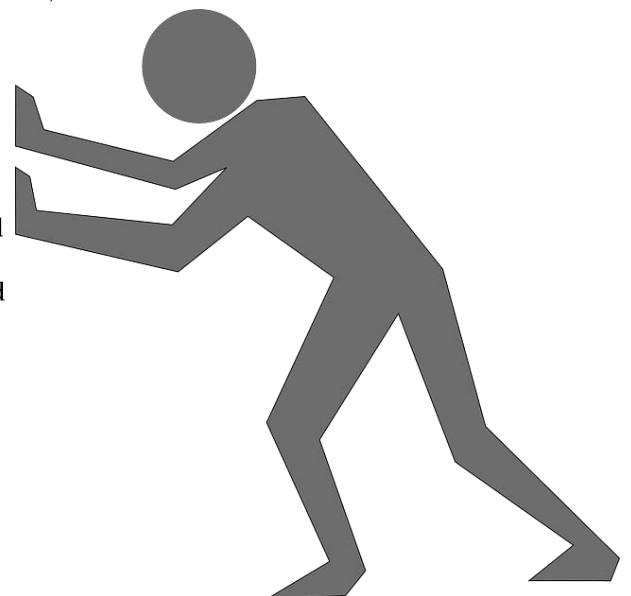
can't afford to have a pity party. I say the fear prayer, "God please take away my fear and direct my attention to what you would have me be." It really works for me.

Today, I have everything I need. There is a roof over my head. I have a bed, a remote control, and a tuna

### *I say the fear prayer*

sandwich. There are people who help me, take me to therapy, wheel me outside to see the beauty of life. God has given me time to slow down and appreciate the world.

Slowly, I am getting back some movement in my hands and legs. I don't know what tomorrow may bring. But, no matter. I just keep doing what I am supposed to do, in therapy and in A.A. It is a blessing from God to be alive for another day.





# THE DRAM OF EVIL

## *Whether they were Kings, or Fools*

by Rick R.

Since I arrived at the door of alcoholics anonymous in 1969, I have had led a very active life—physically, and mentally. I faced most of the challenges that I had thought to be impossible before I got sober, and I found them to be much easier than I expected. As I got older, I had to be a little more calculating when I took physical risks to avoid ending up disabled. Sometime around the age of 65, I suffered a leg injury playing racket ball, it put a stop to most of my physical endeavors, and forced me to look elsewhere for my challenges.

I always envied people who could quote classic literature and especially those who could understand Shakespeare. While I was incapacitated with the leg injury, I went to the library and took out books on understanding The Bard. As the result of many hours of reading all thirty-eight of his plays, I became able to comprehend Middle English. I have read all of his plays multiple times and the more popular plays as many as ten times each. I also believe

### *he understood the human condition*

that I have been that diligent about understanding the A.A. program, and as the result of that, I believe that I saw a particular scene in Hamlet that average literary critics would overlook unless they were alcoholics themselves.

Shakespeare developed hundreds of characters between 1588 and 1613 and modern readers marvel at how deeply he understood the human condition. It seemed that he could put himself right inside of the character—whether they were Kings, or Fools. After reading many modern versions of what he was trying to express, I think they would have to be an alcoholic for them to understand what Hamlet was trying to describe in Act 1, Scene 4. Briefly, I will try explaining the context of his words that he uses to describe the King.

### *seen as drunkards and low lives*

King Claudius becomes Hamlet's stepfather after murdering the king, Hamlet's father, and immediately marrying Hamlet's mother. Hamlet's dead father's ghost appears each night atop the castle platform stuck between this world and the next. The guards tell Hamlet of this and he goes there at night to witness it. While they are there waiting, they see the King and his courtiers carousing down below in the courtyard. He tries to explain the shame they bring on Denmark as they are seen as drunkards and low lives (so to speak). Then he tries to explain what he sees in the King:

*So oft it chances (happens) in  
particular men, That for some  
vicious mole of nature in them As*

*in their birth---wherein they are not  
guilty, Since nature (life) cannot  
choose his origin---By the  
o'ergrowth of some complexion, oft  
breaking down the pales and forts of  
reason, Or by some habit that too  
much o'er-leavens (raises) the form  
of plausible manners, that these  
men, Carrying, I say, the stamp of*

### *an attempt by ... Hamlet ... to describe alcoholism*

*one defect, Being nature's (life's)  
livery, or fortune's star,- Their  
virtues else--be they as pure as  
grace, as infinite as man may  
undergo-- Shall in the general  
censure take corruption from that  
particulate fault: The dram (drink)  
of eale (evil) Doth all the noble  
substance o'er daub (over paint) to  
his own scandal.*

If this is not an attempt by Shakespeare's Hamlet trying to describe alcoholism long before the term "alcoholism" was ever coined, I stand corrected. To see this on film, I recorded it from the TCM channel where they show it about every 2 years, starring Laurence Olivier where it's plain to me, what he is trying to say.



# A Timeline History of A.A.

## ***Summary History of the Three Legacies of A.A.***

*by Arthur S., edited by Gilbert G.*

In this final installment of the series, we'll learn about the fourth edition of *Alcoholics Anonymous* and the Three Legacies of A.A. *The Point* would like to thank Arthur S. for his work on researching this history of A.A., his generosity in sharing it with us, and his allowing us to publish it.

### **Fourth Edition Big Book – 2002**

Total distribution of the Big Book reached the 22 million mark in 2001. Very, very few books in history have had that kind of circulation.

The one-millionth copy of the Big Book was presented to President Richard Nixon in April 1973. The two-millionth copy was given to HEW Secretary Joseph Califano in June 1979. The five-millionth copy was presented to Ruth Hock in July 1985. She had typed draft after draft of the original manuscript.

The 10-millionth copy was presented to Nell Wing in July 1990. She was Bill W.'s longtime (nonalcoholic) secretary and A.A.'s first archivist. The fifteen-millionth copy was given to Ellie Norris in 1996. She was the widow of former trustee chairman John L. Norris, MD. In 2000, the 20-millionth copy was presented to the Fellowship of Al-Anon Family Groups.

### *Six Steps were used prior to December 1938*

In 2001, the Conference approved publication of the Big Book's fourth edition. More than 2,000,000 copies

of the fourth edition have been distributed so far. The price of the fourth edition was set at \$5.00 as a special introductory price.

### **The Twelve Steps evolved over the period of 1938 to 1955**

Six Steps were used prior to December 1938 and were passed on by word of mouth. The Twelve Steps were drafted in December 1938 as part of a book of experience (the Big Book, *Alcoholics Anonymous*). Step Twelve's wording was changed in March 1941 in the second printing of the first edition Big Book and changed again in 1955 in the second printing of the Big Book's second edition.

### *we know their legacy as Recovery, Unity and Service*

### **The Twelve Traditions evolved over the period 1939 to 1950**

Many principles from the Twelve Traditions appeared in the foreword to the Big Book's first edition. The "Twelve Suggested Points of A.A. Tradition" appeared in the April 1946 A.A. *Grapevine* and became known as the Long Form of the Traditions. The Short Form of the Traditions appeared in the November 1949 A.A. *Grapevine* (two wording changes were made). The Twelve Traditions were approved July 30, 1950 at the First International Convention in Cleveland, Ohio.

### **The Twelve Concepts for World Service evolved over the period**

### **1962 to 1971**

The Twelve Concepts for World Service (and the book) were approved by the 1962 Conference. The Short Form of the Concepts was approved by the 1971 Conference. Finally, the 1976 Conference decided that any change to the Twelve Steps,

### *our Three Legacies of A.A. were indelibly in place*

Twelve Traditions or Twelve Concepts and Six Warranties of Article 12 would require written approval of 75% of the A.A. Groups worldwide. Our Three Legacies of A.A. were indelibly in place.

### **Summary**

A.A.'s story began with a five-month sober, and still somewhat shaky, stockbroker from New York. He met a doctor in Akron, Ohio who wanted desperately to get sober. It's probably safe to say that, at the time they met, they had no idea of the fellowship of alcoholics that would spring out of their humble meeting and how it would one day save millions of lives.

We know their legacy as Recovery, Unity and Service. These legacies were freely passed down to me and I feel a duty to freely pass them along. You're free to choose for yourselves.

That brings us to the end this series. I hope you found it informative and enjoyable. Thank you for the opportunity to serve you.





# Letter to the Editor

## *Does the meeting belong to me or do I belong to the meeting?*

Dear Editor and beloved Pointers,

I have written for *The Point* off and on for years and served on the committee with great pleasure for quite a while. You are all doing an amazing job and I am way happy to see our awesome newsletter carrying on so well.

I read Bree L.'s article on the Adventure Group with interest. I know she is trying to be fair, but the point of view is weighted very heavily toward the group itself without much of a perspective from groups who have been visited by the Adventure Group. It isn't always fun.

Imagine twenty or more total strangers, many very new to A.A., arriving at your home group and participating in the meeting without any respect for your group's format, group conscience or limits that the group members have previously set.

Basically, the Adventure Group arrives at your meeting and turns it into their meeting. This may include ugly language, lengthy discussions of drugs and mental illness without any connection to alcoholism, and proclamations about what is the right or wrong way to work a program. It's their way or the highway. Is there cross-talk? Oh yeah, lots of cross-talk.

Members of the Adventure Group would do better to look to their own sobriety and not try to control other groups' sobriety. It's just a perspective. By the way, I speak only

for myself. I don't speak for my group or any other A.A. members. I hope you hear from some more groups and members.

Kathleen C.

### Reply from the Editor

Dear Kathleen,

Thank you for your letter and for sharing your personal experience with the Adventure Group. You made me wonder how I would feel if a group of people visited my home group and "took it over." I have been in meetings when a group of people arrived together from an outpatient program, for example. These people usually sit together and stay to themselves. They are a new and large presence: a departure from the regular meeting format. When I hear them share, I come to realize that they are usually fairly new to the A.A. program. Sometimes they share about issues other than alcohol, but they still come to an A.A. meeting.

With that said, I try to show patience and compassion. These people have visited my group because they need the help and support my group provides. Basically, it's Twelfth Step work: opening up my home group to whomever might need it and helping to carry the message. Yes, it can be uncomfortable at times, but I find that I can handle uncomfortable situations for the duration of one meeting. That's one of the many gifts A.A. has given me.

Kathleen, you mentioned that the group "arrives at your meeting and turns it into their meeting." What is

unclear to me is how that happens, and I will use myself as an example. I started travelling for my job when I was newly sober. I made it a point to find meetings in the cities I visited. Being newly sober and shy, it was difficult for me to talk to a group of complete strangers. Therefore, I would arrive early to those meetings to help with setting up or whatever other tasks were needed. I would see the setup person and ask him or her whether I could help. They were always happy to let me help them.

So, that's the point I'm trying to make. I first ask whether I can be of service. I also ask "What do you need done?" I try to respect the current trusted servants and group procedures. I am the visitor, and as such, I will show them the respect I would give to the host of a home I visit.

Service is one of our Three Legacies and we should all try to engage in service at all levels. In addition to service, I believe the A.A. program has taught me about humility. If I engage in my A.A. service as a humble servant, I can't go wrong. I found that it's not too hard to practice humility in service. Asking "May I help with ...?" or "Can I help you ...?" is a good way to start.

Sincerely,

Gilbert G.

Editor, *The Point*





# The “I-S-M” in Alcoholism

## *Incredibly Short Memory*

by Luke H.

Near the end of my drinking, I would often find myself in situations that left me feeling hollow, sad, and dejected. I would feel like I was rapidly losing my friends. I was losing anyone who could understand the pit of misery I felt I was in. Each weekend I would plan on not drinking or perhaps drinking less. Each weekend I would drink, and drink more than I had planned.

*I still quickly forget the pain of not doing the right thing*

Sometimes I even planned on not drinking, but a few days later, the reasons I had had just a few days prior were forgotten. Alcoholism is fascinating and painful. The pain of just a day prior would be lost on me as my craving for alcohol overwhelmed me.

I would experience complete serenity as I walked to and from the liquor store, certain that the answer was in that bottle in my hand. I could fight another day with booze. I was strong enough to deal with the troubles of life now that I was good and drunk.

What I couldn't see was that things were getting worse. That booze clouded my ability to show up for life.

After one of the worst years of my life, I joined A.A. and began to make inroads by working the Twelve Steps with a sponsor, being of service, and attending meetings daily. By trusting God, cleaning house, and helping others, I began to feel a sense of serenity. That sense of serenity was deeper than the feeling I ever got from buying booze and then drinking. Since getting sober meant that I had full use of my faculties, I thought, too, that this meant a restoration of my thinking and everything else.

That was partially true, but also ... pretty wrong. I've found that, through consistent step work and service, I'm able to mostly not repeat the same mistakes twice but still quickly forget the pain of not doing the right thing. I forget that coming into work late doesn't feel good and I find myself apologizing yet again. I forget that

lying (even small lies) feels downright miserable and even more so when exposed. I forget that not helping others leads to disease in sobriety. I forget a lot of things all the time again and again.

Thankfully Alcoholics Anonymous is here to help. It's here to keep me on track. Without this program and the connection to my Higher Power through the Twelve Steps, I think I'd still be stuck in the perpetual “Groundhog Day” that was my life before I put down the bottle for good.

**TP**



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

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

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



# Intergroup Meeting Summary—Oct 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

Downtown Mill Valley  
Friday Night Book  
Happy, Joyous & Free  
Men's 2 Plus  
Sunday Night Corte Madera  
Tuesday Beginners

## SF Groups

A Is For Alcohol  
A New Start

A Place Called Home  
Alumni  
Any Lengths  
Big Book Basics  
Came to Park  
Come 'n Get It!  
Cow Hollow Men's Group  
Cow Hollow Young People's  
Dark Secrets  
Design For Living

Embarcadero Group  
Experience, Strength and Hope  
Extreme Makeover: Women's SS  
Friday Morning 12 Steppers  
Friendly Circle  
Haight Street Blues  
High Noon F  
High Noon M  
It Takes A Village  
Join The Tribe

Miracles (Way) Off 24th St.  
O.A.D.W.  
Pax West Men's  
Queers, Crackpots, Fallen Women  
Saturday Beginners  
Shamrocks & Serenity  
Sunday Rap  
Sunset 9'ers  
They Stopped In Time  
Weekend Update

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

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

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

The meeting was held on Wed., Dec 5th, 2014 at 1187 Franklin St, SF CA.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The November 2014 minutes and the Dec. 2014 agenda were approved.

## Officer Reports

**Board Chair,** Carolyn SF Unity Day is coming 10/31 from 10-4pm with workshops. Need volunteers at the table to talk about Intergroup. Committee chairs meeting is also coming up. Board is working on clarifying language on the reasonable accommodations policy. Gratitude month is also approaching; prepare your meetings to contribute.

**Treasurer,** Leslie B. The overall rating for

September was POOR. For the year, group contributions are down, though August's contributions were higher than expected; and there is a deficit, which is simple to explain. Refer to the Treasurer's report for details.

**Central Office Manager,** Maury Central Office closed on October 12th. Volunteer appreciation dinner is coming; intergroup reps are asked to support and contribute a dessert or side dish. Peggy, one of the staff members, is retiring and going into the volunteer pool; Jane F. will be working in the bookstore on Saturdays.

## Intergroup Committee / Activity Reports

**Access,** Virginia Followed up on her request from last month to ask groups to define what an AA meeting is. Virginia also clarified the difference between an ASL request policy and an accommodations request.

**Archives,** Michael Unity Day is coming and Archives will have three tables, including private donations that will be inspiring.

**Homebound Marin,** Charles They have been getting requests for help. Contact [homeboundmarin@aasf.org](mailto:homeboundmarin@aasf.org) for details.

**Orientation,** Greg Re-welcomed the new IGRs and invited everyone to introduce themselves after the meeting.

**SF PI/CPC,** Maury The next PI/CPC speaker workshop will take place at Unity Day instead of the regularly scheduled day and will host a CPC only workshop on 10/12. The CPC team just did a presenta-

tion for chaplains and other members of the clergy.

**SF Teleservice,** Maury Similar to PI/CPC, the Oct orientation workshop will take place at Unity Day instead of the regularly scheduled day.

**The Point,** Jane There are now six members on the committee. Next year's topic will be variations on the theme on the book "Experience, Strength and Hope."

**Roundtable Discussion** The topic is developing questions for a proposed Intergroup inventory. The last inventory took place in 2007. Chris read the proposed questions. Laura reported on questions from the AA Group pamphlet, particularly how to attract IGRs. Why don't we have a list of service sponsors? The questions at Matt's table were: Do we accept everybody at Intergroup? How many of us are on a service committee? How many have recruited someone to a service committee? Do you encourage participation on service committees? How many people have read and absorbed the Statement of Purpose? Margaret's table discussed Concept 10, and the authority between IGRs and committees. Pete reported that his table had a great conversation, but didn't draw any conclusions. Paul's table asked How to make Intergroup more attractive? Should we make the meeting shorter? How do you remain considerate and address disagreements so that others will not be intimidated? Danielle reported that her table discussed What is our motive (personal or on behalf of our group) when addressing the Intergroup? Do we offer a safe place for



# Individual Contributions

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

## IN MEMORIAM

Lee M.

## ANNIVERSARIES

Martha S. – 34 years

people to speak up? David's table asked Are the processes understood by the members, particularly voting? Are we open and present when listening to minority opinions?

Chris took notes and asked if anyone was opposed to doing the inventory next month. No one opposed, so we will move forward in November.

**NAATW Presentation** Michael and Maury gave a presentation on their experience at the National A.A. Technology Workshop that took place in St. Louis. NAATW is sponsored by the attendees of its events, and served by the committees its body elects. The workshop covers Alcoholics Anonymous in North America as designated in the AA Service Manual. There were session on Responsive Websites, Our Traditions and Concepts as applied to Technology Advances, Social Media and Web Applications in Service (Slack), Integrated Intergroup (The Successful AA Website), Deaf Accessibility: Case Studies and Funding, User Experience and Best Practices for AA Websites and Interface Design Session and Unity through Communication, Planning and Cooperation. The AASF.org was recognized as a very successful web site

### **Old Business**

**Lease Report**, Matt The online survey will launch in November for Gratitude Month. The questions were presented on the overhead slides. Will the questions and ideas presented generate a response? The link to the survey will be posted on the AASF.org.

### **Liaison Reports**

**SF H&I**, Marc The next orientation is going to be at Unity Day; spread the word.

**Marin Bridging the Gap**, Charles Pilot meeting was approved recently and there are opportunities for correspondents.

**Marin H&I**, Karen All commitments are filled, though they are still looking for speakers at Marin General.

**Marin PI/CPC**, John Looking for volunteers at high schools ad DUI classes; spread the word.

**GGYPAA**, John Service commitments are available, particularly in Marin. Spread the word to young people in Marin!

### **Group Reports**

Tom shared about a going through changes; asked for input from members after the meeting. Charles said that the annual Archives workshop will be hosted by CNCA next year. Also that Marin Intergroup/Central Office Committee is still meeting. Tom talked about putting on a dance in Marin.

**TARGETED MESSAGE FOR THIS MONTH:** The Central Office survey is coming. November is Gratitude Month.

Meeting adjourned with the Responsibility Statement at 8:57pm.

The Next Intergroup Meeting: Wed. November 4, 2015, 7pm, 101 Donohue St. Marin City, CA. Orientation is at 6:15pm, dinner is served at 7pm.

## 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. sfteservice@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	Sep. 15	YTD
Biggs AA		\$ 37
Contribution Box	\$ 21	\$ 342
GGYPAA		\$ 623
Intergroup	\$ 80	\$ 875
Novato Fellowship Group		\$ 147
Unidentified Group		\$ 18
<b>Fellowship Total</b>	<b>\$ 101</b>	<b>\$ 2,042</b>

Marin Contributions	Sep. 15	YTD
12 & 12 Study Sa 815am		\$ 188
AA By The Bay Tu 730pm		\$ 209
Attitude Adjustment 7D 7am	\$ 1,118	\$ 3,675
Awakenings	\$ 32	\$ 32
Awareness/Acceptance M 1030am		\$ 264
Back to Basics Su 930am	\$ 43	\$ 441
Big Book Study & Meditation M 7p		\$ 30
Closed Women's SS Tu 330pm		\$ 166
Conscious Contact Sa 6pm		\$ 238
Cover to Cover W 730pm		\$ 100
Crossroads Sun 12pm	\$ 400	\$ 1,400
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		\$ 1,005
Gay Men & Women / All Welcome W 8pm		\$ 100
Girls Night Out W 815pm		\$ 125
Glum Not! Su 9am		\$ 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	\$ 112	\$ 282
Inverness Sunday Serenity Su 10am		\$ 256
Just Can't Wait 'til 8 M 630pm		\$ 447
Last Stop Men's Step Study W 6pm		\$ 430
Living in the Solution F 6pm		\$ 400
Living Sober Mon 6pm	\$ 40	\$ 40
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

Marin Contributions	Sep. 15	YTD
Morning After Sa 10am	\$ 200	\$ 400
Morning Attitude Adjustment		\$ 538
Nativity Monday Night BB		\$ 67
Noon Tu 12pm		\$ 103
North Marin Speaker Su 12pm		\$ 450
Not a Glum Lot Group F 8pm		\$ 152
Novato Spirit Discussion F 2pm		\$ 150
On Awakening 7D 530am		\$ 2,100
Pathfinders Tu 12pm		\$ 279
Primary Purpose M12pm		\$ 129
Primary Purpose W 830pm		\$ 40
Quitting Time M-F 530pm		\$ 771
Redwoods Mon 3pm		\$ 168
Refugee Th 12pm		\$ 160
Reveille 7D 7am		\$ 50
Rise N Shine Su 10am		\$ 600
San Geronimo Book Study F 8pm		\$ 184
San Geronimo Valley M 8pm		\$ 717
Saturday Night Sa 8pm		\$ 591
Saturday Weekend Warrior 830am	\$ 227	\$ 404
Saturday Women's Speaker 6pm		\$ 561
Sausalito Sober Sisters Th 330pm		\$ 82
Sisters In Sobriety Th 730pm		\$ 26
Sober & Serene F 7pm	\$ 290	\$ 758
Sober Sisters Wed 12pm		\$ 152
Spiritual Testosterone Stag Su 830a		\$ 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 Th Men's Stag 8pm		\$ 314
The Broad Highway Th 730pm		\$ 100
There is a Solution Tu 6pm		\$ 179
Three Step Group Sa 530pm	\$ 483	\$ 483
Thursday Night Book Club 7pm		\$ 48
Thursday Night Speaker 830pm		\$ 1,236
Tiburon Women's Candlelight W 8pm		\$ 75
Tuesday Big Book Tu 830pm		\$ 120
Tuesday Chip Meeting Tu 830pm		\$ 1,000
We, Us and Ours M 650pm	\$ 66	\$ 574
Wednesday Mid-Week W 6pm		\$ 50
Wed Night Candlelight W 8pm		\$ 62
Wed Night Speaker Disc 7pm	\$ 371	\$ 1,307
Wednesday Sundowners W 6pm		\$ 175
Weekend Update Su 6pm		\$ 89
Why It Works Sun 6pm		\$ 85
Women's Big Book Tu 1030am		\$ 1,213

Marin Contributions	Sep. 15	YTD
Women's Meeting Su 430pm		\$ 88
Working Dogs W 12pm		\$ 400
<b>Total Marin Contributions</b>	<b>\$ 3,382</b>	<b>\$ 38,735</b>

San Francisco Contributions	Sep. 15	YTD
11th Step Power Power Power		\$ 134
20+ Sun 445pm (unlisted)	\$ 53	\$ 540
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
A is for Alcohol Tu 6pm		\$ 276
A New Start F 830pm		\$ 290
Afro American Beginners Sa 8pm		\$ 188
Agnostics & Freethinkers Su 630pm	\$ 120	\$ 360
All Together Now Th 8pm		\$ 143
Alumni W 830pm	\$ 150	\$ 150
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
Ass in a Bag Th 830pm		\$ 195
Atheists, Agnostics, Others Sa 11am	\$ 50	\$ 50
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	\$ 332	\$ 1,388
Big Book Basics F 8pm		\$ 670
Big Book Boot Camp 5D	\$ 57	\$ 57
Big Book Study Su 1130am		\$ 302
Blue Book Special Su 11am	\$ 55	\$ 302
Brothers in Arms M 8pm		\$ 189
Buena Vista Breakfast Su 12pm		\$ 386
By the Book Sa 10am		\$ 44
Came to Park Sat 7pm		\$ 610
Castro Discussion Th 730p		\$ 192
Castro Monday Big Book 830pm		\$ 155
Castro Nooners F 12pm		\$ 88
Cocktail Hour Thu 10pm		\$ 56
Coit's Quitters		\$ 240
Come 'n Get It! F 630pm	\$ 14	\$ 137
Cow Hollow Men's Group W 8pm		\$ 1,285
Design For Living BB Tu/Th 730am		\$ 184

San Francisco Contributions	Sep. 15	YTD	San Francisco Contributions	Sep. 15	YTD	San Francisco Contributions	Sep. 15	YTD
Design for Living Sat 8am		\$ 782	Meeting Place Noon F 12pm		\$ 240	Sunday Night Castro SS 730pm		\$ 453
Dignitaries Sympathy W 815pm		\$ 419	Meeting Place Noon W 12pm		\$ 410	Sunday Rap Su 8pm	\$ 240	\$ 240
Each Day a New Beginning F 7am		\$ 2,219	Mellow Mission Sunrise M 7am		\$ 60	Sunday Rap Sun 8pm		\$ 180
Each Day a New Beginning M 7am		\$ 267	Men's Gentle Touch M 7pm		\$ 207	Sunday Silence Su 730pm		\$ 315
Each Day A New Beginning Su 8am		\$ 951	Mid-Morning Support Su 1030am		\$ 616	Sundown W 7pm		\$ 305
Each Day a New Beginning Th 7am		\$ 997	Miracle (Way) Off 24th St W 730pm		\$ 453	Sunrise Sunset Women's Step Th 6pm		\$ 600
Each Day a New Beginning Tu 7am		\$ 721	Monday Beginners M 8pm		\$ 370	Sunset 11'ers F		\$ 90
Each Day a New Beginning W 7am		\$ 1,337	Monday Coffee with Bill		\$ 14	Sunset 11'ers M		\$ 200
Early Start F 6pm	\$ 184	\$ 2,322	Monday Men's Stag M 8pm		\$ 88	Sunset 11'ers Sa		\$ 97
Easy Does It Tu 6pm		\$ 54	Monday Monday M 1215pm		\$ 329	Sunset 11'ers Su		\$ 100
Embarcadero Group 5D 1210pm		\$ 125	Monday Night Big Book Study 8pm		\$ 60	Sunset 11'ers Th		\$ 79
Epiphany Group Th 7pm		\$ 210	New 9'ers Fri 9am		\$ 45	Sunset 11'ers W		\$ 50
Eureka Step Tu 6pm		\$ 89	New Friday Big Book F 12pm		\$ 487	Sunset 9'ers F		\$ 49
Eureka Valley Topic M 6pm	\$ 311	\$ 939	Newcomers Tu 8pm		\$ 119	Sunset Reflections Th 1pm		\$ 66
Excelsior "Scent" Free For All Sa 5pm	\$ 60	\$ 300	No Regrets Tu 7am		\$ 150	Sunset Speaker Step Su 730pm		\$ 503
Extreme Makeover M 730pm		\$ 303	No Reservations M 12pm		\$ 518	Surf Tu 8pm	\$ 244	\$ 502
Federal Speaker Su 12pm		\$ 299	Nu Outlook		\$ 185	Ten Years After Su 6pm		\$ 1,121
Firefighters & Friends Tu 10am		\$ 166	NYX - Sat 730pm		\$ 170	The Drive Thru W 1215pm		\$ 190
Fireside Chat Group Th 8pm		\$ 78	O.A.D.W. Mon 7pm		\$ 359	The Leaky Cauldron Su 930am		\$ 238
Fireside Chat Group Tu 8pm		\$ 122	Park Presidio M 830pm		\$ 317	The Original 8 O'clock		\$ 451
Friday at Five F 5pm		\$ 170	Parkside Th 8pm		\$ 548	The Parent Trap 2 Wed 4pm		\$ 207
Friday Lunch With Bill Fri 12pm		\$ 46	Pax West Daily Reflections W 7am		\$ 172	The Parent Trap M 1pm		\$ 148
Friday Smokeless F 8pm	\$ 306	\$ 847	Pax West Discussion Th 12pm		\$ 453	The Pepper Group F 12pm		\$ 83
Fri Women's Round Robin Disc 6am		\$ 20	Pax West Lit Disc Tu 12pm		\$ 1,456	They Stopped In Time M 8pm		\$ 195
Friendly Circle Beginners Su 715pm		\$ 288	Pax West Prayer & Meditation F 7am		\$ 420	Thursday Coffee With Bill 9am		\$ 7
Friendly Circle Su 830pm	\$ 180	\$ 180	Pocket Aces Sun 7pm		\$ 58	Thursday Night Women's 630pm	\$ 189	\$ 678
Gold Mine Group M 8pm		\$ 714	Progress Not Perfection Tu 830pm		\$ 147	Thursday Thumpers Th 7pm		\$ 80
Goodlands Su 2pm		\$ 113	Queers, Crackpots & Fallen Women		\$ 60	Too Close For Comfort M 6pm		\$ 320
Gratitude Center Fellowship	\$ 282	\$ 332	Reality Farm Th 830pm		\$ 180	Too Early Sa 8am		\$ 988
H&I (SF)		\$ 30	Rebound W 830pm	\$ 18	\$ 95	Trudgers Discussion Su 7pm		\$ 600
Haight Street Blues Tu 615pm		\$ 162	Rigorous Honesty Th 1205pm		\$ 90	Tuesday Big Book Study Tu 6pm		\$ 107
Haight Street Explorers Th 630pm		\$ 190	Saturday Afternoon Meditation 5pm		\$ 171	Tuesday Night Lasses Step Study		\$ 137
High Noon Friday 1215pm	\$ 115	\$ 317	Saturday Beginners Sat 6pm	\$ 1,064	\$ 1,710	Unidentified Group		\$ 102
High Noon Monday 1215pm		\$ 132	Saturday Easy Does It Sa 12pm		\$ 844	Valencia Smokefree F 6pm		\$ 297
High Noon Saturday 1215pm		\$ 212	Saturday Night Regroup Sa 730pm		\$ 499	Wake Up On 3rd St Group	\$ 151	\$ 401
High Noon Sunday 1215p		\$ 78	Serenity House	\$ 150	\$ 1,350	Walk of Shame W 830pm		\$ 210
High Sobriety M 8pm		\$ 206	Serenity Seekers M 730pm		\$ 980	We Care Tu 12pm		\$ 126
Hilldwellers M 8pm		\$ 474	Sex and Love in Sobriety M 3pm		\$ 55	Weekend Worker Sat 7am		\$ 60
Hoodlum Haven F 8pm		\$ 528	Shamrocks & Serenity M 730pm		\$ 829	West Portal W 8pm		\$ 376
Huntington Square W 630pm	\$ 445	\$ 839	Sinbar Su 8pm		\$ 12	Wharf Rats Th 815pm		\$ 552
Join the Tribe Tu 7pm		\$ 880	Sisters Circle Su 6pm		\$ 78	What It's Like Now M 6pm		\$ 230
Joys of Recovery Tu 8pm	\$ 150	\$ 332	Six O'Clock Step Th 6pm		\$ 12	Wits End Step Study Tu 8pm		\$ 39
Keep Coming Back Sa 10am		\$ 330	Sober Saturday Sa 830am		\$ 132	Women's 10 Years Plus Th 615pm		\$ 618
Ladies Who Lunch Thu 1210pm		\$ 105	Sobriety & Beyond W 7pm		\$ 409	Women's Came to Believe Sa 10am		\$ 228
Let It Be Now F 6pm		\$ 52	Sobriety & Miracles S&M Sa 5pm	\$ 140	\$ 140	Women's Kitchen Table Tu 630pm		\$ 808
Like A Prayer Su 4pm		\$ 60	Some Are Sicker Than Others W 6pm		\$ 179	Women's Mtg There is a Solution W 6pm		\$ 234
Lincoln Park Sat 830pm		\$ 71	Sometimes Slowly Sa 11am		\$ 158	Women's Promises F 7pm		\$ 327
Living Sober with HIV W 6pm	\$ 496	\$ 732	Steppin' Up Tu 630pm		\$ 332	Work In Progress Sa 7pm		\$ 519
Looney Toons Tu 10pm		\$ 145	Stonestown M 8pm		\$ 240	YAHOO Step Sa 1130am		\$ 172
Lush Lounge Sa 2pm		\$ 236	Sunday Bookworms Sun 730pm		\$ 11	Young at Heart Sa 930am		\$ 130
Meditation Wednesday 7pm		\$ 93	Sun Morning Gay Men's Stag 930am		\$ 88	<b>San Francisco Total</b>	<b>\$ 5,558</b>	<b>\$ 66,496</b>
Meeting of the Moms		\$ 152	Sunday Night 3rd Step Group 5pm		\$ 408	<b>YTD</b>	<b>\$ 9,041</b>	<b>\$ 107,273</b>

# Profit and Loss Statement: August 2015

	August, 2015	Budget	YTD	YTD Budget		August, 2015	Budget	YTD	YTD Budget
Ordinary Income/Expense					Payroll Fees	\$10	\$10	\$80	\$83
Income					Phone Book Listings	\$93	\$95	\$744	\$760
Gratitude Month	\$0	\$0	\$4,115	\$3,900	Postage	\$49	\$0	\$595	\$776
Group Contributions	\$11,317	\$9,200	\$98,190	\$110,000	Printing	\$0	\$0	\$0	\$0
Individual Contributions	\$1,227	\$2,005	\$20,118	\$17,988	Professional Fees	\$0	\$0	\$0	\$1,485
Newsletter Subscript.	\$22	\$22	\$121	\$143	Rent - Office	\$4,287	\$4,287	\$34,294	\$34,294
Sales - Bookstore	\$7,877	\$12,000	\$69,165	\$79,000	Rent - Other	\$75	\$75	\$585	\$585
Intergroup Event Income	\$0	\$0	\$3,252	\$2,300	Repair & Maintenance	\$240	\$240	\$2,157	\$2,140
Total Income	\$20,444	\$23,227	\$194,962	\$213,331	Security System	\$0	\$0	\$256	\$250
Cost of Goods Sold					Shipping	\$384	\$408	\$2,452	\$3,267
Cost of Books Sold	\$5,594	\$7,029	\$47,240	\$56,732	Software Purchased	\$519	\$550	\$519	\$550
COGS Shipping	\$46	\$26	\$202	\$196	Telephone	\$212	\$230	\$1,393	\$1,840
Credit Card Processing	\$370	\$450	\$3,013	\$3,555	Training	\$25	\$55	\$394	\$405
Inventory Adjustments	\$63	\$0	\$542	\$0	Travel	\$944	\$25	\$1,437	\$500
Total COGS	\$6,073	\$7,505	\$50,997	\$60,483	Total Expense	\$53,188	\$20,740	\$194,664	\$166,561
Gross Profit	\$14,371	\$15,722	\$143,965	\$152,848	Net Ordinary Income	(\$38,817)	(\$5,018)	(\$50,699)	(\$13,713)
Expense					Other Income/Expense				
Committees	\$188	\$0	\$466	\$1,351	Other Income				
Bad Checks	\$0		\$12		Bag Fees	\$2	\$3	\$18	\$20
Employee Expenses	\$45,156	\$13,856	\$135,518	\$104,641	Customer Shipping	\$416	\$450	\$2,407	\$3,350
Equipment Lease	\$408	\$408	\$3,673	\$3,264	Interest Income	\$63	\$77	\$512	\$617
Filing/Fees	\$355	\$0	\$427	\$970	Miscellaneous Income	\$60	\$30	\$293	\$240
Insurance	\$0	\$0	\$2,471	\$2,760	Total Other Income	\$541	\$560	\$3,231	\$4,227
Intergroup Events	\$0	\$0	\$4,334	\$2,490	Other Expense				
Intergroup Literature	\$0	\$59	\$350	\$616	Depreciation Expense	\$223	\$205	\$1,784	\$1,635
Internet Expense	\$189	\$134	\$1,097	\$1,067	Total Other Expense	\$223	\$205	\$1,784	\$1,635
Office Supplies	\$55	\$204	\$660	\$1,633	Net Other Income	\$318	\$355	\$1,447	\$2,592
Paper Purchased	\$0	\$104	\$751	\$833	Net Income	(\$38,499)	(\$4,663)	(\$49,252)	(\$11,121)

## Treasurer's Report

For the month of August, we are reflecting a deficit of (\$38.5k) vs a budgeted deficit of (\$4.7k) – almost a \$34k difference. This difference can be explained through two events: 1) An expected, but non-budgeted, expense in the amount of \$30K. In 2014, after consultation with a tax professional, the Board dissolved the existing deferred compensation plan and approved a payout schedule. The funds had been approved in each year prior budget and the plan was funded each year, however, the disburse-

ment wasn't added to the 2015 budget. We have an offsetting decrease in restricted cash equal to the payment. This payment accounts for \$30K of our \$34K difference. 2) Book sales for the month of August were budgeted at \$12k. Book sales have averaged \$8.5/month for the past year. It was a simple error and accounts for \$3.5k of our \$34k difference.

If those two events are backed out, net income for August is negative (\$8.3k) vs an adjusted budgeted negative net income of (\$7.6k), a

difference of just \$670.

Group contributions were higher than budgeted. Unrestricted cash balance rose from \$25,855 to \$33,181 which represents a little more than 1.5x our operating expenses.

**OVERALL RATING: No choice but to give us a Poor – because we are not meeting our budget.**

**INTERGROUP FINANCE**  
**RATING SYSTEM**

(Continued on page 19)

# August 2015 Balance Sheet

	Aug 31, 2015	Jul 31, 15	\$ Change	Aug 31, 14	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Restricted Cash	\$162,287	\$192,391	(\$30,104)	\$193,109	(\$30,822)
Unrestricted Cash	\$33,181	\$25,855	\$7,326	\$20,831	\$12,350
Total Checking/Savings	\$195,468	\$218,246	(\$22,778)	\$213,940	(\$18,472)
Accounts Receivable					
Accounts Receivable	\$21	\$153	(\$132)	\$195	(\$174)
Total Accounts Receivable	\$21	\$153	(\$132)	\$195	(\$174)
Other Current Assets					
Inventory - Bookstore	\$24,139	\$24,006	\$132	\$28,208	(\$4,070)
Prepaid Literature Orders	\$5,409	\$623	\$4,786	\$866	\$4,543
Undeposited Funds	\$191	\$449	(\$257)	\$0	\$191
Total Other Current Assets	\$29,739	\$25,078	\$4,661	\$29,074	\$664
Total Current Assets	\$225,228	\$243,477	(\$18,249)	\$243,210	(\$17,982)
Fixed Assets					
Comp. and Off. Equipment (Net)	\$1,501	\$1,559	(\$58)	\$2,418	(\$917)
Leasehold Improvements (Net)	\$16,564	\$16,729	(\$165)	\$18,538	(\$1,974)
Total Fixed Assets	\$18,064	\$18,287	(\$223)	\$20,955	(\$2,891)
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
<b>TOTAL ASSETS</b>	<b>\$249,990</b>	<b>\$268,462</b>	<b>(\$18,472)</b>	<b>\$270,863</b>	<b>(\$20,873)</b>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Accounts Payable	\$4,816	\$0	\$4,816	\$0	\$4,816
Accounts Payable	\$4,816	\$0	\$4,816	\$0	\$4,816
Other Current Liabilities					
Payroll Liabilities	\$19,060	\$3,826	\$15,234	\$3,444	\$15,616
Sales Tax Payable	\$597	\$621	(\$24)	\$864	(\$267)
Total Other Current Liabilities	\$19,657	\$4,447	\$15,210	\$4,309	\$15,349
Total Current Liabilities	\$24,474	\$4,447	\$20,027	\$4,309	\$20,165
Long Term Liabilities					
Deferred Compensation	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Long Term Liabilities	\$60,167	\$60,167	\$0	\$60,167	\$0
Total Liabilities	\$84,641	\$64,614	\$20,027	\$64,476	\$20,165
Equity					
Net Assets	\$214,601	\$214,601	\$0	\$216,250	(\$1,649)
Net Income	(\$49,252)	(\$10,753)	(\$38,499)	(\$9,863)	(\$39,389)
Total Equity	\$165,349	\$203,848	(\$38,499)	\$206,387	(\$41,038)
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$249,990</b>	<b>\$268,462</b>	<b>(\$18,472)</b>	<b>\$270,863</b>	<b>(\$20,873)</b>

(Continued from page 18)

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 June 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.



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# November 2015

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