

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2015 12  
December

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship  
of Alcoholics Anonymous

1821 Sacramento Street

San Francisco, CA 94109-3528

San Francisco (415) 674-1821

Marin (415) 499-0400

Fax (415) 674-1801

[www.aasf.org](http://www.aasf.org)

[thepoint@aasf.org](mailto:thepoint@aasf.org)

## Having Had a Spiritual Awakening



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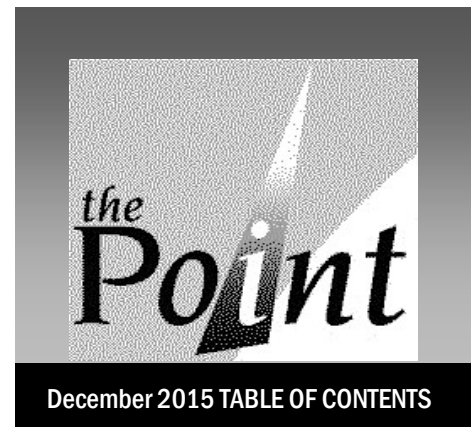
11 First Woman in A.A. was a Mann

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.

# December 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1</b> <u>FIRST TUE</u> <b>Access Committee</b> Central Office 6pm	<b>2</b> <u>FIRST WED</u> <b>Intergroup Meeting</b> 1187 Franklin St, SF <b>Orientation 6:15pm</b> <b>Meeting 7pm</b>
<b>6</b>	<b>7</b>	<b>8</b> <u>SECOND TUE</u> <b>Marin H&amp;I</b> 1360 Lincoln Ave, San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St <b>Orientation / Concept Study / BTG 7pm</b> <b>Business Meeting 8pm</b>	<b>9</b> <u>SECOND WED</u> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm
<b>13</b> <b>Golden Gate Young People in AA</b> Central Office 12pm	<b>14</b> <u>SECOND MON</u> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b> Central Office <b>Business Meeting 7pm</b>	<b>15</b>	<b>16</b>
<b>20</b> <u>THIRD SUN</u> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day	<b>21</b> <u>THIRD MON</u> <b>SF Teleservice</b> Central Office <b>Business Meeting 6pm</b> <b>Orientation 6:30pm</b>  <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation / Concept Study 6:45pm</b> <b>Business Meeting 7:30pm</b>	<b>22</b> <u>FOURTH TUE</u> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation 7pm</b> <b>Business Meeting 7:30pm</b>	<b>23</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<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>			

THURSDAY	FRIDAY	SATURDAY
3	4	5
10 <u>SECOND THU</u> 12th Step Committee Central Office 6pm	11	12 SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Speaker Workshop 2900 24th St, SF 11:30am <u>SECOND SAT</u> The Point Committee Central Office 12pm
17	18	19 CNCA Meeting 320 N McDowell Blvd, Petaluma 10am <u>THIRD SAT</u> SF H&I Orientation and Business meeting will not meet this month. Both will resume in January 2016.
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“...then we found we could live at peace with ourselves and show others who still suffered the same fears that they could get over them too.”

*Twelve Steps and Twelve Traditions, p. 122*

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## Meeting Changes

### New Meetings:

Sat 7:30am Inner Sunset

SHARING WISDOM, Gratitude Center: 1320 7th Ave / Irving (Book study, Meditation)

### Meeting Changes:

Mon 6:00pm Hayes Valley  
 Mon 8:30pm Mill Valley  
 Tue 11:59pm Inner Sunset  
 Wed 7:00pm San Rafael

KOO KOO BIG BOOK, 1748 Market St / Octavia (Has chips first Monday of the month)  
 MARIN NEWCOMERS, 10 Old Mill St / Lovell (Meeting was mistakenly coded as disbanded)  
 ANY MIDNIGHT, Gratitude Center: 1320 7th Ave / Irving (Was called Any AA)  
 WHOLLY TOGETHER 11TH STEP MEDITATION MEETING, 1123 Court St / 5th Ave  
 (Was called Meditation Wednesday)

### No Longer Meeting:

Wed 6:30pm Tenderloin  
 Wed 7:00pm Fairfax

TRANS AA, 730 Polk St / Ellis  
 DESIGN FOR LIVING, 2398 Sir Francis Drake Blvd / Oak Manor

**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!***

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1. Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.
2. Be host to A.A. friends, especially newcomers. If you don't have a
3. Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.
4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.
5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.
6. If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.
7. Don't think you have to stay late. Plan in advance an "important date" you have to keep.
8. Worship in your own way.
9. Don't sit around brooding. Catch up on those books, museums, walks, and letters.
10. Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."
11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.
12. "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

*Reprinted from Box 4-5-9, Winter 2015, with permission from A. A. World Services, Inc.*

From the Editor

## Absolute Certainty

by Michelle G.

"I am a miracle," proclaims Daily Reflections' anonymous author on the page for January 1. Few thoughts in my mind approach absolute certainty. Yet given my past, it must be a miracle that I'm sober today. Contributors this month show how they continue this process of awakening.

Luke H. describes an arch to freedom that lifted the constant fear from his life (reminiscent of an Alcoholics Anonymous suggestion to "quit playing God"). Charley D. explains how unity is our fellowship's most cherished quality, when wisdom heard at meetings transcends differences in age, sex, ethnicity or sexual preference. Charley compares this elusive concept to a U.S. Supreme Court Justice's definition of pornography: "I know it when I see it."

John R. shares the beauty of reconsidering a relationship to a higher power in a taxi cab on the way to rehab. James R. contributes a poem about ego and mental versatility: How we use our gifts is

up to us. Bob S. elaborates on Carl Jung's theory that alcoholics' disease is linked to a lack of spirit in life, which he called *spiritus contra spiritum*. Bob discusses alcoholics' need for a "higher education of the mind beyond the confines of mere rationalism." Along similar lines, Rick R. writes about moving beyond surface issues, unearthing root causes, and examining his mind's inner motives after "Step 0." The gift of desperation that moves humans to evolve can lead to peace and remove old regrets — once we muster up the "commitment to stay the course."

Katherine S. elucidates how she escapes conflicts with the world caused by self-centered thinking. Restlessness, irritability and discontent stemming from a childhood in an alcoholic home become more manageable through step work. The collective wisdom in members' stories tells us how "the maintenance and growth of a spiritual experience" of our understanding is the key (Alcoholics Anonymous, page 66). We hope that your miracles keep coming for a bright new year.



### EDITORIAL POLICY

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

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



## Faithful FIVERS!

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

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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 Twelve

## *Gratitude and Joy for Living*



by Sarah W.

Step Twelve says that as a result of practicing all the Twelve Steps, we have found something called a spiritual awakening. A.A.'s manner of making us ready to receive this gift lies in the practice of the Twelve Steps in our program.

The basic component of becoming sober includes study, interpretation and practice of the Twelve Steps, as we as alcoholics deem workable in our lives. Most alcoholics have a step that is particularly challenging and/or meaningful to them. For example, many find Step Four to be profound, as we discover and analyze relationships and conditions that contribute to our disease.

Step Twelve of Alcoholics Anonymous states: *"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*

The basic themes of Step Twelve are gratitude and joy for living. It is rewarding to have reached the accomplishment of Step Twelve. The patience, tenacity and diligence to complete Step One through Step Eleven is experienced and completed by this final Step Twelve.

*Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure*

*their confidence when others fail. Remember they are very ill.*

*Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.*

*Alcoholics Anonymous, pg. 89*

In Step Twelve, alcoholics accept a "spiritual awakening." The definition of spiritual awakening varies from person to person as it applies to their lives and beliefs. The acceptance of a Higher Power to guide us is imperative in all twelve steps. As alcoholics, we need to acknowledge

### *Most alcoholics have a step that is particularly challenging*

and accept the fact that we are not alone in our struggle to complete the steps, stay sober and enjoy a happy, healthy life.

Another major component of Step Twelve is to "carry the message to alcoholics." Helping others in need is a tremendously rewarding part of being sober. Whether it is by being a sponsor, encouraging a newcomer at a meeting or volunteering, helping others is a very important part of recovery for both the person becoming sober and for the person who has been sober for many years.

A final part of Step Twelve is to "practice these principles in all of our affairs." This component includes practicing the message of all Twelve Steps, including:

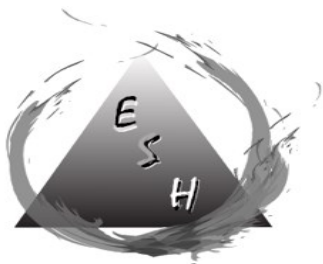
- Admitting we are powerless over certain things in our lives.
- Accepting our Higher Power to help and guide us through all journeys in life.
- Inventorying the physical, moral and spiritual components of our lives.
- Confiding our inventory to another person.
- Making peace and direct amends with those we have hurt as a result of our addiction.

My interpretation of practicing the principals of the Twelve Steps in all of our affairs means to include the basic ideals of Alcoholics Anonymous in our daily lives outside the rooms. This means being honest with ourselves and with others. Practicing the principals of the Twelve Steps also includes analyzing our relationships and identifying what causes us resentment and fear. By accepting that resentment and fear are natural reactions, we should research why we react. We can then apply the concepts of the Twelve Steps to solve conflicts.

In all of these steps, we accept help and guidance from our Higher Power. Understanding that we have a Higher Power on our side is paramount to recovery throughout each of the Twelve Steps.







# A.A. and Mental Health Issues

## ***Does Alcoholics Anonymous have an opinion?***

by Peter M.

I am a sober member of Alcoholics Anonymous, and I have been diagnosed with acute anxiety and depression for which I take medication prescribed by my doctor. Perhaps it's related to the stigma attached to mental illness – not unlike the stigma attached to alcoholism – but there are some members of the A.A. fellowship who feel that mental health issues should be “treated” by our A.A. program and the Twelve Steps along with our alcoholism. I have done the steps over the years, and I still have anxiety and depression. I know longtime sober members of A.A. who have been diagnosed with bipolar disorder and manic-depression after being sober for many years and who are met with skepticism by some members of the fellowship. I also know A.A. members who have been diagnosed with diabetes and cancer, and who take medications with the full support of their fellow members. Why is there a difference?

The Literature Committee of the General Service Conference of Alcoholics Anonymous is currently developing a pamphlet collecting stories from members with mental health issues, and from those who sponsor such members. Creating Conference-approved literature is a long and careful process, and this new pamphlet is a great indicator of the importance and relevance of this topic, and hopefully a way to help dispel myths surrounding Alcoholics Anonymous and mental health challenges.

Here are some myths associated with Alcoholics Anonymous and mental

health issues. These are not initiated or perpetuated by A.A. as an organization, but by members in our fellowship.

- If you're clinically depressed, you're suffering from “untreated alcoholism.”
- If you take your medications, you're not sober.
- If you would just work your program, you'd “get over” your diagnosis.
- Don't share at meetings about your struggles with your diagnosis as it affects your sobriety – it's an “outside issue.”
- All the answers are in the Big Book; you don't need any other help.

The literature of Alcoholics Anonymous already contains clear references to the fact that we are not doctors, and should not be acting as though we are. Here are two references from the book *Living Sober*:

*One's need for a helping hand is no sign of weakness and no cause for shame... In some instances, the conflicting opinions and recommendations of other recovering alcoholics can make it hard for a newcomer seeking good professional help.*

*Living Sober*, Chapter 23 – Seeking professional help (p. 59-60)

*Some drugs...are beneficial when administered by knowledgeable physicians if used solely as directed.... As A.A. members – not physicians – we are certainly not qualified to...advise anyone not to take a prescribed medication.*

*Living Sober*, Chapter 21 - Avoiding dangerous drugs and medications (p. 53)

Finally, on September 19, 2015, the 3<sup>rd</sup> Annual Dual Diagnosis Micro-Conference was held at the Central Office in Oakland. Dual diagnosis is a term used to describe those that are alcoholic and also have a mental health diagnosis. This event was a chance for members and their families to discuss ways to work together and provide support for each other. There was also participation from the Hospitals and Institutions (H&I) committee in the East Bay, and from Bridging the Gap (BTG). There are at least four regularly scheduled meetings in the East Bay and one in San Francisco that identify themselves as Dual-Diagnosis meetings. The San Francisco meeting is the Sober 5150s and meets on Wednesday nights at 7:30pm at the Forest Hill Christian Church in Forest Hill. This Wednesday night meeting is a place where members can discuss their mental health issues without fear of being judged and without members offering unwanted opinions and suggestions. More events like this conference in Oakland are being planned so that members with these issues will have the support they need to stay sober and also address their mental health issues. Please contact [access@aasf.org](mailto:access@aasf.org) for more information on this topic and upcoming events.

Information in this article has been adapted from the handout posted on the Sonoma County Intergroup web site: [www.sonomacountyaa.org/get-into-service/access-sonoma-county/](http://www.sonomacountyaa.org/get-into-service/access-sonoma-county/)





# Anger Turned Inward

***Opening up, in an inventory and with others, can bring relief***

by Claire A.

I remember being depressed. It was about seven years ago. I had a “perfect life,” from what other people said. I had a loving husband, two small kids, a nice place to live in SF and freelance work. Life was good! What the heck was the matter with me? I felt something was missing, I didn’t understand why I wasn’t happy all the time. Talking about feeling depressed seemed unacceptable, if not weird, so I didn’t talk about it. I drank. I drank myself into oblivion each night. I know now that alcohol only made depression worse. And alcohol negated any positive impact that antidepressants were having on my mood.

Fast forward seven years. I’ve seen therapists, gotten sober, gotten a sponsor, worked the steps, and continue to work the program. During that time, I have expressed a lot of anger. And now, after four years in the program, I am just starting to understand myself, grief, anger and depression. For me (and I know this is definitely not true for everyone), I am starting to see how my grief and anger can hurt me, and that I have some control over whether I wallow in those feelings, or feel them and move on.

*I know now  
that alcohol only made  
depression worse*

My sense is that we all have ups and downs. I am starting, by the grace of A.A., to see this in other people and to accept it as a natural thing. Soon,

I hope to accept this in myself. Right now when I am down, I notice that I am mean to myself. I think, “Wow, you’re so down all the time. No wonder people don’t want to hang with you. No wonder they like your husband more than you. Why can’t you just relax? What is the *matter* with you?” Instead of resting, eating something healthful, praying or just stopping, I pile on the criticism.

I also notice when I am down that I feel tightly strung, stomach in knots. It seems like my options are limited – I often act closed-minded and have difficulty solving problems. Is it any wonder that when I talk to myself that way, I start to shut down? Is it any wonder that when I talk that way I fail to reach out to other people, and thus become more isolated and angry?

*I have some control  
over whether I wallow  
in those feelings*


Another piece of it is that when I am angry, I often swallow the anger. Sure, I yell sometimes, but more often than not, my anger goes unexpressed. I try to just not be angry, which is hopeless!

Writing out a Step Ten inventory helps me to sort this stuff out. Writing out resentments helps me to see what is actually happening. It’s often anger that is eating away at me, because my will is not being done! So taking inventory helps me see where I am off track. Also, I am often surprised at the basic hurts that eat away at me. I tell myself to “grow up”

because I feel hurt. But the reality is that feeling hurt hurts. Writing a Step Ten inventory helps me to see how I actually feel and acknowledge it and move through it.

*I am often surprised  
at the basic hurts  
that eat away at me*

When I take a serious look at what is eating at me, and I adjust myself to reality, then I can feel freer and happier. When I stop and realize that I am hurting my own self, I can try to be nicer. I am grateful to have this simple step to help me acknowledge and deal with my anger!

I think it’s important to note, though, that depression is more than just anger turned inward. If you’re feeling depressed, it’s important to see a doctor about it. Get help for yourself. Depression is not weird, or unacceptable. It’s an illness, and as with any other illness, it’s important to seek medical attention! 

## Contributors

### Wanted

[thePoint@aasf.org](mailto:thePoint@aasf.org)



The Point is looking for  
articles, illustrations & poetry  
reflecting the experience, strength  
& hope of local members





# Norma's Story

## *She drank Mogen David on Fridays*

by Bree L.

When I was ten, I was very bright and told my family I'd figured it all out. I was going to have a baby and not get married. Secondly, I would get plastic surgery on my nose, and thirdly, be a great world traveler. In seventh grade when I saw educational films on drugs, I knew I wanted to be an addict. I didn't know the vocabulary but I wanted what they had more than anything. I drank Mogen David on Friday nights and high holy days.

My mother died in Spring 1962. I failed seventh grade that year. Nine months later my dad remarried: a beautician with two children, and a big drinker. She thought she was Liz Taylor in *Who's Afraid of Virginia Woolf*. We saw the real version of that movie every night, often getting severe beatings. I cut my wrist, not to die but to stop the beatings. The doctor sewed up the wound with no medication. I started drinking alcohol, got drunk and the rest is a blank.

In 1967 I smoked pot and took acid, which made it possible to drink more. I graduated from high school and went directly to the school of hard knocks. My first crush and best friend raped me. I tried to overdose on pills but got to his mother's house before passing out. They called my dad, who committed me for 72 hours. When I woke up in the hospital, I saw the head shrink and promised never to smoke pot again. Within a year, I was in California shooting heroin.

I met the man who was to be my husband and the father of my child.

He taught me to get on welfare, drink and shoot heroin. We hitchhiked across the U.S. I got pregnant before we left California. I landed in New York, developed a bigger habit, then went to Florida to clean up but got married instead. My family came to Florida to see my husband, just out of jail for gang-related shootings. We came back to San Francisco and I did drugs until the last week of pregnancy. I wanted to test clean and did after 32 hours of labor and three peyote buttons. I had a healthy baby boy. Six hours after I came home, I started drinking and shooting drugs. In December 1972, I lived in a commune in Hawaii for 10 months.

### *She was Liz Taylor in Who's Afraid of Virginia Woolf?*

We didn't drink there, but back in California started up again. I tried A.A. but never heard anything spiritual — only that others had used. In February 1991, I quit cigarettes and heroin for six years. I became homeless, smoked crack and drank. In 1996 I moved into the house where I live now. My roommate asked me on several occasions when would I stop. I replied, "Never, and don't ask me again." I then got 20 dollars because he'd "ruined my high."

In June 2001, I called Abby, an outreach worker, and begged her to help. She cried and told me I was working the First Step. I said, "What are you talking about?" She said, "I admitted was powerless over drugs."

I said, "Whatever."

She said she'd meet me at 10 a.m., but she was late — so I got loaded. She came at 3:00 p.m. I said I was loaded. She told me to go to meetings and stay sober for four days. I got loaded one last time, but hated it so much I left most of it at a crack house. I ran home and 24 hours later

### *Sometimes my Higher Power is the people at A.A.*

landed in residential treatment. Ten days later I came home and attended daily classes at Walden House. "Yes," I finally said, "I am powerless over alcohol and drugs and I do have a power greater than myself who I call God." Sometimes my Higher Power is the people at A.A., but I am still one grateful person.

*Norma celebrated 14 years on  
June 4, 2015.*





# My First Year of Recovery

*(1<sup>st</sup> of 3 Installments)*

by John R.

I feel an incredible sense of duty to share something of value from my recovery over the past year. I was born to parents who were victims of mental, physical and sexual abuse. Unfortunately the truth that the cycle continues if things go untreated held true with me. My abusive home was wrapped up in a “we need to act like the others to succeed.” Authenticity was not a family value; rather do and say (i.e. lie) whatever you need to succeed.

Add the additional gift of alcoholism and I was primed for my long, 22 year flight that was destined to crash. I found my way into jobs where booze was prevalent: working in bars (as a go-go boy), waiting tables in restaurants, striving to be popular so I was invited to parties with free booze.

The first time addiction reared its ugly head was not alcohol-related but food. My “closet eating” was self-sabotaging for a go-go boy, prized for the “perfect” body. The eating scared the shit out of me. I got that under control by drinking more and then finding my new best friend: cocaine.

## *I lost my emotional intelligence*

Coke and booze led me to making some really poor decisions! Feeling the guillotine about to fall caused me to do my first geographic instead of dealing with my alcohol and drug addiction head on. I decided, overnight, to move from LA to SF

leaving my husband of nine years and career of seven.

Here I added meth into the equation and began the cycle again. Built a home, a career and fed my addiction like it was my job. In my experience, anytime something becomes “a job” something has gone terribly wrong.

I lost my emotional intelligence. Once that was gone, the bottom came relatively fast. Where once stood a leader, was a man with a hair-trigger temper. By 2012, I offered nothing but seething anger, resentment, hate, frustration and blame.

## *Come back when you are healthy*

Unlike my usual screaming, obnoxious self, the night before rehab, I was incredibly quiet driving home. Something had shifted. When I walked broken and battered into my apartment, I could feel my body start to shake again. I was afraid—to move, to act, to live. I was silent. Everything was silent. I made a quiet pact of what I would do if I woke up and drank in the morning.

Morning came when the trembling woke me up. I sobbed on my way to the freezer and drank silently until dawn, when terrified and broken, I drove to the store to get more vodka. I moved slowly and hunched over, emotionally empty. I did nothing except silently commit to ending the silence.

All I had left to do was make a quick and non-eventful phone call and quit my job.

I heard my boss’s voice at the other

## *Anything you put ahead of sobriety you will lose*

end of the phone tell me that I would not quit and that he understood that I had been sick for quite some time. He even empathized with me and said that maybe he should have listened to me earlier about sales being too stressful for me right now. “Either way,” he said, “we have amazing health benefits, John. Take advantage of them. Come back when you are healthy.”

It was that dose of unemotional, empathetic and sympathetic authenticity I needed. The door of willingness was opened just a crack. Now the question was whether I would have the courage to act.

To be continued...

**tP**

# A Timeline History of A.A.

## *The first woman in A.A. was a Mann*

by Kathleen C.

Marty Mann was the first woman in Alcoholics Anonymous. Daughter of a wealthy family, she lacked for nothing but fell far before landing in New York, finding sobriety through her physician and the Big Book. She panicked at her first meeting in the Brooklyn home of Lois and Bill Wilson. Instead of joining the meeting downstairs, she threw herself sobbing on the pile of coats in an upstairs bedroom. Lois came to comfort her: "We're waiting for you below, and we want you."

Trembling, Marty followed Lois downstairs. The group consisted of five or six men, much older than she, and a few of their wives. The men began firing questions at her, the most significant being: "When was your last drink?" To her surprise she answered honestly, something she hadn't done even to her own doctor. Without missing a beat, she was talking openly and freely to all these strangers, as if they were her closest, most intimate friends. "I could finish their sentences! They could finish my sentences! We talked each other's language! It was not a room of strangers. These were my people. I had come home."

Bill became Marty's sponsor and later heard her Fifth Step. Marty and Lois also became close friends. Marty later said, "Lois did as much for me as any alcoholic." Bill Wilson and Marty Mann both were visionary, charismatic, open-minded and entrepreneurial. One early member described her as "an attractive, intelligent young woman with tremendous charm . . . possessing a

drive which Bill immediately spotted as equal to his own."

In 1940, Marty landed a job as fashion publicity director at Macy's. There she met Priscilla Peck. Marty "twelfth-stepped" Priscilla into A.A. around 1943. By then, they had fallen in love. They were together for nearly 40 years, until Marty's death in 1980. By the early 1940's, women in Akron A.A. had started a group. The first black group, founded in Cleveland, was centered around a woman. Women's meetings were safe sanctuaries, much as they are today. Newly-sober women could share their experience, strength and hope, find sponsors and speak freely without worrying what the men in A.A. thought of them.

### *Marty wrote "Women Suffer Too"*

Marty wasn't shy about reminding male A.A.'s about the special stigma suffered by the woman alcoholic and how it was a barrier to sobriety. Men in the mid-1930's and 40's were creatures of their culture, having the same prejudices and misconceptions as anyone else regarding women. Dr. Bob was aghast at the prospect of women coming into the Akron group, although he eventually relented and became supportive. Some men in New York at first objected to women joining their groups because they thought they looked shabby and hung over. Marty was there to remind them, "Remember how you looked when you first came in?"

Many women members in early A.A. had been divorced or abandoned by husbands who wouldn't tolerate alcoholic wives. They were vulnerable to inappropriate attention in meetings from men who were barely sober. Many women had been sheltered by their families because of

### *Today, women in A.A. participate fully at all levels*

the same stigma and didn't suffer the obvious economic and social consequences of men. A.A. men didn't realize at first how "skid row" for such a woman could be a horrible place right in her own home.

Lois Wilson and Anne Smith, Dr. Bob's wife, were the most sympathetic to the women drunks and often worked with them, even taking them and their children into their homes. In addition to Twelfth Step work with individual women, Marty set out to educate the world about alcoholism. The vehicle for this monumental accomplishment was the National Council on Alcoholism, which she founded, directed and represented for 35 years, until her death in 1980.

Marty wrote "Women Suffer Too," a chapter which first appeared in the Pioneers section of the Second Edition of *Alcoholics Anonymous*. She also wrote a book, *Primer on Alcoholism*, first published in 1950. She spoke at A.A. conferences and

*(Continued on page 19)*



# Something I Learned

## *Courage is faith that has said its prayers*

by Claire A.

I had a moment recently where I needed some courage. I had thought it a good idea (*ahem*) to try to do a ropes course. I do like the idea of climbing, and the technicality of ropes. And the ropes course itself looked interesting and fun, with swings and ladders and such.

All went well for quite a while. Some of the parts of the course were scary, but I went slowly and worked through it without any problems. I even began to feel proud of myself for navigating some tricky parts. And then I came to the tube. The tube is a hard plastic length of tubing, made for large construction projects, I suppose. It is about 10 feet long, and you have to crawl through it by dragging your body along with your elbows. It's narrow – about a person wide. It's about 60 feet in the air, it swings, and the hard part for me is that you have to let go of the platform you are standing on, in order to get in it.

I got stuck. I stood there on the platform and thought of all the ways I could possibly avoid doing this thing. I could go back, I thought, but then I would run into the people behind me, and they would all have to go back with me, because we were all latched into the course together. I could call over to the guy running the place and ask him to let me down (that is, if I could figure out where he was). Could I climb over the thing? I actually thought about whether I could climb across the outside of the tube to the other side. The thought of

doing something much more dangerous (I would have to detach from the safety vest) was more appealing to me than launching myself into a swinging claustro-tube that my rational mind knew was actually safe.

This, by the way, exactly mirrors how I get before a flight. I wonder how else I could get where I want to go. Train? Boat? Walk? Drive? Anything to avoid the flying tube. Do I have to go? Couldn't I just stay home? I picture all the horrible outcomes, the accidents and misery that aren't happening. The actual flight hasn't yet turned out to be as awful as my imagination.

Anyway, back to the platform. I stood there, knees-a-quiver, and finally, it

*I picture all the  
horrible outcomes, the  
accidents and misery  
that aren't happening*

occurred to me that I could just do this. I could just... go. I had to just go. I don't know how to describe the moment. I reached the point where I could step back or step forward, and I stepped forward into fear. I reached out across the acre between the platform and the tube, I took a deep breath and leaned forward, gripped the edges and pulled my body into the tube. I squirmed along inside the tube, swearing and talking to myself and hyperventilating all the way

across, at the same time wondering why everyone wasn't noticing my bravery, and then I was at the end of the tube, reaching out to the other platform, hauling my body out, and standing on the platform shaking and smiling. Smiling hugely with happiness about having moved forward.

*In the moment  
where I decided to go  
forward, I took a deep  
breath and let go*

I didn't actually pray, I don't think. If I had thought to pray, I would have. When I get on a plane, I do pray. I pray a lot. I pray to get there safely, yes, even though I know that's against the rules of prayer. But I also pray for serenity. I pray for surrender. These days I often feel total surrender on planes – total relaxation, even in the midst of turbulence. And *that* is freedom.

Still, I found the courage. And I don't think I found the courage on my own. I think in the moment where I decided to go forward, I took a deep breath and let go. And to me, that *is* a form of prayer. Admitting my powerlessness, submitting to reality, accepting what is in front of me. Thy will be done. Thy tube be claustrophobic. Same difference. I accepted the reality and moved through it. Next time, I might just lie in the tube and swing.





# False Ego vs. Honest Ego

## *Finding our true self through the Twelve Steps*

by Bob S., Richmond IN

*One cannot live the afternoon of life according to the program of life's morning; for what was great in the morning will be of little importance in the evening, and what in the morning was true will at evening become a lie. —C. G. Jung*

The first part of my life was spent developing a false-ego-self, which placed me on shaky ground with the truth. Dr. Silkworth tells us that the alcoholic cannot differentiate the true from the false in the matter of drink, and that certainly was true for me! A sincere decision to quit drinking forever in the morning found me boiled as an owl by late evening (A.A. #3 Bill D.'s term). I seemed to have no choice in the matter of drink. My ego convinced me that my actor's face was my true identity—interestingly the Greek root word for actor is hypocrite. An alcoholic cannot drink on the truth, only on a lie, but I had no truth! My powerful false-ego-self allowed me to believe a lie regardless of my best efforts with self-will and self-knowledge. Unknowingly, I was

helpless and hopeless in the matter of drink.

But at 43 years of age, an A.A. sponsor taught me how to use the Twelve Steps to develop a brand new honest-ego-self! Thus has begun—rather unlike Dr. Jung mentioned above—the evening of my life and I haven't had to drink for many years.

Dr. Sam Shoemaker, Bill W.'s Oxford Group sponsor, summed up A.A. as: "Out of self, into God, into others." What a great recipe! These years, because of A.A., what was true in the matter of drink in the morning remains the same in the evening—even during happy hour!



## Contributors Wanted

*thePoint@aasf.org*



The Point is looking for articles, illustrations & poetry reflecting the experience, strength & hope of local members



# Intergroup Meeting Summary— Nov 2015

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

<b>Marin Groups</b>	<b>Men's Two Plus</b>	<b>San Francisco Groups</b>	<b>Embarcadero Group</b>	<b>Reality Farm</b>
Attitude Adjustment Hour	Mill Valley	A is for Alcohol	Grouch and the Brainstorm	Serenity Seekers
Blackie's Pasture	Monday Night Stag Tiburon	Alumni	Haight Street Blues	Shamrocks & Serenity
Cover to Cover	Saturday Weekend Warrior	Beginners Warmup	It Takes a Village	Sunset 9ers Tu
Friday Night Book	Sunday Night Corte Madera	Big Book Basics	Join the Tribe	Sunset Speaker Step
Girls Night Out	Tuesday Beginners Meeting	Came to Park	Mid-Morning Support	Too Early
Happy, Joyous and Free	Women's Big Book	Cocanuts	Miracles (Way) Off 24th St.	Weekend Update

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

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

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

The meeting was held on Wed., Nov 4th, 2015 at 101 Donohue St., Marin City, CA.

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

## Officer Reports

**Board Chair,** Carolyn R. Carolyn reported on the Oct 2015 Committee Chair meeting. The turnout was great and several committee chairs were in attendance while those that were not submitted reports and provided feedback. They discussed actual numbers and attempts to increase participation, and the possibility of opening up the meeting to other service entities. They did not agree that this would be the best way facilitate communication, but they thought it was worth trying for a limited time and getting feedback. SF General Service's Unity Day this past Saturday was

sparsely attended and lacked sufficient organization. Intergroup attendees were able to help tighten things up and make presentations. Lastly, Leslie must resign her commitment as Treasurer and was acknowledged for her work.

**Treasurer,** Leslie B. After a musical introduction and much thought, Leslie has decided she must step down as Treasurer due to her employment situation and the time commitment the Treasurer commitment requires. The budget for 2016 is being drafted right now; this is the worst time in recent memory that group contributions have been this low and we are running a deficit and are getting very close to tapping into the prudent reserve. The budget is based upon the prior year's actuals and is not made up based upon estimates.

**Central Office Manager,** Maury pointed out a yellow flyer that explains the spiritual significance of self-support and clarified some points about the operating and saving accounts. The situation is serious, and while there is no need for alarm, we should be vigilant about recognizing our needs and expenses considering the low contribution amounts coming in from the groups. Groups that will not be meeting during the Holidays are encouraged to notify the Central Office. Maury thanked all that showed up and helped at Unity Day.

## Intergroup Committee/Activity Reports

**Access,** Dorothy said that Virginia will be stepping down and the chairperson commitment will be open.

**Homebound Marin,** There are open positions; please contact Frank.

**Orientation,** Greg Re-welcomed the new IGRs and mentioned that the committee will begin looking for Mentors.

**SF Teleservice,** Pete There are only seven open positions right now and things are running along smoothly. The Monday coordinator position (2 year commitment) will be open soon. Teleservice had a great presentation at Unity Day.

**Web,** Michael P. presented a pilot project discussed at National A.A. Technology Workshop. He is working with this application which will help people find the nearest meeting. An announcement will be made when it is live.

## Old Business

Inventory questions for the next Intergroup meeting: Chris presented the questions chosen at last month's meeting and counted the votes for the most appropriate questions for the inventory next month. The questions are: "How can we make Intergroup more attractive?" and "Are we fulfilling our statement of purpose?" The backup question will be "Are we serving our primary purpose?"

**Lease Report** Introduction to Web Survey Matt gave a presentation on the survey which is now online. The survey is a great accomplishment and will be an excellent tool for outreach. Some people are concerned there won't be enough time to spread the word. Matt and Maury reminded everyone that we have been planning this for a few months and the word should already be spread by this point. They may extend the survey into December if there is enough feedback.

# Individual Contributions

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

## IN MEMORIAM

Lee M.

## ANNIVERSARIES

Shirley K. – 47 years, Laura B. – 30 years

## HONORARY

Jim N.

### Liaison Reports

**Marin General Service**, Charles CNCA Area 6 and 11 are hosting Our Harvest of Fellowship, a Pre-Assembly Dinner and Speaker meeting on November 13th at Tucker Farm Center. CNCA Area Inventory will take place on November 14th at the Napa County Fairgrounds.

**Marin Teleservice**, Summer No more backup shifts. They had a 12th Step Workshop recently.

**GGYPAA**, John Please announce that they are still looking for more volunteers from Marin.

### Group Reports

Paul from Say Hey said that that group doesn't make contributions to Central Office because they don't collect enough money to do so. / Bridget from Tuesday 9ers said that her group does not have regular business meetings, so it is complicated trying to get a group conscience to send money to Central Office. / Bronwen said that the Treasurer at her group is comingling the money and she is facing opposition when it comes to getting the group to consider sending contributions to Central Office. / Mary from Serenity Seekers said that they will be having a group inventory following complaints. It is a large group, which will make the inventory a challenge. / Tom from Mill Valley said that there have been some problems following the script and turnover with Secretaries. / Pat from Tuesday Beginners talked about the issues getting an EIN number to start a group bank account and asked for suggestions on how to deal with it.

### Sample Group Reports

Dorothy gave her report and suggested demanding Treasurer reports which used to be commonplace. Tom from Alumni also gave a sample group report.

### What's on Your Mind

Pete announced the Alcathon in Belmont during Thanksgiving. He also jumped on the matter of controversy and recommended that we should not back down when starting an uncomfortable conversation with Treasurers who think they can decide not to make contributions on behalf of their groups. / Paul mentioned that he knows at least one person who used the aasf web site to find their first meeting. / Douglas commended those who worked on the survey. / Summer mentioned the Strawberry Rec Center meetings during the holidays. Maury said there have been 37 surveys completed so far, including 5 tonight.

### TARGETED MESSAGE FOR THIS MONTH:

- Gratitude Month (stress contributions) and the Survey
- We are looking a new Treasurer

Meeting adjourned with the Responsibility Statement at 9:00pm.

**Next Intergroup Meeting** Wed. Jan. 6, 2015, 7pm, 1187 Franklin St. SF 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

#### 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	Oct '15	YTD
Biggs AA	\$ 37	
Contribution Box	\$ 342	
GGYPAA	\$ 623	
Intergroup	\$ 104	\$ 979
Novato Fellowship Group	\$ 147	
Unidentified Group	\$ 18	
<b>Fellowship Total</b>	<b>\$ 104</b>	<b>\$ 2,146</b>

Marin Contributions	Oct '15	YTD
12 & 12 Study Sa 815am	\$ 188	
AA By The Bay Tu 730pm	\$ 209	
Attitude Adjustment 7D 7am	\$ 3,675	
Awakenings	\$ 32	
Awareness/Acceptance M 1030am	\$ 264	
Back to Basics Su 930am	\$ 441	
Beginner's Help Th 8pm	\$ 60	\$ 60
Big Book Study & Meditation M 7p	\$ 30	
By the Book Sa 10am	\$ 111	\$ 111
Closed Women's Step Study Tu 330pm	\$ 166	
Conscious Contact Sa 6pm	\$ 238	
Cover to Cover W 730pm	\$ 100	
Crossroads Sun 12pm	\$ 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	\$ 112	\$ 1,117
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 (Marin) Th 6pm	\$ 50	
Happy, Joyous & Free 5D 12pm	\$ 1,125	
High & Dry W 12pm	\$ 282	
Intimate Feelings Sa 10am	\$ 311	\$ 311
Inverness Sunday Serenity 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	
Marin Alano Club	\$ 40	
Marin Teleservice	\$ 2,500	
Marin Young People F 830pm	\$ 106	
Meditation Wednesday 7pm	\$ 91	\$ 314
Mill Valley 7D 7am	\$ 1,700	
Mill Valley Discussion W 830pm	\$ 224	\$ 670
Mill Valley Orig Smokeless SS Th 8pm	\$ 526	\$ 526
Monday Blues M 645pm	\$ 141	\$ 626

Marin Contributions	Oct '15	YTD
Monday Night Madness M 6pm	\$ 250	
Monday Night Stag Tiburon	\$ 1,000	
Monday Night Women's M 8pm	\$ 198	\$ 586
Monday Nooners M 12pm	\$ 345	\$ 828
Morning After Sa 10am	\$ 400	
Morning Attitude Adjustment	\$ 538	
Nativity Monday Night BB 8pm	\$ 67	
Noon Tu 12pm	\$ 103	
North Marin Speaker Sun 12pm	\$ 150	\$ 600
Not a Glum Lot Group Fr 800pm	\$ 152	
Novato Spirit Discussion F 2pm	\$ 66	\$ 216
On Awakening 7D 530am	\$ 2,100	
Pathfinders Tu 12pm	\$ 103	\$ 382
Primary Purpose M12pm	\$ 129	
Primary Purpose W 830pm	\$ 40	
Quitting Time M-F 530pm	\$ 567	\$ 1,338
Redwoods Mon 3pm	\$ 168	
Refugee Th 12pm	\$ 160	
Reveille 7D 7am	\$ 50	
Rise N Shine Su 10am	\$ 210	\$ 810
San Geronimo Valley BS F 8pm	\$ 184	
San Geronimo Valley M 8pm	\$ 63	\$ 779
Saturday Night Sa 8pm	\$ 591	
Saturday Weekend Warrior 830am	\$ 404	
Saturday Women's Speaker Sa 6pm	\$ 561	
Sausalito Sober Sisters Th 330pm	\$ 82	
Sisters In Sobriety Th 730pm	\$ 26	
Sober & Serene F 7pm	\$ 758	
Sober Sisters Wed 12pm	\$ 152	
Spiritual Testosterone Stag Su 830a	\$ 717	
Steps to Freedom M 730pm	\$ 150	\$ 500
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 Thursday Stag 8pm	\$ 314	
The Broad Highway Thu 730pm	\$ 100	
There is a Solution Tu 6pm	\$ 53	\$ 232
Three Step Group Sa 530pm	\$ 483	
Thursday Night Book Club Th 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	\$ 574	
Wednesday Mid-Week W 6pm	\$ 50	
Wednesday Night Candlelight W 8pm	\$ 62	
Wednesday Night Speaker Disc 7pm	\$ 1,307	

Marin Contributions	Oct '15	YTD
Wednesday Sundowners W 6pm	\$ 80	\$ 255
Weekend Update Su 6pm	\$ 89	
Why It Works Sun 6pm	\$ 85	
Women's Big Book Tu 1030am	\$ 530	\$ 1,743
Women's Meeting Su 430pm	\$ 88	
Working Dogs W 12pm	\$ 400	
Young People's BYOB Sat 7pm	\$ 90	\$ 90
<b>Marin Total</b>	<b>\$ 4,181</b>	<b>\$ 42,916</b>

San Francisco Contributions	Oct '15	YTD
11th Step Power Power Power	\$ 134	
20+ Sun 445pm (unlisted)	\$ 540	
6am Dry Dock Sa	\$ 72	
6am Dry Dock Su	\$ 49	
6am Dry Dock Tu	\$ 111	\$ 111
6am Dry Dock W	\$ 76	
7 AM As Bill Sees It	\$ 48	
7am Step Discussion Tu 7am	\$ 70	
830am Smokeless Tu 830am	\$ 188	\$ 188
A is for Alcohol Tu 6pm	\$ 276	
A New Start F 830pm	\$ 290	
Afro American Beginners Sat 8pm	\$ 188	
After Work M 6PM	\$ 60	\$ 60
Agnostics & Freethinkers Su 630pm	\$ 360	
All Together Now Th 8pm	\$ 62	\$ 205
Alumni W 830pm	\$ 150	
Amazing Grace M 7pm	\$ 60	
Any Lengths Sat 930am	\$ 600	
Artists & Writers F 630pm	\$ 1,566	\$ 1,966
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	
Back to Basics Th 730pm	\$ 10	
Be Still AA Su 12pm	\$ 400	
Beginners 12 x 12 F 7pm	\$ 253	
Beginners' Step Study Sat 7pm	\$ 97	\$ 213
Beginner's Warmup W 6pm	\$ 92	
Bernal Big Book Sat 5pm	\$ 594	
Bernal New Day 7D	\$ 194	\$ 1,582
Big Book Basics F 8pm	\$ 670	
Big Book Boot Camp 5D	\$ 57	
Big Book Study Su 1130am	\$ 265	\$ 567
Blue Book Special Su 11am	\$ 302	
Brothers in Arms M 8pm	\$ 189	
Buena Vista Breakfast Su 12pm	\$ 386	
By the Book Sa 10am	\$ 44	
BYOL W 1pm	\$ 100	\$ 100

San Francisco Contributions	Oct '15	YTD	San Francisco Contributions	Oct '15	YTD	San Francisco Contributions	Oct '15	YTD
Came to Park Sat 7pm		\$ 610	Huntington Square W 630pm		\$ 839	Serenity House	\$ 150	\$ 1,500
Castro Discussion Th 730p		\$ 192	Join the Tribe Tu 7pm		\$ 880	Serenity Seekers M 730pm		\$ 980
Castro Monday Big Book M 830pm		\$ 155	Joys of Recovery Tu 8pm		\$ 332	Sex and Love in Sobriety M 3pm		\$ 55
Castro Nooners F 12pm		\$ 88	Keep Coming Back Sa 10am		\$ 330	Shamrocks & Serenity M 730pm	\$ 619	\$ 1,448
Cocktail Hour Thu 10pm		\$ 56	Ladies Who Lunch Thu 1210pm		\$ 105	Sinbar Su 8pm		\$ 12
Coit's Quitters		\$ 240	Let It Be Now F 6pm		\$ 52	Sisters Circle Su 6pm		\$ 78
Come 'n Get It! F 630pm		\$ 137	Like A Prayer Su 4pm		\$ 60	Six O'Clock Step Th 6pm		\$ 12
Cow Hollow Men's Group W 8pm	\$ 329	\$ 1,614	Lincoln Park Sat 830pm		\$ 71	Sober Saturday Sa 830am	\$ 206	\$ 338
Design For Living BB Tu/Th 730am		\$ 184	Living Sober with HIV W 6pm		\$ 732	Sobriety & Beyond W 730pm	\$ 144	\$ 144
Design for Living Sat 8am	\$ 180	\$ 962	Looney Toons Tu 10pm		\$ 145	Sobriety & Beyond W 7pm		\$ 409
Dignitaries Sympathy W 815pm		\$ 419	Lush Lounge Sa 2pm		\$ 236	Sobriety & Miracles S&M Group Sa 5pm		\$ 140
Each Day a New Beginning F 7am		\$ 2,219	Meditation Wednesday 7pm		\$ 93	Some Are Sicker Than Others W 6pm		\$ 179
Each Day a New Beginning M 7am		\$ 267	Meeting of the Moms		\$ 152	Sometimes Slowly Sa 11am		\$ 158
Each Day A New Beginning Su 8am		\$ 951	Meeting Place Noon F 12pm		\$ 240	Steppin' Up Tu 630pm		\$ 332
Each Day a New Beginning Th 7am		\$ 997	Meeting Place Noon W 12pm		\$ 410	Stonestown M 8pm		\$ 240
Each Day a New Beginning Tu 7am	\$ 364	\$ 1,085	Mellow Mission Sunrise M 7am		\$ 60	Sunday Bookworms Su 730pm	\$ 142	\$ 142
Each Day a New Beginning W 7am	\$ 428	\$ 1,766	Men's Gentle Touch M 7pm	\$ 137	\$ 343	Sunday Bookworms Sun 730pm		\$ 11
Early Start F 6pm		\$ 2,322	Mid-Morning Support Su 1030am	\$ 329	\$ 945	Sunday Morning Gay Men's Stag 930am		\$ 88
Easy Does It Tu 6pm	\$ 120	\$ 174	Miracle (Way) Off 24th St W 730pm		\$ 453	Sunday Night 3rd Step Group 5pm		\$ 408
Embarcadero Group 5D 1210pm		\$ 125	Monday Beginners M 8pm	\$ 59	\$ 429	Sunday Night Castro SD 730pm		\$ 453
Epiphany Group Th 7pm		\$ 210	Monday Coffee with Bill		\$ 14	Sunday Rap Su 8pm		\$ 420
Eureka Step Tu 6pm		\$ 89	Monday Men's Stag (SF) M 8pm		\$ 88	Sunday Silence Su 730pm		\$ 315
Eureka Valley Topic M 6pm		\$ 939	Monday Monday M 1215pm		\$ 329	Sundown W 7pm		\$ 305
Excelsior "Scent" Free for All Sa 7pm		\$ 300	Monday Night Big Book Study 8pm		\$ 60	Sunrise Sunset Women's Step Th 6pm		\$ 600
Extreme Makeover M 730pm		\$ 303	New 9'ers Fri 9am		\$ 45	Sunset 11'ers F		\$ 90
Federal Speaker Su 12pm		\$ 299	New Friday Big Book F 12pm		\$ 487	Sunset 11'ers M		\$ 200
Firefighters & Friends Tu 10am		\$ 166	Newcomers Tu 8pm		\$ 119	Sunset 11'ers Sa		\$ 97
Fireside Chat Group Th 8pm		\$ 78	No Regrets Tu 7am		\$ 150	Sunset 11'ers Su		\$ 100
Fireside Chat Group Tu 8pm		\$ 122	No Reservations M 12pm		\$ 518	Sunset 11'ers Th		\$ 79
Friday All Groups F 830pm	\$ 75	\$ 75	Nu Outlook		\$ 185	Sunset 11'ers W		\$ 50
Friday at Five F 5pm		\$ 170	NYX - Sat 730pm		\$ 170	Sunset 9'ers F		\$ 49
Friday Lunch With Bill Fri 12pm		\$ 46	O.A.D.W. Mon 7pm	\$ 63	\$ 422	Sunset Reflections Th 1pm		\$ 66
Friday Smokeless F 8pm		\$ 847	Park Presidio M 830pm		\$ 317	Sunset Speaker Step Sun 730pm		\$ 503
Friday Women's Round Robin 6am		\$ 20	Parkside Th 8pm		\$ 548	Surf Tu 8pm		\$ 502
Friendly Circle Beginners Su 715pm		\$ 288	Pax West Daily Reflections W 7am	\$ 180	\$ 352	Ten Years After Su 6pm		\$ 1,121
Friendly Circle Su 830pm		\$ 180	Pax West Discussion Th 12pm	\$ 455	\$ 908	The Drive Thru W 1215pm		\$ 190
Gold Mine Group M 8pm		\$ 714	Pax West Literature Disc Tu 12pm		\$ 1,456	The Leaky Cauldron Su 930am	\$ 103	\$ 341
Goodlands Su 2pm		\$ 113	Pax West Prayer and Meditation F 7am		\$ 420	The Original 8 O'clock		\$ 451
Gratitude Center Fellowship		\$ 332	Pocket Aces Sun 7pm		\$ 58	The Parent Trap 2 W 4pm		\$ 207
H&I (SF)		\$ 30	Potrero Hill 12 x 12 M 630pm	\$ 68	\$ 68	The Parent Trap M 1pm	\$ 120	\$ 269
Haight Street Blues Tu 615pm		\$ 162	Progress Not Perfection Tu 830pm		\$ 147	The Pepper Group F 12pm		\$ 83
Haight Street Explorers Th 630pm		\$ 190	Queers, Crackpots & Fallen Women		\$ 60	They Stopped In Time M 8pm		\$ 195
High Noon Friday 1215pm		\$ 317	Reality Farm Th 830pm		\$ 180	Thursday Coffee With Bill 9am		\$ 7
High Noon Monday 1215pm		\$ 132	Rebound W 830pm		\$ 95	Thursday Night Women's Th 630pm		\$ 678
High Noon Saturday 1215pm	\$ 96	\$ 308	Rigorous Honesty Th 1205pm		\$ 90	Thursday Thumpers Th 7pm		\$ 80
High Noon Sunday 1215p		\$ 78	Saturday Afternoon Meditation 5pm		\$ 171	Too Close For Comfort M 6pm		\$ 320
High Sobriety M 8pm		\$ 206	Saturday Beginners Sat 6pm	\$ 60	\$ 1,770	Too Early Sa 8am	\$ 191	\$ 1,179
Hilldwellers M 8pm		\$ 474	Saturday Easy Does It Sa 12pm		\$ 844	Trudgers Discussion Su 7pm		\$ 600
Hoodlum Haven F 8pm		\$ 528	Saturday Night Regroup Sa 730pm		\$ 499			

Continued on p. 19

# Profit and Loss Statement: September 2015

	Sep 15	Budget	YTD	YTD Budget		Sep 15	Budget	YTD	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Payroll Fees</b>	\$11	\$10	\$91	\$94
<b>Income</b>					<b>Phone Book Listings</b>	\$93	\$95	\$837	\$855
Gratitude Month	\$0	\$0	\$4,115	\$3,900	<b>Postage</b>	\$200	\$200	\$795	\$976
Group Contributions	\$9,041	\$12,200	\$107,231	\$122,200	<b>Printing</b>	\$0	\$0	\$0	\$0
Individual Contributions	\$1,174	\$3,600	\$21,292	\$21,588	<b>Professional Fees</b>	\$1,300	\$0	\$1,300	\$1,485
Newsletter Subscript.	\$0	\$11	\$121	\$154	<b>Rent - Office</b>	\$4,287	\$4,287	\$38,581	\$38,581
Sales - Bookstore	\$7,633	\$9,000	\$76,798	\$88,000	<b>Rent - Other</b>	\$180	\$180	\$765	\$765
Intergroup Event Income	\$0	\$0	\$3,252	\$2,300	<b>Repair &amp; Maintenance</b>	\$240	\$240	\$2,397	\$2,380
<b>Total Income</b>	<b>\$17,848</b>	<b>\$24,811</b>	<b>\$212,810</b>	<b>\$238,142</b>	<b>Security System</b>	\$0	\$125	\$256	\$375
<b>Cost of Goods Sold</b>					<b>Shipping</b>	\$384	\$408	\$2,835	\$3,675
Cost of Books Sold	\$5,691	\$8,029	\$52,930	\$64,761	<b>Software Purchased</b>	\$0	\$0	\$519	\$550
COGS - Shipping	\$0	\$26	\$202	\$222	<b>Telephone</b>	\$138	\$230	\$1,531	\$2,070
Credit Card Processing	\$317	\$535	\$3,330	\$4,090	<b>Training</b>	\$130	\$0	\$524	\$405
Inventory Adjustments	\$0	\$0	\$542	\$0	<b>Travel</b>	\$789	\$700	\$2,227	\$1,200
<b>Total COGS</b>	<b>\$6,008</b>	<b>\$8,590</b>	<b>\$57,004</b>	<b>\$69,073</b>	<b>Total Expense</b>	<b>\$21,100</b>	<b>\$20,274</b>	<b>\$215,671</b>	<b>\$186,835</b>
<b>Gross Profit</b>	<b>\$11,840</b>	<b>\$16,221</b>	<b>\$155,805</b>	<b>\$169,069</b>	<b>Net Ordinary Income</b>	<b>(\$9,260)</b>	<b>(\$4,053)</b>	<b>(\$59,866)</b>	<b>(\$17,766)</b>
<b>Expense</b>					<b>Other Income/Expense</b>				
Committees	\$0	\$0	\$466	\$1,351	<b>Other Income</b>				
Bad Checks	\$0		\$12		<b>Bag Fees</b>	\$2	\$3	\$20	\$23
Employee Expenses	\$12,849	\$12,891	\$148,367	\$117,532	<b>Customer Shipping</b>	\$330	\$350	\$2,737	\$3,700
Equipment Lease	\$0	\$408	\$3,673	\$3,672	<b>Interest Income</b>	\$53	\$77	\$565	\$694
Filing/Fees	\$0	\$0	\$427	\$970	<b>Miscellaneous Income</b>	\$105	\$30	\$398	\$270
Insurance	\$0	\$0	\$2,471	\$2,760	<b>Total Other Income</b>	<b>\$491</b>	<b>\$460</b>	<b>\$3,721</b>	<b>\$4,687</b>
Intergroup Events	\$190	\$0	\$4,524	\$2,490	<b>Other Expense</b>				
Intergroup Literature	\$0	\$59	\$350	\$675	<b>Depreciation Expense</b>	\$223	\$205	\$2,007	\$1,840
Internet Expense	\$129	\$133	\$1,226	\$1,200	<b>Total Other Expense</b>	<b>\$223</b>	<b>\$205</b>	<b>\$2,007</b>	<b>\$1,840</b>
Office Supplies	\$53	\$204	\$620	\$1,837	<b>Net Other Income</b>	<b>\$268</b>	<b>\$255</b>	<b>\$1,714</b>	<b>\$2,847</b>
Paper Purchased	\$128	\$104	\$879	\$937	<b>Net Income</b>	<b>(\$8,992)</b>	<b>(\$3,799)</b>	<b>(\$58,151)</b>	<b>(\$14,920)</b>

## Treasurer's Report

For the month of September, total income was under budget by \$6,963 due to lower than expected Group and Individual contributions and lower than expected book sales. The lower income was offset slightly by lower than expected COGS and expenses. While we expected to have a negative variance for September (i.e. we expected that our expenses would be greater than our income) we didn't expect that we would be in the red by as much as we were. We had a negative variance for the month of (\$8,992) compared to a budgeted negative variance of (\$3,799).

Unrestricted cash balance dropped to \$11,213 from \$33,274 which reflects less than one month of our operating expenses.

**OVERALL RATING** Poor. We are not meeting our budget and our unrestricted cash balance has dropped.

**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.



# September 2015 Balance Sheet

	Sep 30, 15	Aug 31, 15	\$ Change	% Change	Sep 30, 14	\$ Change
<b>ASSETS</b>						
<b>Current Assets</b>						
Checking/Savings						
Restricted Cash	\$162,340	\$162,287	\$53	0.03%	\$193,173	(\$30,832)
Unrestricted Cash	\$11,213	\$33,274	(\$22,061)	-66.30%	\$17,620	(\$6,407)
Total Checking/Savings	\$173,553	\$195,561	(\$22,008)	-11.25%	\$210,792	(\$37,239)
Accounts Receivable						
Accounts Receivable	\$25	\$21	\$4	19.05%	\$199	(\$175)
Total Accounts Receivable	\$25	\$21	\$4	19.05%	\$199	(\$175)
Other Current Assets						
Inventory - Bookstore	\$22,522	\$24,139	(\$1,617)	-6.70%	\$21,036	\$1,486
Prepaid Literature Orders	\$1,409	\$1,409	\$0	0.00%	\$8,832	(\$7,423)
Undeposited Funds	\$413	\$191	\$221	115.59%	\$300	\$112
Total Other Current Assets	\$24,344	\$25,739	(\$1,395)	-5.42%	\$30,168	(\$5,825)
Total Current Assets	\$197,922	\$221,321	(\$23,399)	-10.57%	\$241,160	(\$43,238)
<b>Fixed Assets</b>						
Comp. and Off. Equipment	\$1,443	\$1,501	(\$58)	-3.87%	\$2,304	(\$861)
Leasehold Improvements	\$16,399	\$16,564	(\$165)	-1.00%	\$18,373	(\$1,974)
Total Fixed Assets	\$17,841	\$18,064	(\$223)	-1.23%	\$20,676	(\$2,835)
<b>Other Assets</b>						
Deposits	\$6,698	\$6,698	\$0	0.00%	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	0.00%	\$6,698	\$0
<b>TOTAL ASSETS</b>	<b>\$222,461</b>	<b>\$246,083</b>	<b>(\$23,622)</b>	<b>-9.60%</b>	<b>\$268,534</b>	<b>(\$46,073)</b>

## LIABILITIES & EQUITY

<b>Liabilities</b>						
<b>Current Liabilities</b>						
Accounts Payable	\$816	\$816	\$0	0.00%	\$0	\$816
Other Current Liabilities						
Payroll Liabilities	\$3,837	\$19,060	(\$15,223)	-79.87%	\$3,382	\$455
Sales Tax Payable	\$1,190	\$597	\$593	99.34%	\$870	\$321
Total Other Current Liab.	\$5,028	\$19,657	(\$14,630)	-74.42%	\$4,252	\$775
Total Current Liabilities	\$5,844	\$20,474	(\$14,630)	-71.46%	\$4,252	\$1,592
<b>Long Term Liabilities</b>						
Deferred Compensation	\$60,167	\$60,167	\$0	0.00%	\$60,167	\$0
Total Long Term Liabilities	\$60,167	\$60,167	\$0	0.00%	\$60,167	\$0
Total Liabilities	\$66,011	\$80,641	(\$14,630)	-18.14%	\$64,419	\$1,592
<b>Equity</b>						
Net Assets	\$214,601	\$214,601	\$0	0.00%	\$216,250	(\$1,649)
Opening Balances	\$0	\$0	\$0	0.00%	\$0	\$0
Net Income	(\$58,151)	(\$49,159)	(\$8,992)	-18.29%	(\$12,135)	(\$46,016)
Total Equity	\$156,450	\$165,442	(\$8,992)	-5.44%	\$204,115	(\$47,665)
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$222,461</b>	<b>\$246,083</b>	<b>(\$23,622)</b>	<b>-9.60%</b>	<b>\$268,534</b>	<b>(\$46,073)</b>

(Continued from page 11)

roundups. Helen K., a Bay Area A.A. member sober since 1954, remembers Marty as an inspiring speaker. Today,

women in A.A. participate fully at all levels. For that, we owe Marty Mann a debt of gratitude.



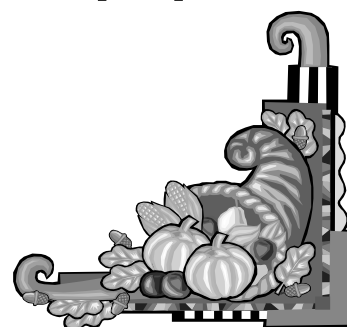
San Francisco Contributions	Oct '15	YTD
Tuesday Big Book Study Tu 6pm	\$	107
Tuesday Night Lasses Step Study	\$ 244	\$ 381
Unidentified Group	\$	102
Valencia Smokefree F 6pm	\$ 68	\$ 365
Wake Up On 3rd St Group	\$	401
Walk of Shame W 830pm	\$	210
We Care Tu 12pm	\$	126
Weekend Worker Sat 7am	\$ 60	\$ 120
West Portal W 8pm	\$	376
Wharf Rats Th 815pm	\$	552
What It's Like Now M 6pm	\$ 108	\$ 338
Wits End Step Study Tu 8pm	\$	39
Women's 10 Years Plus Th 615pm	\$	618
Women's Came to Believe Sa 10am	\$ 132	\$ 360
Women's Kitchen Table Tu 630pm	\$	808
Women's Mtg There is a Solution W	\$ 273	\$ 507
Women's Promises F 7pm	\$	327
Work In Progress Sat 7pm	\$	519
YAHOO Step Sa 1130am	\$	172
Young at Heart Sa 930am	\$	130
<b>San Francisco Total</b>	<b>\$ 8,145</b>	<b>\$ 74,642</b>

**YTD \$ 12,430 \$ 119,704**

## November was Gratitude Month

Please write "Gratitude Month" (and the Group Name, if applicable) on your Gratitude Month contributions and send them in! Contributions can also be made online at [aasf.org](http://aasf.org).

Our heartfelt thanks to all who participated!





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# December 2015

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